

the

**Employee Assistance Program  
Winter 2014**

cook  
book

# Slow Cooker Tortellini and Sausage Soup

submitted by Heather Lauzon

Serves 4

## things you need

- 1 (19 oz.) bag frozen cheese tortellini
- 1 lb. Italian turkey or pork sausage
- 1 bag fresh baby spinach
- 2 cans Italian style diced tomatoes
- 2 cans chicken broth
- 1 (8 oz.) block cream cheese, cut into cubes



## here's how

Brown the sausage in a skillet on the stove top until cooked and crumbled. Drain.

Add the sausage and remaining ingredients to a 6-quart slow cooker. Stir to combine.

Cook on LOW for 5 hours, stirring two or three times during cooking.

## Suggestions

Goes well with crusty bread and/or a salad.

Great the next day as it will thicken up overnight into a casserole.

# Quick Black Bean Pumpkin Soup

submitted by John Filangeri

## things you need

- 2 tablespoons extra-virgin olive oil
- 1 medium onion, finely diced
- 3 cups vegetable stock
- 1 can (15 ounces) diced tomatoes in juice
- 1 can (15 ounces) black beans, drained
- 2 cans (15 ounces) pureed pumpkin
- 1 tablespoon curry powder
- 1 ½ teaspoons ground cumin
- ¼ teaspoon cayenne pepper
- Salt to taste
- Cilantro for garnish



## here's how

Heat oil in a soup pot and add onion. Sauté onion until transparent (about 5 minutes).

Add stock, tomatoes, black beans and pumpkin puree. Stir to combine ingredients and bring to a boil.

Reduce heat and add, curry, cumin, cayenne and salt. Simmer 5 minutes.

Serve garnished with cilantro.

# Cream of Broccoli Soup

submitted by [Farren Lobdell](#)

## things you need

1 tsp unsalted butter

1 medium onion chopped

20 oz. frozen chopped broccoli, thawed

32 1/4 oz. canned condensed cream of potato soup, three 3/4 oz cans

4 cups fat free milk

3/4 cups low-fat shredded cheddar cheese, extra sharp

1 Tbsp. Dijon mustard

1/8 tsp cayenne pepper, or to taste

## here's how

Melt butter in a large nonstick saucepan over low heat. Add onions and increase heat to medium-low; cover and cook, stirring occasionally, until tender, about 7 minutes.

Stir in broccoli and potato soup; gradually stir in milk until blended. Increase heat to medium-high and bring to a boil. Reduce heat to low and simmer, covered, stirring occasionally, until broccoli is tender, about 5 minutes.

Remove from heat stir in cheese, mustard and cayenne until cheese melts.

Helpful hints: This soup can be made 2 days ahead, add freshly grated nutmeg if desired. Puree all, or part of the soup for a thicker and tastier consistency.

# Watermelon Salsa

submitted by Marcie Sullivan Marin

## things you need

1/2 watermelon, chopped

4 tomatoes, diced

1/4-1/2 cup cilantro

1 white onion, diced

Sea salt to taste

## here's how

Combine all ingredients. Add sea salt last if desired.

# Mexican Stuffed Shells

submitted by Nellie Lucas

things you need

1 lb. ground beef  
1 package taco seasoning  
4 oz. cream cheese  
12-15 jumbo pasta shells  
1 jar salsa  
2 cups Monterey Jack cheese  
½ can black beans (optional)  
3 green onions (optional)  
Sour cream

## here's how

- 1 Preheat oven to 350°.
- 2 In a frying pan cook ground beef; add taco seasoning and prepare according to package directions. Add cream cheese, cover and simmer until cheese is melted, add black beans (optional). Blend well. Set aside and cool completely. While ground beef is cooking, cook the pasta shells according to directions; drain. Set shells out individually on cutting board/ baking sheet so that they don't stick together.
- 3 Pour enough salsa to cover bottom of 9×13 baking dish. Stuff each shell with the meat mixture. Place shells in 9×13 pan open side up. Cover shells with remaining salsa. Cover with foil and bake for 30 minutes.
- 4 After 30 minutes, add shredded cheese and bake for 10-15 more minutes. Top with any condiments you'd like (green onions, black olives, etc.) Serve with sour cream and/or more salsa.

# Chicken with Onions & Peppers Over Rice

submitted by Kerrie Cooper

## things you need

1 – 1 ½ lbs. skinless, boneless, chicken breast (*cut into bite-size chunks*)

1-2 large onion sliced into strips or chunks (*or more, I love onion*)

1-2 large green pepper sliced into strips or chunks

2-3 Tbls olive oil

1 or 2 – 15oz cans diced or crushed tomatoes (*can also use tomato sauce if prefer*) Depends on amount of chicken and vegetables used.

Italian seasoning

Dried parsley

Dried oregano

Garlic powder

Crushed red pepper flakes

Rice (*cooked as directed on package*)



## here's how

- 1 Sauté the onion and green pepper with half of the olive oil in a sauté pan until desired tenderness, then place into a bowl and set aside. In same sauté pan add the rest of the olive oil and the chicken. Add all of the seasonings directly onto the chicken while it cooks. You can use any of the seasonings or none or try your own combinations.
- 2 Once the chicken is browned add the vegetables back into the pan. Then add the tomatoes and simmer for at least 20 minutes to heat through and meld the flavors.
- 3 Spoon it over cooked rice and it is delicious!! It is also very healthy!

# Chicken Spaghetti

submitted by Jennifer Jones



## things you need

- 1 whole raw chicken, cut into 8 pieces
- 1 pound thin spaghetti, broken into 2-inch pieces
- 2 cups shredded sharp Cheddar
- 1/4 cup finely diced green bell pepper
- 1/4 cup finely diced red bell pepper
- 1/4 cup chopped Celery
- Quarter stick of butter
- 1 teaspoon seasoned salt
- 1/8 to 1/4 teaspoon cayenne pepper
- Two 10 3/4-ounce cans cream of mushroom soup
- 1 medium onion, finely diced
- Salt and freshly ground black pepper

## here's how

- 1 Bring a large pot of water to a boil. Add the chicken pieces to the boiling water and boil for a few minutes, and then turn the heat to medium-low and simmer, 30 to 45 minutes.
- 2 Remove the chicken and 2 cups of the chicken cooking broth from the pot. When the chicken is cool, remove the skin and pick out the meat (a mix of dark and white) to make 2 generous cups. Discard the bones and skin. \* See below if you only have Canned or precooked chicken.
- 3 Cook the spaghetti in the chicken cooking broth until al dente. Do not overcook. While Spaghetti is boiling fry onions, peppers, celery in  $\frac{1}{4}$  -  $\frac{1}{2}$  stick of butter. Set aside. When the spaghetti is cooked, In a large bowl - combine with the chicken, 1 cup of the cheese, the green peppers, red peppers, celery, seasoned salt, cayenne, soup and onions, and sprinkle with salt and pepper. Stir in 1 cup of the reserved chicken cooking broth, adding an additional cup if needed.
- 4 Place the mixture in a 9- by 13-inch casserole pan and top with the remaining 1 cup cheese. Bake immediately until bubbly, about 25-30 minutes. (If the cheese on top starts to get too dark, cover with foil.)

### Notes

Note if you only have pre-cooked or canned chicken, just add store bought chicken broth or chicken stock to replace the broth you would have created from boiled chicken.

Add a can of corn if you want more color and kick to your dish!

# Broccoli Cheese Casserole

submitted by Renee Campbell

## things you need

2 cans Campbell's Cream of Mushroom soup

2 bags frozen broccoli florets (thawed)

Shredded cheddar cheese

1 box of Chicken Stove Top Stuffing

## here's how

- 1 Preheat oven to 350 degrees
- 2 Spread 1 can of the soup at the bottom of a 9x13 pan.
- 3 Next, layer 1 bag of the broccoli over the soup. Sprinkle cheese over the broccoli (you can put as much or as little as you like) Repeat.  
box.
- 4 Prepare the Stove Top Stuffing as directed on the
- 5 Spread that over the top of your casserole.
- 6 Bake at 350 degrees (uncovered so the stuffing gets kind of crispy at the peaks) for about 45 minutes to an hour.

# Rice Dressing for Cornish Hen

submitted by [Marcie Sullivan-Marin](#)

## things you need

1/2 cup uncooked long grain rice

1/2 cup chopped celery

1/4 cup chopped onion

3 chicken bouillon cubes

1/4 tsp salt

2 cups water, divided

1- 16oz can bean sprouts, drained and rinsed

1- 4oz can drained mushrooms (optional)

1/2 tsp poultry seasoning

1/8 tsp rubbed sage

Dash pepper

## here's how

In saucepan, combine rice, celery, onion, b. cubes, 1/4 tsp salt, 1 1/2 cups water. Boil and reduce heat.

Simmer, covered till rice is tender (approx. 20 min). Remove from heat; Stir in remaining ingredients and another 1/2 cup water.

Stuff the Cornish hen with dressing if desired or bake in casserole dish at 350 degrees for 30 min.

# Martha's (My Grandmom's) Maryland Crab Cakes

submitted by Jan Robinson

## things you need

1 pound crab meat (preferably backfin)	1 tablespoon Dijon or deli mustard
8 saltine crackers	1 - 1 1/2 heaping tablespoon mayonnaise
1 egg beaten	1 teaspoon dried parsley flakes
1 tablespoon Worcestershire sauce	1 - 1 1/2 teaspoon Old Bay Seasoning

## here's how

1. Mix the egg, Worcestershire sauce, mustard and Old Bay Seasoning together.
2. Crush the saltine crackers and add to the crabmeat and mix so it's evenly distributed through the meat.
3. Pour the egg mixture over the meat and saltines.
4. Add the mayonnaise and parsley and mix through
5. Shape into patties and fry or broil until brown on each side. When frying, spray oil in the pan first.

# Vodka Rigatoni

submitted by Jan Robinson

## things you need

1 medium onion chopped	½ pint heavy cream
¼ cup butter	¼ pound prosciutto
2 – 8 ounce cans of tomato sauce	Parmesan cheese
¼ cup vodka	1 pound box of rigatoni
1 - 14.5 ounce can of Diced Tomatoes with Basil, Garlic & Oregano	

## here's how

Sauté chopped onion in melted butter

Add tomato sauce, diced tomatoes, and prosciutto and stir; let simmer 5 minutes on low heat

Add heavy cream to tomato mixture on low heat and stir

Add vodka to sauce and simmer for an additional 5 minutes on very low heat

Prepare rigatoni as directed on package and drain

Pour sauce over cooked rigatoni, stir, and top with parmesan cheese

# Rocky Road Fudge

submitted by Lisa St. Germain

## things you need

- 1 can of sweetened condensed milk
- 1 bag of semi sweet chocolate chips
- 1 bag of mini marshmallows
- 1 stick of margarine
- 1 jar of dry roasted peanuts

## here's how

On medium heat, combine margarine, chocolate chips and sweetened condensed milk until all melted.

Add marshmallows and peanuts until thoroughly mixed and take off heat.

Spread into greased pan and refrigerate for about an hour.



# Lisa's No Bake Cookies

submitted by Lisa St. Germain

## Things you need

Add:        1 ½ cups of butter or margarine (Melt around the top of the pan to prevent over boiling!)  
                  6 cups of sugar  
                  1 cup of Hershey's cocoa  
                  1 ½ cup milk

## here's how

Put the above in a large kettle and keep stirring and bring to a **slow** boil on medium high heat. Once boiling, let it boil for 1 minute then take it off the heat. Once off the heat, add the ingredients below and stir until the gloss goes away. Then spoon out of kettle onto aluminum foil as soon as possible.

Add:        3 teaspoons of vanilla  
                  1 ½ cups of peanut butter (let melt)  
                  9 cups of oatmeal (must be Quakers 1 minute oatmeal)

Let cool for 1-2 hours on aluminum foil. Makes approximately 90 cookies. Can decorate with sprinkles!!!!

# Oreo Bon Bons

submitted by Lisa St. Germain

## things you need

1 pkg. Oreo Cookies (use whole package)

1 8 oz. pkg. Cream Cheese (softened at room temperature)

1 pkg. Chocolate Bark

1 pkg. White Bark

## here's how

Crumble the cookies until really fine. I use food processor. Knead in the cream cheese with your hands in a large bowl until mixed very well.

Cover a tray with aluminum foil and then roll small amounts into balls and place on the tray. After all the oreo filling has been rolled into balls, melt the chocolate bark.

Cut up into small pieces in a small sauce pan which you will set into a medium size sauce pan  $\frac{1}{2}$  full of water. You can use a double boiler. (Do not let your chocolate get too hot as it will thicken.)

Turn the heat down to medium or lower when the water begins to boil. Keep stirring the chocolate until it is smooth. Dip balls one at a time into chocolate. Set out on tray.

Let cool and set up about  $\frac{1}{2}$  to  $\frac{3}{4}$  hour. To decorate a little, drizzle a little melted white chocolate over the dark ones or chocolate on white ones.

# Caramel Filled Chocolate Cake

submitted by Pamela Quinn

## things you need

7 tbsp. cocoa  
2 cups flour  
2 cups sugar  
2 tsp baking powder  
2 tsp baking soda  
1 tsp salt  
2 tsp vanilla  
2 eggs  
2/3 cup Crisco oil  
2 cups of boiling water

## here's how

Preheat oven to 350. Mix together all ingredients on low speed

Pour into a greased and lightly floured 9x12 pan and bake for 35 minutes. When you remove cake from the oven let set for 10 minutes and then poke about 14-15 holes in the top of the cake with the end of a wooden spoon. You **MUST** complete this step when cake is still warm or cake will stick to your spoon.

Once cake has cooled pour a jar of Mrs. Richardson's caramel topping over the cake. It will run into the holes. Then cover with a container of cool whip. Sprinkle toffee chips over the top. (you can find these chips in the baking aisle with the choc chips).

A very easy recipe and a crowd pleaser.

# Lemon Pound Cake

submitted by Pamela Quinn

## things you need

- 1 20 ounce can of crushed pineapple drained (save the juice)
- 1 box of lemon or yellow cake mix
- 1 pkg of JELLO instant vanilla pudding
- 3/4 cup of Crisco Oil
- 4 eggs
- 1 tbsp. of vanilla extract
- 3/4 cup of juice drained from can of pineapple

## here's how

Spray a Bundt pan with cooking spray such as "Pam". Preheat oven to 350. Mix all of the above ingredients except the crushed pineapple with an electric mixer for 2 minutes. Fold in the pineapple and then pour into the Bundt pan. Bake for 38-42 minutes until toothpick comes out clean.

While cake is baking take the remaining juice drained from pineapple and mix it with 1 cup of powdered sugar, 1/2 tsp of vanilla and 1 tbsp. of melted butter or margarine. When cake comes out of the oven place on a cooling rack and poke holes in the cake while still warm. Pour liquid mixer over the cake. If it starts to pool poke more holes.

Cool for 30-40 minutes and then invert the cake onto a serving platter. You can sprinkle with confectionary sugar before serving or you can drizzle a glaze over the top. (To make the glaze: mix 1/2 cup confectionary sugar with 1 tbsp. of milk). Another simple recipe that is great for a holiday brunch

# Sweet Story Cake

submitted by Jan Robinson

## things you need

3 ½ tsp. baking powder	¼ cup maraschino cherry juice
2 cups flour	1 teaspoon vanilla
1 ½ cups sugar	2 teaspoons almond extract
1 teaspoon salt	3 whole eggs & 1 egg yolk
½ cup margarine	¾ cup milk
18 maraschino cherries chopped fine	½ cup walnuts chopped fine

## here's how

### **PREHEAT OVEN TO 350 degrees**

Sift all dry ingredients together in a large bowl

Drop in softened margarine to the flour mixture

Combine milk, cherry juice, vanilla, and almond extract and add to flour mixture

Beat the mixture for 2 minutes on low speed

Add 3 whole eggs and 1 egg yolk to mixture and beat on low speed for an additional 2 minutes

Blend in cherries and walnuts using a spatula or spoon

Divide the cake mixture into 2 greased and floured layer cake pans

Bake at 350 degrees for about 30 minutes.

Frost the layer cakes using a vanilla butter cream frosting, adding a teaspoon of almond extract, and red food coloring to make a pink frosting OR

Use a seven-minute frosting, adding a teaspoon of almond extract, and red food coloring to make a pink frosting.

# Spice Drink

submitted by [Marcie Sullivan-Marin](#)

## things you need

1 cup sugar (may use sugar substitute)

1 cup Tang

1/2 cup Instant Tea

1/2 tsp nutmeg

1/2 tsp cinnamon

1/2 tsp cloves

1 tsp Lemon peel dehydrated

Up to 4 quarts water

## here's how

Mix all ingredients, refrigerate until served.