

VEGETABLES / MEAT / TASTE OF HOME COOKING SCHOOL

VEGETABLES

BROCCOLI, CHICKEN AND RICE CASSEROLE

2 to 3 bunches of broccoli
chicken breast
1 bag of success 10 min. boil in the bag white rice
2 cans cream of chicken soup
shredded cheddar cheese
1 box of velveta cheese melted
salt and pepper
1 can of mushrooms if desired

Boil chicken until done, then let cool for 5 minutes. Then shred chicken and mix in with broccoli. Steam or boil broccoli until done, then break up broccoli and put into a 9x13 baking dish. You may use the stem of the broccoli if you like. Boil Rice for 10 minutes. Then drain and mix in with chicken and broccoli. After chicken, broccoli and rice are mixed together, start adding the cream of chicken soup, melted velveta cheese (mix in a little at a time, you don't want it too cheesy, but then again maybe you might.) A half a tablespoon of salt and pepper. Then add mushroom's if desired. Mix all ingredients well, then sprinkle shredded cheddar cheese all over the top until covered, then microwave until cheese is melted on top. Prep. and cook time 45 mins. to an hour.

Kim Walraven
Resaca

TOMATO PIE

1 deep dish pie crust, unbaked
1 large tomato or 2 small tomatoes, sliced
1 bell pepper, chopped fine
1 sweet banana pepper, chopped fine
1 large onion, chopped fine
1/4 cup mayonnaise
salt and pepper to taste
1 cup shredded cheddar cheese
1/2 roll ritz crackers

Cover the unbaked pie crust with sliced tomatoes. Mix the bell pepper, banana pepper and onion with the mayonnaise, salt and pepper to taste. Spread over tomatoes. Top with cheese. Then cover with finely crushed ritz crackers. Bake at 350 for 1 hour.

Dian Duggan
Cedartown

CRUNCHY CORN CASSEROLE

1/2 cup chopped green peppers
1 tablespoon margarine
1 can cream style corn or 1 tube frozen cream corn
2 tablespoons pimentos
2 eggs, slightly beaten
1 can french fried onions

Saute green peppers in margarine until soft. Add corn, pimentos, eggs and 1/2 can of onions. Pour into 1 1/2 quart casserole dish. Bake at 350 degrees for 25 minutes or until firm. Sprinkle remaining onions on top and bake five minutes.

Emma M. Thomas
Rome

POLISH CABBAGE

6 little red new potatoes sliced in halves
2 1/2 tablespoons oregano
1 large onion cubed
1 rolled polish sausage, slant cut
1 large head of cabbage, decored and cubed bite size

In chicken stock or bullion with a t least 2 1/2 to 3 cups liquid add the potatoes and oregano. Cook until potatoes are barely done then add the onion, polish sausage, salt and pepper to taste and cabbage. Cook covered until cabbage is tender not soggy. Check salt taste and serve.

Judie Burgess
Summerville

HAMBURGER CASSEROLE

1 lb ground beef
1 can of whole corn
1 can of French style green beans
1 cup of elbow macaroni
1 cup of power cheese
1 medium onion
2 cups of shredded cheese
Salt and pepper to taste

Brown ground beef, drain well. Add onion, corn, beans, macaroni and powder cheese. Add a cup of water; let come to a boil. Add salt and pepper to taste. Spread cheddar cheese over the top. Cook at 350 degrees until cheese is completely melted and light and brown.

Carla Robbins
Rome

HASH BROWN POTATO CASSEROLE

2 lbs frozen hash browns
1 stick melted butter
1 tsp salt
1 tsp pepper
1 can cream of chicken soup
1 pt sour cream
1 cup of chicken (chopped)
1/2 cup of chopped onions
1 pkg shredded cheddar cheese
1 cup crushed Kellogg's Corn Flakes
3 tbsps melted butter

Preheat oven 350 degrees. Mix all ingredients. Arrange in 9X13 baking dish. Sprinkle Kellogg's crushed corn Flakes and butter on top. Bake for 1 to 1 1/2 hours. Serves 8.

Rosalyn Davis
Rome

FRIED MEDLEY

1 cup okra cut for frying
1 cup squash (yellow or zucchini or mixed) cut for frying
1 cup green tomatoes, chopped
1/2 cup chopped onion
1 tbsps minced garlic
1 cup corn meal
Cooking oil

Heat the oil in a large frying pan, add the chopped ingredients, coat with the corn meal and turn. Continue stirring and turning, browning the corn meal. Cook until the skillet contents looks like fried okra. When finished add salt and pepper to taste. Serve hot.

Davey Jack Hickam
Centre, Ala.

BROCCOLI CASSEROLE

1 lb broccoli, cut into pieces
1 (10.75 oz) can cream of mushroom soup
2 large eggs, lightly beaten
1 cup mayonnaise
1 1/2 cups shredded cheddar
1 stick (1/4 lb) salted butter, cut into pieces
Pepper to taste
1 sleeve Ritz crackers, crushed (1/3 of a 12 oz box)

Preheat oven to 350 degrees. Mist a 9x13 inch baking dish with cooking spray. Steam broccoli until crisp-tender, 7 minutes. Transfer to a bowl of ice water. Mix soup, eggs, mayonnaise, cheese, butter and pepper in a saucepan and cook over medium-low heat, stirring constantly, until melted and combined. Drain broccoli; spread evenly in baking dish. Pour cheese mixture on top. Sprinkle with crackers. Bake for 30 minutes.

Peggy Gunter
Rome

ROASTED SQUASH

2 medium yellow squash
2 medium zucchini squash
1/3 cup of olive oil
1 tsp paprika
1 tsp garlic powder
1/2 tsp salt
1/2 tsp black pepper
1 tsp chipotle pepper flakes

Wash and dry the two squashes, slice long-way into pieces 1/4 inch thick. Place in large bowl, pour olive oil over the squash. Coat the squash well. Place the squash on a baking sheet. In a small bowl, mix all the dry ingredients together. Sprinkle over the top of the squash and mix well. Bake in 425 degree oven until the squash is tender (about 15-20 min.)

Tobie Peck
Rome

Gallo family vineyards helps pair your food and wine feast

Gallo Family Vineyards has been bringing high quality, variety, tasty and affordable wines to the holiday dinner table for 75 years. Their "We're All Family" approach to celebrating tradition and togetherness through good wine and festive food, not only aims to re-ignite holiday cheer but arm consumers countrywide with the basic tips in food and wine pairing and entertaining that will bring an extra element of fun to all your holiday celebrations. Let's Begin!

Festive Pairing and Pouring

Stick to the basics of purchasing and serving wine. One 750ml bottle serves four glasses, be sure to offer guests both red and white varietals and lastly, serve red wine at room temperature (65-70 degrees) and white wine chilled to your liking. You won't have to search high and low for Gallo Family Vineyards Twin Valley wines either. Available nationwide through grocery stores and wine shops, it's easy to find and purchase at only \$5.99 per 750 ml bottle and \$7.99-\$8.99 "Family Size" 1.5 liter bottle!

Matching the weight of holiday dishes with the weight of the wine you are serving is an important rule of thumb when serving multiple holiday dishes across the day or night. For example, lighter holiday dishes like green bean casserole and candied yams are great with delicate white wines, while richer dishes such as pot roast, turkey and lamb are perfect with those medium to full bodied red wines.

See below for some specific wine and traditional holiday food pairing examples that are helpful in demonstrating the wine weight and food flavor balancing act.

Here's a handy guide outlining the different flavor profiles of our popular holiday wines:
Chardonnay — A full-bodied white that feels lush in your mouth
White Zinfandel — A light-bodied wine that combines crisp refreshment with bright fruit like strawberry with hints of sweet, white peach
Merlot — A smooth, medium-bodied red with a range of fresh flavors such as plums, cherries, blueberries and blackberries mixed with black pepper tones.
Moscato — A sweet, yet light-bodied wine bursting with flavors of peach, honey and ripe citrus.
Cabernet Sauvignon — A full-bodied wine, deep purple in color and identifiable by its intense black currant bouquet and aromas of mint, eucalyptus, cherries and tobacco.

The great thing about Gallo Family Vineyards Twin Valley wines is that every varietal is crafted in an easy to drink style that can pair with just about any food (so you can drop the "weight rule" from time to time too!).

MOTHER'S CHICKEN SPAGHETTI

3 chicken breasts (bone in) or 1 small chicken
Large pot of water (around 3 quarts of water)
salt and pepper
3 stalks celery (tops and all) chopped
1 onion cut in large pieces
1 green pepper cut in large chunks
2 chicken broth cubes
Vermicelli (16 oz.)
1/2 of a large Velveeta block
2 c. sharp cheddar cheese, grated
2 cans cream of chicken soup, undiluted
3 small cans of mushrooms, drained
1/2 t. garlic salt
1/2 t. garlic powder
Dash of cayenne
1/2 stick of butter

Bring water to a boil, add chicken and veggies. Salt and pepper generously. Cook until chicken is tender; (around 30 min) remove from broth, let cool and de-bone if necessary, and cut into bite size pieces. Strain broth. Discard veggies. To Broth: add to strained broth, chicken cubes and reheat and dissolve. Break vermicelli into two-inch pieces and throw into broth, cook until al dente. Drain, reserve broth and put back in original pot. Set vermicelli aside. Into broth drop cut up Velveeta, slowly cook and stir to melt. Add 1/2 st. butter and two cans of undiluted Cream of Chicken soup, stirring to blend. Add chicken and vermicelli, salt and pepper to taste, dash of cayenne, garlic salt and garlic powder (all to taste.) Heat to blend all. Add drained mushrooms. Fold in slowly. Put into lightly greased casseroles, cover with grated sharp cheddar and bake till bubbles on sides and cheese is melted. Bake 350' 30 minutes or so. This recipe will make three small casseroles

Sandra Salmon
Armuchee

CHICKEN TENDERS WITH SPECIAL ORANGE SAUCE

1 pound chicken tenders
1/4 cup butter, or margarine
3 tablespoons shallots, chopped
1/4 cup white cooking wine
3 1/2 cups orange juice
1 cup chicken broth (may use canned)
1/2 cup unsalted butter
1/4 teaspoon freshly ground black pepper
8 orange segments
basil

Sauté chicken tenders in butter until golden brown and cooked medium well. Remove from skillet and keep warm. Add the shallots to the hot butter in the skillet and sauté over medium heat. Add wine, orange juice and chicken broth. Reduce to 1/3 the original amount and strain. Gradually stir in the unsalted butter. Sprinkle with black pepper. Place chicken on serving platter and cover with sauce. Serve garnished with orange segments and a sprig of basil.

Frances B. Herron
Rome

MEXICAN CHICKEN

4 boneless, skinless chicken breast
1/4 cup of olive oil
1/2 cup of flour
1 teaspoon salt
1 teaspoon pepper
1 tablespoon paprika
1 tablespoon garlic powder
2 cans of cream of mushroom soup
2 cans of diced tomatoes with green peppers

Pound chicken breast until they are 1/4 inch thick. Pour olive oil in large skillet on med. Heat mix salt, pepper paprika & garlic powder together with the flour. Coat chicken with the flour mixture. Place in skillet brown on each side and add the mushroom soup and tomatoes in skillet with the chicken. Bring to a boil turn on low cover and simmer for 20-30 minutes until the chicken is done.

Tobie Peck
Rome

MEAT

CREAMY CHICKEN ENCHILADAS

1 can cream of chicken soup (10 3/4 oz)
1 container (8 oz) sour cream
1 cup pace picante sauce
2 tsp chili powder
2 cups chopped chicken
1 cup shredded Monterey Jack cheese
8 Flour tortilla, warmed
1 Medium tomato, chopped
1 green onion chopped

Mix first 4 ingredients together. Mix 1 cup of above with the chicken and cheese. Spread chicken mixture down center of each tortilla, rollup and place seam side down. Place in 9x13 baking dish and pour remaining picante sauce mixture over enchiladas, cover and bake at 300 F for 40 minutes or until hot. Top with the chopped tomato and onion.

Linda Tallent
Summerville

LEBANESE BEEF TIPS

1 1/2 lbs. sirloin stew meat, cubed
1 can tomato sauce (15 oz. can)
1/2 stick of butter
1 onion finely diced
1 teaspoon of cinnamon
Salt to taste
Dash of Pepper
1 cup rice

In a Dutch oven or pressure cooker brown onion in 1/2 stick butter. Add meat, and then simmer until brown. Add can of tomato sauce, and let simmer. (Appoxmatly1 hour in Dutch oven, 35 minutes in a pressure cooker.)

While the meat is cooking prepare the rice according to directions listed on the package. When the meat is finished cooking add the cinnamon, salt and pepper. (If using a pressure cooker, release the pressure before opening the lid.)
Serve over rice and enjoy.

Tom Shepherd
Rome

EASY BRUNSWICK STEW

1 can Castleberry BBQ Pork
1 can Castleberry BBQ Beef
1 large can chopped chicken breast
2 cans crushed tomatoes
1 can creamed corn
1 can niblet corn
Salt and Pepper to taste

Pour all ingredients into a large pot, heat up and serve with saltines.

Peggy Gunter
Rome

BROCCOLI, CHICKEN AND RICE CASSEROLE

2 (10 ounce) packages frozen chopped broccoli
2 (13 ounce) cans diced, boned chicken or 3 large cooked chicken breasts, cut into bite size pieces
2 cups cooked rice
1 (10 3/4 ounce) can cream of chicken soup
1 (10 3/4 ounce) can cream of mushroom soup
1 small onion, chopped
1 (11 ounce) can cheddar cheese soup
1 sleeve ritz crackers, crushed
4 tablespoons butter, melted

Preheat oven to 350 degrees. Cook broccoli as directed on package. Drain. Mix with other ingredients but use only 1/2 can cheese soup. Pour into 1 to 2 quart casserole. Top with remaining cheese soup. Bake for 10 minutes then top with crackers and melted butter. Bake an additional 10 minutes or until brown and bubbly.

Lee Winters
Lindale

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