Chicken Stew

Serves 8-10 Happily!

Prep: 2 hours for chicken/chicken broth, plus 30 minutes for actual stew

**Ingredients**

* 1 large frying chicken, or 2 small roasters
* 1 tsp, kosher salt
* 1 tsp, pepper
* 2 Bay leaves
* Cold water
* 2 tbsp, Olive oil
* 1 large onion, peeled and minced finely
* 1 cup, washed and diced finely celery
* 2 tsp, dried basil
* 3 garlic cloves minced
* 6 + 2 cups, chicken broth (home made or purchased)
* 3 cups, potatoes ,peeled & diced into ½”
* 4 large carrots, peeled & diced into ½”
* 2 Red or Orange Peppers, washed, and diced into ½”
* 2 cups, frozen whole kernel corn (or you can substitute washed button mushrooms)
* ½ cup, butter
* ½ cup, all purpose flour
* Fresh herbs to garnish

**Directions**

* In a large stock pot, place rinsed chickens add water to cover . Oven medium high heat, bring to simmer, add in salt, pepper, and bay leaf. If you have any peelings from the carrots, onions, or celery, add in too. Reduce to simmer, cook for 2 hours. Remove from heat, and place in fridge to cool. Once cool, skim fat, and remove chicken. Strain broth, removing vegetables, add additional broth to equal 8 cups. Set aside. Pick over chicken, discarding skin, fat and bones. Set meat aside.
* Heat a Dutch oven to medium high, add in olive oil, onion, celery and basil, sauté until fragrant, about 3 minutes. Reduce heat to medium, stir in minced garlic , 6 cups of broth, and remaining vegetables. Bring to a boil, then reduce to a simmer, cover and cook for 20 minutes until vegetables are tender. Gently add in reserved chicken, reduce heat to low, and cover while making sauce.
* In a large saucepan, melt butter; whisk in flour until smooth. Cook , stirring for 2 minutes but not browning flour, or until smooth. Gradually whisk in remaining 2 cups of broth. Bring to a boil; cook and stir for 2 minutes or until thickened. Add to chicken and vegetable mixture. Stir until well combined and heated through. Garnish with fresh parsley, and a side of home made biscuits and butter!

**If you really want to make this a super quick meal, use a purchased Rotisserie chicken, omitting the cooking stage and over night process.**

**Basic Biscuit Recipe**

1/2 cup margarine, room temperature  2 cups of flour

4 tsp. Baking Powder 1 tsp. salt

Mix that together with a spoon and then add 1 cup of milk and stir .

I make my biscuits quite large and usually only get 8 - 10 biscuits with this recipe .  When you were here I made two batches .  I have no luck doubling recipes so make one at a time .  I cook them for 15 minutes at 400 F   ( all depends on the oven - my OLD oven was 425F.

**Fruit Crumble**

4 cups [sliced apples](http://www.food.com/library/apple-186) 3/4 cup [quick-cooking oatmeal](http://www.food.com/library/oatmeal-465)

3/4 cup [brown sugar](http://www.food.com/library/brown-sugar-375) 3/4 cup [flour](http://www.food.com/library/flour-64)

1/2 teaspoon [salt](http://www.food.com/library/salt-359) 1 teaspoon [cinnamon](http://www.food.com/library/cinnamon-324)

1/2 cup soft margarine

## Directions:

Preheat oven to 375°F.

Slice apples in large greased large casserole dish. You can leave them unpeeled or peeled as you wish.

Combine dry ingredients, then cut in margarine until crumbly. Put over fruit and cook for approximately 35 to 45 minutes until fruit is cooked through. Check with a knife - if the fruit is soft and the oatmeal crisp is brown, it is done.

You can substitue diced rhubarb, pears, berries like saskatoons or blueberries for part or all of the apples. You may want to sprinkle a bit of cornstarch over top before you put the oatmeal over top to thicken the fruit as it cooks. Apples don't need thickening, but berries and pears are juicier.

Serve warm with vanilla ice cream.

**Root Beer Pulled Pork**

**Ingredients**

Pork shoulder (about 2.5 lb) 1 medium onion, chopped
16 fl oz (500 mL) bottled root beer (not diet) 2 cups (500 mL) your favourite BBQ sauce
6 Kaiser or hamburger buns, split and lightly toasted

**Cooking Instructions**

Place the Pork and onion in a slow cooker. Pour the root beer over the Pork, cover and cook on LOW until well-cooked and the Pork shreds easily, usually 8 - 10 hours (or 4 - 5 hours on HIGH).
Drain well and discard extra root beer. Stir in BBQ sauce.

### Sweet and Creamy Coleslaw

**Makes about 4 servings**

#### Ingredients:

* Approximately 3 cups of slaw mix (I used one small cabbage, 1 carrot and 1/2 of a red onion)
* 1/3 cup mayo
* 1 tablespoon lemon juice
* 1 tablespoon red wine vinegar
* 1 teaspoon poppy seeds
* 2 tablespoons sugar
* Salt and pepper to taste

#### Directions:

1. Whisk together mayo, lemon juice, vinegar, poppy seeds, sugar and salt and pepper.
2. Pour over slaw mix and stir to coat.
3. Refrigerate for at least two hours before serving.

**Apple Pie Made in Apples**

**5 – 6 Granny Smith Apples – make sure they can stand on their own**

**1 tsp cinnamon ¼ cup sugar**

**1 tbsp brown sugar**

**Pie crust**

**Step 1:** Cut off the top of 4 apples off and discard. Remove the inside of each apple with a spoon or melon baller very carefully, as to not puncture the peel.

If you’re a skilled interior apple excavator, salvage as much as you can so you can use it for Step 2.  I, on the other hand, am not skilled so I just had to throw my interior apples away and chop up additional apples for filling.



This recipe will make 4 baked apple pies (in the apple).

**Step 2:**Remove skin from remaining apple(s) and slice very thinly. These apple pieces will give you the additional filling needed to fill the four apples you are baking.

Mix sliced apples with sugars and cinnamon in a bowl. If you prefer more or less cinnamon make adjustments as desired. Same goes for the sugar.

Scoop sliced apples into hollow apples.

**Step 3:** Roll out pie crust and slice into 1/4 inch strips.  You can also add a strip of pastry inside the top of the apple almost like a liner to add a little more texture/sweetness to the pie.

Cover the top of the apple in a lattice pattern with pie crust strips.



**Step 4:** Place apples in an 8×8 pan.  Add just enough water to the cover the bottom of the pan.

Cover with foil and bake for 20-25 minutes.

Remove foil and bake for an additional 20 minutes or until crust is golden brown and sliced apples are soft.

 

How neat does that look? The entire thing is edible and best served with ice cream if you ask me.  Enjoy!

**Big Batch Oven Chili** – serves 8 - 10

2 lbs (1 kg) lean ground beef, chicken or turkey
2 jars (each 650 mL) Old El Paso\* Thick N' Chunky Salsa
2 cans (each 19 oz/540 mL) kidney beans or black beans, drained and rinsed
4 cups (1 L) water
2 pouches (each 39 g) Old El Paso\* Chili Seasoning Mix
1 cup (250 mL) long grain rice
2 cups (500 mL) shredded Cheddar or Monterey Jack cheese, divided
sliced green onions and shredded Cheddar cheese if desired

**Method**:

* Heat oven to 350°F (180°C). Brown beef in Dutch oven or large saucepan over medium-high heat; drain.
* Add salsa, beans, water and chili seasoning mix. Bring to a boil and stir in rice.
* Spoon into two 9x13-inch (23x33 cm) rectangular baking pans. Cover and bake for 30 minutes.
* Into each pan, stir in 1 cup (250 mL) of the shredded cheese. Bake, uncovered for 5 minutes until rice is tender and cheese is melted.
* Top with additional cheese and green onion if desired.

**Sweet Cornbread** – serves 20

1 cup cornmeal 2/3 cup vegetable oil

3 cups all purpose flour 1/3 cup melted butter

1 1/3 cups sugar 2 tbsp honey

2 tbsp baking powder 4 eggs, beaten

1 tsp salt 2 ½ cups whole milk

**Directions**

1. Preheat oven to 350 degrees F (175 degrees C), and grease a 9x13 inch baking dish.
2. Stir together the cornmeal, flour, sugar, baking powder, and salt in a mixing bowl. Pour in the vegetable oil, melted butter, honey, beaten eggs, and milk, and stir just to moisten.
3. Pour the batter into the prepared baking dish and bake in the preheated oven for 45 minutes, until the top of the cornbread starts to brown and show cracks.

**Mexican Chocolate Cake**

Did you know that the combination of chocolate and cinnamon is a classic Mexican dessert flavor?

**Prep Time:** 25 minutes

**Cook Time:** 25 minutes

**Total Time:** 50 minutes

**Ingredients:**

* 4 (1 oz.) squares unsweetened chocolate
* 1/2 cup butter
* 1 cup hot water
* 2 cups flour
* 2 cups sugar
* 1 tsp. cinnamon
* pinch of salt
* 1/3 cup buttermilk
* 1-1/4 tsp. soda
* 2 eggs, beaten
* 1 tsp. vanilla
* 2 (1 oz.) squares unsweetened chocolate
* 1/4 cup butter

**Icing**

* 8 Tbsp. milk
* 4 cups powdered sugar
* 1/4 tsp. cinnamon
* 2 tsp. vanilla

**Preparation:**

Preheat oven to 350 degrees. In a large saucepan, melt the chocolate and butter in the hot water and bring to a boil. Remove from heat and add flour, sugar, cinnamon, and salt. Mix well with a wire whisk or eggbeater. Then stir in buttermilk, soda, eggs and vanilla and beat until smooth. Pour into 13x9" pan and bake at 350 degrees for 25-30 minutes, until the top springs back when touched with a fingertip. Make the frosting while the cake is in the oven.

While the cake is baking, make the frosting. In a heavy saucepan, melt 2 squares chocolate and 1/4 cup butter together. Add powdered sugar, milk,, 1/4 tsp. cinnamon, and 2 tsp. vanilla and beat well. You may need to add more milk or powdered sugar to reach the desired consistency: the frosting should be pourable.

When the cake comes out of the oven, let cool for 15 minutes, then pour the frosting over. Spread if necessary, and let the cake cool. 16 servings