Egg Salad Sandwiches

Tangy and flavorful egg salad sandwich recipe!
Yield:

3-4 sandwiches
Ingredients:

9 eggs, hard boiled, cooled,Â and peeled
1/3 cup Miracle Whip (or off-brand equivalent) salad dressing
1 heaping tablespoon mustard
1/2 to 1 teaspoon salt (to taste)
1/4 teaspoon black pepper
Lettuce, for serving
Bread, sandwich buns, or pita pockets, for serving
Instructions:

1.
Place ingredients in a mixing bowl. Mash with potato masher until
well-combined. Alternately, you can dice the hard boiled eggs and then
stir into the other ingredients.

2. Serve egg salad in a sandwich with lettuce.



Egg Salad Sandwiches

This recipe is from Tammy’s Recipes.

Cooked Pinto Beans

Simple instructions for making delicious pintos from dried beans!
Yield:

varies
Ingredients:

Dried pinto beans
Water
Salt
Instructions:

1.
Wash pinto beans in water. Sort out any rocks or other items, if
needed. Be sure you’re using beans that aren’t too old, or they will
never cook soft enough no matter how long you cook them!

2. Choose a soaking method:

Overnight Soak:

Place washed beans in a large stock pot. The pot should be no more
than 1/4 filled with dry beans. Fill the pot 3/4 of the way with cold
water. Allow beans to soak overnight or at least 6-8 hours. Drain
soaking water. Rinse beans.

Quick Soak:

Use 10 cups of water per pound of dried pintos. Put water and beans
into a large stock pot. Bring to a boil. Boil 2 minutes and then allow
beans to rest in the water for an hour, covered. Rinse beans.

3. Cooking:

See additional notes below for crockpot instructions!

Fill pot with soaked beans and fresh water to 3/4 full. Cook over
medium heat and allow to boil until tender (1-2 hours). Drain beans.

Add a little fresh water (1 cup or so for about 8 cups of cooked beans) and stir in salt to taste (important step!). Keep warm until ready to serve, or refrigerate and re-warm when needed.



Cooked Pinto Beans

Additional Notes:

For
beans that are more like refried beans (but still lumpy!), add

some
additional water and salt and cook beans, stirring occasionally, until
desired consistency. Yum!

Pintos and Cheese: Sprinkle cooked and salted pintos with shredded cheese for a yummy quick snack or lunch!

Crockpot pinto beans:
Cover soaked beans with water, at least an inch above the level of the
beans. Cook on low for 8-10 hours or until soft. (Remember, old beans
might refuse to ever get soft, so be sure you're using good beans!)

Grilled Salmon Fillet

Moist seasoned grilled salmon, with a salty, smokey flavor
Yield:

Varies, depending on size of fillet
Ingredients:

Salmon fillet, fresh or thawed
liquid smoke flavoring (we put into small spray bottle)
lemon juice (optionally, squeeze fresh lemon slices onto salmon)
hickory smoke salt
seasoned salt
garlic salt
oil (in spray bottle)
pepper
paprika

lemon pepper
sage
basil
marjoram
butter, sliced
Instructions:

1. Lay salmon fillet, skin-side-down, on flat surface. Apply seasonings in order listed.

2. Grill according to grill directions for temperature and time.

Our Weber grill says for fish fillet:
1/4-1/2″ thick 3-5 minutes High
1/2-1″ thick 5-10 minutes High
1-1 1/4″ thick 10-12 minutes High

Fish is done when the inside flakes easily with fork.

Note: Salmon steaks typically cook well directly on a grill but you may need to cook fillets on a surface that you can be put on the grill and later removed. This will prevent sticking, but you may need to increase grilling time to compensate.



Grilled Salmon Fillet

This recipe is from Tammy’s Recipes.

Bonnie’s Tuna Noodle Casserole

A quick and easy cheesy tuna and noodle dish
Yield:

4 servings
Ingredients:

4 oz. egg noodles
6 oz. can of tuna, drained
1/3 cup chopped onion
1 tbs. Butter
1/4 cup milk
3/4-1 cup grated velveeta cheese (or other processed cheese, such as American)
1/3-1/2 cup marble cheddar cheese, grated
Instructions:

1. Cook egg noodles according to package directions.

2. Saute the onion in the butter.

3. Mix the tuna, milk, and sauted onion, and spread in the bottom of a greased 8-inch square baking dish. Top with half of each kind of cheese.

4. Spread egg noodles in pan. Top with rest of cheese.Â Bake at 350° for 15 minutes.



Bonnie’s Tuna Noodle Casserole

This recipe is from Tammy’s Recipes.

Veggie Tuna Casserole

Garden pasta, red pepper, zucchini, broccoli, tuna, and cheese, combined in a flavorful and creamy sauce
Yield:

4-6 servings
Ingredients:

2 cups garden spiral pasta
1 large red bell pepper
1 large zucchini
1 head broccoli or approximately 2 cups chopped
1 large can tuna, drained (I used 6 ounces of tuna)
1 cup (4 ounces)Â monterey jack cheese, grated (or more)
2 Tablespoons butter
2 cups milk
1 Tablespoon soy sauce
1 Tablespoon hot sauce (or less)
2 Tablespoons oil
3 Tablespoons flour
Salt & Pepper to taste

Instructions:

1. Cook pasta according to package instructions; drain.

2. Chop bell pepper, zucchini and broccoli into bite-sized pieces. Saute in oil, then add soy sauce. Don’t overcook; vegetables should still be crisp.

3. In small saucepan, melt butter. Add salt, pepper and hotsauce. Whisk in flour. Add milk. Stir constantly and bring to a boil over med heat. Boil & stir one minute.

4. Add vegetables to pasta in large bowl. Add sauce & stir together. Stir in one handful cheese. Place in 9″x13″ baking pan and
sprinkle remaining cheese over top.

5. Bake in 375* oven for 5-10 minutes, or until cheese is melted.
Additional Notes:

This
recipe was submitted to Tammysrecipes.com by Amy B. She writes, “This
might not seem like anything special, but it is a pretty tasty dinner.”

When I (Tammy) made the recipe, I used the full amount of hot sauce (we use Tapatio brand) and we thought it was a little too hot for our tastes. I also used more cheese than the recipe calls for, probably at least double (8 ounces or more), but I didn’t measure that. It was good that way!



Veggie Tuna Casserole

This recipe is from Tammy’s Recipes.

Rummy Deer

Tender cuts of venison, marinated in a brown sugar, soy sauce, rum and cola mixture, wrapped in turkey baconÂ and baked
Yield:

Varies, depending on size of cut of venison
Ingredients:

1/4 cup rum*
brown sugar
1/4 can cola**
1/2 cup soy sauce***
uncooked turkey bacon
Instructions:

1.
Combine 1/4 can of pepsi with a shot of rum (about 1/4 cup rum or a few
drops rum flavoring); stir. Add 1/2 cup of soy sauce, and enough brown
sugar to make a nice thick paste. Mix well with a fork.

2. Lay meat out in a shallow dish that can be covered; pour marinade
on top. Cover and refrigerate for at least 1/2 hour, no more than 4
hours.

3. After meat has marinated to your liking, take 2-3 strips ofÂ uncooked turkey bacon, and wrap around the pieces of meat. If using

tenderloin, wrap the entire piece in slices of the bacon.

4. Place meat on a cooking pan (jellyroll pans work the best!). Once
all pieces are wrapped and on the pan, spoon a bit of the marinade on
the wrapped meat.

5. Transfer to a 350 degree oven, and cook for about 20 minutes.
After 20 minutes, spoon/baste the meat with more marinade. Discard any
leftover marinade after this. Cook for another 15-20 minutes, depending
on the thickness of the meat. When you can start to smell the meat in
other parts of your home, its almost done! Cook venison as you would
beef.****Â
Â
Serve with green salad, buttered cooked sweet potatoes, and rolls. Enjoy!

Additional Notes:

*Or rum flavoring. I like using real rum better.

**We use Pepsi.

***We use the Kikkoman low sodium.

****The meat will get very dark, due to all of the sugars used; don’t worry, you’re not burning it unless it smells burnt!



Rummy Deer

This recipe is from Tammy’s Recipes.

Tartar Sauce

A tangy homemade tartar sauce to serve with fish Yield:

1 cup
Ingredients:

3/4 cup Miracle Whip Salad Dressing*
1/4 cup dill pickle relish
1 teaspoon minced onions, optional
a pinch of tarragon leaves, optional
Instructions:

1. Combine ingredients and stir until well-mixed. Refrigerate until ready to serve.

Leftover tartar sauce will keep for at least a week in the refrigerator (or longer, if you omit the onions and tarragon).



Tartar Sauce

This recipe is from Tammy’s Recipes.

Salmon Potato Casserole

A comforting creamy casserole of cheesy sliced potatoes and smoked salmon
Yield:

8 servings
Ingredients:

1 large onion or 2 medium onions, finely diced or thinly sliced
3 large potatoes (about 2 or 2.5 pounds), scrubbed and thinly sliced
1/2 cup heavy whipping cream
1 1/2 cups milk
1 teaspoon salt
1/2 teaspoon black pepper
3 cups (12 ounces) shredded cheddar cheese
8 ounces smoked salmon*
Instructions:

1. In a large mixing bowl, stir together the onions, potatoes, cream, milk, salt, and pepper.

2. In a 9×13-inch baking dish, spread a layer of potatoes/onions,
using almost half of what is in the mixing bowl. (I use my hands to
separate and spread.)

3. Sprinkle a cup of the cheese over the potatoes. Spread a layer of
salmon across, and then the rest of the potatoes/onions. Sprinkle the
remaining 2 cups of cheese on top, and pour or spoon the extra milk/cream from the mixing bowl over the cheese.

4. Cover dish with foil (lightly oil the underside of the foil if it will be touching the cheese) and bake at 400 degrees for 60 minutes. Uncover the dish and bake at 350 degrees for about 30 minutes longer, until potatoes are tender. Serve hot and enjoy!



Salmon Potato Casserole

This recipe is from Tammy’s Recipes.

Baked Cod with Lemon and Dill

Cod fillets brushed with lemon dill butter and baked until tender and flaky
Yield:

2 servings
Ingredients:

12 ounces cod fillets*, fresh or thawed
2 tablespoons butter
1/2 teaspoon fresh lemon zest
1/2 teaspoon dried dill weed
salt
pepper
1 tablespoon freshly squeezed lemon juice
Lemon wedges, for serving (optional)
Instructions:

1. Preheat oven to 450 degrees. Melt butter in a small sauce pan and stir in the lemon zest and dill.

2. Rinse fish fillets if desired, and pat dry with a paper towel.
Sprinkle both sides (if fish is skinless) with salt and pepper. Lay fish
on an ungreased baking sheet.

3. Drizzle half of the butter mixture over fish. Flip fillets over
and drizzle remaining butter on top. Sprinkle with lemon juice.

4. Bake at 450 degrees for 12-15 minutes, or until fish tests done

(tender and flaky inside). If fillets are thin, check at 12 minutes; if
fillets are thicker they will probably need at least 15 minutes.

Serve over rice, with lemon wedges to squeeze over fish and rice if desired!



Baked Cod with Lemon and Dill

This recipe is from Tammy’s Recipes.

Easy Tuna Noodle Casserole

A simple cheesy from-scratch tuna noodle casserole!
Yield:

8 servings
Ingredients:

8 ounces pasta or 12 ounces egg noodles
2 6-ounce cans of tuna, drained

1 onion, chopped
3 tablespoons butter
2 tablespoons all-purpose flour
2 cups milk
1 teaspoon salt
dash of pepper
1 1/2 cups (6 ounces) shredded mozzarella cheese
1 1/2 to 2 cups shredded cheddar cheese
Instructions:

1. In a large stock pot, cook the pasta or egg noodles according to package instructions. Drain pasta in a strainer.

2. In the now-empty stock pot, melt the butter. Add onions and saute
until onions are tender. Stir in flour to make a thick paste. Add milk,
salt, and pepper. Cook and stir until bubbly and slightly thickened.
Remove from heat.

3. Add cooked pasta and drained tuna to sauce, stirring to coat. Stir in mozzarella cheese.

4. Pour into a lightly greased 9×13-inch baking dish. Top with shredded cheddar cheese.

5. Bake uncovered at 350 degrees. Bake for 20 minutes or until cheese is bubbly.

Additional Notes:

This casserole can be made ahead and refrigerated until ready to bake. If baking after refrigeration, place cold dish in oven before pre-heating oven. Bake



Easy Tuna Noodle Casserole

This recipe is from Tammy’s Recipes.