



Our Lady of Mount Carmel

*Parish Connection
Cook Book*

Table Of Contents

3. GARLIC MAC AND CHEESE BAKE
4. CROCKPOT CHILI
5. ROSEMARIE SALAD AND FRUIT DIP
6. SUGAR COOKIES
7. CHOCOLATE ECLAIR CAKE
8. CHOCOLATE CRINKLES
9. OVERNIGHT FRENCH TOAST BAKE
10. OLD FASHIONED APPLE CRISP
11. HOMEMADE MEATBALLS
12. GRANDMA KRAMER'S DROP NOODLES
13. CHOCOLATE CHIP COOKIES
14. CHICKEN POT PIE
15. WHITE BRIDES SALAD
16. CREAMY CHICKEN AND CORN CHOWDER
17. HOMEMADE MEATBALLS
18. NO BAKE PEANUT BUTTER PIE
19. BROCCOLI TUNA WRAPS
20. FRUIT SALAD PUDDING
21. OVEN BAKED POTATOES
22. SWEET AND SOUR MEATLOAF
23. SLOW COOKER CHICKEN AND DRESSING
24. TRENT AND LEONA'S BREAKFAST SAUSAGE
25. PIZZA CASSEROLE
26. BUFFALO CHICKEN DIP

GARLIC MAC AND CHEESE BAKE

SERVES: 6 | COOK: 15 MINUTES | 375 DEGREES

FROM THE KEHL FAMILY

INSTRUCTIONS MAC AND CHEESE BAKE

Add butter to deep skillet.

Once butter melts, add flour and whisk one minute to make roux.

Whisk milk into the roux.

Simmer, stirring occasionally, until slightly thickened. 3-5 minutes.

Stir in cheeses and stir until combined.

Mix in white pepper, dry mustard, granulated onion and cayenne pepper.

Combine pasta with the mac and cheese base and then toss half the breadcrumbs and add to casserole dish.

Top with remaining bread crumbs and more parmesan-reggiano.

Bake until bubbly and brown about 15 minutes.

You can prepare ahead of time and cook 30 minutes if desired.

INSTRUCTIONS MIXTURE TOPPING

Melt butter in small pot over medium heat.

Swirl butter 1-2 minutes.

Toss with breadcrumbs to moisten.

Combine with parsley, oregano, red chili flakes and parmigiano-reggiano.

INGREDIENTS MAC AND CHEESE BAKE

3 Tbl. butter

3 Cups milk

White Pepper to taste

1 tsp. granulated onion

1 ½ cups sharp yellow cheddar cheese, shredded

1 ½ cups yellow american cheese, shredded

3 Tbl. Flour

1 tsp. Dry mustard

Cayenne pepper to taste

1 lb. pasta cooked to al dente

INGREDIENTS GARLIC BREAD MIXTURE TOPPING

1 stick unsalted butter

1 Tbl. crushed red chili flakes

5 cloves garlic, finely grated or minced

2 cups homemade bread crumbs or panko bread crumbs

2 cups parmigiano-reggiano grated, plus more for sprinkling

1 Tbl. dried oregano

1 cup parsley finely chopped

CROCKPOT CHILLI

SERVES: | COOK: 6-7 HOURS | SLOW COOKER

FROM THE SCULLY FAMILY

INSTRUCTIONS

In a skillet, brown hamburger with onion.

Drain and put mixture in crockpot.

Add kidney beans, tomato sauce, tomatoes, chili seasoning and water.

Stir until well combined.

Cook on LOW for 6-7 hours or HIGH for 4 hours.

Serve with your favorite chili toppings, such as cheese, sour cream or corn chips!

INGREDIENTS

1 lb ground beef browned

1 (14.5) oz can of tomato sauce

1 (14.5) oz can tomatoes

1 packet of chili seasoning

2 cups water

1 small onion

2 (1)5 oz cans dark kidney beans, drained

ROSEMARIE SALAD & FRUIT DIP

SERVES: 8-10 | NO COOK TIME

FROM THE PRZYBYLSKI FAMILY

INSTRUCTIONS

Cook orzo pasta until desired texture (Al dente is about 9-10 minutes).

Drain pasta well and rinse with cold water.

In a large bowl combine pasta, fruit cocktail and cool whip.

Put in Refrigerator for 1 hour and serve.

FRUIT DIP INSTRUCTIONS

In a mixing bowl put powder sugar and cream cheese.

Mix with mixer until well mixed.

Add cool whip and fluff.

Mix everything together and add vanilla.

INGREDIENTS ROSE MARIE SALAD

1 box (1 pound) orzo pasta

2 (30 oz) cans fruit cocktail drained

1 large container of cool whip thawed

INGREDIENTS FRUIT DIP

2 (8 oz) bars cream cheese

2 cups powdered sugar

1 large container cool whip

1 (7 oz) marshmallow fluff

2 Tbl. vanilla extract

SUGAR COOKIES

SERVES: LOTS | COOK: 8-10 MINUTES | 350 DEGREES

FROM THE BEN AND JACOB SMITH FAMILY

INSTRUCTIONS

Preheat oven to 350 degrees.

Cream butter and sugar.

Mix in eggs and then vanilla.

Mix dry ingredients.

Combine dry and wet ingredients together.

Roll out ¼ inch and cut with cookie cutter.

Bake 8-10 minutes.

Cool and frost if desired.

INGREDIENTS

1 cup butter

1 cup sugar

3 eggs

1 tsp. vanilla

3 cups flour

1 tsp. baking soda

2 tsp. cream of tartar (secret ingredient for soft cookies!)

CHOCOLATE ECLAIR CAKE

SERVES: LOTS | NO COOK TIME

FROM THE SHOUP FAMILY

INSTRUCTIONS

Mix pudding with milk.

Fold in cool whip.

In 9x13 inch pan, place on layer of graham crackers.

Spread pudding on top of graham crackers.

Add another layer of graham crackers and pudding.

Add another layer of graham crackers.

Pour entire can of heated frosting on top of last layer of crackers.

Refrigerate overnight.

INGREDIENTS

2 french vanilla instant pudding mix

1 can fudge frosting

1 eight ounce tub of cool whip

3 cups of milk

Whole box of graham crackers

CHOCOLATE CRINKLES

SERVES: 6 DOZEN | 10 MINUTES | 350 DEGREES

FROM THE CHURCH/RIVERA FAMILY

INSTRUCTIONS:

Mix oil, chocolate, sugar together

Mix one egg at a time until well mixed

Add vanilla

Stir flour, salt and baking powder into mixture

Chill several hours or overnight

Heat oven to 350 degrees

Roll teaspoon of dough into ball and roll in powdered sugar

Place on greased baking sheet

Bake for 10 -12 minutes

INGREDIENTS

½ cup vegetable oil

4 ounces unsweetened chocolate

2 cups granulated sugar

4 eggs

2 tsp. vanilla

2 cups flour

2 tsp. baking powder

½ tsp. Salt

1 cup powdered sugar

OVERNIGHT FRENCH TOAST BAKE

SERVES: 10 | COOK: 35 MINUTES | 350 DEGREES

FROM THE CHURCH FAMILY

INSTRUCTIONS

In a small bowl, combine butter and brown sugar, then pour on the bottom of a 9x13" pan.

Arrange bread slices in the pan, overlapping if necessary. Just don't overlap too much, or the pieces won't get evenly soaked.

Combine milk, eggs, vanilla, salt, cinnamon, and ginger in a bowl and pour evenly over bread slices.

Sprinkle chopped nuts over bread.

Wrap tightly with plastic wrap and place in the refrigerator for 4-12 hours. (the longer the better)

In the morning, take the casserole out of the refrigerator for at least 10 minutes while you are preheating your oven to 350 degrees.

Bake for 30-35 minutes. If the top starts to brown too much, cover loosely with foil. Cook long enough so the bottom of the pan is done, but don't dry the casserole out completely.

Remove and let cool slightly before serving with syrup or powdered sugar.

INGREDIENTS

1/4 cup butter, melted

8 eggs, beaten

1 tbsp vanilla extract

1/4 tsp ground ginger

1 loaf bread, thick slices

syrup or powdered sugar to top

3/4 cup brown sugar

1 cup whole milk

1 tsp cinnamon

1/8 tsp salt

1/2 cup pecans or walnuts

OLD FASHIONED APPLE CRISP

SERVES: 10 | COOK: 40-50 MINUTES | 350 DEGREES

FROM THE STRITZINGER FAMILY

INSTRUCTIONS

Preheat oven to 350 degrees.

Peel and chop apples.

Mix granulated sugar, $\frac{3}{4}$ tsp. Cinnamon, and lemon juice in a bowl.

Add peeled apples and spread in 8x8 pan.

In a different bowl mix brown sugar, oats, flour, 1 tsp cinnamon, salt.

Add diced cold butter.

Use 2 forks to mix the ingredients. (slightly downward motion)

Spread the mixture over apple mixture in the 8x8 pan.

Bake for 40 to 50 minutes. (Golden and bubbly)

Serve warm.

INGREDIENTS

6 apples

1 $\frac{3}{4}$ tsp. Ground cinnamon

1 cup light brown sugar

$\frac{3}{4}$ cup old fashioned oats

$\frac{3}{4}$ cup all purpose flour

2 Tbl. granulated sugar

1 $\frac{1}{2}$ tsp. Lemon juice

pinch of salt

$\frac{1}{2}$ cup cold butter

HOMEMADE MEATBALLS

MAKES ABOUT 50 | COOK: 20 MINUTES | 375 DEGREES

FROM THE NICKLAS FAMILY

INSTRUCTIONS

Preheat oven to 375 Degrees.

In a large bowl, mix all ingredients until just combined.

Use medium scoop and roll mixture into meatballs.

Bake 20 minutes or until cooked through.

INGREDIENTS

3 lbs. Meatloaf mix

2 cups bread crumbs

pepper 1 tsp.

italian seasoning 2 tsp.

2 eggs

salt 1 tsp.

oregano 2 tsp.

water (shot glass)

GRANDMA KRAMER'S DROP NOODLES

SERVES: 6-8 | COOK: 10 MINUTES

FROM THE ADDISON SMITH FAMILY

INSTRUCTIONS:

Mix flour, salt and pepper together in a bowl.

Add the milk and mix. The batter should be thick enough to scoop and drop from a spoon.

Drop by tablespoonful into boiling water and allow to boil for a couple of minutes until they float to the top. Repeat this multiple times until you are through the batter

Cool the noodles under cold water and store in the refrigerator. Use in chicken noodle soup.

INGREDIENTS

2 cups of flour

pinch of salt

milk enough until desired pasty texture (about 1 cup)

chicken noodle soup

2 eggs

pinch of pepper

CHOCOLATE CHIP COOKIES

MAKES 24 COOKIES | COOK: 10 MINUTES | 350 DEGREES

FROM THE WALACH FAMILY

INSTRUCTIONS

Combine flour, baking soda and salt in small bowl.

Beat butter, granulated sugar, brown sugar and vanilla in large mixer bowl until creamy.

Add eggs, one at a time, beating well after each addition.

Gradually beat in flour mixture

Stir in chocolate chips.

Drop by rounded tablespoon onto ungreased baking sheets.

INGREDIENTS

2 eggs

1 stick butter

½ cup brown sugar

½ cup shortening

½ cup white sugar

12 ounce bag chocolate chips

1 tsp. vanilla

2 ½ cup flour

½ tsp. baking soda

CHICKEN POT PITE

SERVES 4 | COOK: 30 MINUTES | 425 DEGREES

FROM THE BAUER FAMILY

INSTRUCTIONS

Preheat oven to 425 degrees.

Boil chicken until cooked and then cube..

Place pie crust in pie dish.

In a saucepan on medium heat melt butter.

Add flour, salt, celery seed and pepper.

Add peas, carrots, cooked cubed chicken.

Slowly stir in chicken broth and milk simmer until thick.

Pour mixture into pie crust.

Top with second pie crust.

Cut 6 slits in crust.

Bake for 30 minutes.

INGREDIENTS

1 lb skinless boneless chicken breast

1 cup frozen peas

3 Tbl. butter

¼ tsp. pepper

1 ¾ cups chicken broth

2 unbaked 9 inch pie crusts

1 cup sliced carrots

⅓ cup flour

½ tsp. salt

¼ tsp celery seed

⅔ cup milk

WHITE BRIDES SALAD

SERVES 10-15 | NO COOK TIME

FROM THE MATLAK FAMILY

INSTRUCTIONS

Mix gelatin and ½ cup water

Add pineapple and sugar and bring to boil (set aside)

Cream, together cream cheese and marshmallow creme

Beat pineapple mixture with cream cheese mixture

Refrigerate 10-30 minutes

Take out and fold in cool whip

Spread in 9x13 pan

Sprinkle with crushed nuts

Best if made the day before

INGREDIENTS

2 envelopes Knox gelatin

½ cup water

1 can crushed pineapple with juice

½ cup sugar

2 large cream cheese softened

Chopped nuts

7 ounce marshmallow creme

1 tub 13 ounce cool whip

CREAMY CHICKEN & CORN CHOWDER

SERVES: 7 | COOK: 30 MINUTES

FROM THE WRIGHT FAMILY

INSTRUCTIONS

In a large pot, melt butter over medium heat.

Add red bell pepper, onions, jalapenos & saute until tender.

Add garlic and cook 30 seconds longer.

Stir in flour, and cook 2 minutes stirring constantly.

While stirring, slowly add chicken broth & whisk until well blended.

Add potatoes, bay leaves and season with salt and pepper to taste.

Bring mixture to a boil stirring frequently, then reduce heat to medium-low and cook, uncovered, 10 minutes or just until potatoes are tender, stirring occasionally.

Add cooked chicken, corn, half & half and simmer, uncovered 10 - 15 minutes longer, stirring occasionally.

Serve warm topped bacon, green onions, and optional jalapeno peppers.

INGREDIENTS

1 lb boneless skinless chicken breast , cooked and shredded (3 cups)

8 slices bacon , cooked & crumbled

1/4 cup butter, diced into pieces

1 red bell pepper , diced (1 1/2 cups)

1 onion , diced (1 1/4 cups)

1 - 2 jalapenos , finely chopped

salt and pepper to taste

4 cloves garlic , minced

1/3 cup all-purpose flour

6 cups low-sodium chicken broth

2 bay leaves

2 1/2 cups fresh or frozen corn

1 1/2 cups half and half

3 medium russet potatoes , peeled & diced slightly less than 1/2-inch thick

Green onions and seeded , finely chopped jalapenos (optional), for serving

HOMEMADE MEATBALLS

MAKES ABOUT 30 MEATBALLS | COOK TIME SIMMER 1 HOUR

FROM THE PAPALIA FAMILY

INSTRUCTIONS

Put hamburger in mixing bowl.

Add egg whites or egg.

Add fennel, parsley, quick oats, cracker crumbs, garlic and parmesan grated cheese.

Mix all ingredients together.

Roll into balls.

Drop into pan of sauce.

Simmer for one hour, covered on low heat, not boiling in one jar of sauce and a little water.

INGREDIENTS

2 lbs hamburger

1 tsp. fennel

1/4 cup parsley

3/4 cup cracker crumbs

3 egg whites or 1 egg

clove of garlic

1/4 cup quick oats

2 1/2 Tbl. grated parmesan cheese

NO BAKE PEANUT BUTTER PIE

SERVES 6 | NO COOK TIME

FROM THE BURICK FAMILY

INSTRUCTIONS

Mix all ingredients together.

Pour in graham cracker crust.

Put in refrigerator for at least two hours.

INGREDIENTS

1 cup creamy peanut butter

8 ounces cool whip

8 ounces cream cheese

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

1 graham cracker crust

BROCCOLI TUNA WRAPS

SERVES: 6-8 | COOK: 45-50 MINUTES | 375 DEGREES

FROM THE BERDIS FAMILY

INSTRUCTIONS

Put frozen broccoli (unthawed) in large bowl.

Add tuna, mushroom soup, 4 ounces of mild cheddar cheese and mix.

Put 2 large spoonfuls of mix on each tortilla.

Roll tortilla and place in 9x13 pan side by side.

Mix can of mushroom soup with a little bit of milk and pour over top of tortillas.

Add the remainder of cheddar cheese.

Bake for 45-50 minutes in 375 degree oven.

INGREDIENTS

2 cans mushroom soup

1 can tuna fish

8 ounce bag mild cheddar cheese

12 ounce bag frozen broccoli

8 count flour tortillas

FRUIT SALAD PUDDING

SERVES: 6-8 | NO COOK TIME

FROM THE MCWILLIAMS FAMILY

INSTRUCTIONS

Drain pineapple and oranges: Measure liquid from pineapple and oranges to make 1 Cup of juice; set fruit aside.

In a saucepan, whisk the 1 cup of juice and pudding mix. Cook and stir over medium heat until mixture comes to a full boil. Remove from heat.

Cool to room temperature, stirring occasionally.

Fold in the strawberries, cherries and reserved pineapple and oranges. Cover and refrigerate. Just before serving, fold in bananas.

INGREDIENTS

1 can (20 ounces) pineapple chunks (reserve liquid)

1 can (11 ounces) mandarin oranges (reserve liquid)

1 package (3 ounces) **cook-and-serve** vanilla pudding mix

1 cup sliced fresh strawberries

1/2 cup maraschino cherries

1 to 2 medium ripe bananas, sliced

OVEN BAKED POTATOES

SERVES: 6-8 | COOK TIME: 60 MINUTES | 350 DEGREES

FROM THE WILCOX FAMILY

INSTRUCTIONS

Melt butter ½ cup butter in saucepan.

Put hash browns in a large bowl.

Add melted butter, sour cream, soup, onion, cheese, salt, and pepper and thoroughly mix together.

Spread all ingredients in a 9 x 13 pan.

Topping

Melt ¼ cup of butter in saucepan.

Add crushed corn flakes and mix well.

Spread evenly on top of mixture in 9x13 pan.

Place in 350 oven for one hour.

INGREDIENTS

1 32oz bag of frozen hash browns

1 can cream of chicken soup

1/2 cup chopped onion

1 teaspoon pepper

1 pint sour cream

2 cups shredded cheese

1 teaspoon salt

1/2 cup melted butter

TOPPING

2 cups crushed corn flakes

1/4 cup melted butter

SWEET AND SOUR MEATLOAF

SERVES: 6 | COOK TIME: 60 MINUTES | 350 DEGREES

FROM THE KANASH/SHILLING FAMILY

INSTRUCTIONS

Put hamburger, bread crumbs, salt, pepper in large bowl and mix well.

Add onion and half of the tomato sauce.

Press into a 9x5 loaf pan.

Bake at 350 for 50 minutes.

TOPPING

In a saucepan, combine sugars, vinegar, mustard and remaining tomato sauce and bring to a boil.

Pour topping over meatloaf and bake for an addition 10 minutes.

INGREDIENTS

1 cup dry bread crumbs

1/4 tsp. pepper

1 teaspoon dried minced onion

1/2 cup sugar

2 eggs, lightly beaten

2 tsp. mustard

1 teaspoon salt

1-1/2 lb. ground beef

2 Tbl. cider vinegar

2 Tbl. brown sugar

15 ounces tomato sauce

SLOW COOKER CHICKEN AND DRESSING

SERVES: 4 | COOK TIME: 4 HOURS | SLOW COOKER

FROM THE GROCHULSKI FAMILY

INSTRUCTIONS

Place chicken breast in the bottom of the crockpot (frozen chicken breast works fine too, just add a little extra cooking time).

Pour soup on top of the chicken breast.

In bowl, mix together melted butter and water.

Add stuffing and mix together.

Pour mixture over the chicken and soup.

Cook on low for 4 hours.

INGREDIENTS

1 can cream of chicken soup

1 ¼ cup water

4-6 boneless skinless chicken breast

¼ cup butter melted

6 oz box dry stuffing mix (Stovetop style)

TRENT & LEONA'S MAPLE BREAKFAST SAUSAGE

SERVES: 12 | COOK TIME: 10 MINUTES

FROM THE SENITA FAMILY

INSTRUCTIONS

In medium bowl mix all ingredients together.

Form medium size patty.

Place in cast iron frying pan on medium to low heat.

Cook for 4-5 minutes.

Flip over and cook another 4-5 minutes.

Serve immediately with eggs, pancakes or french toast.

More salt, ginger, thyme and sage can be added to taste.

INGREDIENTS

4 cups ground venison

2 Tbl. fennel seeds

1 Tbl. chopped fresh sage

1.5 tsp. salt

$\frac{3}{4}$ cup real maple syrup

200 grams ground bacon

1 Tbl. chopped fresh thyme

2 tsp. pepper

2 tsp. ground ginger

PIZZA CASSEROLE

SERVES: 6 | COOK TIME: 20 MINUTES | 375 DEGREES

FROM THE POWELL FAMILY

INSTRUCTIONS

Heat oven to 375 degrees.

Spray 9x13 baking dish with cooking spray.

Separate biscuits into 8 pieces

Cut each biscuit into 8 smaller pieces.

In large bowl, toss in biscuits, pizza sauce, and 1 cup of cheese and mix well.

Spread mixture evenly in baking dish.

Top with pepperoni and the remaining cup of cheese.

Bake 20 minutes or until biscuits are golden brown.

INGREDIENTS

1 can (16.3 oz) Pillsbury Grands Southern Homestyle refrigerated original biscuits.

1 jar (8 oz) pizza sauce

2 cups finely shredded mozzarella cheese

6 oz pepperoni slices

BUFFALO CHICKEN DIP

SERVES: 6 | COOK TIME: 5 MINUTES | MICROWAVE

FROM THE PRZYBYLSKI FAMILY

INSTRUCTIONS

Cut cream cheese into smaller pieces.

Drain can of chicken and break up.

Put into heat resistant dish.

Place cream on top of chicken.

Add hot sauce and ranch on top.

Put dish into microwave for 4 minutes and stir.

Put in crockpot and keep on warm until ready to serve.

This recipe can be doubled for more people.

INGREDIENTS

8 oz bar cream cheese

2 Tbl. Franks red hot sauce

12.5 oz can of chicken breast

2 Tbl. ranch dressing