

HONORING
the Past,
TREASURING
the Present,
SHAPING
the Future.

#ArmyMOMC2023



*Army Child and
Youth Services*
MOMC 2023
Cookbook!





Cookbook 2023

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In observance of the Month of the Military Child (MOMC), we created the Army Enterprise-wide Child and Youth Services (CYS) Cookbook using this year's MOMC 2023 Theme:

*“Honoring the Past, Treasuring the Present,
Shaping the Future”*

~

CYS staff and military families from around the globe submitted their special recipes using the following categories:

Honoring the Past *“Old Family Recipe”*

Treasuring the Present *“Current Favorite Recipe”*

Shaping the Future *“New Recipe”*

~

“This is a way to honor military children of all ages. The lessons they learned as military children will stay with them through adulthood. They will influence the present military children and the present children will influence the future. They are the future!”

-Gina Olivas/Fort Sill



Dedication

~

This cookbook is dedicated to our military children of all ages. We celebrate your strength, bravery and courage today and always!

Recipe Title 3 Bean Bacon Chili

Check the Category

- ☐ Honoring the Past:
"Old family recipe"
- ☐ Treasuring the Present:
"Current favorite recipe"
- ☒ Shaping the Future: "New
recipe"

Servings 10

Prep Time 10 Min

Cook Time 45 Min

Picture:



Submitted By:

Christopher Wells

Garrison:

USAG Rheinland-Pfalz



INGREDIENTS:

2 Tbs Butter

1/2 pack of Speck (Thick cut chopped bacon)

1 small red onion chopped and 3 cloves of garlic minced

1 lb Ground beef

3 x (15 oz) can of beans: 1 Black, 1 Pinto, 1 Kidney / 3x (425g)

2 x (14 oz) can of Diced tomatoes / 2 x (400g)

1 (10 oz) can of Rotel Tomatoes with chilies (280g)

1 and 1/2 Tbs Chili powder

1/2 Tbs Cumin

1 Tbs Paprika and 1 Tbs Salt and add cayenne and black pepper to taste

DIRECTIONS

On medium high heat put butter into large pot, when melted add bacon

When bacon is lightly cooked add onions

When Onions start to become translucent (about 5 minutes) add ground beef and garlic.

Mix well while cooking to make sure the ground beef is broken up and cooked all the way.

Add all the beans and tomatoes to the pot, DO NOT DRAIN before adding. Bring this to a boil.

When it is lightly boiling mix well and add the spices.

Reduce heat to medium heat and let simmer uncovered for 30 minutes while stirring occasionally.

Add more salt and pepper to taste

Recipe Title **Air Fryer Spring Rolls**

Check the Category

- ☐ Honoring the Past:
"Old family recipe"
- ☒ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings **15**

Prep Time **10 minutes**

Cook Time **15 minutes**

Picture:



Submitted By:
GH SAC Cooking Club

Garrison:
Fort Campbell



INGREDIENTS:

- Medium frying pan, hot plate, and cooking spray
- Air Fryer
- 1 tbs Soy Sauce (low sodium) and 1tbs Teriyaki Sauce (optional)
- 1/4 tbs Powdered Ginger
- Sesame Seeds (optional)
- 1 1/2 cups Tricolor Coleslaw Mix
- Vegan Spring Roll Wraps
- 1 tbs Minced Garlic
- 8oz Shredded Carrots
- Optional: ground pork or chicken

DIRECTIONS

*Heat frying pan over medium heat. Plug in Air Fryer and set to 380F

1. Spray your pan with cooking spray before adding ingredients.
2. Add all of your veggies, garlic, and sesame seeds and cook until golden brown.
Remove mixture from heat once done. Let cool
3. Lay Spring roll wrap on a plate and add your filling.
4. Wet edges with water and wrap like a burrito
5. Spray air fryer basket with cooking spray and then add two spring rolls.
6. Cook your spring roll for about 8 minutes, or until golden brown
Check on spring rolls about half way through.
7. Remove spring rolls from Air Fryer when done.
Let cool for about 5 minutes before eating.
8. Enjoy your spring rolls! :)

Recipe Title **Colombian Cheese Arepas**

Check the Category

- ☒ Honoring the Past:
"Old family recipe"
- ☐ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings **6**

Prep Time **10 min**

Cook Time **15 min**

Picture:



Submitted By:

Fargys Jones

Garrison:

Wiesbaden



INGREDIENTS:

1 cup warm water

1 cup pre-cooked white commeal (such as PAN)

1 cup shredded mozzarella cheese

1 tablespoon butter

1/2 teaspoon salt

cooking spray

*1 sheet of plastic wrap (optional)

DIRECTIONS

1. Mix water, commeal, mozzarella cheese, butter and salt together in a large bowl.

Knead until well combined and a soft dough forms.

Cover with a towel and let it rest for 10 minutes.

2. Form clementine size balls and flatten them with a rolling pin to the desired thickness. Using a plastic wrap sheet press the top edge of a cereal bowl or drinking glass into the surface of the dough to cut circles.

Remove the plastic wrap and remove any excess dough scraps.

3. Spray a griddle with cooking spray and set over medium-high heat.

Working in batches, cook arepas on the hot griddle until golden brown, about 5 minutes per side, Serve immediately, add more butter on top for serving if desired.

Recipe Title Okinawan Purple Sweet Potato Haupia

Check the Category

- ☒ Honoring the Past:
"Old family recipe"
- ☐ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings 8-10

Prep Time 45 min

Cook Time 1 hour

Picture:



Submitted By:
Rhonda J. Gibson

Garrison:
Presidio of Monterey



INGREDIENTS:

2 store bought shortbread pie crusts or make your own
in one large pie pan. (try adding macadamia nuts, it's delicious!)

Sweet Potato Layer:

Enough Okinawan purple sweet potatoes to make 2 cups mashed
(I don't recommend using purple yams or ube)

1/2 cup butter	Haupia Layer:
2 eggs, beaten	1 can coconut milk
1 teaspoon vanilla extract	1/3 cup sugar
1 cup sugar	1/2 cup water
1/2 cup evaporated milk	1/3 cup cornstarch
1/4 teaspoon salt	

DIRECTIONS

In a medium bowl, cream the butter and sugar together until smooth and creamy. Add eggs one at a time, mixing after adding each egg. And half of the sweet potatoes, mixing thoroughly. Add the other half and mix again. Mix in the evaporated milk, vanilla and salt. Spread the sweet potato mixture into the pie crust, do not add too much. It should fill the pie crust no higher than 1/2 inch from the top edge of the crust so there is room for the haupia layer. Bake at 350 degrees for 30 minutes or until the edge of the crust is golden and the sweet potato filling is lightly browning in spots.

Haupia Layer

When the cooked pie has cooled completely, begin preparing the haupia layer. You do not want to start preparing the haupia too early or it will solidify. Place the coconut milk and the water in a sauce pan, but do not turn on the heat just yet. Mix together the sugar and cornstarch in a small bowl then add it to the liquids. Turn the heat on to medium, stirring constantly until it thickens. Continued next page...

Recipe Title Okinawan Purple Sweet Potato Haupia

Check the Category

- ☒ Honoring the Past:
"Old family recipe"
- ☐ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings 8-10

Prep Time 45 min

Cook Time 1 hour

Picture:



Submitted By:

Rhonda J. Gibson

Garrison:

Presidio of Monterey



INGREDIENTS:

DIRECTIONS

Continued...

Immediately pour the haupia mixture over the sweet potato layer and place in the refrigerator to chill for several hours.

Once the haupia layer has completely cooled, you may want to add whipped cream to the top of the pie. I like to make a batch of whipped cream and spread it over the top of the haupia layer, or spoon a dollop on each slice of the pie.

Enjoy!

Recipe Title **Bill's Favorite Meatballs**

Check the Category

- ☒ Honoring the Past:
"Old family recipe"
- ☐ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings **lots of people**
Prep Time **30 min**
Cook Time **6-8 hours**

Picture:



Submitted By:
Angelita Weaver

Garrison:
Fort Stewart



INGREDIENTS:

5 lbs ground beef at least 80% lean	
4 large onions	1 cup Panko breadcrumbs
2 tsp garlic	4 jars spaghetti sauce (choice)
5 eggs	1 box spaghetti
3 dashes (or to liking) hot sauce	
1.5 tsp onion salt	
1.5-2 tsp garlic salt	
2 tsp season salt	
1 tsp pepper	
.5 tsp worchestire sauce	

DIRECTIONS

Cut 2 onions in small cubes and fry in some olive oil until tender.

Add 1 lb ground beef and cook until done

Add spaghetti sauce to crockpot.

Add a dash of sugar, 1 tbsp Italian seasoning and worchestire sauce to your liking. Heat all up.

Mix the rest of the seasoning with the rest of the ground beef and form meatballs.

Brown meatballs on all sides and add to spaghetti sauce.

Cook on high for 6-8 hours.

Cook spaghetti per instructions

Serve with garlic bread and enjoy.

Can serve with parmesan on top

Chefs notes: I always fry 1 meatball to make sure it holds together.

If falling apart add a little more panko.

Recipe Title Whoopie Pies

Check the Category

- ☒ Honoring the Past:
"Old family recipe"
- ☐ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings 18 Whoopie Pie

Prep Time 30 mins

Cook Time 20 mins

Picture:



Submitted By:

Charlotte Quint

Garrison:

Garmisch



INGREDIENTS:

FOR COOKIES:

1/2 Cup Shortening

1 Cup Sugar

2 Egg Yolks (Keep Egg Whites for Filling)

2 Cups Flour

4 Tbsp Cocoa

1 tsp Baking Powder

1 tsp Baking Soda

1/2 tsp Salt

1 Cup Milk with 1 Tbsp Vinegar

1 tsp Vanilla

FOR FILLING:

2 Cups Confectioners Sugar

3/4 Cup Shortening

2 Egg Whites

Pinch of Salt

1 tsp Vanilla

DIRECTIONS

For Cookies:

Preheat oven to 350*

1. Cream Sugar and Shortening add Egg Yolks

2. Sift dry ingredients together

3. Add Vanilla to Milk & Vinegar mixture

4. To the Creamed shortening & Sugar, alternately add dry ingredients and milk mixture.

5. Drop about teaspoonful of cookie ingredients onto greased cookie sheet

6. Bake for 20 mins at 350*

For Filling:

1. Put all ingredients in a bowl and mix well

2. When Cookies are cool, Spread one cookie with Filling and top with a Second Cookie.

YUM!

Recipe Title Cream Cheese Pound Cake

Check the Category

- ☐ Honoring the Past:
"Old family recipe"
- ☒ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings 14

Prep Time 20 min

Cook Time 1 hr 20 min

Picture:



Submitted By:
Galdys Johnson-Thom

Garrison: _____
Hunter Army Airfield



INGREDIENTS:

8 oz package of cream cheese (softened)

6 large eggs (room temperature 6-12 hours)

3 cups of sugar (white)

3 cups of cake flour (swans down or your choice)

1.5 cups butter (3 sticks salted)

1 tsp vanilla extract

*Lemon glaze: optional: mix lemon juice and confectioners
sugar (powdered).

About 1/4 or less cup of lemon juice, about 1.5 cup sugar mix to
your desired consistency.

DIRECTIONS

Pre-heat oven to 325 degrees Fahrenheit.

Grease and flour a 10-inch tube or bundt pan (this is optional, I don't
grease or flour my pan).

Cream butter and cream cheese together in a mixing bowl until smooth

Slowly add sugar and beat until fluffy.

Add two eggs at a time (beating well with each addition).

Add all of the cake flour at one time and mix.

Mix in vanilla extract. Pour into cake pan.

Bake in the preheated oven for 1 hour and 20 min.

At approx 1 hr check for doneness.

Toothpick inserted into the center of the cake should come out clean,
which indicates it's done.

Remove and cool before serving

* Pour/drizzle glaze over cake or sprinkle powder sugar on top
or just serve as is.

Recipe Title Coquito: PR Coconut Nog (Kid Friendly)

Check the Category

- ☒ Honoring the Past:
"Old family recipe"
- ☐ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings 8

Prep Time 5 mins

Cook Time 5 mins (needs to chill)

Picture:



Submitted By:

CYS SAC

Garrison:

Fort Buchanan



INGREDIENTS:

14 fluid ounce can sweetened condensed milk

12 fluid ounce can evaporated milk

2 - 13.5 fluid ounce cans coconut milk

2 cups cream of coconut

1 teaspoon vanilla extract

¼ teaspoon ground cinnamon

1/8 teaspoon nutmeg

Nutmeg, star anise, and cinnamon sticks for garnish, optional

DIRECTIONS

Add all ingredients to a blender, reserving one can of coconut milk for later.

Blend ingredients until smooth and creamy, about 1-2 minutes.

Transfer coquito to a pitcher. Taste and add the additional can of coconut milk until desired taste has been reached.

Refrigerate for at least one hour before serving (the colder the better.)

Pour into glasses and top with a sprinkle of ground nutmeg, cinnamon stick, and star anise before serving.

Recipe Title

Banana Bread

Check the Category

- ☐ Honoring the Past:
"Old family recipe"
- ☒ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings 1

Prep Time 20 mins

Cook Time 50 mins

Picture:



Submitted By:

Delphie Staton

Garrison:

Garmisch



INGREDIENTS:

3 Bananas

1/3 Cup melted Butter

1/2 tsp Baking Soda

1 Pinch of Salt

3/4 Cup Sugar

1 Large Egg

1 tsp Vanilla

1 1/2 Cup Flour

DIRECTIONS

Add all ingredients in a large bowl. Then butter a loaf pan, and pour the batter into it. Bake at 350* F (176°C) for 50-60 minutes or until the toothpick comes out clean.

Let it cool for 3-5 minutes. Enjoy!

Recipe Title **C and C's Bavarian Blueberry Waffles**

Check the Category

- ☐ Honoring the Past:
"Old family recipe"
- ☐ Treasuring the Present:
"Current favorite recipe"
- ☒ Shaping the Future: "New recipe"

Servings **6**

Prep Time **15**

Cook Time **15**

Picture:



Submitted By:
Candace Giddens

Garrison:
Garmisch



INGREDIENTS:

- Nonstick cooking spray
- 2 Cups of all purpose of flour
- 2 Teaspoons of baking powder
- 1/4 Cup of white sugar + 1 Tablespoon of powdered sugar (for dusting)
- 1/4 Teaspoon of salt
- 2 Eggs
- 1 3/4 Cups of milk (whole or almond)
- 1/4 Cup of oil (vegetable or extra virgin olive oil)
- 1 Teaspoon of vanilla extract + 4oz fresh blueberries
- Smiles, Laughter, & Lots of Love

DIRECTIONS

- Step 1: Preheat your waffle iron
- Step 2: In a large bowl, add the flour, baking powder, sugar, and salt
- Mix until all dry ingredients are combined
- Step 3: In a small bowl, add the eggs, milk, vegetable oil, and vanilla
- Mix until all wet ingredients are combined
- Step 4: Add the wet ingredients to the large bowl with the dry ingredients
- Mix until just combined
- Step 5: Add nonstick cooking spray to the preheated waffle iron
- Step 6: Pour batter onto the heated waffle iron & cook until golden brown (Approximately 3-5 minutes)
- Step 7: Dust with powdered sugar and garnish with fresh blueberries
- Step 8: Enjoy!
- Tip: For the best tasting waffles, add secret ingredient: LOVE

Recipe Title **Classic French Toast**

Check the Category

- ☒ Honoring the Past:
"Old family recipe"
- ☐ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings **6**

Prep Time **10 min**

Cook Time **10 min**

Picture:



Submitted By:

Lucinda Gray

Garrison:

Fort Leavenworth



INGREDIENTS:

12 slices Texas toast bread

6 eggs

1 tsp vanilla extract

1/2 tsp cinnamon

1/2 tsp nutmeg

1/2 tsp sugar

2 tbsp milk

butter or butter spray

syrup

powdered sugar

DIRECTIONS

Combine eggs, vanilla extract, cinnamon, nutmeg, sugar and milk in a large mixing bowl.

Whisk to a froth.

Dip 2 slices of bread in egg mixture on both sides of the bread.

Melt 2 tsp of butter in or spray butter spray into a large skillet.

Over medium heat, saute 2 slices of egg dipped bread until each side is golden brown.

Dust each pair of toast with powdered sugar then serve warm with syrup.

Enjoy!!!

Recipe Title Dominican Morir Sonando

Check the Category

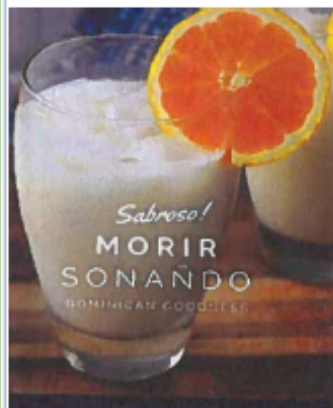
- ☒ Honoring the Past:
"Old family recipe"
- ☐ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings 1

Prep Time 2 minutes

Cook Time 2 minutes

Picture:



Submitted By:

Javier Hubbard

Garrison:

Hunter Army Airfield



INGREDIENTS:

Orange juice

evaporated milk

vanilla extract

crushed ice

orange slices

DIRECTIONS

Combine orange juice, evaporated milk, a dash of vanilla extract and crushed ice.

Chef's note: What's special about this drink is that you can switch up how much of each ingredient!

Maybe you'd like more citrus today and more milk tomorrow!

To prevent curdling use cold/chilled ingredients!

*Don't forget to stir your delicious traditional Dominican beverage!

Add an orange slice to your rim as a garnish!

Recipe Title **Chocolate Lasagna**

Check the Category

- ☐ Honoring the Past:
"Old family recipe"
- ☒ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings **9X13 pan**

Prep Time **4 hr**

Cook Time

Picture:



Submitted By:

George Miles

Garrison:

Yakima Training Center



INGREDIENTS:

2 (39oz) packs of chocolate pudding mix

1/2 cup mini chocolate chips

12 oz Cool whip

1/4 cup sugar

36 Oreos

6 tbsp butter

8 oz cream cheese

3 1/4 cup milk

DIRECTIONS

Crush Oreos into fine crumbs.

In mixing bowl, combine butter and Oreo crumbs.

Line a 9X13 baking dish with mixture and press down.

Mix cream cheese until fluffy. Add 2 tsp of cold milk and 1 1/4 cup of cool whip.

Spread cream cheese mixture over cookies, chill in refrigerator for 10 min.

Mix pudding and 3 1/4 cup milk, then spread over cream cheese mixture.

Return to refrigerator for 10 min.

Spread remaining Cool whip and chocolate chips on top.

Refrigerate for at least 4 hrs before you eat it.

Recipe Title **Empanadas**

Check the Category

- ☐ Honoring the Past:
"Old family recipe"
- ☒ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings **12-15**

Prep Time **30 minutes**

Cook Time **8 hours/20 min**

Picture:



Submitted By:

Holly R. Castro

Garrison:

Fort Bliss



INGREDIENTS:

1 lb pork chops, boneless (chicken or beef)

1 small onion

.5 cup green olives, diced

1 tsp garlic, powder

1 Tbsp cumin

.5 Tbsp paprika

2 cups chicken broth

2 tubes puff pastry

1 cup mexican blend cheese

Pam spray

DIRECTIONS

Combine all ingredients except puff pastry and cheese into crockpot

Cook on high 5 hours or low 8 hours

Check meat temp until reaches 145 degrees Fahrenheit

Cool meat until you can work with it.

Combine cooled meat and cheese.

Roll out dough using a rolling pin to thin out.

Preheat oven to 350 degrees Fahrenheit

Use a small bowl to make circle in dough and cut out.

Put 2-3 Tbsp meat/cheese mixture on half of circle.

Fold dough over and press edges with a fork.

Spray cooking sheet with Pam and bake for 15-20 minutes
until golden brown.

Recipe Title **Dual Military Double Mac & Cheese**

Check the Category

- ☐ Honoring the Past:
"Old family recipe"
- ☒ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings **8**
Prep Time **5 minutes**
Cook Time **40 minutes**

Picture:



Submitted By:
LTC David Williams,
MAJ Hannah Williams,
Meredith and Noah Williams

Garrison:
Fort Campbell



INGREDIENTS:

16 oz Macaroni, cooked
4 cups sharp cheddar cheese
1 cup Parmesan cheese
5 cups 2% milk
1/2 cup butter
5 tbsp flour
2 pinches paprika
1 cup Cheez-It, crushed
2 tbsp butter

DIRECTIONS

Macaroni: Boil salted water in large pot. Add macaroni and cook al dente.
Drain and pour into baking dish.

Sauce: While macaroni is cooking, melt butter in large pot. Stir in flour,
slowly add milk. Stir in cheeses. Add salt and pepper to taste. Cook on
low-medium until cheese is melted.

Combine: Add sauce to cooked macaroni in baking dish.

Cheez-It topping: Put Cheez-It in a zip lock bag and fold towel over.
Use mallet to crush. Pour and spread Cheez-It topping over combined
macaroni and cheese sauce.

Bake: bake at 350 degree F for thirty minutes.

Recipe Title **Papas Rellanas (Fried Stuffed Potatoes)**

Check the Category

- ☐ Honoring the Past: "Old family recipe"
- ☒ Treasuring the Present: "Current favorite recipe"
- ☐ Shaping the Future: "New recipe"

Servings **12**

Prep Time **1 hour**

Cook Time **45 min**

Picture:



Submitted By:

Mrs. Ivette

Garrison:

Hunter Army Airfield



INGREDIENTS:

4 large potatoes, peeled and cubed	1 Tbsp vegetable oil
1 1/2 tsp salt	3 cloves garlic
1 green bell pepper, chopped	4 large eggs
1/2 cup onion, chopped	
4 tsp tomato paste	
1 Tbsp distilled white vinegar	
2 tsp ground cumin	
1 cup all purpose flour	
1 qt vegetable oil for frying	
2 cups dry bread crumbs	

DIRECTIONS

1. Place potatoes in a large pot, cover with salted water. Bring to a boil over high heat, then reduce heat to medium low. Cover and simmer until tender for about 20 minutes. Drain and cool at room temperature. Mash the potatoes, 1/2 Tbsp salt, until no lumps remain.
2. Meanwhile, heat vegetable oil over medium heat. Saute your green pepper, onion & garlic in the hot skillet for about 10 minutes.
3. Increase heat to medium high, stir ground beef. Cook until no longer pink. Stir in tomato paste, vinegar, cumin, 1 tsp salt, & pepper until tomato paste dissolve. Transfer to bowl and cool at room temperature.
4. Grab a handful of mashed potatoes, form into a small bowl & fill it with beef mixture. Seal it and smooth to make a round ball. Repeat this step.
5. Gently roll potato balls in flour coat, dip into beaten egg, then roll into bread crumbs. Place breaded potato balls onto a prepared baking sheet. Refrigerate for 2-4 hours. Heat oil in a deep fryer or large saucepan to 350 degrees Fahrenheit. Cook potato balls in hot oil in batches, using tongs to roll balls around to ensure even browning until golden. About 3 min. pc.

Recipe Title **Best Easy Brownies**

Check the Category

- ☐ Honoring the Past:
"Old family recipe"
- ☒ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings **16**

Prep Time **15**

Cook Time **25 minutes**

Picture:



Submitted By:

Dawn Rood

Garrison:

Fort Leavenworth



INGREDIENTS:

3/4 C. Sugar

1/2 C. Butter

2 TBSP Water

2 c. Semi Sweet Chocolate Chips

1 1/2 tsp Vanilla

1 1/4 All Purpose Flour

1/2 tsp Baking Soda

1/2 tsp Salt

2 Eggs

Powderer Sugar or White Almond Bark (Optional)

DIRECTIONS

Preheat oven to 350 degrees. Grease 9" baking dish. Combine |
sugar, butter and water in bowl. Microwave on high 2 1/2 minutes until
butter is melted. Stir 1 cup of chocolate chips until melted. Stir in vanilla.
Let cool 5 minutes. Combine Flour, baking soda and salt. Beat eggs into
chocolate mixture one at a time. Add flour mixture, mix well.
Stir in remaining 1 cup of chocolate chips. Spread evenly into pan and
bake for 25 minutes (or longer) checking with a toothpick.
Let cool completely before cutting.
Dust with powdered sugar or drizzle with white almond bark if desired.

Recipe Title

Tembleque: PR Coconut Pudding

Check the Category

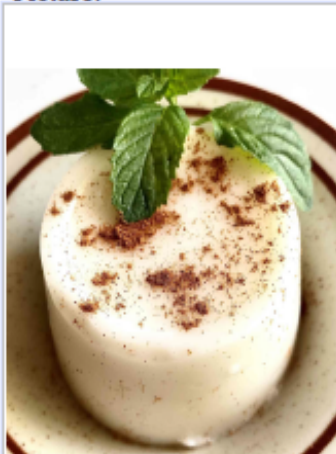
- ☒ Honoring the Past:
"Old family recipe"
- ☐ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings **6**

Prep Time **10 mins**

Cook Time **5 mins (needs to chill)**

Picture:



Submitted By:

CYS SAC

Garrison:

Fort Buchanan



INGREDIENTS:

2 (14 ounce) cans coconut milk

$\frac{3}{4}$ cup sugar

$\frac{1}{4}$ teaspoon table salt

$\frac{1}{2}$ cup cornstarch

1 pinch ground cinnamon

6 Individual dessert trays

DIRECTIONS

STEP 1:

Stir together coconut milk, sugar, and salt in a saucepan.

Spoon 3 to 4 tablespoons coconut milk mixture into a small bowl
and stir in cornstarch until dissolved;

Pour into the saucepan.

Bring mixture to a boil while stirring constantly.

Cook until smooth and thick, for about 5 minutes.

STEP 2:

Pour into molds, cover each with plastic wrap, and refrigerate until
cold and firm, 3 hours to overnight.

STEP 3:

Run a thin knife around the edges of each mold; invert onto serving plates.

Garnish tops with cinnamon.

Recipe Title Teriyaki Chicken

Check the Category

- ☐ Honoring the Past:
"Old family recipe"
- ☐ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings

Prep Time

Cook Time

Picture:



Submitted By:

Ruby Harchuick

Garrison:

Hunter Army Airfield



INGREDIENTS:

2 chicken breasts, diced into bite sized cubes

1/4 cup soy sauce

1/4 cup brown sugar

2 cloves garlic

1/4 tsp fresh grated ginger

DIRECTIONS

Heat a large pan over medium high-high heat while you dice your chicken.

Add a bit of vegetable oil to the pan. Let it heat for several seconds, and add your chicken.

Add pepper and a tiny bit of salt.

Sear the chicken for just a few minutes to get some golden brown color -

do NOT cook the chicken through - it will finish cooking in the sauce

To the chicken, add your other four ingredients. Stir to combine and let everything simmer/boil for several minutes (stirring often) until the sauce has reduced, thickened, and coats the chicken.

Toppings sliced green onions and toasted sesame seeds

Recipe Title

Salvadorian Breakfast Cakes

Check the Category

- ☒ Honoring the Past:
"Old family recipe"
- ☐ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings 12 muffins

Prep Time 10 minutes

Cook Time 15 minutes

Picture:



Submitted By:
Dorothy D Estrada

Garrison:
Fort Huachuca



INGREDIENTS:

1 cup Rice Flour

1 tsp Baking Powder

8 Tbsp Butter, softened

3/4 cup Sugar

3 Eggs

1 cup Sour Cream or Plain Yogurt

1/2 cup grated Cotija Cheese

Pinch of salt

DIRECTIONS

Preheat oven to 350 degrees. Butter or oil 12 cup muffin tin.

Whisk flour and baking powder together in medium bowl. Cream butter and sugar until smooth and fluffy with electric mixer. Add eggs one at a time, then add sour cream. Stir thoroughly.

Add the cheese and flour mixture, then mix until incorporated.

Divide batter equally into the muffin tin and bake for 15-20 minutes or when the edges are golden. Allow to cool. Enjoy!

Recipe Title **Tracys Easy Chili**

Check the Category

- ☐ Honoring the Past:
"Old family recipe"
- ☐ Treasuring the Present:
"Current favorite recipe"
- ☒ Shaping the Future: "New
recipe"

Servings **4**
Prep Time **20 minutes**
Cook Time **30 minutes**

Picture:



Submitted By:

Tracy Aaron Asst Dir

Garrison:

Fort Gordon



INGREDIENTS:

1 Can Bush's chili magic
1 Jar of salsa mild or hot
1 package of cooked ground beef or turkey

DIRECTIONS

Brown ground beef drain and add to stew pot, add chili magic and salsa
simmer for 30 mins covered.

Serve over white rice, cornbread or tostitos.

If you like it spicy add hot sauce.

Recipe Title **Banana Bread**

Check the Category

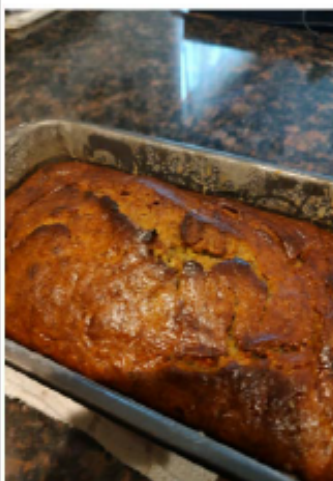
- ☐ Honoring the Past:
"Old family recipe"
- ☒ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings **1 long loaf pan**

Prep Time **20 min.**

Cook Time **1 hour**

Picture:



Submitted By:

Bernadette Santos

Garrison:

Fort Stewart



INGREDIENTS:

1/2 cup butter (1 stick)

1 cup sugar (can use brown sugar)

2 eggs (beaten)

5 bananas (mashed)

1 1/2 cups flour

1 tsp. baking soda

1/2 tsp. salt

1/2 tsp. vanilla (or banana extract)

DIRECTIONS

Cream together butter and sugar

Add eggs

Add mashed bananas

In a separate bowl, sift together flour, baking soda, and salt.

Add dry mixture to wet mixture and mix.

Pour into a greased and floured pan.

Bake at 350 degrees for 1 hour.

Recipe Title "Hidden Veggie" Summer Smoothie

Check the Category

- ☐ Honoring the Past:
"Old family recipe"
- ☐ Treasuring the Present:
"Current favorite recipe"
- ☒ Shaping the Future: "New
recipe"

Servings 2-3

Prep Time 10 minutes

Cook Time 5 minutes

Picture:



Submitted By:
Taylor Ellison

Garrison:
Fort Stewart/HAAF



INGREDIENTS:

- 1 container (5-6 oz) Greek yogurt
- 3/4 cup butternut squash
- 1 cup frozen peaches
- 1 cup frozen strawberries
- 1 cup preferred fruit juice

(Note: Feel free to use fresh produce and freeze it yourself!)

DIRECTIONS

1. Wash, peel, and chop butternut squash.
2. Add butternut squash to a microwave safe bowl. Add a splash of water and cover. Steam in the microwave for 5-8 minutes.
3. If desired, let butternut squash cool before continuing with recipe.
4. Blend all ingredients in a large blender.
5. Enjoy!

Recipe Title **Alcapurrias: Puerto Rican Fritters**

Check the Category

- ☒ Honoring the Past:
"Old family recipe"
- ☐ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New recipe"

Servings **2-3**

Prep Time **1 hour**

Cook Time **10 minutes**

Picture:



Submitted By:

CYS - SAC

Garrison:

Fort Buchanan



INGREDIENTS:

Dough:	4 large green plantains (peeled and chopped into large piece)
2 lbs yucca	
1 tsp sazón with achiote	Nonstick cooking spray
Meat:	1 tsp salt (optional as the olives, sazón, & adobo are naturally salty)
4 tbsp sofrito	
2 tsp sazón with achiote	2 tsp adobo seasoning
½ cup tomato sauce	2 tsp cumin
2 tsp oregano	½ cup pimiento stuffed olives, sliced
1 lb ground beef	4 cups vegetable oil for frying

DIRECTIONS

1. Start with 4 tbsp of sofrito in a hot pan over medium heat.
2. Add in ground beef and simmer until beef is fully cooked.
3. Add the tomato sauce and cook another 10 minutes.
4. Add in olives and all seasonings and mix until evenly combined.
5. Peel yucca and plantain pieces and blend in food processor until a smooth and consistent dough is formed.
6. Add in seasonings and pulse a few more times to combine.
7. Cut out squares of parchment paper.
8. One at a time, spray a square with nonstick cooking spray.
9. Add a ½ cup scoop of the dough and spread out flat.
10. Top with a few small spoonfuls of the picadillo filling leaving a few inches of dough around all edges of the filling.
11. Fold over the dough, pinching the edges until fully sealed.
12. Fry the Alcapurria at 350 degrees until dark golden brown.
13. Cool on a paper towel lined plate and enjoy!

Recipe Title **Puerto Rican Mofongo**

Check the Category

- ☒ Honoring the Past:
"Old family recipe"
- ☐ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings **4**

Prep Time **10 mins**

Cook Time **12mins**

Picture:



Submitted By:
CYS SAC

Garrison:
Fort Buchanan



INGREDIENTS:

4 green plantains

1 lb of chicharrón (crunchy pork skin)

3 garlic cloves, mashed

4 teaspoons of olive oil

2 cups frying oil

Mortar (traditionally wood)

DIRECTIONS

STEP 1:

Peel the plantains, cut them into 1 1/2-inch slices, soak them in salty water for 15 minutes.

Drain them and dry them before putting them on the hot skillet with oil.

STEP 2:

Fry the plantains for about 12 minutes at medium-low heat or until they turn light brown, turning them frequently.

STEP 3:

Remove them and mash them on a mortar.

Add some mashed garlic and pieces of chicharrón.

STEP 4:

Once you have mashed all the plantains, mold them into the shape of half sphere using your hands or a container.

Serve hot with chicken broth or your favorite meat.

Recipe Title **Greek Pork Meatball Bowls**

Check the Category

- ☐ Honoring the Past:
"Old family recipe"
- ☐ Treasuring the Present:
"Current favorite recipe"
- ☒ Shaping the Future: "New recipe"

Servings

Prep Time

Cook Time

Picture:



Submitted By:

Hayley Masonick

Garrison:

Fort McCoy



INGREDIENTS:

6 Cloves Garlic	Salt, Black Pepper, Sugar
2 Cucumbers	Butter, Olive Oil
2 Tomatoes	
20 oz. Ground Pork	
Dried Oregano	
1 Cup Panko Breadcrumbs	
2 Cups Israeli Couscous	
2 Cups Chicken Stock	
Greek Vinaigrette	
Sour Cream	

DIRECTIONS

Preheat oven to 425. Wash, dry, & chop produce and put to the side. In a bowl, combine pork, oregano, panko breadcrumbs, salt, 3 cloves garlic and pepper. Form meatballs. Place meatballs on cooking sheet. Roast meatballs for 15 minutes. Meanwhile, melt butter in pot over medium heat. Add remaining garlic, cook until fragrant (30 seconds). Add couscous and stir. Stir in chicken stock and 1 1/2 cups of water and pinch of salt. Bring to boil, then cover and reduce heat to a low simmer. Cook 6-8 minutes. In another bowl, combine cucumber and tomatoes and 2 tsp vinaigrette with salt and pepper. In a different bowl combine sour cream vinaigrette, sugar, salt and pepper. Add water if needed for drizzling consistency. Stir in more butter, salt and pepper to couscous. Divide portions to have couscous, meatballs, veggies, & sauce!

Voila!

Recipe Title Double Chocolate Chips Muffin

Check the Category

- ☐ Honoring the Past:
"Old family recipe"
- ☒ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings 12

Prep Time 5 min

Cook Time 15min

Picture:



Submitted By:

Kathleenn Almeida

Garrison:

Bagstone, Fort Camp.



INGREDIENTS:

Krusteaz double chocolate
chocolate chips
3/4 cup of water
1/3 cup of vegetable oil
2 eggs

DIRECTIONS

mix everything in a bowl stir well and place in a cupcake mold to bake

Recipe Title Libby's Baked Chicken Breasts

Check the Category

- ☒ Honoring the Past:
"Old family recipe"
- ☐ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings 6

Prep Time overnight preparation

Cook Time 60 minutes

Picture:



Submitted By:

Michelle S. Garrick

Garrison:

Carlisle Barracks



INGREDIENTS:

6 pieces split bone-in chicken breasts or 8 pieces of boneless

1/4 c. lemon juice

2 tsp. celery salt

1 clove garlic, chopped fine

1/2 tsp. black pepper

1/2 c. butter

1 c. sour cream

2 tsp. Worcestershire sauce

1 tsp. paprika

2 tsp. salt 1 c. bread crumbs or cracker meal

DIRECTIONS

1. Combine sour cream and all other ingredients except bread crumbs and butter.
2. Add chicken to mixture, coating each piece well.
3. Let stand in this mixture overnight in refrigerator.
4. Preheat oven to 350 degrees.
5. Remove chicken from mixture and roll in bread crumbs.
6. Arrange in layers in a large shallow baking pan.
7. Bake, uncovered for 45 minutes.
8. Spoon melted butter over chicken and continue baking, 15-20 minutes.

Libby Brooks

Recipe Title

Pond's Pad Thai

Check the Category

- ☐ Honoring the Past:
"Old family recipe"
- ☒ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings 4

Prep Time 20 mins

Cook Time 20 mins

Picture:



Submitted By:

Amy Taylor

Garrison:

Carlisle Barracks



INGREDIENTS:

1 Box of Linguine

2 Pounds of Chicken

1 Cup of Brown Sugar, Packed

1 Cup of Soy Sauce

1/2 Teaspoon Rice Vinegar

1 Tablespoon Sesame Seed Oil

1 Egg, Scrambled

Cayenne Pepper - to taste

5 Ounce Can of Cashews

DIRECTIONS

1. Cook the pasta according to package and set aside.
2. Diced the chicken and cook until no longer pink.
3. Combine the brown sugar, soy sauce, vinegar, sesame oil, egg and cayenne pepper.
4. Combine the pasta, chicken and sauce together and cook until the sauce is boiling.
5. Remove from heat and toss in the cashews.

Recipe Title

Korean Corn Dogs

Check the Category

- ☐ Honoring the Past:
"Old family recipe"
- ☒ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings 5

Prep Time 5-10 min

Cook Time 20-30 min

Picture:



Submitted By:

Zoe Gurtiza

Garrison:

Garmisch



INGREDIENTS:

Mozzarella cheese sticks

Sugar

Ketchup

Mayo

Flour

Eggs

Milk

Skewer

oil

DIRECTIONS

Put mozzarella cheese stick on a skewer. Then dip it in a batter made from 2 cups of flour, 1/4 tsp salt, 1 egg, and 240 ml milk.

Fry coated cheese stick in oil until cooked

Sprinkle a bit of sugar on it

Drizzle ketchup and mayo

Recipe Title **Chocolate Chip Cookies**

Check the Category

- ☐ Honoring the Past:
"Old family recipe"
- ☒ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings

Prep Time

Cook Time

30 min.

10 1/2 min.

Picture:



Submitted By:

Hattie Miles

Garrison:

Yakima Training Center



INGREDIENTS:

1/2 cup butter

1/2 cup crisco

1 cup brown sugar mix pt 1

1 tsp vanilla

2 eggs

1 cup sugar

1 tsp. salt

1 tsp. bake soda

3 - 3 1/2 cups of flour

However many chocolate chips you want.

DIRECTIONS

Mix pt 1 together, mix in the rest.

Preheat oven to 375 degrees, bake for 10 1/2 minutes

You can freeze them!

Recipe Title

Allergy Free Vanilla Donuts

Check the Category

- ☐ Honoring the Past:
"Old family recipe"
- ☐ Treasuring the Present:
"Current favorite recipe"
- ☒ Shaping the Future: "New
recipe"

Servings 15

Prep Time 10 minutes

Cook Time 9 minutes

Picture:



Submitted By:

GH SAC Cooking Club

Garrison:

Fort Campbell



INGREDIENTS:

- Gluten-free Donut Mix (King Arthur Brand)
- 3/4 cup of Dairy free Milk
- 4 cups of Apple sauce (replaces eggs)
- 2tbs Vanilla Extract
- 1/2 Cup of Oil
- 2tbs Baking Powder

For Glaze:

- 1 cup of Powdered Sugar
- 2tbs Dairy Free Milk (Soy or Almond)
- *Sprinkles optional

DIRECTIONS

*We used a mini doughnut maker so the children could help.

1. In a large mixing bowl mix all ingredients together (batter should have a thicker consistency).
2. Spoon mixture into a piping bag. Cut a half inch hole in bottom of piping bag.
3. Pipe mixture into each donut mold.
4. Let donuts cook until the light indicates they are ready.
5. Remove donuts and let them cool.
6. While donuts are cooling, prepare glaze.
7. Mix all ingredients together for a glaze (should have a frosting like consistency)
8. Dip one donut at a time into the glaze and top with sprinkles (is desired)
9. Enjoy your donuts! :)

Recipe Title

Brayden's Sweet & Sour Pork

Check the Category

- ☒ Honoring the Past:
"Old family recipe"
- ☒ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings 4

Prep Time 30 min

Cook Time 40 min

Picture:



Submitted By:
Brayden Cox

Garrison:
Fort Belvoir



INGREDIENTS:

1/4 - Cup Soy Sauce	2 - Stalks Celery (Cut 1/2")
2 - tsp. Sugar	3 - Tbsp. Tomato Sauce (Mini Can)
3 - Cups Vegetable Oil	1 1/2 - Tbsp. Dry Sherry
3 - Cups & 3 - Tbsp. Vegetable Oil	1 - Cup Water
1/4 - Cup Distilled White Vinegar	1 - Egg Yolk
10 - Tbsp. Cornstarch (Divided in directions)	
8 - Green Onions (Diagonally Cut 1")	
2 - Medium Cucumbers (Cut into 1/4's, 1/2' wide)	
1 - Can Pineapple Chunks in syrup (20 ounces)	
1 - Large Bell Pepper of all Colors (About 3-4 total, Diagonally Cut 1")	
4 - Large Container Fresh Mushrooms (Cut into 1/4's, 1/2' wide)	
2lbs - Boneless Lean Pork (Cut into about 1" cube sizes)	

DIRECTIONS

- A.) 1. For marinade, combine soy sauce, sherry, sugar, and egg yolk in large bowl. {Add Pork} Mix. Cover and Refrigerate 1 Hour.
(Stirring Occasionally.) Drain Pork mix, Reserving marinade in bowl.
2. Heat 3 Cups of the oil in a wok or large skillet over medium heat to 375°.
3. In a separate large bowl. Place 8 tablespoons of the cornstarch.
{Add small amounts of pork pieces into} tossing them to coat well.
4. Add 1/2 of the pork pieces into the wok or skillet.
Leave in until light brown coloring (About 5 min).
Drain on a paper towel. Repeat with remaining pork.
- B.) 1. Drain pineapple, reserving syrup.
2. Combine the syrup, reserved soy sauce marinade left, vinegar, and tomato sauce in a bowl.
3. Blend remaining 2 tablespoons cornstarch and the water in another separate bowl.
4. Add pineapple syrup mixture and cornstarch mixture cook until sauce thickens and boils.
5. Add all vegetables and stir-fry for about 3 minutes.
6. Combine the pork, pineapple, and stir-fry mixture until well mixed together.

Recipe Title

Basic Crepes

Check the Category

- ☒ Honoring the Past:
"Old family recipe"
- ☐ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings 15

Prep Time 10

Cook Time 5

Picture:



Submitted By:

GH SAC Cooking Club

Garrison:

Fort Campbell



INGREDIENTS:

- Griddle, cooking spray
- 1 cup of Gluten Free all purpose flour
- 2 large eggs or 1 cup of Apple Sauce
- 1/2 cup of Milk or Lactose Free Milk
- 1/4 tbs Salt
- 1/2 tbs Baking Powder
- 1 tbs Vanilla Extract

For Toppings:

Cool Whip, Fresh/Frozen fruits, Powdered Sugar

DIRECTIONS

* Plug in Griddle and set to medium heat

1. In large mixing bowl combine all dry ingredients and mix.
2. Gradually add in your wet ingredients. Mix until smooth
3. Using a 1/4 cup measuring cup, pour a scoop of batter onto your griddle.
4. Use a spoon to spread out batter until you have a thin layer.
5. Cook your crepe until bubbles form and it is no longer wet.(about 2-3 mins)
6. Remove crepe from griddle using a spatula
7. Fold the crepe in half and then fold in half again.
8. Add your desired toppings to your crepe.
9. Enjoy your crepe! :)

Recipe Title

Contessa's Raspberry Frozen Yogurt

Check the Category

- ☐ Honoring the Past:
"Old family recipe"
- ☐ Treasuring the Present:
"Current favorite recipe"
- ☒ Shaping the Future: "New
recipe"

Servings 1-2

Prep Time 30 min

Cook Time 30 min

Picture:



Submitted By:
Contessa Cox

Garrison:
Fort Belvoir



CHILD & YOUTH SERVICES

INGREDIENTS:

1/2 Cup Fresh Raspberries

1/4 Cup Sugar

1/2 Cup Yogurt

DIRECTIONS

*Mash the raspberries or puree them.

*For a smooth result, remove the seeds by sieving.

*Add sugar and yogurt, and mix together.

*Pour the mixture into the cooling bowl of ice cream maker with the paddle running.

*Allow to freeze until the desired consistency is achieved.

Recipe Title

Mrs. Wagner's Hummus Dip

Check the Category

- ☐ Honoring the Past:
"Old family recipe"
- ☒ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings

Prep Time 10 min

Cook Time

Picture:



Submitted By:
Denisse Wagner

Garrison:
USAG Stuttgart



INGREDIENTS:

1 can garbanzo beans (drained)

1 whole lemon squeezed

2 cloves garlic minced 1

1 1/2 tsp salt

2 tbsp tahini paste

DIRECTIONS

1. Blend all until smooth

2. Serve with your favorite veggies! :)

Recipe Title Baked zucchini with white sauce

Check the Category

- ☒ Honoring the Past:
"Old family recipe."
- ☐ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings 9

Prep Time 30 minutes

Cook Time 1 hour&20 mins.

Picture:



Submitted by:

Dalia Poole

Garrison: Ft. Bliss



INGREDIENTS:

*5 medium size zucchini or 2 lb of zucchini

*16 oz of ground beef

*1 medium size onion and 3 cloves of garlic

*3 cups of chicken broth and 3 cups of water

*2 cups of milk

*2 TBS of tomato paste

*1&1/2 tsp all spice, salt, and black pepper to taste

*1/2 cup of flour

* oil for cooking

* 1 egg

DIRECTIONS

1- In a cooking pan, add the 2 cups of water, 1 cup of chicken broth and bring to a boil.

2- Slice the washed zucchini into 1/2-inch slices. Once the broth/water mixture come to a boil, add the sliced zucchini, and let it cook until it is soft to the touch.

3- Take the zucchini out of the broth/water mixture and set aside.

4- Mince the onion and the garlic. In a cooking pan, add 3 tbs of oil then sauté the onion and the garlic until it turns golden. Add the ground beef, all spice, salt, black pepper, and tomato paste. Stir till everything is well-mixed. Let it cook for 10 minutes. Set the ground beef aside.

5- Heat 3 tbs of oil, add the flour, whisk quickly. once the flour turns light brown, add the 2 cups of milk and one cup of chicken broth, and keep whisking so you won't have any lumps.

6- Once you have a smooth consistency, add salt and black pepper and 1/2 tsp of all spice and the egg. Keep whisking quickly.

7- In a 12"x9" baking pan; place a layer of zucchini on the bottom, add the ground beef as your second layer. Using a spatula or a spoon, add the white sauce in an even layer to cover everything.

8- Heat the oven on 350. Bake the zucchini for 1 hour & 20 minutes or until the top layer turns light brown. Let it cool for at least 30 minutes before serving.

Recipe Title

Hank and Emma's Mexican Bake!

Check the Category

- ☐ Honoring the Past:
"Old family recipe"
- ☒ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings

Prep Time

15 min

Cook Time

20 min

Picture:



Submitted By:

Van der Graaff Family

Garrison:

USAG Stuttgart



INGREDIENTS:

2 red peppers

2 green peppers

1 jalapeno

1/2 red onion

2 cups frozen corn

2 tsp chili powder

2 tsp cumin

1 tsp salt

2 cups mexican cheese

1 can beans

DIRECTIONS

1. Dice peppers and onions. Cook in oil in a non-stick skillet.

sprinkle with spice mixture. Repeat, roasting with the corn.

2. Put peppers, onion, corn, and beans in 9x13 pan. Top with
sauce.

3. Preheat oven to 400°. Top bake with cheese.

4. Bake covered with foil for 15-20 minutes. Serve w/ guacamole &
sour cream.

5. Chicken can be added, if wanted!

Recipe Title **Healthy Banana Bread**

Check the Category

- ☒ Honoring the Past:
"Old family recipe"
- ☐ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings **10**
Prep Time **15 Minutes**
Cook Time **25-60 Min**

Picture:



Submitted By:
Maia Spaeder

Garrison:
USAG-Benelux



INGREDIENTS:

4 Medium Bananas (Very Ripe)
2 Eggs, Large
1/2 Cup - Apple Sauce or Greek Yogurt
1/3 Cup - Honey or Maple Syrup
2 Tbsp - Melted Coconut Oil
1 Tsp - Vanilla Extract
1 Tsp - Baking Soda
1/4 Tsp - Salt
2 1/4 Cups - Whole Wheat Flour

DIRECTIONS

1. Preheat Oven to 350 degree F / 175 degrees C. Line 9x5 loaf pan with parchment paper or grease pan
 2. In a large bowl, mash the bananas with a fork. Add eggs, apple sauce, honey, coconut oil, vanilla, baking powder, baking soda and salt. Whisk to combine.
 3. Add flour and fold gently. Mix just enough to combine.
 4. Pour batter in the prepared loaf pan and bake for 50-60 minutes and a toothpick inserted into the center comes out clean.
 5. Remove from oven and cool for 15 minutes. Remove from pan and transfer to a cooling rack to cool completely.
- Note: Add 1/4 - 1/2 a cup of fruits (fresh or frozen) or chocolate chips. Blueberries, thinly sliced apple with cinnamon and strawberries work well with this recipe. For muffins, use paper muffin liners or grease the pan and cook 25-35 minutes and a toothpick inserted in the center comes out clean. For Mini-loafs, grease the pan and cook for 40-45 minutes and a toothpick inserted in the center comes out clean.

Recipe Title

Henry's Pizza Pasta (AKA Lasagne)

Check the Category

- ☐ Honoring the Past:
"Old family recipe"
- ☒ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings

Prep Time 15 min

Cook Time 1 hour

Picture:



Submitted By:
Converse Family

Garrison:
USAG Stuttgart



INGREDIENTS:

1/2 jar marinara sauce

1 jar alfredo sauce

1/2 cup grated parmesan

2 cups grated mozerella

1 package oven ready lasagne noodles

1/2 lb ground beef (lean)

1/2 lb ground pork

DIRECTIONS

1. Cook ground beef & pork in pan with some oil.
2. Spread thin layer of marinara sauce in 9x13 baking pan. Layer with noodles, then layer with meat and 1/2 alfredo sauce, moz., & paremsan cheese.
3. Repeat another layer of noodles, marinera, and cheeses.
4. One last layer of marinara and cheeses.
5. Bake at 350°F/ 125°C fir 45 mins-1 hour or until top is golden brown.

Recipe Title Carnita Tacos - Crockpot

Check the Category

- ☐ Honoring the Past:
"Old family recipe"
- ☒ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings 10-12
Prep Time 15 Minutes
Cook Time 10-12 Hours

Picture:



Submitted By:

Marika Spaeder

Garrison:

USAG-Benelux



INGREDIENTS:

4 lbs - boneless pork shoulder/pork butt
2 1/2 tsp - Salt
1 tsp - Ground Black Pepper
1 Onion, chopped
1 Jalapeno, deseeded and chopped (omit for non-spicy carnitas)
4 Garlic Clove, minced
3/4 cup fresh squeezed or bottled orange juice
RUB:
1 tbsp - Dried Oregano
2 tsp - Ground Cumin ; 1 tbsp - Olive Oil

DIRECTIONS

1. Rinse and dry the pork and rub with salt, pepper and rub. 2. Place the pork in the slow cooker, top with minced garlic, onions, jalapeno, and orange juice.

3. Slow cook on low for 10 hours, on high for 7 hours until tender enough to shred.

4. Remove pork and shred the pork (2 forks). 5. Drain the juice into a pot and reduce down until about 2 cups, set juice aside. No need to strain, the onions and Jalapeno will be super soft. Optional: skim some of the fat from the juices if you want

TO CRISP: 1. Heat pan over high heat, spread the pork in the pan and drizzle over some of the juice. Wait until the juice evaporates and the bottom of the pork is golden brown and crusty. A crispy bottom and tender, juicy top is what you want. 2. Remove pork from skillet. Repeat in batches as you don't want to overcrowd the pan.

3. Before serving, you can drizzle some juice on top. Serve hot and stuffed in tacos with your preference of sides, toppings and sauces.

**If cooking with different size see cooking times: 2-3 lbs: 8 hours on low.
3-6 lbs: Cook time per recipe. 6-8 lbs: 12 hours on low.

Recipe Title

Teraberry Salmon Chowder

Check the Category

- ☐ Honoring the Past:
"Old family recipe"
- ☒ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings

Prep Time 15 min

Cook Time 30 min

Picture:



Submitted By:

The Teraberry Family

Garrison:

USAG Stuttgart



INGREDIENTS:

3 tbsp butter	1 tsp salt
3/4 cup chopped onion	1 tsp ground black pepper
1/2 cup chopped celery	2 carrots, diced
1 tsp garlic powder	1 tsp dried dill weed
2 cups chicken broth	
2 cups diced potatoes	
2 (16 oz. cans of salmon)	
1 (15 oz. can creamed corn)	
1 (12 fluid oz.) can of evaporated milk	
1/2 lb of cheddar cheese, shredded	

DIRECTIONS

1. Melt butter in a large pot over medium heat.
2. Add onion, celery, and garlic powder; saute until onions are tender.
3. Add broth; stir in potatoes and carrots. Season with salt, pepper, and dill.
4. Bring to a boil. Reduce heat; cover, and simmer for 20 min.
5. Stir in salmon, corn, evaporated milk, and cheese.
6. Cook until heated through.

Recipe Title **Hohenfels PCS Tomato Feta Bake**

Check the Category

- ☐ Honoring the Past:
"Old family recipe"
- ☒ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings **5-6**

Prep Time **5 min.**

Cook Time **Approx. 35min.**

Picture:



Submitted By:
Parent Central

Garrison:
USAG Bav. Hohenfels



INGREDIENTS:

1-2 blocks feta cheese
2-3 cups cherry tomatoes- whole or halved
2-3 T olive oil
4 cloves fresh garlic- pressed
salt and pepper to taste

DIRECTIONS

1. Grease baking dish and place feta cheese block in dish.
2. Place cherry tomatoes around the sides of feta cheese.
3. Drizzle cheese and tomatoes with olive oil. Salt and pepper to taste.
4. Bake in oven at 425 degrees F for approximately 30 min. or until tomatoes are roasted and bubbling.
5. Remove from oven and spread pressed garlic over top of cheese and tomatoes and stir.
6. Serve with toasted French baguette slices or crackers of your choice.

Note: This dish is a Hohenfels, Germany Parent Central Services
potluck favorite!

We really like it to be very garlicky and our customers love and
appreciate when we go light on the garlic! :-)

Recipe Title

Rudy's Italian Sausage & Beans

Check the Category

- ☒ Honoring the Past:
"Old family recipe"
- ☐ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings

Prep Time 5 min

Cook Time 20 min

Picture:



Submitted By:

Irby Family

Garrison:

USAG Stuttgart



INGREDIENTS:

1 lb sweet italian sausage (no casings)

1 tbsp minced garlic

2 cans white beans (14.5 oz each) drained and rinsed

1 can diced tomato

1 tsp oregano

1 tsp thyme

1 medium onion diced

8-12 oz mushrooms sliced

1 tbsp EVOO

salt and pepper to taste

DIRECTIONS

1. Heat oil over medium heat in deep pan; add sausage, garlic, & onion; saute until sausage is cooked.

2. Add mushrooms; cook about 5 mins until mushrooms slightly darken.

3. Add beans, tomatoes, & seasonings. Simmer for 15 minutes.

4. Add salt & pepper to taste.

5. Serve with crusty garlic bread! :)

Recipe Title **Beefy Boyd Rice Casserole**

Check the Category

- ☒ Honoring the Past:
"Old family recipe"
- ☐ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings **6**

Prep Time **5 min.**

Cook Time **1 hr.**

Picture:



Submitted By:

Nickayla MyersGarner

Garrison:

USAG Bav. Hohenfels



INGREDIENTS:

1 stick butter (you can use half a stick to make it less fatty)

1 c. rice

1 can Campbell's Beef Consume

1 can Campbell's French Onion Soup

DIRECTIONS

1. Pour soup cans and rice into baking/casserole dish.
2. Place stick of butter in dish.
3. Bake uncovered at 350 degrees F for one hour. Half way through stir so the butter is evenly distributed.

You can let the rice get slightly crunchy on top (some people's favorite part) or remove before then.

Note: I make this recipe when guests come over or for holiday meals.

It is a family and friend favorite! Through college at UNCG my mother's roommate was Gwyn Boyd. In 1966 she went to Gwyn's home in Albemarle, NC and this dish was prepared at Sunday lunch. My mother asked for the recipe and has served it ever since. Enjoy!

Recipe Title Balsamic Pork Tenderloin- Instant Pot

Check the Category

- ☐ Honoring the Past:
"Old family recipe"
- ☒ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New recipe"

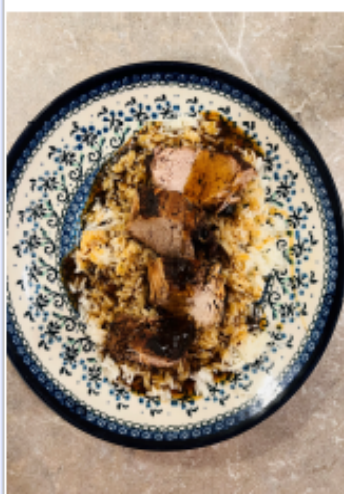
Servings 8

Prep Time 15 min.

Cook Time 35 min.-

Total Time- 1.25 hours

Picture:



Submitted By:
Nickayla MyersGarner

Garrison:
USAG Bav. Hohenfels



INGREDIENTS:

2-3 Pork Tenderloins

3 T Olive Oil

- salt and pepper to taste
- 1.5 tsp. garlic powder
- 3 tsp. dried Italian seasoning
- 6 T soy sauce

1c. brown sugar

3/4 c. balsamic vinegar

1.5 c. water

3T corn starch plus 6 T. cold water

DIRECTIONS

1. Set pressure cooker to SAUTE. Rub tenderloins with oil. Generously add Italian seasoning and garlic powder on all sides. Salt and pepper to taste.
2. Place seasoned tenderloins in pot and turn over every 1-2 minutes until browned on all sides.
3. Whisk together soy sauce, brown sugar, balsamic vinegar, and water then pour into pot. Place the lid on and lock into position with the steam valve closed. Set to PRESSURE COOK or MANUAL for 15 minutes.
4. When cook time is complete, natural release for 5 minutes, then turn the steam valve to venting position (cover with dish towel to avoid sputter), and remove lid when float valve drops. Remove tenderloin and place on a cutting board.
5. Put pressure cooker on SOUP setting. When juices are boiling, stir corn starch into the 6 tablespoons cold water until dissolved. Pour into instant pot and stir until thickened to a glaze.
6. Slice tenderloins and serve with balsamic glaze on top. Extra glaze is delicious on rice, pasta or creamed potatoes.

Note: This recipe is always a hit with guests and is a new family favorite!

Recipe Title **Zucchini Boats**

Check the Category

- ☐ Honoring the Past:
"Old family recipe"
- ☒ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings **8**

Prep Time **20 MINS**

Cook Time **30 MINS**

Picture:



Submitted By:

Jaylon Hewing

Garrison:

Fort Cavazos



INGREDIENTS:

Sausage Zucchini Boats Ingredients and Possible Substitutes

Zucchini: Look for those even in size, about 8 – 9 oz each.

The should be big enough to hollow out and add filling, but not too large or you won't be able to fit them in the baking dish.

Olive oil: Another oil such as avocado oil will work fine here.

Italian turkey sausage: Italian pork sausage can be used instead, just drain of excess fat after browning.

Garlic: In a pinch 1 tsp granulated garlic will work in this recipe.

Yellow onion: Red onion would work here too.

INGREDIENTS Continued...

Canned diced tomatoes: I like the petite cut for a more uniform size throughout but regular cut will work. Another option is to use 3 fresh roma tomatoes, diced.

Italian seasoning: Another option is to use 1 tsp dried basil and 1 tsp dried oregano. Parsley: This ingredient is optional, it can be omitted if you don't have any. Another option is to use fresh basil or use 2 tsp dried parsley.

Panko bread crumbs: Standard dried bread crumbs will work too. I just prefer the extra crisp texture of the panko.

Mozzarella cheese: Monterey jack could be used in place of mozzarella.

Parmesan cheese: Romano cheese will work here as well.

Directions on page 2.

Recipe Title **Zucchini Boats**

Check the Category

- ☐ Honoring the Past:
"Old family recipe"
- ☒ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings **8**

Prep Time **20 MINS**

Cook Time **30 MINS**

Picture:



Submitted By:

Jaylon Hewing

Garrison:

Fort Cavazos



INGREDIENTS:

Ingredients list on page 1.

DIRECTIONS

Heat oven, prepare baking dish: Preheat oven to 400 degrees. Spray a 13 by 9-inch baking dish with non-stick cooking spray. Hollow out zucchini: Using a spoon, scoop centers from zucchini while leaving a 1/4-inch rim on all sides to create boats. Drizzle with 1 Tbsp olive oil, then season with salt and pepper. Par-bake: Bake in preheated oven 15 minutes. Saute onion: Meanwhile heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add onion and saute 3 min. Brown sausage, add garlic: Add sausage in crumbles, cook through, while breaking up meat during cooking. Add garlic during last 1 minute of cooking. Add mix-ins: Remove from heat stir in tomatoes, 1/3 cup panko bread crumbs and Italian seasoning. Fill zucchini boats: Sprinkle 1/3 cup parmesan over zucchini boats, then divide filling among the zucchini boats. Toss topping ingredients, sprinkle over: In a small mixing bowl stir together the mozzarella cheese, remaining 1/3 cup parmesan and remaining 1/3 cup panko bread crumbs. Sprinkle mixture over zucchini boats. Bake zucchini boats: Bake in preheated oven until tender, about 10 – 15 minutes. Sprinkle with parsley and serve warm.

Recipe Title **Banana Cream Pudding Pie**

Check the Category

- ☒ Honoring the Past:
"Old family recipe"
- ☐ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings **8**

Prep Time **15 min**

Cook Time **20 min**

Picture:



Submitted By:

Bella Uribe-Curiel

Garrison:

Fort Cavazos



INGREDIENTS:

Nilla wafers

Bananas

Banana Cream Pudding Instant Jello

Pie Crust

DIRECTIONS

1. Make the banana cream pudding mix, using the directions on the box.
2. Take the pudding mix and pour into the pie crust.
3. crush some Nilla wafers and place on top of the pudding mix.
4. Bake in the oven for 20 minutes until golden brown.
5. Cut the bananas and place them on the pie and enjoy.

Recipe Title **Baked Macaroni & Cheese**

Check the Category

- ☒ Honoring the Past:
"Old family recipe"
- ☐ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings **6-8**

Prep Time **15 min**

Cook Time **1 hour**

Picture:



Submitted By:

EJ (Kouma SAC)

Garrison:

Fort Cavazos



INGREDIENTS:

16 oz elbow noodles

2- 8 oz cans evaporated milk

1 egg

1 lb sharp cheddar cheese- shredded

2 lbs of any other cheese you like

2 tbsp butter

milk

salt and pepper to taste

DIRECTIONS

1. Preheat oven to 400 degrees
2. Boil noodles following box instructions. Drain when done.
3. Shred Cheese if not pre-shredded.
4. Add 8 tbsp of butter, egg, flour, salt, pepper, one can of evaporated milk to noodles, mix well (noodles should be cool to avoid cooking egg).
5. Gradually add cheese while stirring, noodles should be a soupy consistency, add milk as needed.
6. In a 12X9 pan, add butter to bottom of pan, add noodles, sprinkle cheese over top, cover with foil.
7. Bake 45 minutes-1 hour, uncover and bake until browned.

Recipe Title **Cheese Toast**

Check the Category

- ☒ Honoring the Past:
"Old family recipe"
- ☐ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings **8**

Prep Time **5 min**

Cook Time **10 min**

Picture:



Submitted By:

Fort Cavazos Youth

Garrison:

Fort Cavazos



INGREDIENTS:

1 block of sharp cheddar cheese

1 loaf of bread

DIRECTIONS

1. Unwrap the cheese from the packet. Use a knife and cutting board to cut the cheese.
2. Take a couple of pieces of bread and line them on a baking sheet. Turn the oven on broil.
3. Place sliced cheese on the bread.
4. Place in the oven and watch the bread and cheese carefully not to burn it. Once at the desired color, please take out of the oven carefully with oven mitts and enjoy.

Recipe Title Ashley's Famous "Airborne" Meatloaf!

Check the Category

- ☒ Honoring the Past:
"Old family recipe"
- ☐ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings

Prep Time 15 min

Cook Time 1 1/2 hours

Picture:



Submitted By:
Schirner Family

Garrison:
USAG Stuttgart



INGREDIENTS:

1 1/2 lb Hamburger meat

1 cup dry or soft breadcrumbs or cubes,

or cracker crumbs + 1 1/4 cup of milk

OR

3 slices of bread torn into pieces + 1 cup of milk

OR

3/4 cup of oatmeal + 1 cup of milk

1 egg

1 small onion chopped (about 1/4 cup)

1/4 tsp ground sage

1 clove of garlic, crushed

1 tbs worcestershire sauce

1 1/2 tsp salt

1/2 tsp dry mustard

1/4 tsp pepper

DIRECTIONS

1. Mix all ingredients

2. Spread in ungreased loaf pan, 9x5x3 inches

3. Cook uncovered in 350°F oven until done, about 1 1/2 hours

Recipe Title Cox Family Cajun Cabbage Jumbalaya

Check the Category

- ☒ Honoring the Past:
"Old family recipe"
- ☒ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings 4-6

Prep Time 30 min

Cook Time 60 min

Picture:



Submitted By:
Cox Family

Garrison:
Fort Belvoir



INGREDIENTS:

1 Pound Spicy Pork Sausage

4 Garlic Cloves (Minced)

1 Green Bell Pepper

1 Cup Celery

1 Head Green cabbage

1 Can Diced Tomatoes (14 oz can, Undrained)

1 Cup Chicken Broth

1/2 Cup of Water

1 Cup uncooked Brown Basmati rice

1 Tablespoon Chili Power

1/2 Teaspoon Salt

1/2 Teaspoon Paprika

1/2 Teaspoon Cumin

1/8 Teaspoon Cayenne Pepper

1/8 Teaspoon Black Pepper

1 Onion (Chopped)

Add spices to your liking (Spicier or Not)

DIRECTIONS

In large saucepan, cook the pork sausage, onion, garlic till brown.

Stir in green pepper and celery; cook and stir for 3 or more min.

Add all the rest of ingredients & bring to a boil.

Covering. Reduce heat to low & cook.

Stir occasionally till rice is tender (About 45 min.)

Recipe Title **Oi Muchin- Spicy Cucumber Salad**

Check the Category

- ☒ Honoring the Past:
"Old family recipe"
- ☐ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings **4**

Prep Time **15**

Cook Time **none**

Picture:



Submitted By:
Fort Cavazos Youth

Garrison:
Fort Cavazos



INGREDIENTS:

1 Korean cucumber (or any crunchy cucumber)

1 teaspoon salt

1 tablespoon Korean red chili flakes

1 tablespoon chopped scallion

1 teaspoon minced garlic

1 teaspoon vinegar

1/2 teaspoon sugar

1 teaspoon sesame seeds

1 teaspoon sesame oil

DIRECTIONS

1. Thinly slice the cucumber.

Toss gently with salt and set aside for 15 minutes.

2. Drain excess liquid without squeezing, add remaining ingredients, mix well. Taste and adjust seasonings as needed.

3. Enjoy!

Recipe Title German Pot Pie

Check the Category

- ☒ Honoring the Past:
"Old family recipe"
- ☐ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New recipe"

Servings 5 - 8

Prep Time -

Cook Time -

Picture:



Submitted By:

Kashton Anderson &

Kainan Paugh

Garrison:

JBLM



INGREDIENTS:

Dough: Maybe doubled by using still

1 cup flour one egg only.

1/2 tsp Salt

1 egg

Water to moisten

Meat:

Stew meat

Crock Pot.

DIRECTIONS

Beat eggs and add to dry ingredients. Add just enough water to hold together (like pie-dough) to roll. Divide into 2-3 parts as you like and roll on Floured table (counter). Cut into small squares and drop into boiling beef, chicken broth. Keep boiling as you add the 2nd and 3rd parts of dough noodle squares. Add water to broth as needed. Drop in separately. Lower heat and boil 10 minutes.

Cook stew meat in crock pot on low until your ready to make noodles.

Use the stew meat water to cook noodles if wanted or use chicken broth.

Crock pot set on medium heat to cook all day.

Recipe Title Corn Pudding

Check the Category

- ☒ Honoring the Past:
"Old family recipe"
- ☐ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings

Prep Time

Cook Time

10

40

Picture:



Submitted By:

Alexander Anderson

Garrison:

Geilenkirchen



INGREDIENTS:

1 can creamed corn

2 eggs

1 cup sour cream

1 box corn muffin mix

1 stick of butter

1 tbs white sugar

DIRECTIONS

Mix corn, eggs, sour cream and corn muffin mix together in a large mixing bowl.

Melt butter in a 2 quart baking dish and then pour the corn mixture over the melted butter.

Do not mix. Sprinkle sugar over it.

Bake at 350F for 30-40 minutes until golden brown.

Recipe Title **Kid Sweet Candy Bars**

Check the Category

- ☒ Honoring the Past:
"Old family recipe"
- ☐ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings **12 About**

Prep Time **15 min**

Cook Time **30 min**

Picture:



Submitted By:
Tabatha Cox

Garrison:
Fort Belvoir



INGREDIENTS:

1 - Pkg. Butterscotch Candy

4 - Cup Toasted Rice Cereal

2 - Pkg. Chocolate Chips

DIRECTIONS

1. Melt Butterscotch till smooth. (Stovetop stir consistantly or Microwave } 1 min. 10-20 sec. at a time stir and repeat till smooth.
2. Stir in cereal & 1 - Cup chocolate chips.
Press evenly into a pyrex pan (Spray non-stick on pan first)
3. Remaining 2.5 Cups chocolate chips do as you did with Butterscotch till smooth. (Stovetop or Microwave)
4. Spread evenly over the first layer in pan making a second layer with the chocolate.
5. Chill till firm.

Recipe Title **Nonna Miroballi's Breaded Chicken**

Check the Category

- ☒ Honoring the Past:
"Old family recipe"
- ☐ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings **6**

Prep Time **10 min.**

Cook Time **30 min.**

Picture:



Submitted By:

Valentina Mendoza

Garrison:

JBLM/ Fort Lewis



INGREDIENTS:

2.5 lbs. chicken breast (boneless skinless)

2 cup bread crumbs

1/2 tsp salt

1/2 tsp black pepper

1 tbsp oregano

1/2 cup grated Romano (or Parmesan) cheese

2 tsp garlic powder

1 cup flour

5 eggs

olive oil, for frying

DIRECTIONS

Mix the bread crumbs, salt, black pepper, oregano, Romano, and garlic in a medium sized bowl.

Whisk the eggs in a separate bowl.

In a third bowl, place the flour.

Dip the chicken in the flour, then egg, then the bread crumb mixture.

Heat the oil until ready to fry.

Cook the breaded chicken in the oil for approximately 3 minutes each side (or until the internal temperature of the chicken reaches at least 165 degrees F).

Recipe Title **Bacon Wrapped Backstrap**

Check the Category

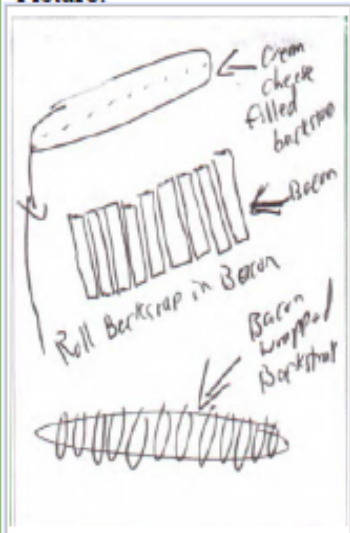
- ☒ Honoring the Past:
"Old family recipe"
- ☐ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings **6-8**

Prep Time **-**

Cook Time **40 min.**

Picture:



Submitted By:

Dayton Blume

Garrison:

Fort Leavenworth



INGREDIENTS:

Bacon - 1 lbs

Venison Backstrap (or Beef/Pork)

Cream Cheese - 1 package

Parsley

Garlic Based Seasoning

Olive Oil

BBQ Rub

DIRECTIONS

1. Butterfly cut Backstrap and lay flat, cover with oil.
2. Separately cook 5-6 pieces of Bacon to crispy and chop up. Combine bacon grease, Bacon, Cream Cheese, parsley in bowl and mix.
3. Season inside of Backstrap with Garlic based seasoning, spread mixed Bacon/Cream Cheese inside backstrap and fold closed.
4. Cover outside of meat with oil and coat in BBQ Dry rub.
5. Wrap backstrap in bacon, cover with oil and season in dry rub.
6. Smoke/Bake at 350 degrees until internal temp is 130 degrees (about 30 minutes).
7. Let rest 10 minutes.

Recipe Title

Warrior Smoothie

Check the Category

- ☐ Honoring the Past:
"Old family recipe"
- ☐ Treasuring the Present:
"Current favorite recipe"
- ☒ Shaping the Future: "New
recipe"

Servings 2-4

Prep Time 5

Cook Time 5

Picture:



Submitted By:

GH SAC Cooking Club

Garrison:

Fort Campbell



INGREDIENTS:

- Fresh/Frozen Fruits of your choice
- 1 cup of Dairy Free Vanilla Yogurt
- 3-4 ice cubes
- 1/2 to 1 cup of Orange Juice

* Modify as needed based on allergies.

DIRECTIONS

* Ninja Blender

1. All all ingredients into the blender
2. Close lid and push start. Blend until smooth
3. Pour into cups and enjoy! :)

Recipe Title

Cream Biscuits!

Check the Category

- ☒ Honoring the Past:
"Old family recipe"
- ☐ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings

Prep Time 15

Cook Time 15

Picture:



Submitted By:
Schirner Family

Garrison:
USAG Stuttgart



INGREDIENTS:

2 cups flour

2 1/2 tsp. sugar

2 tsp baking powder

3/4 tsp salt

1 1/2 cups heavy cream

DIRECTIONS

1. Preheat oven to 435°F
2. Prep a cookie sheet with parchment paper
3. Mix the dry ingredients in medium bowl until combined
4. Add 1 1/4 cup of the cream. Stir until the dough is shaggy, then add the remaining cream and stir to combine. It will be thick and sticky!
5. Shape the dough into a rectangle and cut into about 10 equal pieces. Place on parchment paper on pan.
6. Bake for about 15 minutes until golden brown.

Recipe Title **Spicy Oven-Roasted Pasta Jambalaya**

Check the Category

- ☐ Honoring the Past:
"Old family recipe"
- ☒ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New recipe"

Servings **6-8**

Prep Time **15**

Cook Time **30**

Picture:



Submitted By:

Gabriel Montgomery

Garrison:

Fort Cavazos



INGREDIENTS:

Whole Grain Pasta of your choice (12oz dry), cooked per instructions

Andouille Sausage or your sausage of choice (12oz pack), sliced

1/2 ea large green, red, yellow bell pepper, diced

1 pint cherry tomatoes

4 garlic cloves, minced

1lb large shrimp, peeled and deveined

2-3 lemons, sliced into wedges

2 green onions, chopped; bunch of fresh parsley chopped

1 Tbsp Cajun seasoning or to taste & 1tsp ea of salt and pepper

3 Tbsp olive oil, divided

DIRECTIONS

Preheat oven to 425 degrees F. Line a large (13x18) sheet pan with parchment paper. In a large bowl, combine chopped onion, peppers, garlic, tomatoes with 2Tbsp oil, salt and pepper.- Spread out evenly into single layer. Add sausage. Roast for 15-20 minutes or until vegetables are tender and start to get a brown char on the edges. While veggies are in the oven, cook your noodles and toss shrimp with remaining oil and Cajun seasoning. When finished cooking, remove the sheet pan from the oven. Place shrimp on top of the vegetable and sausages in a single layer. Top with half the lemon wedges. Return to the oven and cook for about 5-10 minutes or until the shrimp are cooked thru and look opaque pink. Serve over pasta with green onions, parsley, and lemon wedges.

Recipe Title **Schumacher Kid's Favorite Pancakes**

Check the Category

- ☐ Honoring the Past:
"Old family recipe"
- ☒ Treasuring the Present:
"Current favorite recipe"
- ☐ Shaping the Future: "New
recipe"

Servings **4-5**

Prep Time **15 min.**

Cook Time **25 min.**

Picture:



Submitted By:

Kayla A. Schumacher

Garrison:

IMCOM HQ G-9 CYS



INGREDIENTS:

3 eggs

1 1/2 cups milk

1 Cup All-Purpose Flour

1/4 teaspoon Salt

1/3 cup sugar

1/4 teaspoon vanilla extract

1/2 stick of butter (to coat large skillet or griddle)

Powdered Sugar (Optional)

DIRECTIONS

Preheat griddle to 350 degrees or large skillet (over medium/high heat).

Combine eggs, milk, sugar, salt, and vanilla into a bowl.

Whisk all ingredients together thoroughly.

Add flour and whisk until batter is smooth (no clumps).

1. Lightly coat griddle or large skillet with butter stick.

2. Working in batches, scoop about 1/4 cup of batter on the griddle or skillet.

3. Cook for a few minutes until you see bubbles start to appear, then flip over and cook for less than 1 minute (until golden brown). Repeat steps (1-3)


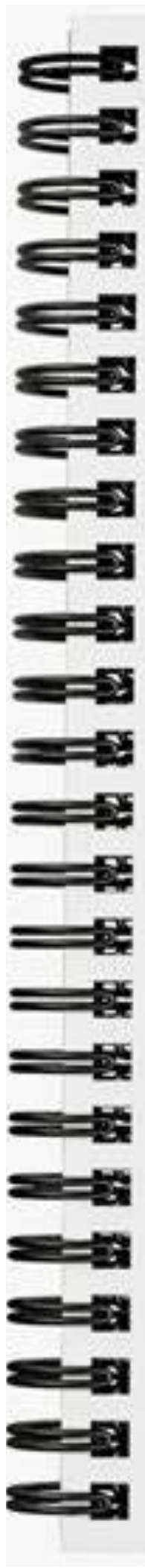
Several ways to eat pancakes:

Wyatt Style: minimal syrup and sprinkle a dash of powdered sugar!

Jade Style: no syrup/no powdered sugar, roll it up and eat it!

Ellie Style: Lots of syrup and lots of powdered sugar!

Enjoy!



*Thank you to everyone who participated in the
cookbook project. This year we made
MOMC 2023 extra sweet!*

-IMCOM HQ G9 Child and Youth Services
Programs Branch