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50
Favorite
AMERICAN
RECIPES
by State
★ ★ ★ ★



50 Favorite American Recipes by State

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*Please note: these recipes are all interpretations of popular recipes inspired by various U.S. states. None of these recipes are official state recipes.

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Letter from the Editors

Dear Cooking Enthusiast:

There are plenty of American recipes out there that are the pride of the state, from quintessential American recipes; to the more obscure, which are famous only to those who live there. We've gathered together some of the best American recipes around, highlighting one popular recipe from each American state. Many of which were submitted by individuals living from that specific state. In this collection of *50 Favorite American Recipes by State* you can take a trip around the U.S. right at your dinner table.

Whether you're a fan of southern cooking, East coast seafood, Midwest comfort classics, or southwestern greats; you'll have plenty to explore among these 50 recipes (plus one bonus recipe!). In this 86-page collection you'll find great dinner recipes, appetizers and starters, and dessert recipes to make your mouth water.

For more traditional American recipes and more, be sure to visit [RecipeLion.com](http://www.RecipeLion.com). While you're there, subscribe to RecipeLion's free [Quick and Easy Recipes](#) newsletter to get free recipes delivered to your inbox every week.

Enjoy great American cooking at its best!

Sincerely,

The Editors of RecipeLion

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Northeast Region

Freeport, Maine's Own Captain Briggs House Cinnamon Bread

By: Captain Briggs House B & B, courtesy of BnBfinder.com



Sweetbreads are perfect any time of day. This wonderful recipe from a B&B in Freeport, Maine is made with ground cinnamon and baked into a piece of heaven. Moist and delicious, you won't want to pass this bread up.

Serves: 4

Ingredients

- 1/2 cup vegetable oil
- 2 cups plus 1/2 cup of sugar
- 2 eggs
- 2 cups buttermilk
- 2 teaspoons baking soda
- 4 cups all-purpose flour
- 2 tablespoons ground cinnamon
- 1/2 teaspoon salt

Instructions

1. Preheat oven to 350 degrees F. Spray two loaf pans with nonstick spray.
2. Mix together oil, 2 cups sugar, eggs, buttermilk, baking soda and flour in large bowl.
3. Pour a quarter of batter into each prepared pan.

4. Combine 1/2 cup sugar, cinnamon, and salt in small bowl. Sprinkle a quarter of sugar mixture in each pan.
5. Pour remaining batter equally between pans. Sprinkle with remaining sugar.
6. Swirl a knife through batter.
7. Bake 1 hour, or until a knife inserted in center comes out clean. Cool for 10 minutes and then remove bread from pans and place on wax paper. Slice when completely cool.

Hearty New England Clam Chowder (a New Hampshire classic)

By: BnB Finder, courtesy of Blue Bay Inn



Seafood is at the heart of New England, and New Hampshire is no exception. Bring this classic east coast dish to your dinner table today. Rich and creamy, this homemade soup recipe is a must for any Clam Chowder fan. Perfect any time of year, enjoy spoonful after spoonful.

Ingredients

- 1 cup onion, chopped
- 1 cup celery, chopped
- 3 to 4 large potatoes, cubed
- 1 can clam juice
- 1 1/2 cups fat free half and half
- butter flavor Pam
- 1/4 cup flour
- butter salt

Instructions

1. Coat onions and celery with Pam and sear in pot with a little of juice (3-5 minutes to translucent).
2. Add Clam juice and potatoes bring to boil.
3. Spray Pam in bowl (A lot) and add flour and make Rue.

4. When Potatoes are soft add Half & Half to pot and bring to almost boil.
5. Add some soup to the rue and then add rue back to pot.
6. You can add Butter Salt to taste.

Vermont - Barnard's Breakfast Pizza

By: BnB Finder, courtesy of Maple Leaf Inn Bed and Breakfast in Vermont



Surprise the family with B&B style pizza for breakfast! This wonderful recipe uses homemade dough and is topped with Parmesan cheese and ham. Great for breakfast or for dinner, this breakfast pizza recipe is fantastic.

Ingredients

- For the Dough:
- 2 cups unbleached bread flour
- 1 teaspoon salt
- 1 teaspoon fast-rising (bread machine) yeast
- 1 tablespoon olive oil, plus extra for the oiling bowl
- 1 cup warm water
- Toppings:
- 1 cup diced ham
- 12 slices of tomato, thinly sliced
- 3/4 cup Parmesan cheese, grated
- 4 large eggs, broken into individual bowls

Instructions

1. To make the crust, put the flour, salt, and yeast in a food processor fitted with the dough blade and pulse several times to mix. With the processor running, add the tablespoon of oil through the feeding chute.
2. Then add the water in a stream until a soft ball forms – you will typically not use the entire cup. Stop the processor and move the dough to a floured surface.
3. Knead a couple of times and then form into a ball. Put the dough in a small oiled bowl and cover tightly with plastic wrap and put in a warm place to rise for one and a half to two hours – until

doubled.

4. About an hour before baking the pizzas, preheat the oven with a pizza stone to 480 degrees.
5. When the rising is done, take the dough from the bowl and place it on a lightly floured surface. Cut into four equal portions and form them into tight individual balls. Put a little olive oil on each and lightly cover with plastic wrap. Let them rest for about 10 minutes.
6. When ready to form the pizzas, take each ball and gently pull it into a small round crust. Then, place on parchment paper. Dimple the crust with your finger tips and using the heel of your hand, push the crust into a larger circle with the outer edge a bit higher than the middle – each crust will be approximately six inches in diameter.
7. Brush a little olive oil on each crust and sprinkle the diced ham on each, leaving an empty spot in the middle of the crust.
8. Place three tomato slices on top of the ham. Then sprinkle the cheese on top of the ham and tomatoes. All these ingredients should form a dam to hold the egg in place.
9. Place the parchment with the pizzas the preheated stone and slide a raw egg into the middle of each pizza.
10. Bake for about 8-10 minutes – until the egg whites are set and the crust turns a golden brown. Remove from the oven, and slide onto a plate and serve while hot.

Boston Cream Pie (a Massachusetts classic)

With Boston Cream Pie you'll want to eat dessert before dinner, and you might even do it. This heavenly delight is topped with melted chocolate and makes a fluffy irresistible treat. Easy pie recipes have never been this smooth and delicious.

Serves: 10

Ingredients

- 1 1/4 cups plus 1 tablespoon granulated sugar
- 3 egg yolks
- 6 eggs
- 5 tablespoons cornstarch, divided
- 2 cups milk, scalded
- 1 1/2 teaspoons vanilla extract, divided
- 1 cup cake flour
- 6 tablespoons butter or margarine, melted
- 1 cup heavy cream, divided
- 6 ounces semisweet chocolate chips

Instructions

1. Preheat oven to 350 degrees F.
2. Grease and flour two 9-inch cake pans. In saucepan, whisk together 1/2 cup sugar, egg yolks, and 3 tablespoons cornstarch, slowly whisk in milk. Cook, whisking, until mixture boils and thickens.
3. Stir in 1/2 teaspoon vanilla extract, chill.
4. With mixer, beat eggs, 3/4 cup sugar, and remaining extract. Fold flour, remaining cornstarch, and butter/margarine into egg mixture. Pour into pans.
5. Bake 30 minutes until cakes spring back. Unmold, cool completely.
6. With mixer, beat 1/2 cup heavy cream with remaining sugar until soft peaks form. Whisk chilled pastry cream until smooth. Gently fold in heavy cream. Cut cakes into 4 layers. Spread filling between layers.
7. In saucepan over low heat, melt chocolate and remaining heavy cream until smooth. Spoon over cake. Chill 1 hour. Makes 10 servings.

Rhode Island Red Clam Chowder

New Hampshire isn't the only state with the best clam chowder. Unlike the typical clam chowder recipe this delicious chowder is made with a tomato broth. With an addition of bacon for an extra burst of flavor, you won't be able to put the spoon down. Enjoy Rhode Island Red Clam Chowder with oyster crackers and a clam cake for a hearty meal.

Ingredients

- 1/4 cup bacon, finely cut up
- 1/4 cup onion, finely chopped
- 2 cans (8-ounces) minced or whole clams
- 2 cups potatoes, finely chopped
- 1 cup water
- 1/3 cup celery, chopped
- 1 can (16-ounces) whole tomatoes
- 2 teaspoons parsley, chopped
- 1 teaspoon salt
- 1/4 teaspoon thyme, dried
- 1/8 teaspoon pepper
- oyster crackers, if desired

Instructions

1. Cook and stir bacon and onion in large kettle until bacon is crisp and onion is tender.
2. Drain clams, reserving liquid. Add clam liquid, potatoes, water and celery to bacon and onion. Cook until potatoes are tender, about 10 minutes.
3. Add clams, tomatoes (with liquid), parsley, salt, thyme and pepper. Heat to boiling, stirring occasionally. Serve with oyster crackers.

Best New York Cheesecake



You don't have to travel to the Big Apple to get the best cheesecake recipe. Make it in your own home! This moist cake is just like the infamous slices you get in the city without the hustle and bustle. Its crunchy bottom perfectly complements its creamy cake layer and is simply heavenly.

Ingredients

- 1 1/2 cups vanilla wafer crumbs
- 6 tablespoons unsalted butter, melted
- 1 tablespoon sugar
- 1/4 cup ground toasted almonds
- 3 pounds cream cheese, softened
- 1 1/2 cups sugar
- 2 tablespoons vanilla extract
- 3 whole eggs
- 2 egg yolks
- juice of 1 lemon
- zest of 1 lemon, minced

Instructions

1. Preheat oven to 350 degrees F.
2. In a small bowl mix the vanilla wafer crumbs, butter, sugar and almonds. Pat into a 10 inch springform pan.

3. Bake at 350 for 10 minutes, or until golden. Remove from oven and cool.
4. Reduce oven temperature to 300.
5. Beat the cream cheese, sugar and vanilla until smooth. Whisk together until fluffy the eggs and egg yolks.
6. Add the cheese mixture, lemon juice and zest. Beat until smooth.
7. Wrap the bottom of the spring form pan in foil. Foil should reach 2/3 of the way up the pan. Pour the filling into the pan. Tap the pan on the counter top several times to break up the air bubbles.
8. Place the filled springform pan in a roasting pan. Fill the roasting up with enough water to reach 1/2 way up the sides of the springform pan.
9. Place in the 300 degree F oven and bake for 1 hour. After 1 hour, rotate the roasting pan so the cake browns evenly.
10. Add more water if needed. Bake for an additional 1 to 1.5 hours or until a cake tester comes out clean.
11. Remove the roaster from the oven. Carefully remove the springform pan from the water bath and set it on a rack to cool for 1.5 to 2 hours.
12. Then, move the cake, still on the rack, into the refrigerator. Chill overnight, or for at least 8 hours.

New Jersey Ham, Egg & Cheese Sandwich

By: Carrie Farias from [Carrie's Experimental Kitchen](#)



To think such an easy sandwich recipe as this could be so irresistible. You won't be able to stop yourself once you sink your teeth into this New Jersey Ham, Egg and Cheese Sandwich. The ham, egg and cheese combo is the perfect flavor combination.

Serves: 1

Ingredients

- 1 hard roll
- 2 eggs, fried
- 2 slices American Cheese
- 2 slices Taylor Ham

Instructions

1. On a flat grill pan, heat Taylor Ham over medium heat until lightly browned on both sides.
2. Remove from pan and keep on the side.
3. Fry the eggs, breaking the yolk. Add cheese to the top of the eggs so that it melts.
4. Place the eggs on the roll and top with cooked Taylor Ham. Serve and enjoy.

Pennsylvania Style Soufflé Omelette

By: BnB Finder, courtesy of The Inn at Bowman's Hill in PA



If you were looking for easy omelette recipes but want something just a little bit different, we've found what you're looking for! This Pennsylvania Style Soufflé Omelette from The Inn at Bowman's Hill is beyond delicious. Make one at home for your own B&B style brunch.

Serves: 1

Ingredients

- 2 eggs
- vegetable oil (as needed)
- salt and pepper, to taste
- diced sharp Cheddar cheese (optional)
- grape tomatoes, sliced (optional)
- mushrooms, sliced (optional)

Instructions

1. Add 1/8" vegetable oil to an 8" non-stick pan on low heat. Separate the egg white from the yolks. Beat the egg white until firm but not overly stiff.
2. Add the egg white to the pan. The mixture should still flow. Add pepper and salt to taste.
3. Allow to fry for 3 to 4 minutes until light brown. Lightly fold in the egg yolks over the surface of the white.
4. Add optional fillings in a strip down the center. Carefully fold the omelette in half.
5. Turn to high heat and cook for 1 to 2 minutes. Turn over and repeat. Serve immediately.

6. The soufflé omelette should be $\frac{1}{2}$ " to $1\frac{1}{2}$ " thick with a soft center and a crispy outside.

Connecticut-Style Best Apple Pie



Enjoy this Connecticut-Style Best Apple Pie, one of best pie recipes you'll ever try. Connecticut is known for its apples and each year there are awards given out for the best apple recipes at the Fair – this recipe will show you why.

Cooking Time: 50 min

Ingredients

- 7 tart apples, peeled and thinly sliced
- 1 (9-inch) double pie crust, unbaked
- 1 tablespoon lemon juice
- 2 tablespoons all-purpose flour
- 3/4 cup sugar
- 1 pinch salt
- 1 teaspoon cinnamon
- 1 pinch nutmeg
- 1 teaspoon rum flavoring
- 1 teaspoon almond flavoring
- 2 tablespoons Neapolitan brandy
- 1/3 cup brown sugar
- 2/3 cup flour, sifted
- 2 tablespoons sugar
- 1/3 cup butter, softened

Instructions

1. Preheat oven to 400 degrees F.
2. Sprinkle apple slices with lemon juice.

3. Combine rest of ingredients in a bowl and toss with apples.
4. Pour filling into pie shell.
5. Cover with second crust.
6. Bake for 45-50 minutes.

Maryland Crab Quiche

By: Blue Max Inn in Maryland, courtesy of BnBfinder.com



Maryland is known for its crab, but we bet you've never had crab quite like this. Easy to make, this wonderful dish is packed with cheese and crab, making it impossible to eat just one slice. Fluffy and delicious make Maryland Crab Quiche tonight.

Ingredients

- 7 1/2 ounces fresh lump crab meat
- 1/2 cup Swiss cheese, grated
- 1/2 cup Colley cheese, grated
- 4 eggs
- 2 cups half-and-half
- 1/3 cup onion, minced
- 1 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 1 tablespoon fresh parsley, chopped
- pie crust for 9-inch pan

Instructions

1. Preheat oven to 425 degrees F.
2. Prepare pie crust as directed. Place pastry on the bottom and sides of a 9-inch pie pan.
3. Over the dough, sprinkle all of the crab meat, then all of the cheese.
4. In a bowl, beat the eggs, cream, onion, salt and cayenne until blended. Pour mixture over crab meat and cheese. Sprinkle with parsley.

5. Place pan on a cookie sheet; set on middle rack in oven. Bake at 425 degrees for 15 minutes, then reduce heat to 300 degrees F.
6. Bake 30 minutes more or until knife, when inserted, comes out clean. Remove quiche from oven; let cool 10 minutes. Cut and serve warm

Famous Delaware Blue Crab Salad

Dig in and enjoy this Famous Delaware Blue Crab Salad, a dish well known in this part of the region. You'll fall in love with crab recipes like this.

Serves: 6

Ingredients

- 1 pound backfin crab meat
- 1 avocado cut into small dice
- 1 (juice of) lemon
- 3 tablespoons plain nonfat yogurt
- 3 tablespoons light sour cream
- 1 1/2 tablespoons finely chopped fresh parsley
- 1 tablespoon chopped fresh chives
- 1 teaspoon Old Bay Seasoning
- 2 drops hot pepper sauce
- 2 tablespoons capers, drained
- --For Lacy Shells:
- 1 1/4 cups coarsely grated Parmigiano-Reggiano cheese
- 2 sheets baking paper
- --Silken Sauce:
- 1/2 cup whipping cream
- 2 tablespoons chili sauce
- 1 tablespoon Old Bay Seasoning (or to taste)
- 1 pound baby lettuce
- 12 chive leaves

Instructions

For Crab Meat mixture:

1. Inspect crab meat for shell. Set aside.
2. Combine avocado with lemon juice. Mix yogurt, sour cream, parsley, chives, Old Bay Seasoning, pepper sauce and capers.
3. Add avocado and lemon juice to yogurt/sour cream mixture. Gently fold into the crab, trying not to break up lumps of crab meat.

For Lacy Shells:

1. Preheat oven to 350 degrees F.
2. Place 2 tablespoons of cheese forming a circle about 3 inches in diameter on a parchment-covered baking sheet.
3. Repeat to create 12 "lacy shells". Bake approximately 10 minutes or until brown. Remove immediately from sheet.

For Sauce:

1. Whip cream until slightly thick and add chili sauce and Old Bay. Continue beating until soft peaks are formed.
2. Arrange lettuce on six salad plates, top with one lacy shell, and mound crab salad on shell.
3. Position another shell on top with a few sprigs of chives. Garnish shell, salad and plate with a few dollops of sauce. Serve immediately.

Bonus Recipe!

District of Columbia: My Wallet's Screaming for a Fusion Maki Roll

By: Malli Pillai



This sushi recipe was inspired by the Washington D.C Metro area, now a culinary hub for all kinds of ethnic eats. Malli created this seafood recipe keeping budget-friendly ideas in mind with - My Wallet's Screaming for a Fusion Maki Roll. Try your hand at this easy sushi recipe and delight in the salmon flavors.

Ingredients

- 4 salmon filets, skin removed and sliced lengthwise
- 1 zucchini
- --Spice for roasting salmon:
- 1 teaspoon coriander powder
- 1/2 teaspoon chili powder
- 1/2 teaspoon paprika
- 1/2 teaspoon black Pepper
- 1 teaspoon lemon juice
- salt to taste

Instructions

1. Mix all the spice ingredients together and rub all over the salmon, let marinate for about 15 minutes.
2. In the meantime, take the washed zucchini and using a potato peeler peel the zucchini (flesh and skin) into long thin strips. Immerse the strips in a pot of boiling water for about 2 minutes,

drain quickly on paper towels and cool.

3. Broil the salmon in a baking pan until it is just cooked but not charred. The juices will be in the pan save the juices for serving.
4. Take the strips of zucchini and using a cutting board to support 'weave' the strips just like they appear on a mat, crisscrossing the strips to form an intertwining mat.
5. Place the salmon drained of the juices in the center of the first mat and then start rolling the salmon tightly encasing it completely inside the zucchini strip mat.
6. Slice cross sections about 1/2 inches thick with a sharp knife to get little roll-ups.
7. Serve three rollups in a plate. I didn't have the heart to toss the cooking liquid or essence of flavors. I ended up pouring it around the rolls.

Midwest Region

Dawn's Green Bay, Wisconsin Chicken Booyah

For one of the best chicken recipes that's simply loaded with flavor and an assortment of ingredients, you won't find better than this. Dawn's Green Bay Chicken Booyah has array of vegetables, potatoes, spices and loads of chicken and beef for a complete dinner-in-one that everyone will enjoy.

Serves: 12

Cooking Time: 4 hr 30 min

Ingredients

- 5 pounds stewing chicken, cut up
- 2 1/2 tablespoons chicken base
- 1 1/2 pounds beef stew meat or roast
- 1/2 pound dried Navy beans, soaked overnight
- 1/2 pound split green peas
- 2 cups canned diced tomatoes
- 4 cups carrots, diced
- 2 1/2 cups onions, diced
- 3 cups celery, diced fine
- 1 (small/med) bag frozen mixed vegetables (corn, beans, peas etc.)
- 1/2 lemon, peeled and cut into pieces
- 8 cups potatoes, diced
- 4 cabbage, shredded
- 4 cups rutabaga, cut into small pieces
- 1/4 cup Lawry's Seasoning Salt
- 2 tablespoons garlic salt
- 1 can (large) of V-8 or regular tomato juice
- salt and pepper, to taste

Instructions

1. Put cut-up chicken and beef in a large soup kettle.
2. Cover with cold water mixed with chicken base.
3. Slowly bring to a boil for about ½ to 1 hour.

4. Skim, and then simmer 1 hour. Remove chicken and de-bone.
5. Add drained Navy beans, Rutabaga, Cabbage, green peas, tomatoes, carrots, onions, mixed vegetables, celery, Lawry's seasoning salt, garlic salt, tomato juice and lemon.
6. Cook about 2 hours. Add back the chicken. Add potatoes. Salt and pepper. Cook an additional 1 hour.
7. Simmer 30 minutes.

Notes

During cooking, it will be necessary to add water to keep meats and vegetables covered. Make it as thick or as thin as you like it with water.

Michigan Cherry Almond Fudge

Whip up a batch of some super sweet Michigan Cherry Almond Fudge and satisfy that sweet tooth! This dessert is inspired by the cherry growing state of Michigan; the combo of white chocolate and cherry can't be beat. Fudge recipes like this should be outlawed their so good.

Ingredients

- 1 (12-ounce) bag of white chocolate chips
- 1 pound container of Betty Crocker Rich & Creamy Cherry Frosting
- 1/2 cup (4-ounce) red candied cherries, chopped
- 1 teaspoon vanilla
- 1 dash of salt

Instructions

1. Line 9 inch square pan with wax paper. In a large microwaveable bowl, microwave baking chips uncovered on high for 1 minute to 1 minute 30 seconds.
2. Be sure to stir every 15 seconds until melted.
3. Stir frosting into melted chips, fold in remaining ingredients. Pour and spread into pan.
4. Refrigerate 20 minutes or until set. Lift fudge out of pan and cut into 6x6 rows. Store in tightly covered container.

Minnesota Pizza Hot Dish

Easy casserole recipes like this Minnesota Pizza Hot Dish are the perfect weeknight dish, or when you're short on time. It's like a pizza and pasta all-in-one dish; your family will surely love it!

Ingredients

- 1 pound ground beef (hamburger)
- 2 jars of pizza sauce
- 3/4 package of extra wide egg noodles
- 1 (8-ounce) package Cheddar cheese fancy shredded
- 1 cup milk
- 1 can (small) sliced mushrooms
- 1/2 onion, cut up
- pepperoni slices, as desired

Instructions

1. Preheat oven to 350 degrees F.
2. Brown ground beef, and while that is browning boil the noodles (according to package directions).
3. Then mix all ingredients together, but only half of the cheese, and put in a cake pan/casserole dish, top with the rest of the cheese, and bake for 1 hour.

Chicago Style Italian Beef Sandwich (Illinois)

Slowly cooked to absorb all of its flavor, this juicy Italian beef recipe is just like the kind you get in the windy city. The question is how do you eat it? Do you like it extra juicy? With hot peppers or melted cheese? There's no wrong answer with Chicago Style Italian Beef Sandwiches. They're always good.

Ingredients

- 9 pounds top inside beef round
- 3 garlic cloves, crushed
- 2 pounds water
- 1/2 cup oregano, chopped
- 1/4 cup salt
- 1/4 cup black pepper
- 1 teaspoon red pepper flakes
- 35 freshly baked French rolls
- 1 1/2 pounds Mozzarella cheese, sliced

Instructions

1. For roasting times, figure on 10-12 minutes per pound for medium. Check with a meat thermometer for an internal temperature of 130 degree Fahrenheit for rare, 140 degrees Fahrenheit for medium.
2. Preheat oven to 400 degrees F.
3. Place sirloin in roasting pan and dry roast for 15-20 minutes.
4. Remove pan from oven and add water, oregano, garlic, salt, pepper and pepper flakes. Return to oven and roast at 350 degrees for 2 to 2 1/2 hours.
5. Remove from oven. Allow to rest for 15 minutes. Internal temperature will rise 5-10 degrees.
6. Thinly slice beef and pile high on freshly baked French rolls. Add cheese if desired. Reserve cooking juices to make wet sandwiches.
7. Garnish with sliced sweet bell peppers or hot giardinara. Makes 30-40 sandwiches depending on portion size.

Ft. Wayne Copycat Coney Dog

By: Krista from [Everyday Mom's Meals](http://www.everydaymomsmenu.com)



This recipe pays tribute to the infamous Coney Island hot dog. Topped with chili and raw onions, this hearty hot dog recipe is so good there's a reason why it's famous. Coming from Krista at Everyday Mom's Meals, make it tonight.

Ingredients

- For the Chili Sauce:
- 1/2 cup onion, finely chopped
- 1 clove of garlic, minced
- 2 tablespoons butter
- 1 pound ground beef
- 2 tablespoons yellow mustard
- 2 tablespoons cider vinegar
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon hot pepper sauce
- 1 cup ketchup
- 2 teaspoons paprika
- 2 teaspoons chili powder
- For the Hot Dogs:
- 1 package of hot dogs
- 1 package of hot dog buns
- onions, diced to taste
- yellow mustard, to taste

Instructions

1. Sauté the onions and garlic in butter. Add ground beef and break up until fine. Cook until brown and drain fat.
2. Combine all other ingredients and mix well. Add to beef mixture. Stir well and heat.
3. Let simmer for at least an hour. If dries out, add a little water, scrape bottom of pan to get pan drippings off and continue simmering.
4. Serve on hot dogs in buns with mustard and diced onion.

Fresh Corn Soup (Iowa-style)

By: Romancing the Stove by Amy Reiley



Fresh Corn Soup is a healthy soup recipe that will become one of your favorites. Made with fresh corn for a sweet succulent flavor, you won't be able to put down the spoon.

Serves: 2

Ingredients

- 2 teaspoons canola oil
- 1 small onion, chopped
- 1 3/4 cups chicken stock
- 2 ears of corn plus cobs
- 1/8 teaspoon cumin
- 1/4 teaspoon coriander
- 1/2 teaspoon salt
- 1 teaspoon fresh chives, finely chopped (optional)
- salt and pepper, to taste
- 3/4 cup kefir

Instructions

1. Cut corn from cob and reserve both corn and cobs.
2. Heat oil in a stock pot over medium-high heat. Sauté onion for 2 minutes.

3. Add chicken stock and bring to a boil. Turn heat down to simmer and add corn, cobs, cumin, coriander and salt. Simmer for 15 minutes.
4. Turn off heat. Remove 2 tablespoon of corn from the pot and set aside. Remove cobs and pour the remaining soup into the blender. Blend until smooth.
5. Stir in kefir, reserved corn kernels and chives. Season with salt and pepper to taste.
6. Serve immediately or chill at least 2 hours for a cold soup.

Ohio State Buckeyes

Make your team's food and enjoy this delicious buckeye recipe. Made with chocolate, peanut butter, and sugar, these candy balls are first rolled up, then stabbed with a toothpick and, lastly, dipped in melted chocolate. Ohio State Buckeyes are a great dessert.

Ingredients

- 1 cup creamy peanut butter
- 1/4 cup butter or margarine, room temperature
- 1 teaspoon vanilla
- 1 1/2 cups confectioner's sugar
- 1/2 cup flour
- 1 cup semisweet chocolate chips, melted

Instructions

1. Line a 2 cookie sheets with waxed paper. Beat peanut butter, butter and vanilla in a med. bowl with electric mixer until smooth.
2. Gradually beat in sugar and flour until well blended. Roll rounded teaspoons into 1-inch balls.
3. Arrange on prepared cookie sheets and refrigerate 1 hour or until firm. Spear one ball at a time with a wooden pick and dip in chocolate to cover about 2/3rds of it.
4. Arrange chocolate side down on prepared cookie sheets. Smooth over toothpick holes. Refrigerate about 15 min. until chocolate is set. Store tightly covered in refrigerator up to 2 months.

Kansas-Style Baby Back Ribs



Baby back ribs are succulent and delicious. Let this recipe show you how to grill ribs that are awesome. After following this awesome recipe, you will know how to grill pork ribs like a professional pit master.

Ingredients

- 4 pounds baby back ribs, cut into 5-6 rib sections
- 2/3 cup vegetable oil
- 1/3 cup wine or malt vinegar
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 2 tablespoons oil
- 1/3 cup onions, finely minced
- 2 cloves garlic, crushed
- 1/2 cup ketchup
- 1/2 cup canned tomato sauce
- 1/2 cup brown sugar
- 1 teaspoon dry mustard
- 1 tablespoon Worcestershire sauce

Instructions

1. Mix the oil, vinegar, salt and pepper thoroughly and put in a heavy plastic bag with the ribs. Seal and make sure all surfaces of the meat are exposed to the marinade. Marinate, turning occasionally, for 24 hours in the refrigerator or at least 3-4 hours at room temperature. Remove the ribs, reserving the marinade.

2. In a small, heavy-bottomed saucepan sauté the onions and garlic in the oil slowly until very soft but not browned. Add the ketchup, tomato sauce, sugar, mustard and Worcestershire and stir to mix. Simmer very slowly for at least an hour, stirring now and then, until the sauce is the proper consistency.
3. Light a fire in one half of the grill and allow to preheat, covered. Place the ribs on the side of the grill away from the fire. Cover and cook slowly for an hour, basting and turning every 10 minutes or so. Baste with the reserved marinade at first, then with the basting sauce.
4. At the end of an hour the ribs will be cooked through. Transfer then to the section of the grill over the fire and cook, uncovered, until you have obtained the desired degree of browning and crisping, perhaps 10 minutes. Watch carefully and turn often - because of the sugar in the basting sauce it's easy to burn the ribs.

St. Louis Wedding Mostaccioli (Missouri)

No St. Louis wedding reception would be complete without mostaccioli. With a slightly sweet tomato sauce, this wonderful homemade pasta recipe has melted Mozzarella balls on top. Remember your special night with this fantastic dish.

Cooking Time: 30 min

Ingredients

- 16 ounces big noodles such as mostaccioli rigati
- 1 small onion, minced
- 2 cloves garlic, minced
- Olive oil (about 2 tablespoons)
- 1 can crushed tomatoes
- 1 can stewed tomatoes (or 2 cans regular tomatoes and add about 2 tsp. sugar)
- 2 cans tomato paste
- 1/4 cup Italian salad dressing
- 1/4 cup chianti
- 2 tablespoons Worcestershire sauce
- 1/4 cup fresh basil, finely chopped
- fresh mozzarella balls in brine

Instructions

1. Begin by preparing your sauce. This may take a while. Start by sautéing the onion and garlic in the olive oil in the bottom of your stock pot.
2. First heat the olive oil until the top looks a bit cloudy, but before it smokes, then toss in your onion and garlic. Sauté until transparent and tender, but not brown.
3. Add all ingredients except basil. It is important that this sauce be slightly sweet, rather than salty, in order to be a true St. Louis style mostaccioli.
4. But you're eating it, and if you don't want it sweet, by all means, don't sweeten. As it is, the stewed tomatoes add just the right amount of sweetness, bringing out the natural flavor of the tomato without making it too sweet.
5. Simmer down the sauce until it looks pretty thick and chunky, and not too watery. The last 15 minutes of the sauce add the basil, prepare your noodles, and place in a large baking dish. Pour the finished sauce over the top (if you made too much, don't worry. It freezes great, and is a lovely spaghetti and pizza sauce as well).

6. Stud the top with the fresh mozzarella balls, and bake in a 350 degree F oven for about 30 minutes. Serve hot and gooey.

Nebraskan Runzas

A native dish of Nebraska, these wonderful meat pies will become a family favorite. Stuffed with ground beef, cabbage, and onions, and baked in delicious bread, these are perfect for lunch or dinner. This runza recipe is a delicious handheld treat.

Ingredients

- 1 1/2 pounds ground beef
- 1 head cabbage, chopped
- 4 onions, thinly sliced
- 2 packages of yeast
- 1/4 cup water
- 2 cups warm water
- 6 tablespoons oil
- 5 tablespoons sugar
- 1 tablespoon salt
- 5 1/2 cups flour or more as needed

Instructions

1. Brown beef and remove from pan sauté onions in hamburger grease until transparent.
2. Add cabbage and cooked beef to onions and cook until tender, adding a little water if it gets too dry if necessary). Season to taste with salt and pepper.
3. For dough, soften the 2 package yeast in 1/4 cup water. Add 2 cups warm water, the oil, sugar, and salt.
4. Add flour until the dough consistency is no longer sticky (but not too stiff). Let rise until double, punch down and let re-rise (about another hour). These can truly be made in about any size or shape (appetizer vs. sandwich, round vs. rectangular), so use your own judgment.
5. Preheat oven to 350 degrees F.
6. Take a piece of dough and roll into a rectangular or round shape, about 1/4-inch thick.
7. Add filling, and pinch the edges firmly to seal making sure the filling is totally enclosed.
8. Flatten slightly, and place on greased cookie sheet or pan, seam-side down. Let rise again until about double (about 1/2 hour or so).

9. Bake for 30 minutes. If desired, brush with 1 beaten egg mixed with a little water about 15 minutes into baking for a nice golden color.

North Dakota Stuffed Cabbage

Enjoy the flavors celebrated by Norwegians (which North Dakota is known to have influences of) with amazing and easy cabbage recipes like this. Savor the zesty beef stuffing in this Norwegian Stuffed Cabbage.

Ingredients

- 16 cabbage leaves
- 1 pound ground beef
- 1/2 tablespoon salt
- 1 1/4 tablespoons potato flour
- 1/2 teaspoon pepper
- 1/4 teaspoon ginger
- 1/4 teaspoon nutmeg
- 1 quart milk

Instructions

1. Stir meat dough with salt until it stiffens somewhat. Add potato flour and seasonings. Add milk, a little at a time.
2. Boil cabbage leaves in lightly salted water until tender, about 10-15 minutes. Drain well. Put a spoonful of meat dough on each leaf.
3. Pack the leaf around the meat and tie it with a cotton string. Simmer the cabbage rolls in lighted salted water for approx. 20 minutes, until they are tender and cooked through.
4. Remove the strings and serve with white sauce to which lots of chopped parsley has been added.

South Dakota Absolute Kuchen

Did you know kuchen is South Dakota's state dessert? Well you must check out this Absolute Apple Kuchen, it's absolutely the moistest, most delicious apple cake recipe that you'll taste all month! Enjoy this kuchen recipe with your friends and family.

Ingredients

- 1/2 cup butter
- 1 box dry yellow cake mix
- 1/2 cup coconut
- 1 can sliced apples
- 1/2 cup sugar
- 1 cup sour cream
- 1 teaspoon cinnamon
- 2 egg yolks

Instructions

1. Preheat oven to 350 degrees F.
2. Cut butter into the cake mix as you would for a pie crust until the mixture is crumbly.
3. Add the coconut and pat lightly into an ungreased 9 x 13 pan, forming edges about 1/2 " up the sides of the pan.
4. Bake for 10 minutes.
5. For the topping, spread the apples in the pan while the crust is still warm. Sprinkle cinnamon and sugar over the apples. Mix sour cream and egg yolks and drizzle over the apples and sugar. This will not completely cover the apple layer.
6. Bake for 25 minutes, serve warm.

South Region

Alabama Mud Cake

Give your taste buds and senses an overload of pleasure with this fantastic Alabama Mud Cake. Cake mix recipes never looked so good; you'll love the combination of pineapple, cherries, chocolate chips and deviled cake. It's loaded with sweet, delicious flavors!

Ingredients

- 1 can crushed pineapple, (20-ounce) with juice
- 1 can cherry pie filling, (21-ounce)
- 1 package devil's food cake mix, (18.25-ounce) (also other ingredients noted on box)
- 1 cup chopped pecans
- 1/2 cup chocolate chips (make it mint chocolate chips if desired)
- 1/2 cup butter, sliced

Instructions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Grease and flour a 9x13 inch pan. Pour pineapple with juice into prepared pan, spreading evenly to make the first layer.
3. Spread cherry pie filling over the pineapple layer, then spread the cake mix (as prepared on box) over the cherry pie filling.
4. Sprinkle the cake mix layer with pecans and mint chocolate chips, then distribute the sliced butter evenly over the top.
5. Bake in the preheated oven for 40 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.

Arkansas Barbeque Sauce

Put some South in your mouth with this gourmet sweet barbecue sauce recipe. This recipe shows you how to make sweet barbecue sauce that boosts the flavor of any meat. It makes a perfect tangy barbecue rib sauce.

Ingredients

- 1/2 cup water
- 1/8 cup black pepper
- 3 ounces brown sugar
- 1/8 cup red pepper flakes
- 3 ounces Worcestershire sauce
- 3/4 quart red wine vinegar
- 3 ounces yellow mustard
- 1/4 quart white wine
- 1/4 cup ketchup
- 3 ounces salt

Instructions

1. Combine water, black pepper, red pepper flakes, brown sugar, Worcestershire sauce, vinegar, mustard, wine, ketchup and salt.
2. Bring to a boil and then simmer for about 1/2 hour.
3. Do not cook or store in aluminum, store in glass.

Florida Banana Bread Protein Pancakes

By: Julie Fagan from [PBJFingers](#)



For healthy and delicious pancake recipes look no further than this easy breakfast recipe. This recipe for a Banana Bread Protein Pancakes is simple to make and tastes divine. Who said healthy can't taste amazing?! Bring that delicious Florida banana taste to your breakfast table.

Serves: 1

Preparation Time: 5 min

Cooking Time: 5 min

Ingredients

- 1/2 cup old fashioned oats
- 1/2 banana, mashed
- 1/4 cup cottage cheese
- 1/2 teaspoon cinnamon
- 1 egg

Instructions

1. Spray pan with cooking spray and heat to a medium heat.
2. Combine all ingredients in a small bowl and blend with an immersion blender until batter is relatively smooth and all ingredients are fully mixed.

3. Pour batter onto the warm pan to form four medium-sized pancakes.
4. Allow to cook until edges start to harden, about three minutes.
5. Flip pancakes and allow to cook until batter is no longer runny, about two more minutes.

Notes

Top with syrup, pumpkin pie spice and banana slices and enjoy.

Fresh Georgia Peach Cobbler

Fresh Georgia peach cobbler combines the sweet taste of Georgia peaches with cinnamon, brown sugar and many other ingredients that give this old fashioned peach cobbler recipe some rich flavor.

Cooking Time: 30 min

Ingredients

- 1 cup flour
- 2 tablespoons sugar
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 4 tablespoons butter
- 1 egg, beaten
- 1/4 cup milk
- 1/2 cup brown sugar, packed
- 4 teaspoons cornstarch
- 1/2 teaspoon cinnamon
- 1 tablespoon lemon juice
- 2 tablespoons butter
- 1 cup water
- 4 cups sliced peeled fresh peaches

Instructions

1. Preheat oven to 400 degrees F. In a mixing bowl, combine the flour, sugar, baking powder and salt.
2. Cut in the 4 tablespoons of butter with a pastry blender till mixture is crumbly.
3. Stir the milk into beaten egg and add to flour mixture till just moistened, 8-10 strokes. (Do not over mix batter) Set aside.
4. In a small saucepan combine brown sugar, cornstarch, cinnamon, lemon juice, 2 tablespoons butter and a cup of water.
5. Cook over medium heat, stirring constantly till mixture thickens, then stir in peaches.
6. Continue cooking approximately 5 minutes.

7. Pour saucepan mixture into an 8-inch round baking or casserole dish.
8. Spoon the flour mixture on top in 6-7 large mounds or dollops.
9. Bake for 25-30 minutes and serve hot with thick cream or ice cream.

Great Kentucky Burgoo

You won't find more satisfying chicken recipes than this southern classic. Dig out your Dutch oven and whip up a big batch of Great Kentucky Burgoo; your family will be coming back for seconds before you can say succotash!

Ingredients

- 4 cups water
- 1 can tomatoes, (16-ounce) cut up
- 3/4 pound boneless beef chuck roast, cut into 3/4-to-1-inch cubes
- 2 teaspoons instant chicken bouillon granules
- 1 pound meaty chicken pieces
- 2 cups cubed, peeled potatoes (about 3 med)
- 1 (10-ounce) package frozen succotash
- 1 (10-ounce) package frozen cut okra
- 1 cup sliced carrots (about 2 carrots)
- 1/2 cup onion, chopped
- 2 teaspoons curry powder
- 1 teaspoon sugar

Instructions

1. In a 4 1/2-quart Dutch oven combine the water, un-drained tomatoes, beef, and chicken bouillon granules. Bring to boiling; reduce heat. Cover and simmer for 30 minutes.
2. Add chicken pieces. Return to boiling; reduce heat. Simmer, covered for about 45 minutes more or until beef and chicken are tender.
3. Remove chicken pieces and set aside. Stir potatoes, succotash, okra, carrots, onion, curry powder, and sugar into mixture in Dutch oven. Return to boiling; reduce heat.
4. Simmer, covered, about 20 minutes or till vegetables are tender. Meanwhile, when chicken is cool enough to handle, remove meat from bones; discard skin, if any, and bones.
5. Cut the chicken into bite-size pieces. Add chicken pieces to Dutch oven. Cook about 5 minutes more or until the chicken is heated through.

New Orleans Easy Fried Dough



Made famous on the streets of New Orleans, this fantastic sweet bread recipe is made with vanilla and the zest of an orange for an unforgettable flavor. Fried and sprinkled with powdered sugar, you can't stop at just one.

Ingredients

- 1/2 cup water
- 4 tablespoons butter or margarine
- 2 tablespoons sugar
- pinch salt
- 1/2 cup all-purpose flour
- 2 eggs
- 1 teaspoon vanilla extract
- oil, to fry
- powdered sugar, to taste
- 1/2 fresh orange zest (optional)

Instructions

1. In saucepan over medium heat, combine water, butter, sugar and salt. Bring to a boil, stirring, until butter melts. Add flour all at once.
2. Over low heat, cook and stir until mixture forms into a ball.

3. Remove from heat and vigorously beat in eggs, one at a time, until mixture is smooth and shiny (similar to éclairs).
4. Add vanilla and zest (if using), mixing well. Drop rounded teaspoonful of dough into deep hot oil at 375 degrees Fahrenheit. Correct frying temperature is very important.
5. Fry the dough a few at a time until golden on all sides (they may turn themselves over in the oil). Remove with slotted spoon and drain on paper toweling. Sprinkle with powdered sugar.

Ma's Mississippi Mud Cake

From the muddy banks of the Mississippi comes this fantastic dessert recipe. This sweet chocolaty delight is baked fresh and then topped with an ooey gooey marshmallow cream. Moist and rich, you're going to love Ma's Mississippi Mud Cake.

Ingredients

- 1 cup (2 sticks) butter or margarine, softened
- 2 cups sugar
- 2 tablespoons unsweetened cocoa powder
- 4 eggs
- 1 teaspoon vanilla
- 1 1/2 cups all-purpose flour
- 1 1/2 cups nuts
- 1 1/2 cups flake coconut
- 7 ounces marshmallow cream
- 1 box powdered sugar
- 1/2 cup unsweetened cocoa powder
- 1/2 cup evaporated milk
- 1/2 cup (1 stick) of butter or margarine, softened

Instructions

1. Preheat oven to 350 degrees F.
2. For the cake, combine butter, sugar, cocoa, eggs and vanilla in large bowl. Mix until creamy.
3. Add flour, nuts and coconut. Mix thoroughly. Bake for 45 minutes.
4. For the topping, remove cake from oven and immediately spread with marshmallow cream on top. Let cool.
5. For the icing, combine powdered sugar, cocoa, evaporated milk and butter. Mix thoroughly. Spread on top of marshmallow cream.

North Carolina's Own Peach Jacks

By: BnB Finder, courtesy of The Big Mill Bed & Breakfast in North Carolina



You've never tried pancake recipes quite like these scrumptious North Carolina's Own Peach Jacks. With the sweet succulent taste peaches, these "Jacks" are the perfect southern take on a B&B style breakfast or brunch.

Yields: 6 to 8 Jacks

Ingredients

- --Filling:
- 1 (6-ounce) package of dried peaches
- 1 1/2 cups (to 2) water (If water cooks out before peaches are soft, just add more water)
- 1 cup sugar
- --Dough:
- 2 cups all-purpose flour
- 1 teaspoon salt
- 1/2 cup shortening
- 1/2 cup milk
- extra flour for dusting cutting board and rolling pin.
- --For Frying:
- 1/2 cup (to 1 cup) lard for frying (or Canola oil)

Instructions

1. Make filling the day before you cook jacks. Simmer peaches and water in a small saucepan for 45 minutes to an hour until peaches are soft. Be careful, they tend to stick. Add water if needed. Add the sugar and cook 15 minutes more, stirring often. Remove from heat and refrigerate overnight. You will have 2 1/2 cups peaches.

2. Stir together the flour and salt. Using two forks cut in the shortening. Add milk and stir. Separate into 8 to 10 portions. Using the extra flour and a rolling pin, roll each dough piece into a 6" round. Roll dough as thin as you can without tearing dough.
3. Put 1-2 Tablespoons cooked peaches in the center of the rolled dough. Fold the edges over to make a half circle. Crimp edges with a fork. Trim off any extra dough.
4. Melt lard in a medium-size frying pan. Grease should be quite hot before you fry jacks. Fry jacks until they are golden in color. Turn and brown the other side. Remove from heat and drain on paper towels. Continue until all jacks are cooked.
5. The sweet, tangy taste of Peach Jacks is a treat. They are good cold but, oh, so good when they are hot. Yum!

Notes

Use dried fruit . . . in the south we used dried peaches, apples or cherries. Fresh fruit just doesn't have the zing. And if Paula Deen is backing off, someone has to do it!

Oklahoma Cake

For awesome cake recipes from scratch look to the south; this Oklahoma Cake has a delicious tropical flavor combination to it. Combine those tropical flavors with cream cheese and you end up with one heck of a tasty, moist cake.

Ingredients

- 3 cups flour
- 2 cups sugar
- 1 teaspoon soda
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1 1/2 cups vegetable oil
- 3 lightly beaten eggs
- 1 can (8-ounce) crushed pineapple, undrained
- 1 cup chopped pecans or walnuts
- 1/2 teaspoon grated lemon peel (optional)
- 1 cup shredded coconut (optional)
- 2 cups powdered sugar
- 1 (3-ounce) package cream cheese, softened
- 1/2 cup margarine or butter

Instructions

1. Preheat oven to 350 degrees F. In a large mixing bowl, using a spoon, mix all cake ingredients together.
2. Pour into greased and floured Bundt pan. Bake for 40-60 minutes. Cake is done when it crusts on top.
3. Cool on rack 20 minutes then invert. Mix all frosting ingredients together and spread on cake as soon as removed from pan.

South Carolina Fruit Cobbler

Check out this super simple South Carolina Fruit Cobbler; it's made with very budget friendly ingredients and can be whipped up in no time! It's one of the easiest fruit cobbler recipes you'll ever find.

Ingredients

- 2/3 cup any fruit
- 1/3 cup sugar
- 2 tablespoons flour
- 5 slices of bread
- 1 cup sugar
- 1 stick of butter
- 1 egg

Instructions

1. Preheat oven to 350 degrees F.
2. Mix together the fruit, 1/3 cup sugar and flour.
3. Put into 8 inch pan. Trim crusts from bread. Cut into thirds. Place on top of fruit.
4. Mix together 1 cup sugar, butter and egg. Put on top of fruit. Bake for 30 minutes.

Dayton Dumplings and Chicken Darlin' (Tennessee)

By: Jan from [Tweaked at Chez Jan](#)



Tennessee, what is it famous for? Football and moonshine! What about when it comes to food? Blogger Jan has decided that chicken and dumpling recipes are the "signature" Tennessee food; who can argue with that? These Dayton Dumplings and Chicken Darlin' are comfort food at its best; plus it's been tweaked to be healthier, but you'd never know it by the taste!

Serves: 8

Ingredients

- 1/2 cup onion, chopped
- 1/2 cup celery, chopped
- 2 garlic cloves, minced (or 1 tsp of dried stuff)
- 1/4 cup light butter
- 1/2 cup all-purpose flour
- 2 teaspoons Splenda granulated
- 1 teaspoon salt
- 1 teaspoon dried basil
- 1/2 teaspoon black pepper
- 4 cups fat-free chicken broth
- 1 (10-ounce) package frozen green peas
- 4 cups cooked cubed chicken breasts
- ---For Dumplings:
- 2 cups Bisquick Heart Smart Baking Mix
- 2 teaspoons dried basil
- 2/3 cup fat free 0% milk

Instructions

Find thousands of free recipes, cooking tips, entertaining ideas and more at <http://www.recipeion.com/>.

1. In a large saucepan, sauté' onion, celery and garlic in butter until tender. Stir in flour, Splenda, salt, basil and pepper until blended. Gradually add broth; bring to a boil.
2. Cook and stir for 1 minute; reduce heat. Add peas and cook for 5 minutes, stirring constantly. Stir in chicken. Pour into 13 x 9 " baking dish sprayed with non-stick cooking spray (like Pam).
3. Preheat oven to 350 degrees F.

For Dumplings:

1. In a small bowl, combine Bisquick and basil. Stir in milk with a fork until moistened.
2. Drop by tablespoonful into 12 mounds over the chicken mixture.
3. Bake uncovered for 30 minutes. Cover and bake 10 minutes longer.

Notes

Recipe author's spin: This is almost like a chicken pot pie without having the entire crust, so I'm thinking it would be good with perhaps some carrots in it, or maybe some mushrooms. Also, you can bake this uncovered the entire 40 minutes. Serve this in a bowl and use a spoon.....you really don't want to waste a bit!

Max's Texas Haute Dog

By: Max's Wine Dive, Courtesy of: Green Beans and Guacamole cookbook



The age long battle of which city has the better hot dog recipe, New York or Chicago, comes to an end. The winner is Texas! This spicy dog (from Max's Wine Dive restaurant) is topped with pickled jalapenos, beer-infused sauerkraut and a drizzle of homemade chili. Max's Texas Haute Dog is a mouthful of flavor.

Serves: 4

Ingredients

- For the house-Pickled Jalapenos
- 5 pounds jalapenos
- 1 pound carrots
- 1 pound yellow onion
- 1/4 gallon of water
- 2 teaspoons oregano
- 1/3 cup sugar
- 10 cloves of garlic
- 1/4 gallon vinegar
- For the St. Arnold's Beer-Infused Sauerkraut:
- 3 onions, shredded
- 4 heads of green cabbage
- 1/2 cup juniper berries
- 1/2 cup mustard seeds
- 2 tablespoons fenugreek
- 2 tablespoons fennel seeds

- 3 cups white wine vinegar
- 1 cup white distilled vinegar
- 10 bay leaves
- 1 cup kosher salt
- 1/2 cup sugar
- 4 bottles of St. Arnold Brewing Company Lawnmower Beer
- For the Venison Chile:
 - 1/2 pound butter
 - 1/4 cup blended oil
 - 5 pounds of poblano peppers, diced and seeded
 - 5 pounds jumbo yellow onions, diced
 - 10 pounds Broken Arrow Ranch venison, ground
 - 10 pounds ground beef, 80% lean
 - 3 cans tomato paste
 - 1 cup cumin
 - 1/2 cup Guajillo chile
 - 1/2 cup Ancho Chile
 - 1/2 cup Pailla
 - 1/4 cup Arbol
 - 1/8 cup cayenne pepper
 - salt and pepper, to taste
 - 1 liter coffee, double strength
 - 8 cans Lone Star beer
 - 1 can #10 whole tomatoes
 - 1/2 cup Masecca
- For the Haute Dog:
 - 4 (8-ounce) Hebrew National all-beef hot dogs
 - 4 Kraftsmen Baking hot dog buns
 - 24 ounces crispy frites
 - 4 ounces crispy onion strings
 - 2 ounces house-pickled jalapenos
 - 2 ounces Cotija Mexican cheese
 - 12 ounces venison chili or St. Arnold beer-infused sauerkraut
 - 2 sprigs chervil

Instructions

To prepare the house-pickled jalapenos:

1. Combine all ingredients into a pot and boil for 10 minutes. Remove from heat and cool.

To prepare the sauerkraut:

1. Cut the cabbage on a horizontal bias to a 1 ½ inch thickness. Cut onions to same thickness.
2. In a bowl, mix the dry spices, juniper berries to fennel seeds. Top with both vinegars. Set aside.
3. In a small bowl, mix salt and sugar. Sweat the cabbage in a large stock pot.
4. Add the salt and sugar mixture and cook for 4 to 6 minutes.
5. Add the vinegar, dry spices, bay leaves, and beer. Cook 20 minutes over medium heat.

To prepare venison chile:

1. In large pot, heat the butter and oil and sweat the poblano peppers and for 20 minutes.
2. Add the venison and beef and cook until brown.
3. Add the tomato paste and the dry spices, cumin to salt and pepper. Stir for 10 minutes until incorporated.
4. Add the coffee, Lone Star beer, and tomatoes. Simmer for 2 hours.
5. In a small bowl, mix the Masecca with just enough water to make a paste. Add to the pot and stir until thickened. Remove from heat.

To prepare the hot dogs:

1. Cook the hot dogs on a hot skillet until cooked through. Heat the buns in the oven for four minutes.

To assemble:

1. Place the frites in the center of a large plate. Place the hot dog in the bun and balance on top of the frites.
2. Cover with venison chile or sauerkraut. With the venison chile, top with Cotija cheese.
3. With either the venison chile or the sauerkraut, top with pickled jalapenos and crispy onion strings. Garnish with the chervil.

Virginia Beach Chicken

If you're looking for easy chicken recipes with some serious flavor, then try your hand at this Virginia Beach Chicken. Thanks to the bacon, sour cream and mushroom soup, this chicken [dish](#) is impossible to resist.

Serves: 8

Ingredients

- 8 whole chicken breasts
- 8 slices bacon
- 1 (8-ounce) jar dried chipped beef
- 1 cup dairy sour cream
- 1 can (10.5-ounce) golden mushroom soup, undiluted
- 1/4 cup sherry (optional)
- 1 can (4-ounce) mushrooms, drained (optional)

Instructions

1. Preheat oven to 300 degrees F. Wrap each chicken breast with a slice of bacon.
2. Pull apart chipped beef and place in bottom of 13 x 9 inch baking dish. Arrange chicken over top.
3. Combine remaining ingredients and pour over all. Bake, uncovered in oven for 2 hours.
4. Half the chicken breasts, if desired. Turn oven up the last 15 minutes if you desire more browning.

Apple Pumpkin Muffins (West Virginia)

By: Chef Karen Morgan, author of Blackbird Bakery Gluten Free



Golden Delicious apples are the state fruit of West Virginia. These scrumptious apple pumpkin muffins use golden delicious apples to create an amazing flavor balanced out with the sweet pumpkin. These muffins are especially good around the fall holidays, but make them anytime of the year.

Serves: 9

Ingredients

- 1 cup sorghum flour
- 1/2 cup corn starch
- 1/2 cup tapioca flour
- 2 teaspoons guar gum
- 2 teaspoons baking powder
- 1/2 teaspoon kosher salt
- 1 cup granulated sugar
- 1 tablespoon dark brown sugar
- 1/2 cup light brown sugar
- 2 1/8 teaspoons cinnamon
- 1/2 teaspoon nutmeg, freshly ground
- 1/2 teaspoon ground ginger
- 1 1/2 stick unsalted organic butter at room temperature
- 2 large organic eggs, beaten
- 1 can (15-ounces) solid unsweetened organic pumpkin
- 1 tablespoon pure vanilla extract
- 1 golden delicious apple, peeled, cored and finely diced

Instructions

1. Preheat the oven to 350 degrees F.
2. Line muffin cups with paper liners.
3. In a medium bowl combine all the dry ingredients, including the sugar and spices and stir with whisk to blend.
4. Cream the butter with a mixer on medium-high speed until soft.
5. Add the dry ingredients all at once and mix on low for 2 minutes.
6. Add the eggs, pumpkin and vanilla - mix on medium-high until light and fluffy, stopping to scrape down the sides of the bowl several times. Stir in the apple.
7. Using an ice-cream scoop, fill the prepared muffin cups three fourths full with batter and bake for 25 minutes or until cracked on top and browned on the edges. A wooden skewer inserted into one of the muffins will come out clean.
8. Recommendation: Use all organic when possible - organic butter, eggs and organic pumpkin mix (it is less watery than regular pumpkin mix).

West Region

Easy Baked Alaska

If you've shied away from Baked Alaska in the past because it has seemed too complicated, fear no more! This simple recipe will show you how to make Baked Alaska quickly, and you won't have to sacrifice any of the taste.

Ingredients

- 4 egg whites
- 1/8 teaspoon cream of tartar
- 1/2 cup sugar
- Sponge cake, store-bought or homemade
- 1 quart ice cream, any flavor

Instructions

1. Prepare the meringue by beating the egg whites until stiff with cream of tartar.
2. Beat in the sugar gradually and continue beating until it makes a very stiff meringue.
3. Put several thicknesses of paper on a small board that will fit into your oven. Place sponge cake on paper.
4. Shape ice cream into a dome on top of the sponge cake. Return the cake and ice cream to the freezer until just before serving.
5. Cover with the meringue making sure the meringue completely covers the cake and ice cream all the way down to the paper. It must be sealed all around or you will have a puddle of ice cream in the bottom of your oven.
6. Bake at 450 degrees F until lightly brown. Must be served immediately.

Arizona Chuck Wagon Beans

This salty, peppery slow cooker recipe has a diverse array of tastes sure to please even the pickiest eater! Navy beans are extremely healthy, being high in fiber and low in fat.

Ingredients

- 1 pound dried navy beans
- 6 cups water
- 1/4 pound salt pork, diced
- 1 large onion, chopped
- 1 clove garlic, minced
- 1 large green bell pepper, chopped
- 1 1/2 pounds chuck steak, cubed
- 1 1/2 teaspoons salt, to taste
- 1/2 teaspoon oregano, crumbled
- 1/4 teaspoon red pepper
- 1/4 teaspoon ground cumin
- 8 ounces tomato sauce

Instructions

1. Pick over beans and rinse well. Combine beans and water in a large kettle. Bring to boiling; cover; cook 2 minutes. Remove from heat and let stand 1 hour then pour into slow cooker.
2. Brown salt pork in a large skillet; remove with a slotted spoon to cooker; sauté onion, garlic and green pepper in pan drippings; remove with slotted spoon to cooker.
3. Brown beef, a few pieces at a time in pan drippings; remove to cooker with slotted spoon; stir in salt, oregano, red pepper, cumin and tomato sauce. Add more water, if necessary to bring liquid level above beans. Cook on low for 10 hours or on high for 6 hours, or until beans are tender.

Seaviews Asian Sausage Rolls Appetizers (Washington)

By: Shelburne Inn, courtesy of BnBfinder.com in Washington



Impress your guests with wonderful appetizer recipes. Packed with pork sausage, these bite-sized rolls have homemade flaky dough that melts right in your mouth. Make extra, because they are going to be a hit.

Ingredients

- Sausage Mixture:
- 1 pound ground pork sausage
- 1 1/2 tablespoons garlic, finely chopped
- 1 1/2 tablespoons fresh ginger, finely chopped
- 1 1/2 tablespoons Chinese hot mustard
- 2 tablespoons seasoned rice vinegar
- 1 tablespoon light soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon Chinese hot oil
- 1 can (8-ounces) sliced water chestnuts, drained and chopped
- 2 tablespoons Chinese parsley, finely chopped
- 1 tablespoon chives, finely chopped
- Sourdough Refrigerator Biscuit Dough:
- 1 tablespoon yeast
- 1/2 cup warm water
- 6 cups unbleached white flour
- 1 tablespoon baking powder
- 1 teaspoon soda
- 1 teaspoon salt
- 3 tablespoons sugar
- 1 cup cold unsalted butter
- 1 cup sourdough starter
- 2 cups buttermilk

Instructions

Sausage Mixture:

1. Sauté the first 8 ingredients, breaking up the pork into very small clumps. Then add the remaining ingredients and cool to room temperature.

Sourdough Refrigerator Biscuit Dough:

1. Soften yeast in water. Sift dry ingredients. Cut in butter. In separate container mix liquid ingredients together.
2. Add to dry ingredients all at once and stir until just moistened. No longer.
3. Turn out onto a floured surface and knead a few times, adding just a little flour to keep the dough from sticking. Roll out to a thickness of one inch, cut into rounds 2 ½ inches in diameter, and place on a greased baking sheet with sides touching.
4. Refrigerate overnight, covered with plastic wrap, or bake right away in an oven pre-heated to 400 degrees for about 18 minutes.

Forming the Rolls:

1. You can brush the tops of the biscuits with milk before baking to add a nice golden color to the finished product. Makes approximately 30 biscuits
2. Using Sourdough Refrigerator Biscuit dough, roll out a fistful of dough on a lightly floured surface to a thickness of about 1/4 inch. Cut rounds of about 2-1/2 inches.
3. Then roll each round again to make it thinner still.
4. Then place about a Tablespoon of the sausage mixture in the center of the dough. Gather up the ends and pinch to form a sealed ball.
5. Place on a greased baking sheet. Before baking, brush each roll with an egg wash (one egg yolk plus two teaspoons of cream) and top with sesame seeds.
6. Bake in a 375 degree F preheated oven for about 18 minutes, until nicely golden brown.

California Hangtown Fry

By: The Bacon Cookbook by James Villas



A true American classic, this recipe for California Hangtown Fry is a breakfast lover's delight! With 8 strips of peppered bacon, 8 eggs, and a dozen fresh oysters, this decadent dish is king among bacon and egg recipes.

Makes: 3 servings

Ingredients

- 8 thick slices of peppered bacon
- 1/2 cup white cornmeal
- salt (to taste)
- black pepper, freshly ground (to taste)
- 12 fresh oysters, drained
- 8 large eggs
- 3 tablespoons heavy cream
- Tabasco sauce (to taste)
- 3 tablespoons butter
- parsley leaves, chopped (for garnish)

Instructions

1. In a large, heavy skillet, fry the bacon slowly over moderately low heat until crisp, drain on paper towels, and crumble. Pour off all but about 1 tablespoon of fat from the skillet and set aside.

2. In a small bowl, combine the cornmeal, salt, and pepper and mix until well blended. Dip the oysters into the cornmeal, coat lightly, and transfer to a plate. In another bowl, whisk together the eggs, cream, and Tabasco and set aside.
3. Add the butter to the fat in the skillet and melt over moderate heat. Add the oysters and cook until they begin to curl, about 1 minute on each side. Add the egg mixture and bacon; reduce the heat to low, and cook until the edges are set, about 2 minutes. Lift the edges with a fork and tilt the pan back and forth so the uncooked egg runs underneath. Continue to cook slowly just until the eggs are set, 3 to 4 minutes. Slide the fry onto a heated platter, garnish the edges with parsley, and serve hot in individual portions.

New Mexico Cheesy Grits

Perfect for breakfast or dinner, a cheese grits recipe is always satisfying. Made with fresh jalapenos and poblano peppers, this spicy southwestern dish is great for spicy food lovers. Cheesy, spicy and delicious, make it tonight.

Serves: 8

Ingredients

- 2 quarts water
- 12 ounces quick grits
- 1/2 pound butter
- 2 jalapenos, diced,
- 1 red bell pepper, diced
- 1 poblano pepper, diced
- 1 onion, diced
- 1/2 pound Cheddar cheese, grated
- 1/2 pound Monterey Jack, grated
- 4 eggs, beaten
- salt, to taste

Instructions

1. Preheat oven to 350 degrees F.
2. Bring water to a boil. Add grits and simmer for 5 minutes. (For thinner grits, add more water.) Set aside.
3. Melt butter in a large skillet over medium high heat; add peppers and onion. Sauté until tender, about 5 minutes.
4. Add to grits, along with cheeses. Add eggs and season with salt.
5. Pour into a 2-quart casserole and refrigerate until ready to cook.
6. Bake in oven for 25 minutes, or until set. Serve immediately.

Colorado Chili

You're in for a real kick and some serious flavor with this recipe for Colorado Chili. You won't find beans or ground beef in chili recipes like this; but you will find serious chunks of beef and zesty peppers. Take your senses on a tasty wild ride.

Serves: 12

Ingredients

- 6 dried ancho or pasilla chilies
- 3 1/2 cups beef broth
- 3 pounds boneless beef chuck, cut in 1/2
- 2 tablespoons vegetable oil
- 1 large onion, chopped
- 4 large garlic cloves, crushed & finely chopped
- 1/2 teaspoon salt
- 2 teaspoons ground cumin seed
- 1 tablespoon chili powder
- 1 tablespoon cornmeal, optional

Instructions

1. Remove stems and seeds from chilies. Coarsely chop chilies. Place in bowl, cover with boiling beef broth and let steep for 30 minutes.
2. Heat oil in large Dutch oven; add onion and cook, stirring constantly, until soft and lightly browned. Add garlic, salt and beef cubes. Cook, stirring constantly, just until beef loses its pink color. Strain chilies, reserving liquid and chilies.
3. Stir 2 1/2 cups of chili liquid into beef. Stir in chili powder and ground cumin seed and bring to a boil. Reduce heat and simmer, uncovered, over medium-low heat for 1 hour, stirring occasionally.
4. Place soaked chilies and remaining liquid in blender container, cover and blend until smooth. (If necessary, add 1/2 cup more of water to make blending easier.) Add mixture to beef and cook over medium-low heat, stirring occasionally, for 30 minutes or until meat is tender.
5. If a thicker chili is desired, gradually stir in cornmeal 1 tablespoon at a time then cook, stirring constantly, until thickened. Taste and season with salt as desired.

6. Remove from heat and ladle into bowls. Serve with a variety of condiments such as chopped yellow peppers, red onions, tomatoes, avocado, fresh lime juice or grated cheese. Makes twelve 1/2-cup servings

Buffalo Meatloaf (Montana)

You'll find plenty of buffalo populated areas in Montana. You might be surprised, but buffalo meatloaf (OK, bison meatloaf) is a delicious take on the traditional beef meatloaf, and it's moist and tender...and less fatty too.

Serves: 8

Cooking Time: 1 hr 20 min

Ingredients

- 1 cup fine dry bread crumbs
- 1/4 teaspoon nutmeg
- 1/2 teaspoon fine herbs
- 1 teaspoon salt
- 1 pinch pepper
- 3 eggs
- 1 cup milk
- 2 pounds ground buffalo meat
- 1 cup shredded carrot
- 1/2 cup chopped celery
- 1 small onion, finely chopped
- 1/2 cup hickory flavored catsup

Instructions

1. Preheat oven to 325 degrees F.
2. In a bowl, place bread crumbs, nutmeg, herbs, pepper and salt. Mix by hand and add eggs and milk.
3. Beat and allow to sit for 5 minutes.
4. Gradually add the buffalo, carrot, celery and onion and blend together.
5. Pour into a 9 x 13 baking pan and spread evenly.
6. Spread catsup over meat mixture.
7. Bake for 1 hour to 1 hour 20 minutes or until completely cooked through.
8. Stand 5 minutes before cutting.

Southwestern Shepherd's Pie (Nevada)

By: 300 Best Casserole Recipes by Tiffany Collins 2010 Robert Rose Inc.



Take your favorite shepherd's pie recipe to another level; try a Southwestern Shepherd's Pie! Adding corn and fresh cilantro in your easy casserole recipes gives you that Southwest influence you crave.

Serves: 6

Cooking Time: 20 min

Ingredients

- 1 1/2 pounds (750 grams) Yukon gold potatoes, cut into 1-inch (2.5 cm) cubes
- 1/2 cup (125 mL) milk
- 2 tablespoons (30 mL) butter
- 2 tablespoons (30 mL) fresh cilantro, chopped
- 1 teaspoon (5 mL) salt, divided
- 1 teaspoon (5 mL) black pepper, fresh ground and divided
- 1 pound (500 grams) lean ground beef
- 2 cloves garlic, minced
- 1/2 cup (125 mL) onion, chopped
- 1 can (14- to 19-ounce) black beans, drained and rinsed
- 1 can (14-ounce) diced tomatoes
- 1 1/2 cups (375 mL) corn kernels, thawed (if frozen)
- 1/2 cup (125 mL) shredded Cheddar cheese

Instructions

1. Preheat oven to 350 degrees F.
2. Place potatoes in a large saucepan and add enough water to cover. Cover and bring to a boil over high heat. Reduce heat and simmer for about 15 minutes or until potatoes are just tender.
3. Drain potatoes, return to the pot and add milk, butter, cilantro, half the salt and half the pepper; mash until smooth.
4. Meanwhile, in a large nonstick skillet, over medium-high heat, cook beef, garlic and onion, breaking beef up with the back of a spoon, for 8 to 10 minutes or until beef is no longer pink. Drain off fat.
5. Stir in beans, tomatoes and the remaining salt and pepper; bring to a boil. Reduce heat and simmer, stirring often, for 5 to 7 minutes or until heated through.
6. Spread beef mixture in 11- by 7-inch glass baking dish. Spread corn evenly over meat. Spread mashed potatoes over corn. Sprinkle with cheese.
7. Bake in oven for 20 minutes or until top is golden.

Notes

Yukon gold potatoes add extra flavor, but the butter and cilantro will enhance 2 1/2 cups (375 mL) of your favorite instant mashed potatoes.

If you want to use canned corn, use a 14- or 15-ounce (398 or 425 mL) can and drain first.

Hawaiian Pineapple Cake (Hawaii)

Bring the tastes of Hawaii to your table with this quick and easy Hawaiian Pineapple Cake. Very easy dessert recipes like this one are perfect for adding a delicious tropical flair to finish off the meal.

Cooking Time: 45 min

Ingredients

- 1 can (8-ounce) crushed pineapple
- 2 cups Bisquick
- 1 cup flour, sifted
- 1 teaspoon baking soda
- 3/4 cup sour cream
- 1 3/4 cups sugar
- 3/4 cup margarine
- 2 teaspoons vanilla
- 2 large eggs, beaten
- 1/4 cup rum
- 1/4 cup pineapple syrup from can

Instructions

1. Drain pineapple, saving syrup.
2. Stir Bisquick, flour and baking soda together. Beat 1 cup sugar, sour cream, 1/2 cup margarine, eggs and vanilla together for 2 minutes. Add flour mixture and beat 1 minute more. Mix in pineapple and 2 tablespoons rum.
3. Pour into a well-greased 9 inch Bundt pan and bake at 350 degrees F for 45 minutes or until done.
4. To make the glaze, combine 3/4 cup sugar, 1/4 cup margarine and pineapple can syrup in a sauce pan and stir over low heat to blend. Add 2 tablespoons of rum and stir well.
5. Remove from oven and spoon half the glaze over cake. Let stand 10 minutes, then turn out on plate and spoon on remaining glaze.

Utah's Favorite Green Jello Salad

It's said that the state of Utah consumes more green Jell-O than any other state. There are plenty of Jell-O dessert recipes out there, but if you're from Utah, this Favorite Green Jello Salad is what you'll be reaching for.

Ingredients

- 1 (3.4-ounce) package lemon Jello
- 1 (3.4-ounce) package lime Jello
- 1 can (4-ounce) of pineapple chunks with juice
- 1 can (12-ounce) evaporated milk
- 1 cup cottage cheese
- 1/2 cup mayonnaise or miracle whip
- 1/2 cup coarsely chopped pecans
- 1 pinch of salt

Instructions

1. Drain pineapple into 2 cup glass measuring cup. Add enough water to the pineapple liquid to make 2 cups. Put into saucepan and heat liquid.
2. Dissolve Jello in hot pineapple liquid. Put Jello into 1 1/2 quart container (the salad will ultimately be made in this container). Place in refrigerator to cool.
3. Combine remaining ingredients and add to the Jello when the Jello becomes sticky. Combine well and place back in the refrigerator to let set. Serve with Cool Whip if desired.

Idaho Potato Supreme

There's nothing like a great potato recipe made with the infamous Idaho potato! These potato supremes are crowned with delicious gravy made of broccoli, onions, mushrooms and ham. Make with your favorite dinner recipe for the ultimate meal.

Ingredients

- 1 1/2 cups fresh broccoli flowerets
- 1/2 cup fresh mushrooms, sliced
- 1/4 cup green onion, sliced
- 1/4 cup sweet red pepper, chopped
- 1 cup fully-cooked turkey ham, diced
- 4 Idaho potatoes, baked
- 1/2 cup non-fat plain yogurt
- 1/4 cup skim milk
- 2 tablespoons cornstarch
- 1 teaspoon Dijon-style mustard dash ground nutmeg
- 2 tablespoons Parmesan cheese, grated

Instructions

1. In a 1-quart microwave-safe casserole combine broccoli, mushrooms, green onion, red pepper and 2 tablespoons water. Micro-cook covered, on 100% power (high) 3 to 5 minutes or until vegetables are tender, drain well.
2. Add turkey ham Cook, covered, on high 2 to 3 minutes or until heated through.
3. Stir together yogurt, milk, cornstarch, mustard and nutmeg. Add to broccoli mixture.
4. Cook, covered, on high 2 to 4 minutes or until mixture is thickened, stirring every 30 seconds. Spoon over hot baked potatoes. Sprinkle with Parmesan cheese.

Oregon Berry Cobbler



Load up on delicious berries in this easy to make fruit dessert. You won't be able to resist this Oregon Berry Cobbler with its blackberries and buttery flavor. Cobbler recipes like this are simply divine.

Ingredients

- 1/2 cup butter
- 1/2 cup sugar
- 1 cup flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/2 cup milk or buttermilk
- 6 cups marion, black, boysen or blueberries
- 1 cup sugar
- 2 tablespoons cornstarch
- 1/4 teaspoon nutmeg
- 2 tablespoons lemon juice
- 2 tablespoons butter

Instructions

1. Preheat oven to 350 degrees F. Lightly spray 11x7 (2-quart) baking dish.

2. Gently toss berries with sugar, cornstarch, nutmeg and lemon juice and pour into baking dish. Dot top with pieces of butter.
3. For topping mix butter and sugar in food process until light fluffy. Add flour, baking soda, salt and milk. Mix to combine. Batter should be stiff.
4. Spoon topping over berries, which will not be totally covered. Bake for 40 minutes until pastry is golden brown and filling is bubbling. Good warm, room temperature or chilled.

Great Northern Bean Side Salad (Wyoming)

A popular bean in Wyoming, this Great Northern Bean Salad is a delicious addition to any meal. For side dish recipes or salad recipes it's quite easy to make too!

Ingredients

- 1 can (16-ounce) Great Northern Beans, rinsed well
- 1 medium red onion, chopped
- 8 cherry tomatoes, halved or quartered
- 1 teaspoon lemon juice or to taste
- 1/4 cup extra virgin olive oil
- salt and pepper to taste

Instructions

1. Add the chopped onions, tomatoes and lemon juice to the beans.
2. Mix well. Refrigerate. Before serving the bean salad, fold in the olive oil.



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