

# Apricot Chicken Bake

Internet

## Ingredients:

- chicken breast halves
- cup apricot nectar
- ½ teaspoon ground allspice
- 1/8 teaspoon ground ginger
- ¼ teaspoon fresh ground black pepper
- ¼ teaspoon salt
- 1/3 cup apricot preserves
- tablespoons pecans -- toasted

## Instructions:

Have the chicken breasts skinned and boned. Place the chicken in an oven-proof pan large enough that the chicken will not be overlapping. Combine the next 5 ingredients and pour over the chicken, turning the chicken to get the marinade over all parts. Cover tightly and refrigerate overnight or at least 8 hours. Remove from refrigerator and let stand for 30 minutes. Cover tightly with foil and bake in preheated 350 degree box oven for 30 minutes. Uncover, drain and discard liquid from chicken, and keep warm. Heat apricot preserves and brush over chicken. Bake, uncovered, 20-30 minutes longer, basting with preserves another 2 times. Remove to serving platter and sprinkle with toasted pecans.

Serving Ideas: Serve over rice.

NOTES: Requires eight hours or more to marinate before baking.

# Chicken-Cheese Potatoes

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## Ingredients:

- 2 pounds frozen hash brown potatoes with onion and green pepper. Thaw for 30-40 minutes.
- 1 can cream of chicken soup
- 1 pound carton sour cream
- 1 stick melted margarine
- 8 ounces sharp cheese - Cracker Barrel - grated
- salt and pepper

## Instructions:

Mix in a large bowl. Pour into greased 9 ½ x 13 glass dish. Top with 1 cup crushed corn flakes or potato chips. Bake one hour at 375 degrees in your cardboard oven. Serves 12 to 15. Can cut this recipe in half.

# Colorado One Pot Meal

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**Ingredients:** In a deep dish add in order:

- 1 15 ounce can of tomatoes
- 1 pound cooked ground beef (well drained)
- 1 raw potato cut in thin slices (to form cover layer)
- 2 tablespoons flour
- 1 cup each Limas and Corn

**Instructions:**

Bake (covered) in a 350 degree cardboard oven for 45 minutes. Remove and top with 1 cup of cheese return to oven uncovered for 20 minutes. Serve with French bread and salad .....Enjoy!!!

# Country Cornbread Casserole

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## Casserole Ingredients:

- 1 pound hot dogs, sliced on the diagonal in 1/2 inch pieces
- 1 pound cans baked beans
- 1/2 cup ketchup
- 1/2 cup water
- 1 tablespoon prepared mustard
- 1/4 cup brown sugar
- 1 teaspoon Worcestershire sauce
- 2 tablespoons finely chopped onion

## Cornbread Ingredients:

- 3/4 cup sifted flour
- 3 tablespoons sugar
- 1 1/2 teaspoon baking powder
- 1 teaspoon salt
- 1/3 cup cornmeal
- 1 egg, lightly beaten
- 2/3 cup milk
- 1/4 cup cooking oil
- 1/3 cup finely chopped onion

## Instructions:

Preheat the cardboard oven to 400 degrees. Combine the hotdogs, beans, ketchup, water, mustard, brown sugar, and Worcestershire sauce in a 9 x 13 2 inch pan. In a mixing bowl, sift the flour, sugar, baking powder and salt. Stir in the cornmeal. Add the egg, milk, oil and onion, stirring only until all the items are combined. Spoon the cornmeal mixture over the beans in dollops. Bake for about 40 minutes until cornbread is done and golden brown.

# Crawfish Pie

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## Ingredients:

- 3 pounds crawfish tails
- 2 sticks margarine
- ½ cups flour
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 green pepper, chopped
- 2 bunches shallots, chopped
- 1 bunch parsley, chopped
- 1 cup celery, chopped
- 3 tablespoons tomato sauce
- 1 teaspoon salt
- ½ teaspoon red pepper
- ½ teaspoon black pepper
- 2 frozen pie shells

## Instructions:

Melt margarine in Dutch oven. Add flour and brown lightly. Add garlic, onions, green pepper, celery, shallots, and tomato sauce. Stir to blend and cook covered 1 hour. Stir frequently to keep from sticking. Add 3 cups water and simmer several hours. If mixture thickens too much, add more water. Add tails and cook 15 minutes. If mixture is too thin now, add 2 teaspoons cornstarch. Add parsley. Mix well and pour into pie shell. Plop second shell over the filled one and pinch down to make top crust. Bake at 350 in cardboard oven for 15 minutes. Reduce heat to 300 and bake another 12-15 minutes or until crust is golden brown.

# Easy Chicken Casserole

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## Ingredients:

- 2 chickens quartered
- 1 cup raw rice
- 1 can cream of mushroom soup
- 1 can cream of celery soup
- 1 cup milk
- 1 package dry onion soup

## Instructions:

Mix rice, soups, and milk. Place mixture in heavy duty aluminum foil. Place chicken pieces on top. Sprinkle with dry onion soup mix. Seal foil securely, place on cookie sheet, and bake at 350 degree box oven for 2 hours.

# Easy Hamburger Casserole

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## Ingredients:

- 1 pound lean ground beef
- 4 or 5 potatoes, peeled and sliced
- 1 can mushroom soup
- ½ can water
- grated cheese for topping

## Instructions:

Brown ground beef in skillet on top of stove. Drain. Layer potatoes, beef, and soup until you fill oven proof casserole dish to 1 to 2 inches from the top. Place grated cheese on mixture. Bake in 325 box oven approximately 90 minutes or until potatoes are done.

# Easy Tuna Casserole

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## Ingredients:

- 1 can cream of mushroom soup
- 1 box regular macaroni & cheese
- 1 can LeSuer little peas
- 2 cups potato chips (broken)
- 1 6 oz can tuna (don't get cheap kind-can be too salty) in spring water

## Instructions:

Preheat cardboard oven to 375 F. Cook macaroni & cheese according to directions on box. Add tuna, peas, and cream of mushroom soup. Mix all well. Put in 2 ½ Quart baking dish. Crumble potato chips on top. Heat at 375 until hot (20 min)

# French Canadian Shepherds Pie

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## Ingredients:

- 1 large onion,
- about 3 tablespoons margarine,
- 5 potatoes,
- 1 cup milk,
- 1 pound. ground. beef,
- 1 16-0z. can creamed corn,
- 1 8-0z. can corn niblets,
- a little seasoned salt, pepper,
- and a little paprika.

## Instructions:

Chop 1 large onion, and cook in margarine until golden. Add 1 pound ground beef, a little seasoning salt, some pepper, and brown. In the meantime, boil about 5 potatoes quartered, until cooked. Drain, and mash with some milk and margarine, salt and pepper, until smooth. In a casserole, start first layer with browned meat. For second layer, add 1 - 16 Oz. can creamed corn and 1- 8 Oz. can of corn niblets. Top with mashed potatoes, and sprinkle a little paprika on top of potatoes to add a little color. Bake in a 350 degree box oven for about 45 minutes or until heated through ( or keep refrigerated until later ). A delicious, inexpensive, casserole that will be a great hit, especially with kids. Oh! very important--- Don't forget to serve with ketchup. Mmmmm good!.

# French Chicken Casserole

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## Ingredients:

- 4 whole chicken breasts, boned, skinned and cut in half
- ¼ cup flour
- 1 teaspoon curry powder
- ¼ teaspoon salt
- ¼ teaspoon paprika
- ½ cube butter or margarine

## Sauce Ingredients:

- 2 tablespoons butter or margarine
- 3 tablespoons flour
- ¾ cup hot water with 1 chicken or beef bouillon cube
- 2 tomatoes, sliced into wedges
- ¼ pound sliced mushrooms
- 3 - 4 green onions

## Instructions:

Preheat box oven to 350 F. Melt butter in pretty casserole dish (can use 13 x 9 " pyrex dish) . Meanwhile, place flour, salt, curry powder and paprika in a bowl or plastic bag. Coat chicken in flour mixture place in casserole dish for 25 minutes.

Meanwhile make sauce:

Melt butter or margarine in saucepan. Add flour to make a roux and let cook until bubbling. Slowly add broth to make a sauce. Add more broth if you like. Do not let the sauce get too thin.

Take chicken out of the oven and turn over. Decorate with tomatoes, mushroom and green onions and pour sauce over all.

Cook 15- 20 minutes until chicken is hot! I serve with a fresh orange and butter lettuce salad (can add avocados and green onion), green beans and rice pilaf.

# Hamburger Potato Cheese Casserole

Internet

## Ingredients:

- 1 pound Ground Beef
- 1 medium Onion, chopped (optional)
- 4 to 6 servings Instant Mashed Potatoes (or real ones if you like)
- 1 can Cheddar Cheese Soup

## Instructions:

Brown ground beef and onion in skillet, seasoning to taste. Drain well. While beef is cooking, prepare mashed potatoes according to package directions.

Place beef in the bottom of an oven casserole dish. Spread mashed potatoes evenly on top of beef. Spread cheddar cheese soup evenly on top of potatoes.

Preheat box oven to 350. Cover and bake for about 30 minutes or until heated through and cheese is melted (but not brown).

# Hamburger Petal Pie

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## Ingredients:

- 1 cup chopped onion
- 1 cup chopped green pepper
- ½ clove garlic, crushed
- 2 tablespoons vegetable oil
- 1 ½ pound hamburger
- 1/3 cup water
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon Worcestershire sauce
- 2 tablespoons flour
- 1 egg, slightly beaten
- 1 pound canned biscuits

## Instructions:

Saute the onion, green pepper and garlic in the oil until tender then add the beef and cook until brown all over. Dump out the grease and add about 1/3 cup of water. Add the Worcestershire sauce, salt, pepper and flour. Simmer until the juice thickens. Separate the biscuits and brush the edges with the egg. Put the biscuits against the sides and bottom of a pie plate so it is completely covered. Stir the rest of the egg into the meat mixture and then spoon the meat into the pie shell. If you wish you can garnish with a few tomato wedges. Bake in a pre-heated box oven at 450 degrees F for about 8 to 10 minutes. The biscuits should be slightly browned.

## Note:

This gets its name because the biscuits around the edge puff up to look like the petals around the center of a sunflower. You can play with different spices to change the flavor. Some people like to put cheese on top before baking it.

If you live outside North America, remember that a biscuit is a scone.

# Northern Beef Casserole

Internet

## Ingredients:

- ½ pound hamburger
- ½ cup onion, chopped
- 1 cup celery, chopped
- ¼ cup green pepper, chopped--optional
- salt & pepper to taste
- 2 ½ cups cooked great Northern beans
- 1 14-oz can tomato wedges
- 1 beef bouillon cube, dissolved in 1 cup hot water
- 2 cups cooked rice
- ½ cup grated cheese or cheese slices

## Instructions:

Brown hamburger in skillet until well-cooked; drain. Add onion, celery, & green pepper. Stir-fry for about 5 min. Then add all remaining ingredients except cheese. Heat and simmer for a few minutes. Turn out into lightly greased 9x13" baking dish and bake in box oven for 45 min. at 350f. Remove from oven and top with cheese. Return to oven for 5 minutes to melt cheese. Cool 5 minutes before serving. \*\*A tip for cooking dried beans: \*Do not\* cook them in soaking water. Drain and rinse well at least once, more is better. Cook in \*fresh\* water.

# Quesadillas

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## Ingredients:

- 8 flour tortillas
- olive oil
- 2 cups shredded Monterey jack
- ¼ cups jalapenos, chopped
- 1 can green chilies, chopped
- 1 cup shredded cheddar cheese
- 1 cup finely chopped fresh tomato
- 1 onion, finely chopped
- parsley flakes
- salsa

## Instructions:

Fry each tortilla in ¼ in olive oil until crisp and golden, turn once, drain. Place tortillas on paper towels. Combine cheeses, jalapenos, and chilies. Spread in even layer on each tortilla. Top with tomato and onion. Sprinkle with parsley flakes and top with small amount of salsa. Place on cookie sheet and bake in cardboard oven at 350 for 10 minutes. Serve with remaining salsa.

# Shepherd's Pie

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## Ingredients:

- 2 cups leftover mashed potatoes
- 2 eggs, separated
- dash of salt
- 2 tablespoons butter, divided
- 1 pound ground beef
- salt and pepper
- 1 teaspoon Worcestershire sauce
- 1 8 ounce can tomato sauce
- 1 16 ounce can sliced green beans, drained
- 1 cup grated cheddar cheese

## Instructions:

Heat 1 tablespoon of the butter in a skillet and brown the onions. Add the ground beef and brown. Drain and return to skillet. Season with the salt and pepper and add the tomato sauce and green beans. Stir to blend. Lightly grease a 9 inch square pan. Add the meat and green bean combination to the pan. Add the egg yolks to the prepared mashed potatoes. Beat the egg whites with the dash of salt until stiff and fold into the potatoes. Spread over the meat mixture. Sprinkle with cheese and dot with remaining butter. Bake in box oven at 400 degrees for 35 minutes or until nicely browned and bubbly.

# Tuna-Noodle Casserole

Internet

## Ingredients:

- 4 oz Medium noodles (3 cups)
- 1 cup Chopped celery
- ¼ cup Chopped onion
- 2 tablespoons Butter or margarine
- 2 tablespoons All-purpose flour
- 10 ¾ ounce can Cream of mushroom soup
- ¾ cup Milk
- 9 ¾ ounce can of Tuna, drained, flaked
- ¼ cup Chopped pimento
- ¼ cup Grated Parmesan cheese

## Instructions:

Preheat box oven to 375 F. Cook noodles according to package directions; drain and set aside. Meanwhile, cook the celery and onion in butter until tender but not brown. Stir in the flour, then stir in condensed soup. Gradually stir in milk. Cook and stir until mixture is thickened and bubbly. Carefully stir in tuna, pimento and cooked and drained noodles. Turn mixture; into a ½ quart casserole. Sprinkle Parmesan over the top. Bake, uncovered, for 20 to 25 minutes. Garnish with sprigs of parsley, if desired.

# Tuna Spinach au Gratin

Internet

## Ingredients:

- 2 cans tuna, drained and flaked
- 2 packages frozen chopped spinach, cooked and drained
- 1/8 teaspoon red pepper minced
- 2 tablespoons lemon juice
- 4 tablespoons grated parmesan cheese
- 1/2 teaspoon salt, pepper
- 2/3 cups Italian bread crumbs
- 1 cup mayonnaise sauce
- 2 teaspoon Tobasco sauce

## Instructions:

Blend ingredients and fold in mayonnaise. Spoon into medium pot. Sprinkle with additional parmesan cheese. Bake in Dutch oven or cardboard oven at 350 for 20 minutes.