

St. Anne CookBook

*from our kitchens to yours:
SAS teachers share favorite recipes*

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Mrs. Blaser's Favorite Philly Cheese-Steak Sloppy Joes



Mrs. Blaser says:

"My family requests this at least once a month! And, the entire time it is cooking, they ask if it is finished, yet! We serve it with roasted potatoes and broccoli."

Ingredients

- 1 pound lean ground beef or turkey
- 2 tablespoons butter
- 1 small yellow onion diced
- 1 small green bell pepper diced
- 8 ounces baby bella mushrooms minced
- 2 tablespoons ketchup
- 1 tablespoon Worcestershire sauce (or more to taste)
- ½ teaspoon kosher salt
- ½ teaspoon cornstarch
- 1 cup beef broth
- 8 ounces Provolone Cheese slices chopped
- 6 brioche hamburger buns (spread butter and toast on griddle)

Directions

- Add the ground beef to a large cast iron skillet and brown until a deep brown crust appears before breaking the beef apart.
- Remove the beef and add the butter, the onions, bell peppers and mushrooms.
- Let brown for 1-2 minutes before stirring, then let brown for another 1-2 minutes before stirring again. Add beef back into the pan.
- In a small cup mix beef broth and cornstarch together.
- Add the ketchup, Worcestershire sauce, salt, black pepper, beef broth/cornstarch mixture in the pan.
- Cook until the mixture is only slightly liquidy (about 75% of the mixture above liquid), 3-5 minutes.
- Turn off the heat, add in the Provolone Cheese. Serve on toasted brioche buns.

Mrs. Thomas' Favorite Cowboy Beans



Mrs. Thomas says:

"This recipe is one I go to for days I know I won't have time to cook dinner."

Ingredients

- 1 pound ground beef
- 1 pound bacon, cooked and crumbled
- 2 tbsps bacon drippings
- 3 (15 ounce) cans kidney beans
- 3 (15 ounce) cans white beans
- 3 (15 ounce) cans pork and beans
- 3 small onions, diced
- 1 cup light brown sugar
- 1 cup ketchup
- 1/2 cup molasses
- 3 tbsps yellow mustard

Directions

- In a large skillet, cook the ground beef and onions until the meat is no longer pink; drain.
- Drain and rinse all of the beans except for one can of pork and beans. Combine the beans, cooked ground beef and onions, and remaining ingredients to your crock pot.
- Cook for 4 hours on high or 8 hours on low.

Mrs. Smith's Favorite Strawberry Spinach Salad



Mrs. Smith says:

"This is a go-to recipe of mine because it's quick and easy to throw together, while being on the healthier side. Enjoy!"

Ingredients

DRESSING:

- 1/4 cup extra virgin olive oil
- 1 tablespoon balsamic vinegar
- 1 teaspoon sugar
- 1 tablespoon roughly chopped fresh tarragon
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper

SALAD:

- Rotisserie chicken breast
- 3 cups loosely packed fresh spinach
- 5 large strawberries, hulled and quartered
- 1/2 avocado, peeled, seeded and cut into chunks
- 3 thinly sliced or diced rings of red onion
- 1/4 cup feta cheese

Directions

- Whisk the extra virgin olive oil with the balsamic vinegar, sugar, tarragon, kosher salt and freshly ground black pepper in a small bowl until blended.
- Shred rotisserie chicken.
- Arrange the spinach, strawberries and red onion in a bowl. Lightly toss with the dressing. Add the avocado, shredded chicken and top with feta. Serve immediately.
- P.S. Add some almonds or walnuts for a bit of crunch!

Mrs. Thomas' Favorite Cracked Out Chicken Casserole



Mrs. Thomas says:

"Even my picky eater will eat this. When my kids were in high school, I'd make an extra 2 or 3 for the freezer for when I came home to the John Battle football team at my house."

Ingredients

- 3 cups chopped cooked chicken
- 16- oz sour cream
- 1 (10.75-oz) can cream of chicken soup
- 1 (1-oz) package dry Ranch dressing mix
- 1 cup chopped cooked bacon
- 2 cups shredded cheddar cheese
- 2 lb bag frozen tater tots

Directions

- Preheat oven to 350 degrees.
- Lightly spray a 9×13-inch pan with cooking spray. Set aside.
- In a large bowl, mix together chicken, sour cream, soup, Ranch mix, bacon and cheese.
- Fold in frozen tater tots.
- Spoon mixture into prepared pan.
- Bake for 40-45 minutes, until bubbly.

Mrs. Anne Johnson's Favorite Bruschetta Chicken Casserole



Mrs. Johnson says:

"This is one of my go-to meals when I am running short on time. My favorite time of year to make it is in late spring and summer, when I can use fresh, ripe, juicy tomatoes from the garden."

Ingredients

- 1 lb of cooked and cubed chicken breast (Or Shredded Rotisserie Chicken)
- 1 TBSP olive oil
- several ripe Roma tomatoes-chopped and sprinkled with salt
- 3 crushed cloves of garlic
- 1 Cup shredded mozzarella cheese (can substitute a package of fresh mozzarella cheese)
- oregano, onion powder, salt and pepper
- chopped basil leaves
- 1/2 cup balsamic vinegar
- (optional) cooked pasta to serve casserole over

Directions

- Preheat the oven to 375
- Heat balsamic vinegar on the stovetop in a saucepan until it starts to boil.
- Reduce temperature to medium/low.
- Continue to simmer until thickens.
- Place cooked chicken in an 8x8 baking dish that has been brushed with olive oil.
- Top with chopped tomatoes, dried seasonings, garlic, salt, pepper and drizzle with the reduced balsamic vinegar.
- Cover with shredded mozzarella cheese.
- Cook in oven for about 20 minutes or until sauce is bubbly.
- Remove from the oven. Let sit for about 5 minutes.
- Top with fresh basil.
- Optional: serve over pasta

Mrs. Cheers' Favorite Pineapple Casserole



Mrs. Cheers says:

"I am NOT a casserole person; I generally do not like my food touching. But, the first time I tried this it was to avoid hurting the feelings of someone I loved. I've made it a hundred times since, and everyone who is brave enough to try it loves it!"

Ingredients

- 2 (20-oz.) cans pineapple chunks in juice, drained (reserve 6 Tbsp. juice)
- 1 1/3 cups sugar
- 5 tablespoons flour
- 1 cup shredded Cheddar cheese
- 1/4 cup butter, melted
- 1 sleeve Ritz crackers, crushed

Directions

- Preheat oven to 350°F.
- In a medium size bowl, combine sugar, flour, and reserved pineapple juice. Add pineapple chunks and toss well to combine. Spoon pineapple mixture into casserole dish and top with shredded cheese.
- Combine crushed Ritz crackers and melted butter. Spread Ritz cracker topping evenly on top of pineapple mixture.
- Bake at 350°F for 30 minutes, or until bubbly.

Mrs. Pat Johnson's Favorite Baked Corn



Mrs. Johnson says:

"This is my mother's recipe for baked corn. She always took it to every picnic or family gathering. She perfected this recipe, and then I tweaked it just a little. It is excellent."

Ingredients

- 4 eggs, well beaten
- 2 tbsp sugar
- 1/2 tsp salt
- lump of butter
- 4 tbsp milk
- 2 cans cream style corn
- 1 can kernel corn

Directions

- Preheat oven to 350°F.
- Grease casserole dish.
- Combine ingredients.
- Bake for 1 hour.

Mrs. Bracher's Favorite Napa Salad



Mrs. Bracher says:

" We like to add grilled chicken that has marinated overnight in a teriyaki marinade. It's fun to add strawberries and blueberries too! This is a favorite of the Brachers, especially this time of year. we love to grill and enjoy a yummy salad outdoors on the patio!"

Ingredients

SALAD:

- 1 lg. head of fancy lettuce (or spinach)
- 5 green onions – chop together with lettuce
- 2 Pkg. Uncooked ramen noodles (w/o flavor packet)
- ½ c sesame seeds
- 1 stick margarine or butter
- 1 sm. Pkg. slivered almonds (we like more)

DRESSING:

- 1 cup oil
- 1 tsp. soy sauce
- 1 cup sugar (we like it less sweet)
- ½ cup red wine vinegar

Directions

- Melt margarine, brown noodles, sesame seeds, and almonds.
- Dry on paper towels and let cool to room temperature. Add to salad along with the dressing about 20 minutes before serving.
- Blend dressing and serve over greens just before serving.

Ms. Schneider's Favorite Summer Squash Medley



Ms. Schneider says:

" Butter and cheese = a great way to get them to eat their veggies!"

Ingredients

- 1 (15 ounce) can Tomatoes OR fresh tomatoes (diced)
- 2 Yellow squash
- 2 Zucchini, medium
- T Olive oil
- 1 T Butter
- 1 Large or 2 small sweet onions (chopped or sliced)
- ½-1C cheddar cheese (shredded)
- Salt and pepper

Directions

- Warm a large skillet over medium heat. Add the olive oil and butter. Once the butter is melted, add the chopped onions and sauté until crisp tender and starting to brown, about 5 minutes.
- Add squash, zucchini, tomatoes, and salt and pepper to taste.
- Heat until boiling. Cover and cook over medium-low until the squash is tender but not falling apart. Remove the lid and boil until some of the liquid is cooked away.
- Right before serving, sprinkle with shredded cheese.

Mrs. Weaver's Favorite Mixed-Up Cheese



Mrs. Weaver says:

" This is Miller, about 4 weeks old, and my Grandmother, about 6 months before she passed away. Gone With The Wind: My Grandmother sounded like she stepped out of that movie. She wore white gloves and pearls to church every single Sunday, and it sounded like she was singing when she spoke! Delightful Southern phrases like “Heavens to Betsy” and “I Declare” were genuine expressions in our home. She raised my mother, and by extension me, to be true Southern Belles, with class and charm and character. She WAS class, rich Southern charm dripped from her pearly rimmed neck and white gloved hands, and she was it for me. She was the woman I wanted to become.

Her memory was stolen far too early to come to know my beautiful Miller. She only knew her for 6 months of Miller’s baby year, and called her “My Baby” because a clouded memory of who I was reached forth from her dementia, and somehow she knew Miller was special. “My Baby.” Eugenia Miller Weaver carries my mother and Grandmother’s name of Eugenia, and Miller was my grandmother’s Maiden name. Oh! She would have loved my Miller!

There were a few things my Grandmother always had in her fridge. She made Sweet Mustard and her Mixed-Up Cheese, and both were staples of my childhood! There was never a time I was with her that the jar of cheese was not out with lunch, served on Ritz crackers."

Recipe:

- (2) 8oz blocks of cheese- must be hand grated.
- 1 onion chopped into very small pieces and added to grated cheese
- Add enough Mayonnaise to mix it together
- 1 teaspoon of mustard
- 1 tablespoon of sugar (or to taste)
- A dash of salt and pepper
- Spread on crackers

{My Grandmother kept it in a jar}.

Mrs. Hughes's Favorite Taco Soup



Mrs. Hughes says:

" I hate to cook, which is unfortunate, as my family enjoys eating...every single day. But, this Taco Soup is so easy, healthy, and MY KIDS LOVE IT."

I use an Instant Pot, but you can use a crock pot or cook on the stove.

Ingredients

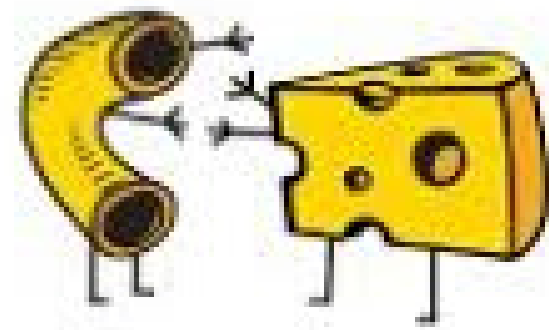
- 1 can each: kidney beans, pinto beans, black beans, corn, diced tomatoes, Rotel
- 1 C salsa
- 2 cups water or broth
- 1 packet each: Taco Seasoning and Ranch Dressing Mix (<--secret ingredient)
- 1 tsp minced garlic
- 1 bag frozen onions and pepper mix
- 1 lb ground beef
- For serving: cheese, sour cream, tortilla chips

Directions

- Cook the ground beef / peppers mix, and garlic. Drain. (If using an Instant Pot, sauté directly in the IP).
- Add the rest of the ingredients and stir. (This is my kind of recipe).
- If using the IP, cook for 20 minutes (turn vent to "SEALING" and do natural release). /If using a Crock Pot, cook for 3-4 hours. /If cooking on the stove, cook on medium for an hour, stirring frequently.

Mrs. Rayburn's School Recipe Macaroni and Cheese

I ♥ mac & cheese



Mrs. Rayburn says:

"Of course, the kids love this-- and it is easy to make!"

Ingredients

- 2 pounds elbow macaroni
- Velveeta (6 ozs - cut into one-inch cubes)
- 2 cups of milk
- 1 cup shredded cheddar cheese
- 6 tablespoons butter (can use reduced-fat margarine or spread)

Directions

- Make cheese sauce first. Add milk and cubed Velveeta to saucepan and heat on low, stirring to prevent burning.
- When Velveeta is melted, add butter and shredded cheese. Let sit to melt while preparing pasta.
- In large saucepan, boil water and then add salt to taste.
- Add macaroni and boil until macaroni is still slightly firm.
- Drain macaroni and put back into saucepan and pour cheese sauce over the macaroni. Stir and add salt to taste.

Mrs. Campbell's Favorite Spaghetti Squash



Mrs. Campbell says:

" My family loves this recipe!! In honor of Mother's Day, I want to honor my mother, Judy Ernest, and share her homemade spaghetti sauce."

Ingredients

- 2 cans 6oz. Tomato paste
- 2 cans of water (from tomato paste can)
- 1 1/2 tsp. Salt
- 1 Tb sugar
- 1/2 tsp oregano
- 1/8 tsp black pepper
- 1Tb parsely flakes (rub between fingers)
- 2 Tb parmesan cheese
- 1/2 tsp garlic powder
- 1 whole onion (cut an X on the top, allows juice to come out; if you have little time just add onion flakes)
- 1/4 tsp baking soda
- 1 lb. Ground beef
- 1 spaghetti squash cut in half (serves 2)
- olive oil / salt / pepper

Directions

FOR SPAGHETTI SAUCE:

- Mix all of the first ingredients (except the ground beef and baking soda) into a pot.
- Simmer an hour. Add baking soda and simmer 10 minutes (can add more water)
- Brown the ground beef and drain.
- Add ground beef to spaghetti sauce.
- Scoop spaghetti sauce on top of squash. Top with parmesan cheese!

FOR SQUASH:

- Clean out the insides of the squash. Lightly Drizzle olive oil inside. Sprinkle a little salt and pepper on top.
- Place squash face down on baking pan. Pierce with fork 3 times. Bake in 400 degree oven for 40 minutes.
- Remove from oven and use a fork to scrape inside of squash.

Mrs. Burriss's Favorite Taco Pie



Mrs. Burriss says:

"This is such an easy meal to make for busy nights. My family loves it so much that I have to make two each time."

Ingredients

- one package crescent roll dough
- one pound ground beef
- one packet taco seasoning
- one jar of salsa
- one cup of shredded cheese (we prefer the Mexican blend but cheddar will work well too)
- Toppings (lettuce, tomatoes, pico de Gallo, tomatoes, cilantro, etc...)

Directions

- Line the bottom of a pie plate with the crescent roll dough, pressing to form a crust.
- Bake the crust for 5 minutes in the oven @350. (The dough will not be thoroughly baked. This simply helps avoid a soggy crust)
- Brown the ground beef.
- Add the seasoning and salsa. Stir to mix well.
- Add the beef mixture to the crust.
- Top with shredded cheese.
- Bake another 10-12 minutes or until the dough is baked and the cheese is melted.
- Top with lettuce, sour cream, black olives, pico de Gallo, or cilantro if desired.

Mrs. Blaser's Favorite Brownie Trifle



Mrs. Blaser says:

"The trifle is loved by everyone! I usually prepare it on the Fourth of July and on my step-daughter, Martha's birthday, because it's her favorite."

Ingredients

- 20 ounce box of brownie mix (plus the ingredients on the box)
- 1/2 C chocolate chips (if NOT included in the brownie mix)
- 1 pint of heavy cream
- 4 ounces cream cheese
- 1/4 cup sugar
- 5.9 ounce package instant chocolate pudding (plus ingredients on the box)
- 2 pounds strawberries

Directions

- For the first layer: Make the brownies in a sheet pan according to the package. If there aren't chocolate chips in the batter, add 1/2 cup. Bake just until a toothpick comes clean and allow to cool completely. Cut into 1 inch bite size pieces.
- For the second layer: In a large bowl, mix together cream, cream cheese, and sugar. Mix on medium speed until peaks form (about 3 to 5 minutes)
- For the third layer: Slice strawberries into thin slices. Place them around the edge of the trifle bowl and in the center of the layer.
- For the fourth layer: Make the chocolate pudding according to the package instructions.
- Assembling: Once all your layers are ready, begin layering into a trifle bowl. Repeat until you reach the top of the dish. Top with chocolate curls and Chocolate dipped strawberries or strawberry halves.

Mrs. Rayburn's Favorite Coconut Cake



Mrs. Rayburn says:

"This is my family's favorite holiday cake, and I make it for almost every holiday! I decorate it for whatever the occasion is. This is the Christmas version, and at Easter, I make little nests of green-colored coconut and put jelly beans or candy eggs in the nests. I hope you enjoy!"

Ingredients

CAKE:

- 6 extra-large eggs, separated
- 2 ½ c. all-purpose flour
- 2 tsp. baking powder
- ½ tsp. baking soda
- ¼ tsp salt
- ¼ c. butter, softened
- 1 1/4 c. sugar, divided
- 1 tsp. vanilla extract
- 2 tsp, coconut extract
- 1 c. buttermilk
- ½ c. Malibu coconut rum
- ½ c. coconut milk
- Whipping cream, about ½ cup
- Sweetened, shredded coconut (about 12 oz.)

FROSTING:

- One block (8 oz) cream cheese, softened
- 2 sticks butter, room temperature
- 2 tsp. coconut extract
- 4 cups confectioner's sugar
- Whipping Cream

Mrs. Rayburn's Favorite Coconut Cake, Continued...

Directions

CAKE:

- Cream 1 c. sugar and butter until light and fluffy. Add egg yolks, one at a time. Mix and add vanilla and coconut extracts.
- Combine coconut milk and buttermilk. Set aside.
- Combine dry ingredients in a separate bowl.
- Alternately add flour and buttermilk mixture in egg/sugar mixture, beginning and ending with flour.
- Whip egg whites in a clean bowl until foamy. Add $\frac{1}{4}$ cup sugar and continue to beat until a stiff peak forms. Stop beating before whites become dry.
- Fold egg whites gently into batter. Mix thoroughly.
- Divide batter evenly into 2 greased and floured nine-inch pans
- Bake at 350 degrees for 35 – 40 minutes or until done in center.
- Let cool in pans for 10 minutes, then turn out onto cooling rack.
- Before frosting, brush layers on top with Malibu coconut rum.

FROSTING:

- Mix cream cheese, butter, and coconut extract together until creamy.
- Add 4 cups confectioner's sugar, mixing in slowly.
- Gradually add whipping cream (one tbs. at a time) until desired spreading consistency .
- Frost cake and press shredded coconut onto sides and top of cake immediately. Decorate as you desire!

Mrs. Bush's Favorite Not-So-Bad-For-You Chocolate Chip Cookies

{Adapted from Great Good Food: Luscious Lower-fat Cooking by Julee Rosso}



Mrs. Bush says:

"I've been making these cookies with my son, Kolbe, since he was four. They are better for you because there is less fat, no saturated fat (from oil), and oatmeal adds fiber. Dark chocolate chips give antioxidants and are good for your soul. Problem is, you can't eat just one!

Ingredients

- ½ cup canola oil
- 1 cup brown sugar
- ¾ cup sugar
- 2 eggs
- 2 ½ cups flour (for slightly healthier option, substitute 2 cups flour & ½ cup quick cooking oats)
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 ½ cup dark chocolate chips (or more if desired)

Directions

- Preheat oven at 375° F. Lightly spray cookie sheets with cooking spray.
- In a large mixing bowl cream the oil, sugars, and eggs. In a separate bowl, mix flour, (oatmeal if used), baking soda, and salt.
- Add dry ingredients to sugar mixture and mix well. Add chocolate chips and mix well.
- Place tablespoon sized dough balls on a cookie sheet and bake for 7 ½ minutes or until lightly browned. Be Careful not to over cook. Cookies may still be puffy when you take them out of the oven.

{ Recipe yields three dozen cookies depending on how much dough you and the kids eat while you are making them. (Note: Eating foods containing raw eggs is not recommended by the CDC.*) }

*CDC is the Centers for Disease Control and Prevention. (Obviously, they've never made cookies before.)

Mrs. Anderson's Favorite Key Lime Pie



Mrs. Anderson says:

"This is the real deal! It's the recipe my father used when he wanted REAL key lime pie - not that green stuff you see in restaurants! Save the green stuff for the conchs!"

Ingredients

- Pre-made Mini Graham Cracker Crusts
- 3 eggs
- ½ cup Key Lime Juice
- 1 can sweetened condensed milk
- Whipped Cream

Directions

- Using electric mixer, mix eggs, juice, and condensed milk in a large bowl.
- Pour mixture into graham cracker crust.
- Bake at 325 for 25 minutes (or until toothpick comes out clean for full sized pie).
- After chilling, serve with a dollop of whipped cream.

Mrs. Miller's Favorite Buckeyes*

*not "peanut butter balls"



Mrs. Miller says:

"Cheer on the Ohio Buckeyes, and ENJOY!"

Ingredients

- 1 C Graham Cracker Crumbs
- ½ C Peanut Butter
- 1 LB Powdered Sugar
- 2 Sticks butter melted and cooled
- 1 tsb. Vanilla
- ½ block paraffin wax
- Semi Sweet Chocolate or Chocolate chips (use the mini- they melt easier)

Directions

- Mix the dry ingredients including peanut butter. Pour in melted butter.
- Shape into balls and refrigerate about 1 hour.
- Melt Chocolate and paraffin in a double boiler.
- Use a toothpick to dip balls in the chocolate. Place on wax paper to cool and store in the freezer.

Mrs. Hughes's Favorite Salted Chocolate-Chunk Cookies



Mrs. Hughes says:

"I usually try to stay away from recipes that require more than one bowl, but this one is still pretty simple. TRUST ME: you need these in your life."

Ingredients

- 8oz semisweet chocolate, roughly chopped
- 4 tbsp unsalted butter
- 2 / 3 C flour
- 1/2 tsp baking powder
- 1/2 rounded tsp sea salt
- 2 large eggs, room temp
- 3/4 C packed light brown sugar
- 1 tsp vanilla
- 12 oz semisweet chocolate, roughly chopped (or 1 package chocolate chunks)
- sea salt (for garnish)

Directions

- Preheat oven to 350.
- Heat chopped chocolate and butter in the microwave for 25 second increments, stirring in between, until just melted. Whisk together the flour, baking powder, and salt / set aside.
- In the bowl of your mixer, beat eggs, brown sugar, and vanilla on high speed until the sugar has completely dissolved. Reduce speed and add the melted (but now cooled) chocolate. Mix. Add the flour until just combined. Mix in the chocolate chunks.
- Let dough sit at least 10 minutes.
- Drop heaping tablespoons of dough 2-3 inches apart. The dough should be stiff. If not, put it in the fridge for 10 minutes.
- Bake, rotating halfway, 10-12 minutes, until cookies are crackly in the middle.
- Sprinkle extra salt on the cookies and cool 10 minutes.



Thank you for sharing your children with
us.

Love, the St. Anne Faculty

