

Hereford Casserole *(Scarlett Jackson)*

Yield: 8 main dish servings

Ingredients:

1 package noodles
½ package (3 or 4 oz.) cream cheese
½ pint sour cream
1 can mushroom soup
1 package ground beef
1 can tomato sauce or spaghetti sauce



Directions:

Preheat oven to 350 degrees Fahrenheit.

Cook the noodles until tender, then drain water.

Brown ground beef, drain grease. Add sauce and simmer for 5 to 10 minutes.

Combine cream cheese, sour cream, and soup in a separate bowl and mix.

In a casserole dish or pan, layer noodles, ground beef, and sauce. Repeat until all are used up.

Top with grated cheddar cheese.

Cook in oven uncovered for 30 minutes on 350 degrees Fahrenheit.

Sothern Peach Cobbler

Ingredients:

2 cans peaches (29 oz) drain and save syrup

1 stick butter melted

1 cup milk (lessen to $\frac{1}{2}$ cup if adding syrup)

1 cup flour

1 cup sugar (lessen to $\frac{3}{4}$ cup if adding syrup)

Cinnamon

$\frac{1}{2}$ cup peaches syrup (optional)



Preparation:

Pour a few tablespoons of melted butter into a casserole pan for baking.

Mix flour and sugar together dry. Slowly combine milk (and syrup if used) with dry mixture. Stir until thoroughly blended.

Pour peaches into the baking pan, atop the melted butter.

Pour combined batter mixture on top of the peaches.

Sprinkle with cinnamon. Drizzle remaining butter over top.

Bake at 350 degrees for 45 minutes to 1 hour. The edges of the cobbler dough should begin to brown and pull away from the edge of baking dish.

Best served warm with vanilla ice cream!

Unstuffed Cabbage Rolls (Danielle Daum)

A great recipe to increase your energy levels.

Ingredients:

- 1 ½ to 2 pounds lean ground beef
- 1 tablespoon extra-virgin olive oil
- 1 large onion, chopped
- 1 clove garlic, minced
- 1 small cabbage, chopped
- 2 cans (14.5 ounces each) low sodium diced tomatoes
- 2 cans (8 ounces each) tomato sauce
- 1 ½ cup water
- 1 teaspoon ground black pepper
- 1 teaspoon sea salt
- ½ cup Instant rice (Optional)



Directions:

In a large skillet, heat olive oil over medium heat. Add the ground beef and onion and cook, stirring until ground beef is no longer pink and onion is tender.

Add the garlic and continue cooking for 1 minute.

Add the chopped cabbage, tomatoes, tomato sauce, pepper, salt and optional instant rice. Bring to a boil. Cover and simmer for 20 to 30 minutes, or until cabbage is tender.

Yield: Serves 6 to 8

Coca-Cola Cake (13x9 Pan)

Cake Ingredients:

- 2 cups of all purpose flour
- 2 cups of sugar
- $\frac{1}{4}$ cup of cocoa powder
- $\frac{1}{2}$ tsp of cinnamon
- 1 $\frac{1}{2}$ tsp of salt
- 1 tablespoon of baking soda
- 2 sticks of butter
- 2 eggs
- $\frac{1}{2}$ cup of buttermilk (or make your own with $\frac{1}{2}$ cup of milk and 1 $\frac{1}{2}$ tsp of vinegar)
- 2 tsps of vanilla
- 1 cup of Coca-Cola



Steps:

- 1.) Preheat oven to 350 degrees and grease a 13x9 pan.
- 2.) Combine flour, sugar, cocoa powder, cinnamon, salt and baking soda and set aside for later or in the mixer.
- 3.) In a pot, heat up (medium heat) butter and coca-cola until the butter has melted completely.
- 4.) Add the eggs, vanilla and buttermilk into the pot and mix well.
- 5.) Take the pan off the stove and pour in with the dry ingredients into the mixer and mix together.
- 6.) Pour into 13x9 pan and place in preheated oven for 15-30 minutes.
- 7.) When done cooking, place a cookie sheet over the top to keep the moisture from escaping.

Coca-Cola Icing (13x9 Pan)

Icing Ingredients:

- 6 tablespoons of Coca-Cola
- 1 stick of butter

- ¼ cup of cocoa powder
- 1 box of powdered sugar (3 ½ cups)
- 1 tsp of vanilla
- 1 cup of pecans (if desired)

Steps:

- 1.) In a pot on medium to medium high heat, mix together Coca-Cola, butter and cocoa powder.
- 2.) Bring to a boil and allow to boil for a minute or two and remove from heat.
- 3.) Add powdered sugar once removed from heat and beat well to ensure the powdered sugar chunks have been broken up.
- 4.) Add vanilla and stir again.
- 5.) Spread on cooled cake and add pecans if desired.

Coca-Cola Cake (Layered Cake)

Cake Ingredients:

- 3 cups of all purpose flour
- 3 cups of sugar
- ¾ cup of cocoa powder
- ½ tsp of cinnamon
- 2 ¼ tsp of salt
- 1 ½ tablespoon of baking soda
- 3 sticks of butter
- 3 eggs
- ¾ cup of buttermilk (or make your own with ¾ cup of milk and 2 ¼ tsp of vinegar)
- 3 tsps of vanilla
- 1 ½ cup of Coca-Cola (whole can)

Steps:

- 8.) Preheat the oven to 350 degrees and grease three 9 inch cake pans.
- 9.) Combine flour, sugar, cocoa powder, cinnamon, salt and baking soda and set aside for later or in the mixer.

- 10.) In a pot, heat up (medium heat) butter and coca-cola until the butter has melted completely.
- 11.) Add the eggs, vanilla and buttermilk into the pot and mix well.
- 12.) Take the pan off the stove and pour in with the dry ingredients into the mixer and mix together.
- 13.) Pour into 9 inch cake pans and place in preheated oven for 20-25 minutes.
- 14.) When done cooking, place a cookie sheet over the top to keep the moisture from escaping.

Coca-Cola Icing (Layered Cake)

Icing Ingredients:

- $\frac{3}{4}$ cup tablespoons of Coca-Cola
- 2 sticks of butter
- $\frac{1}{2}$ cup of cocoa powder
- 2 boxes of powdered sugar (6 cups)
- 2 tsp of vanilla
- 2 cup of pecans (if desired)

Steps:

- 6.) In a pot on medium to medium high heat, mix together Coca-Cola, butter and cocoa powder.
- 7.) Bring to a boil and allow to boil for a minute or two and remove from heat.
- 8.) Add powdered sugar once removed from heat and beat well to ensure the powdered sugar chunks have been broken up.
- 9.) Add vanilla and stir again.
- 10.) Spread on cooled cake and add pecans if desired.