

# Spicy Chicken Chili

## Ingredients:

2 red or green bell peppers, chopped  
2 cloves garlic, minced  
1 large onion, chopped  
2 tablespoons vegetable oil  
2 cups diced tomatoes (if canned, do not drain)  
1 1/2 cups chicken broth or water  
1 can ( 15.5 ounces) kidney beans, rinsed and drained  
2 cups salsa (choose heat intensity to suit your tastes)  
1 cup frozen or canned/cooked corn  
4 teaspoons chili powder  
1 teaspoon freshly ground cumin  
1/8 teaspoon cayenne pepper, optional (use only if you like hot chili!)  
salt and pepper, to taste  
2 cups cooked cubed chicken

## Instructions:

1. Saute peppers, garlic, and onion in oil. Add tomatoes, chicken broth, beans, salsa, and corn. Season with chili powder, cumin, and peppers.
2. Bring to a boil; reduce heat and simmer, uncovered, for about 40 minutes, until chili is thicker. Add chicken; simmer 10 minutes longer, adding additional water if needed. Season with salt to taste.



## Spicy Chicken Chili

This recipe is from Tammy's Recipes.

---

# Spinach Tortillas

## Ingredients:

9 ounces fresh spinach, chopped (about 4-5 cups of packed, chopped spinach)

1 tablespoon water

2+ cups flour

1/2 teaspoon salt or garlic salt

dash of pepper or seasoned pepper

1/4 cup oil

## Instructions:

1.  
In a large pan or skillet over medium to medium-low heat, cook spinach in water. Cover, stirring occasionally, until spinach is wilted and soft. This will probably take about 5 minutes after the pan is hot and

the spinach has started to cook.

2. In a mixing bowl, combine flour, salt, pepper, and oil. Stir until crumbly.

3. Add the (hot or warm) spinach mixture, including the water left in the pan from cooking. Knead or stir, adding additional flour as needed

(may take a cup or more of extra flour) to make a smooth dough. Knead

dough for about 5 minutes, which will mix the spinach in better, and give the dough an even consistency.

4. Divide dough into 8 parts (for 10 to 12-inch tortillas) or more (for smaller tortillas).

5. Pre-heat a griddle or large skillet over medium heat. If using a cast iron or non-stick griddle or pan, you won't need oil (although you can use a little if you wish).



### Spinach Tortillas

6. On a lightly floured surface, roll each dough portion into a thin circle (or other shape if desired).



### Spinach Tortillas

7. Brown tortillas in pre-heated pan for about 5 minutes on each side, just until cooked. A few light brown spots should appear.



### Spinach Tortillas

I usually start cooking the tortillas while I'm still rolling out the rest of the dough. Stack cooked tortillas on a plate or in a bowl with a clean towel around them, until all are cooked. Serve warm, filled with your favorite fillings! ☐



## Spinach Tortillas

This recipe is from Tammy's Recipes.

---

# Herb Cheese Dollars

## Ingredients:

1/4 cup (1/2 stick) butter, softened

8 ounces (2 cups) shredded sharp cheddar cheese, at room temperature

4 ounces cream cheese, softened

1 1/4 cups flour

1/4 teaspoon basil

1/4 teaspoon ground sage

1/4 teaspoon cayenne pepper

2 tablespoons water

## Instructions:

1.

In a medium-sized mixing bowl, combine butter and cheeses and mix with

an electric mixer. Beat at a high speed until blended



thoroughly and no lumps remain. Add remaining ingredients and mix well.

2. Form dough into a long roll, about 1.5 to 2 inches in diameter. Wrap in plastic wrap and chill until firm.

3. Unwrap from plastic, and use dental floss to slice dough into 1/8 to 1/4-inch slices. (Lay floss under dough, bring both ends up, and cross over the top, pulling in opposite directions until slice is cut.)

4. Place slices an inch apart on lightly greased baking sheets. Bake for 12-15 minutes at 400 degrees. Place on wire rack to cool. Store in an airtight container or bag.



Herb Cheese Dollars

This recipe is from Tammy's Recipes.

---

# Cream Cheese with Green Onions and Chives

## Ingredients:

8 ounces cream cheese, softened  
2 tablespoons milk or sour cream  
1 tablespoon (packed) fresh green onions, sliced thinly or minced\*  
1 tablespoon (packed) fresh chives, sliced thinly or minced  
A sprinkle of garlic salt and a dash of pepper

## Instructions:

1. Combine all ingredients in a mixing bowl. Beat with electric mixer until fluffy and well-mixed. Store in the refrigerator until ready to serve.



Cream Cheese with Green Onions and Chives

This recipe is from Tammy's Recipes.

---

# Broiled Stuffed Pepper Wedges

## Ingredients:

1/2 cup chive-and-onion cream cheese spread

1 tablespoon chopped black olives

2 medium bell peppers (any color)

1/4 cup (2 ounces) shredded cheddar cheese

## Instructions:

1. Cut each pepper into eight wedges.
2. Combine cream cheese and olives in a small bowl.
3. Spread about 2 teaspoons of mixture on each pepper wedge and sprinkle with cheddar cheese.
4. Line a baking sheet with foil, and place wedges on top. (The foil will prevent burned cheese that sticks to the baking sheet!)
5. Broil in oven for 6 to 8 minutes, or until cheese is melted and peppers begin to blacken slightly. Serve warm or cold.



Broiled Stuffed Pepper Wedges

This recipe is from Tammy's Recipes.



---

# Homemade Caramel Dip

## Ingredients:

1/2 cup butter

1 1/2 cups brown sugar (we like dark brown sugar best!)

3/4 cup light corn syrup

1 can (14 ounces) sweetened condensed milk

1 teaspoon vanilla

1/4 teaspoon ground cinnamon

## Instructions:

1. In a 2-quart saucepan, melt butter on low heat.
2. Add brown sugar, corn syrup, and milk, stirring to combine. Increase heat to medium (or perhaps just below medium).
3. Stir constantly until mixture comes to a boil.\* Use a spoon that won't melt – the caramel gets pretty hot!
4. Remove from heat and whisk in the vanilla and cinnamon.
5. Serve warm or cold with apple slices, or drizzle over ice cream.



### Homemade Caramel Dip

This recipe is from Tammy's Recipes.

---

## Wheat Berry Soup

### Ingredients:

- 2 cups wheat berries
- 3 quarts of water, approx.
- 1 1/2 pounds inexpensive beef roast or steak
- 1 1/2 cups chopped onion
- 2 cloves garlic, minced
- 1 1/2 cups chopped celery
- 2 teaspoons salt (or more, depending on your preference)
- 1/2 teaspoon black pepper

### Instructions:

1. Soak wheat berries in 4 cups of the water for 12-24 hours.
2. Trim fat from meat and dice into bite-sized pieces.
3. In a large stock pot, brown meat with onion and garlic.

When meat

is browned, add the celery and part of the water (maybe about 6 cups),

so that the meat is completely covered.

4. Cover the pot, and bring to a boil. Stir, cover again, reduce heat, and simmer for about 30 minutes.

5. Add the wheat berries (including the water in which they have been

soaking), cover, and bring back up to a boil. Reduce heat and simmer,

covered, for about 2 1/2 hours. The wheat is fully cooked when the

berries are soft, chewy, and split.

6. Add an additional 2-4 cups of water to make the broth/soup the desired strength. We like less broth, but if you prefer a more watery soup, you might want to add a little more water. □

Season with salt and pepper.



Wheat Berry Soup

---

## Roasted Pumpkin Seeds

Ingredients:

2 cups raw pumpkin seeds

1 1/2 tablespoons butter

1/2 teaspoon salt

1/8 teaspoon garlic salt

2 teaspoons Worcestershire sauce

Instructions:

1.  
Rinse the raw pumpkin seeds in a colander or strainer, and remove excess water (either by shaking the strainer, or tossing the seeds onto a clean, dry dish towel).
2. Melt butter in a sauce pan. Stir in the salts and Worcestershire sauce. Add pumpkin seeds and stir thoroughly to coat.
3. Spread pumpkin seeds in a single layer across a large, ungreased baking sheet.
4. Bake pumpkin seeds at 275 degrees for about 60 minutes, until crisp, stirring at 15 minutes, 30, 40, and 50 minutes.
5. Allow pumpkin seeds to cool, and then store in an air-tight container or bag.



Roasted Pumpkin Seeds

---

# Golden Veggie Fried Rice

A medley of brown rice cooked in Golden Monkey tea, fried with onion, carrot, broccoli, and bits of egg, peas, and corn

Yield:

6 servings

Ingredients:

3 cups water\*

3 tablespoons Golden Monkey black tea leaves (dry)\*\*

1 1/2 cups brown rice

1 stick butter, divided

1 medium onion, chopped

1 large carrot, peeled and grated

1/3 cup frozen corn

1/3 cup frozen green peas

2 cups chopped (bite-size) fresh broccoli florets

3 eggs, beaten

1/2 tablespoon soy sauce

1 teaspoon salt

black pepper, to taste

Instructions:

1.

Heat water to nearly boiling. Add tea leaves and steep for 3-5 minutes.

Strain leaves from tea. Put hot tea into a medium-size saucepan. Add

rice, and then proceed to cook rice according to package instructions,

subtracting 5 minutes from the suggested cooking time for your rice.\*\*\*



2. Meanwhile, melt 1/4 cup (1/2 stick) of the butter in a large non-stick skillet over medium heat. Add onion and carrots, and cook and stir until onions are translucent and carrots are tender.

3. Add corn, peas, and broccoli, and continue cooking until vegetables are crisp-tender. Pour this vegetable mixture into a bowl and set aside.

4. Return skillet to heat, and melt remaining 1/2 stick of butter. Increase heat to medium-high, and add beaten egg. Cook and stir constantly until egg is fully cooked, breaking it into little bits as it cooks.

5. Add cooked rice to egg, reduce heat to medium, and cook for 5 to 10 minutes, stirring occasionally.

6. Sprinkle soy sauce, salt, and pepper. Add vegetables, and cook and stir until seasonings are evenly distributed and mixture is well-heated, about 5-10 minutes.



# Spinach Rice Casserole

An easy baked side dish of spinach, rice, and cheese

Yield:

4-6 servings

Ingredients:

9 or 10 ounces fresh spinach leaves

1 tablespoon water

1 teaspoon dried onion (or 2 tablespoons of fresh, minced onion)

1 cup cooked rice (measurement is after cooking, not before)

1 cup (4 ounces) shredded cheddar cheese

1/3 cup milk

2 eggs, beaten

1 teaspoon salt

1 tablespoon Worcestershire sauce, optional

Instructions:

1. Place spinach and water in a large pan or skillet. Cover and cook over medium-low heat until spinach leaves wilt.
2. In a large mixing bowl, combine all other ingredients. Add the wilted spinach and stir. Pour into a greased 8×8-inch square baking dish.
3. Bake at 325 degrees for 35-40 minutes, until set in the middle. (Test with fork.)

**To freeze this casserole:** Freeze (uncooked) instead of baking.

Thaw and bake, or bake from frozen, covered, for about 60 minutes at 325 degrees, or until hot and set.



Spinach Rice Casserole

This recipe is from Tammy's Recipes.