

### CAJUN COUNTRY SOUTACHE

1 pound ground pork (I substitute ground turkey)  
 ½ cup chopped onion  
 ¼ cup chopped celery  
 ¼ cup chopped bell pepper  
 1 large garlic clove, minced  
 Salt and cayenne pepper to taste  
 8-oz. carton Philadelphia cream cheese, cut into smaller pieces  
 2 Tbsp. chopped green onion  
 2 Tbsp. chopped parsley  
 File' powder (see note)  
 8-oz. can refrigerated crescent rolls  
 1 egg, beaten

Brown the pork and drain. Add onions, celery, bell pepper, and cook over low heat for 5 minutes, stirring occasionally. Add cream cheese, green onion, parsley, and file' powder. Stir until cream cheese is melted. Unroll dough on lightly greased cookie sheet. Firmly press perforations to close them up. With floured rolling pin, roll the dough into a rectangle, about 12 by 10 inches. Spoon the filling down the center of the dough, leaving 3 inches on both sides and an inch on both ends. Cut the dough on each side of the filling into diagonal strips. Fold the ends over the top, alternating, forming a roll resembling a braid. Brush dough with beaten egg and bake at 350 degrees for 25 minutes or until golden brown. Makes about 4 to 6 servings. Note: Filé powder can be obtained from Wegmann's in Erie, or omitted entirely if unavailable.

Claudia Jagers  
 Centerville

### CAJUN KIELBASA

2 Tbsp. butter  
 1 garlic clove, chopped  
 1 medium onion, sliced thinly  
 1 large green papper, cut into strips  
 2 tsp. cajun seasoning (Tony Chachere's original Creole seasoning)  
 ¼ cup water  
 1 pound kielbasa, sliced into ¼-inch circular chunks  
 1 cup Minute Rice

Over medium heat, melt butter in a large skillet. Add garlic, onion and peppers. Cook until vegetables are tender. Add kiel-

basa, water and cajun seasoning. Stir and bring to a boil. Reduce heat to low. Cover and simmer for 10 minutes. Prepare rice according to directions. Spoon kielbasa mixture over rice. Serves 4.

Peg Teeter  
 Oil City

### CASSOLET

1½ pounds great northern or navy beans  
 4½ cups water  
 5 carrots  
 6 medium onions, stud with 4 whole cloves  
 4 cans condensed chicken broth, undiluted  
 ½ cup celery leaves, chopped  
 1½ tsp. salt  
 ½ tsp. cracked black pepper  
 3-4 cloves garlic, minced  
 1 tsp. dried thyme  
 1 tsp. marjoram leaves  
 1 tsp. sage  
 4-pound chicken, cut into 8 pieces  
 2 Tbsp. butter or 1 Tbsp. butter plus 1 Tbsp. olive oil  
 1-pound can diced tomatoes  
 1-pound pkg. Polish sausage, left whole  
 2 Tbsp. chopped fresh parsley

Combine the beans with water and let soak 2 hours. Do not drain. Pare carrots and cut into quarters. Peel onions and stud one of them with whole cloves. Add chicken broth to the beans, ¼ of the carrots, celery leaves, 1 tsp. salt and the cracked black pepper, garlic, thyme, marjoram and sage. Bring to boiling and reduce heat and simmer, covered, for 1 hour. Add the rest of the carrots and cook 15 minutes longer. Preheat oven to 350 degrees. Pour bean mixture into a 6-quart casserole and bake, uncovered, for 30 minutes. Meanwhile, brown the chicken pieces on both sides in butter/oil and season with salt and pepper. Add the chicken and the undrained tomatoes to the bean mixture. Cut slashes in the sausage and place on top of chicken in the casserole. Cover tightly and bake 45 minutes. Remove cover and bake 10 minutes longer. This is good made the day ahead and refrigerator. To serve, let warm to room temperature and bake 1 hour at 300 degrees. If too dry, add 1 cup of chicken broth. Serves 8.

Marilyn Mohnkern  
 Oil City

### CHEESY DOGS AND SPUDS

¼ cup chopped onion  
 1 can cheddar cheese soup  
 ½ cup milk  
 1 tsp. yellow mustard  
 4 medium baking potatoes, scrubbed  
 5 frankfurters  
 1½ cups green beans  
 ¼ cup shredded cheddar cheese

Preheat oven to 375 degrees and bake for 50 minutes.

Brittany Schill  
 North Clarion High School

### CHICKEN & DUMPLINGS

2-3 boneless, skinless chicken breasts  
 1 can cream of chicken soup  
 1 can plus 3 cups chicken stock

#### Dumplings:

½ tsp. butter  
 1/3 cup flour  
 Pinch of salt, pepper and garlic powder

Preheat oven to 350 degrees. Brown chicken and place in baking dish. Mix soup and chicken stock. Pour over chick-

en. Mix ingredients for dumplings. Bring 3 cups chicken stock to boil. Drop teaspoon-size dumplings into boiling chicken stock. Boil them until they float. Drain and add to chicken. Bake for 1 to 1½ hours.

Laura Shaffer  
 Grove City

### CHICKEN CASSEROLE

1 cam jumbo biscuits  
 2-3 large boneless, skinless chicken breasts, cubed  
 ½ bag frozen corn  
 ½ bag frozen carrots  
 ½ bag frozen green beans  
 4-5 potatoes, cubed  
 2 cans chicken gravy  
 1 can chicken stock  
 Seasonings to taste

Preheat oven to 400 degrees. Mix gravy, chicken stock and seasonings of your choice. Add vegetables and chicken. Bake for 1 hour. Top casserole with biscuits and bake according to package directions.

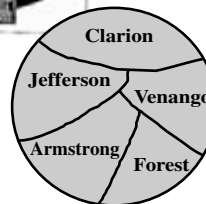
Laura Shaffer  
 Grove City

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