

# Homemade Sparkling Grape Juice (or other flavors)

A quick, easy, and frugal sparkling grape juice (or whatever flavor you wish), made from 100% juice concentrate and club soda!

Yield:

60 ounces

Ingredients:

2 liters club soda (carbonated water), chilled

12 ounces frozen grape juice concentrate (or other fruit juice concentrate)

Instructions:

1.

Pour frozen juice concentrate into a 2-quart pitcher. Refill the can

from the concentrate 4 times with club soda (48 ounces, or 6 cups of

club soda) and pour into the pitcher. Stir.

Serve cold and enjoy your delicious sparkling juice!



Homemade Sparkling Grape Juice

This recipe is from Tammy's Recipes.

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## Chai Tea Latte (like Starbucks)

A spicy, sweet, and creamy chai tea latte you can make at home that tastes almost exactly like Starbucks chai tea lattes!

Yield:

12 ounces

Ingredients:

10 ounces boiling water

2 teabags of Celestial Seasonings India Spice Chai tea

1 tablespoon "Sugar in the Raw" or organic sugar\*

3 tablespoons real whipped cream\*\* Instructions:

1. In a large mug (14 ounces), place the 2 tea bags and boiling water. Steep 3-5 minutes, squeeze out tea bags, and

discard teabags. Stir in the sugar until dissolved. Add whipped cream and stir. Enjoy hot!



Chai Tea Latte (like Starbucks)

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## Orange Julius

A creamy orange smoothie with milk and a hint of vanilla  
Yield:

2 servings

Ingredients:

3 ounces frozen orange juice concentrate

1/2 cup milk\*

1/2 cup water

2 tablespoons sugar

1 teaspoon vanilla extract

1/2 banana, optional

6 regular-sized ice cubes (or until desired consistency)

Instructions:

1. Blend together orange juice concentrate, milk, water, sugar, vanilla, and banana (if using) for 1 minute.
2. Add ice cubes to blender, one at a time, blending after each one until smooth. You don't want chunks of ice in your orange julius! ☐



Orange Julius

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## Seasoned Baked Potato Wedges

Potato wedges tossed with seasonings and oil and baked

Yield:

4-6 servings

Ingredients:

6-8 medium potatoes

2 tablespoons oil

1 teaspoon garlic salt

1 teaspoon garlic powder

2 teaspoons onion powder

2 teaspoons chili powder

Optional ingredients:

cayenne pepper

chives

dried parsley

grated Parmesan cheese

Instructions:

1. Scrub potatoes and rinse under cold water. Pat dry.
2. Cut potatoes into wedges or thin steak fries (about 6-8 wedges per potato).
3. Using a large mixing bowl, toss potatoes in oil. Or, put oil and potato wedges in a gallon-sized ziplock bag, seal, and shake to coat.  
(Or, use a large bowl with a tight-fitting lid, and shake to coat.)
4. In a small bowl, mix dry ingredients thoroughly. Pour over potatoes and toss to coat. Or, add seasonings to bag, seal, and shake to coat.
5. Preheat oven to 375 degrees. Spread potatoes in a single layer on an ungreased non-stick\* baking sheet.
6. Bake for 30-35 minutes, or until potatoes test done with a fork. Sprinkle with salt to taste.



Seasoned Baked Potato Wedges

This recipe is from Tammy's Recipes.

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## Homemade Egg Nog

A delicate, creamy homemade egg nog that's easy to make and tastes incredible! The flavors of freshly-grated nutmeg, vanilla, whole eggs, real cream, and maple syrup blend into this incredible egg nog!

Yield:

about 12 cups

Ingredients:

9 large eggs

1 cup real maple syrup

1/4 teaspoon salt

6 cups milk, divided

2 tablespoons vanilla extract  
3/4 teaspoon freshly grated nutmeg  
1/8 teaspoon ground cinnamon  
1 cup heavy cream

For serving:

3/4 cup whipped cream  
Freshly grated nutmeg

Instructions:

1.  
In a heavy 4 or 6-quart pan, briskly whisk together the eggs, maple syrup, and salt, until well-mixed. Whisk in 3 cups of the milk.
2. Heat over medium heat, whisking constantly, until mixture reaches 160-165 degrees F (use a candy or meat thermometer to monitor temperature). \* It takes me about 10-15 minutes, and I do whisk near-constantly for this step! You will see a little steam rising from the pan, just as the egg nog reaches 160-165 degrees.
3. Remove from heat. Whisk in the vanilla, nutmeg, and cinnamon. Whisk in the remaining 3 cups of milk.
4. Cover pan and chill well (a few hours) before serving. Don't put a hot pan in your refrigerator though! If the weather is cold, I set the covered pan outside to cool, and then refrigerate. Otherwise, let cool to room temperature and refrigerate.
5. Whip the 1 cup of heavy cream until foamy, about half-way to "whipped cream". Stir into the chilled egg nog mixture (it

will want to float, so stir as much as needed to mix most of it in).

6. To serve, ladle chilled egg nog into glasses, top with a tablespoon of whipped cream, and sprinkle with freshly-grated nutmeg.

Enjoy!

This egg nog can be stored in the refrigerator for up to 3 days.



Homemade Egg Nog

This recipe was taken from Tammy's Recipes.

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## One Hour Dinner Rolls

Simple from-scratch dinner rolls that are a complement to soups or salads, any time! *(For the fluffiest rolls, total time may exceed one hour...)*

Yield:

24 dinner rolls

Ingredients:

1/2 cup warm water (115 degrees F)

1 1/2 tablespoons active dry yeast

1/2 tablespoon sugar

2 eggs

1 1/2 cups warm milk (115 degrees F)

1/2 cup oil or melted butter

2 teaspoons salt

1 tablespoon honey or molasses

1/3 cup sugar

6 1/2 cups all-purpose flour or bread flour, approximately

Instructions:

1.

In a 2-cup measuring cup or small mixing bowl, combine the water,

yeast, and 1/2 tablespoon sugar. Stir with a fork to combine, and then

set aside. (Mixture will get foamy.)

2. In a 4-cup measuring cup (or medium-large mixing bowl), lightly

beat the eggs. Add the warm milk, oil or butter, salt, honey or

molasses, and 1/3 cup sugar. Stir to combine.

3. In a medium-large mixing bowl, combine the two wet mixtures and

stir. Stir in enough flour to form a soft dough, and continue to add

flour and knead until a smooth, elastic dough forms (about 10-15

minutes).

**If using a bread machine:** Pour both wet mixtures into bread machine, add about 4 cups of flour, and turn on the

dough

cycle. Add more flour as needed to make a smooth, soft dough. Scrape

sides of bread machine pan with a gentle spatula if needed as it mixes.

When dough is smooth and elastic, turn off bread machine. Continue with step 4.

**If using a stand mixer:** Pour both wet mixtures into mixer bowl. Add about 4-5 cups of the flour and allow it to mix (or knead with a dough hook) until a smooth, soft dough forms, adding more flour as needed. When dough is smooth and elastic, turn off mixer and continue with step 4.

4. Allow dough to rest for 5-10 minutes, covered. While dough is resting, grease two 11×15-inch baking sheets. Turn oven on to 200 degrees and set a timer for 2 minutes. After 2 minutes, turn off the oven. (Leave the door shut so it stays warm inside!)

5. Separate or cut dough into 24 pieces. I divide in half, then divide each half in half again. Now I have fourths, and I divide each of those in half. Now I have 8 pieces of dough, and I divide each piece into 3 pieces, resulting in 24 pieces. □

6. Form each piece of dough into a roll. To make Kaiser (or rosette-shaped) dinner rolls like the ones in these pictures, roll each piece of dough into a rope about 8 inches long. Tie the rope

into a knot, with two long "tails" remaining. Tuck one tail under and one tail over, tucking in the middle, to make the rosette shape.

7. Place rolls on greased sheets. Cover lightly with a clean towel and place sheets in the warm oven (do not turn back on!) and allow to rise until nearly doubled. This should take about 25 minutes if your oven was pre-warmed, your yeast was good, etc. It MAY take longer, though, which is why I recommend starting these rolls in plenty of time for dinner (more like two hours in advance instead of just one!).

8. When rolls are almost doubled in size, remove them from the oven. Pre-heat the oven to 375 degrees. Bake rolls for about 15-20 minutes, until done.

Serve hot and enjoy! Leftover rolls should be stored in an air-tight bag or container.

Easy homemade whole wheat crackers that taste remarkably similar to Wheat Thins! Thin, crunchy, and salty – you will love these crackers! Yield:

About 8 ounces of crackers

Ingredients:

1 1/4 cups whole wheat flour

1/2 teaspoon salt

1 1/2 tablespoons sugar

1/4 teaspoon paprika

4 tablespoons (1/2 stick) cold butter, sliced

1/4 cup water

1/4 teaspoon vanilla

Salt, for topping

Instructions:

1.

Combine flour, 1/2 teaspoon salt, sugar, and paprika in a medium bowl.

Cut in butter with a fork or pastry blender, until small crumbs form.

Or, combine the dry ingredients and butter in a food processor bowl and pulse until crumbly.

2. Make a well in the center, and add the water and vanilla. Stir to

mix, then use clean hands to knead a few times, just enough to form a

ball of dough. (Add just a tad more water, only if needed.)

Divide dough

into two pieces and cover with a clean towel.

3. Lightly grease two 11×15-inch baking sheets\* and sprinkle lightly with salt. Preheat oven to 400 degrees.

4. On a lightly floured counter, roll each piece of dough into a thin

rectangle approximately 11×15 inches. (Be sure to lightly flour the

dough as you roll, so it doesn't stick to the counter!)

5. Transfer the sheet of dough to the baking sheet. Use a pizza

cutter or sharp knife to cut dough into squares. Trim edges if desired.

Sprinkle tops with salt.

6. Bake at 400 degrees for 5-10 minutes, until crisp and lightly

browned. Crackers will become more crispy as they cool, so don't over-bake! (Remove edge crackers that are getting too dark if the middle crackers aren't quite done yet, and continue baking.)

7. Remove baked crackers from sheets and cool on a wire rack. Serve warm or cool, plain or with dips or and store leftover crackers in a sealed bag or container.



One Hour Dinner Rolls

This recipe is from Tammy's Recipes.

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## Just Like Lambert's "Throwned Rolls"

A soft, hot dinner roll just like the ones tossed to diners at Lambert's Cafe!

Yield:

12 large dinner rolls

Ingredients:

1 teaspoon sugar

2 1/4 teaspoons (1 pkg.) active dry yeast

1/4 cup warm water (110-115 degrees F)

1 cup warm milk (110-115 degrees F)

1/4 cup (1/2 stick) melted butter

1/4 cup sugar

1 egg, lightly beaten

1 teaspoon salt

4 cups all-purpose or bread flour

Butter, honey and/or sorghum molasses, for serving

Instructions:

(See additional notes for bread machine directions)

1. In a small bowl, combine the teaspoon of sugar and the yeast with the warm water and allow to foam (5-10 minutes).

2. In a large mixing bowl, mix the warm milk, melted butter, sugar, egg and salt. Add the yeast mixture and stir.

3. Stir in 3 cups of flour. Stir or knead in another cup of flour (or more, if needed) and knead for 5-10 minutes to make a smooth, elastic dough.

4. Scrape the large mixing bowl clean (or as clean as possible) and place dough in the bowl. Grease the top of the dough with butter or oil and cover with a clean cloth. Place in a warm location (I turn the oven on for 1-2 minutes, then turn OFF and place covered bowl in the warm oven to rise) and let rise until doubled in size, about 60-90

minutes.

5. Liberally butter a 12-cup muffin pan. With buttery hands, deflate the dough and divide into 24 pieces. Roll each piece into a ball. Place two balls in each muffin cup. Gently grease the tops and cover with a clean towel.

6. Let rolls rise in a warm place until nearly doubled in size, about 45 minutes. Preheat oven to 350 degrees Fahrenheit and bake rolls for 20-25 minutes, until tops are browned and rolls are done. (Check rolls after 15 minutes, and cover loosely with foil to prevent excess browning, if needed.)

Toss hot rolls and serve with butter, honey, and/or sorghum molasses!



Just Like Lambert's "Thrown Rolls"

This recipe was taken from Tammy's Recipes.

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# Homemade Wheat Thins Style Crackers

Easy

homemade whole wheat crackers that taste remarkably similar to Wheat

Thins! Thin, crunchy, and salty – you will love these crackers!

Yield:

About 8 ounces of crackers

Ingredients:

1 1/4 cups whole wheat flour

1/2 teaspoon salt

1 1/2 tablespoons sugar

1/4 teaspoon paprika

4 tablespoons (1/2 stick) cold butter, sliced

1/4 cup water

1/4 teaspoon vanilla

Salt, for topping

Instructions:

1.

Combine flour, 1/2 teaspoon salt, sugar, and paprika in a medium bowl.

Cut in butter with a fork or pastry blender, until small crumbs form.

Or, combine the dry ingredients and butter in a food processor bowl and

pulse until crumbly.

2. Make a well in the center, and add the water and vanilla.

Stir to

mix, then use clean hands to knead a few times, just enough to form a ball of dough. (Add just a tad more water, only if needed.) Divide dough into two pieces and cover with a clean towel.

3. Lightly grease two 11×15-inch baking sheets\* and sprinkle lightly with salt. Preheat oven to 400 degrees.

4. On a lightly floured counter, roll each piece of dough into a thin rectangle approximately 11×15 inches. (Be sure to lightly flour the dough as you roll, so it doesn't stick to the counter!)

5. Transfer the sheet of dough to the baking sheet. Use a pizza cutter or sharp knife to cut dough into squares. Trim edges if desired. Sprinkle tops with salt.

6. Bake at 400 degrees for 5-10 minutes, until crisp and lightly browned. Crackers will become more crispy as they cool, so don't over-bake! (Remove edge crackers that are getting too dark if the middle crackers aren't quite done yet, and continue baking.)

7. Remove baked crackers from sheets and cool on a wire rack. Serve warm or cool, plain or with dips or and store leftover crackers in a sealed bag or container.



Homemade Wheat Thins Style Crackers

This recipe was taken from Tammy's Recipes.

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## Tuscan Bean Soup

A creamy white bean soup with the aroma of thyme, oregano, and rosemary, with baby spinach leaves stirred in at the end. Simple but elegant!

Yield:

4 servings

Ingredients:

2 tablespoons oil

1 medium onion, chopped

3 garlic cloves, minced

1 teaspoon dried thyme (or 2-3 teaspoons fresh)

1 teaspoon dried oregano (or 1 tablespoon fresh chopped)

1/2 teaspoon dried rosemary (or 1/2 tablespoon fresh)

4 cups chicken broth (or water with bouillon)

6 cups cooked great northern beans (or 3 cans, rinsed and drained)

3/4 teaspoon salt or more, to taste

1/8 teaspoon black pepper

5 ounces fresh baby spinach leaves (or two large handfuls), coarsely chopped

Instructions:

1.

In a 6-quart stock pot over medium heat, saute the onion in oil. After a

few minutes, stir in the garlic, thyme, oregano, and rosemary and saute

for a couple more minutes.

2. Stir in chicken broth, beans, salt, and pepper. Cover and bring to a boil. Reduce heat and simmer for 5-10 minutes.

3. Put about 2 cup of the soup into a bowl and set aside.

Puree

remaining soup in blender. You may need to do this in a couple batches;

work carefully, as soup is hot! Hold the lid when you start to blend!

Or, use a stick blender (immersion blender) to blend the soup in the

pan.

4. Return soup and reserved soup to the stock pot. Add the spinach and heat to a simmer, until spinach is wilted and dark green. Serve soup hot.



### Tuscan Bean Soup

This recipe was taken from Tammy's Recipes.

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## **Grilled Chicken Quesadillas with Black Beans and Corn**

Slices

of grilled chicken breast, black beans, shredded cheese, and corn

tucked into a flour tortilla and grilled until toasty hot!

Served with

shredded lettuce, sour cream, tomatoes, and hot sauce, this is an easy

meal everyone will LOVE!

Yield:

6 servings (3 if used as a main dish)

Ingredients:

1 can (15 ounces, or about 1 3/4 cups freshly cooked) black

beans, rinsed and drained

1/2 of a 15-ounce can of corn, drained (optional)

2 cups (8 ounces) shredded cheddar cheese or Mexican cheese blend

1 large or 2 medium grilled chicken breasts, sliced

Hot sauce, optional

1/2 cup chopped fresh cilantro

6 burrito-size flour tortillas

For serving (optional):

Shredded lettuce

Sour cream

Diced tomatoes

Fresh cilantro, chopped

Hot sauce

Instructions:

1. Combine the first 6 ingredients in a bowl for the filling.
2. Lay out the flour tortillas, and spread the filling evenly between them, in a semi-circle shape (half), so they can be folded in half.
3. Heat a griddle, indoor grill (like Foreman), or heavy skillet over medium heat. Place folded quesadillas in pan or on griddle and heat for a couple minutes on each side, until filling is hot, cheese inside is melted, and outsides are browned. Turn down the heat if they're browning too quickly, or turn up the heat if they're getting hot inside but not crisp and browned on the outside.
4. Remove quesadillas from griddle after cooking both sides. Cut in half or fourths with a pizza cutter or knife. Serve

with lettuce, sour cream, tomatoes, hot sauce, and cilantro. You can stuff some toppings inside, or just spoon on top, or dip.



Grilled Chicken Quesadillas with Black Beans and Corn  
This recipe was taken from Tammy's Recipes.