

CHICKEN TACO RICE

1 or 2 cans chicken breast in water, drained
 1 cup chicken broth
 1 can tomato sauce
 1 can corn with juice
 1 pkg. taco mix
 1½ cups Minute Rice or 4 cups cooked rice

If using already-cooked rice, you can cut back on broth to about a ½ cup and drain the corn. Place chicken in large skillet. Cook chicken in broth to make sure it is well done. Break chicken up some. Add tomato sauce and seasoning mix; bring to a boil. Reduce heat. Add corn and juice. Add rice. Mix well. Cover and remove from heat. Let stand 5-10 minutes. Fluff and serve. Put in tortilla wraps or scoop with tortilla chips. Add sour cream, cheese and refried beans.

Sandra Moore
Reno

COW TONGUE

5 pounds fresh cow tongue
 4 cups cold water
 1½ tsp. salt
 ½ cup diced celery
 ¼ cup chopped onions
 ½ cup sliced carrots
 ¼ cup apple vinegar
 ¼ white sugar

Wash tongues. Place in dutch oven. Add remaining ingredients. Cover and bring to a boil. Then simmer over low heat until tender, about 4 hours. Let tongues cool in liquid. Remove tongues from liquid and remove thick skin and small bones. Serve hot or cold. Serves 6.

Shyla Johnson
Allegheny-Clarion Valley High School

CRANBERRY MEATLOAF

2 eggs
 ¾ cup crushed saltines (about 22 crackers)
 ½ cup whole-berry cranberry sauce
 ¼ cup fresh or frozen cranberries, thawed
 ¼ cup packed brown sugar
 2 Tbsp. chopped onion
 1½ tsp. salt
 1/8 tsp. pepper
 1½ pounds ground beef
 ½ pound ground ham
 ½ cup barbecue sauce (optional)
 Bay leaves and fresh cranberries (optional)

In a large bowl, combine the first 8 ingredients. Crumble beef and ham over mixture and mix well. Put into a greased 9-by 5- by 3-inch loaf pan. Bake, uncovered, at 350 degrees for 1¼ hours or until a meat thermometer reads 160 degrees. During the last 15 minutes of baking, baste meatloaf with barbecue sauce, if desired. Garnish with bay leaves and cranberries, if desired. Discard bay leaves before slicing.

Candy E. Baker
Franklin

CREAMED RABBIT

1 large or 2 small rabbits, cleaned and cut up
 3 Tbsp. minced ham or bacon
 1 medium onion, chopped
 ½ tsp. thyme
 40-oz. can sliced mushrooms, drained
 1 cup beef bouillon
 1 cup sour cream
 2 Tbsp. lemon juice
 3 Tbsp. flour
 2 Tbsp. parsley flakes

Marinate rabbit in salt water overnight in refrigerator. Before cooking, drain rabbit and pat dry. Place rabbit, ham or bacon, onions, thyme and mushrooms in 3-quart crock pot. Pour in bouillon. Cover and cook on low setting for 6 hours. Before serving, turn to high setting. Combine sour cream, lemon juice and flour and pour into crock pot. Let cook until sauce thickens. Instead of rabbit, you can also use squirrel. Serves 6.

Shyla Johnson
Allegheny-Clarion Valley High School

CROCK POT MAC 'N CHEESE

8 oz. elbow pasta
 1 small can evaporated milk
 1½ cups milk
 2 eggs, beaten
 ¼ cup melted butter
 3 cups cheddar cheese

Cook elbows for 5 minutes in boiling water. Add all other ingredients into crock pot. Drain elbows and add to crock pot. Mix well. Cook on low for 3 hours.

Laura Shaffer
Grove City

DIRTY RICE

1 cup rice
 6 chicken gizzards
 3 chicken livers
 1 Tbsp. finely chopped celery
 1 rib of celery
 1 heaping Tbsp. chopped shallots
 1 Tbsp. finely chopped onion
 2 bay leaves
 1 Tbsp. chopped parsley
 1 tsp. salt
 ½ tsp. pepper
 2 Tbsp. cooking oil

Cook rice until ¾ done. Boil gizzards in seasoned water with bay leaves and rib of celery until tender. Add livers for 5 minutes; remove. Chop fine. Saute onions, shallots and celery in oil. Add livers and gizzards; stir well. Add rice; stir. Add parsley; stir. Cover and let simmer 10 minutes or until rice is tender and dry. Add salt and pepper; stir well. Makes 8 servings.

Claudia Jagers
Centerville

DOMINIC CHICKEN

2-3 boneless, skinless chicken breasts, cut into 1-inch pieces
 1 Tbsp. salt
 ¼ tsp. pepper
 3 garlic cloves, minced
 2 Tbsp. apple cider vinegar or white vinegar
 2 Tbsp. tomato paste
 2 tsp. oregano
 ½ cup red onion
 ½ cup red pepper
 ½ cup green pepper
 ¼ cup corn oil
 1½ cups long grain rice
 3 cups water

Put all ingredients except rice and water into a large pot. Cook over medium heat, stirring every so often. When liquid starts to diminish, add rice and water. Stir and bring to a boil. Reduce heat and simmer for approximately 20 minutes.

Brenden Cujas
Keystone High School

EASY CHICKEN DELUXE

4 chicken breast halves or leg/thighs
 1 can cream of mushroom soup
 1 pkg. dry onion soup
 1 can water

Preheat oven to 350 degrees. Place chicken in bottom of large casserole dish or baking pan that was sprayed with nonstick spray. Mix rest of ingredients and pour over chicken. Bake for 1¼ hours. Can serve over rice or noodles or alone with salad and a vegetable.

Lois K. Newton
Utica

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