

Recipes for Comfort

Remember, this winter: take care of yourself, eat well, exercise, and get enough sleep.

Nebraska Strong: Disaster Recovery Project
1-800-464-0258

Breakfast Casserole

Mix together:

12 eggs beaten

1 cup grated cheddar cheese

1/3 cup chopped onion and green pepper
(*sautéed if desired*)

1 cup milk

1 tsp. dry mustard

6 Slices white bread (*broken into pieces*)

1 to 1 1/2 lb. ham, sausage, or bacon cooked

1 can Cream of Mushroom Soup

1 cup sliced mushrooms

Put bread pieces in bottom of 9 x 13 inch pan. Next, spread cooked meat over bread. Pour egg mixture over bread and meat. Set overnight in refrigerator. Before baking, add 1 can cream of mushroom soup, a small can sliced mushrooms (drained), and 1/3 cup milk. Pour on top of casserole. Bake 1 1/2 hours at 300°F.

Nebraska Strong: Disaster Recovery Project

1-800-464-0258

Best Cinnamon Rolls Ever!

- 2 – 9 x 13 inch pans (*coated with non-stick spray*)
- 1 – Stick of butter
- 2 – Packages (bags) of Rhodes Cinnamon Rolls (*bags of 12 rolls come with frosting in each bag*)
- 3/4 cup of brown sugar
- 3/4 cup of sugar
- 3/4 cup of vanilla ice cream



Melt and mix the butter, sugars and vanilla ice cream in a medium sauce pan on low heat. While that is melting, place the frozen rolls in the “greased” 9 x 13 pans (12 in each) and put the frosting in the refrigerator. Pour the mixture over the frozen rolls in the 9 x 13 pans and place in the oven for 6 to 8 hours (overnight) so the rolls will rise. When you wake up in the morning (or after the rolls rise) turn the oven to 350 degrees and bake for 25 minutes (note: do NOT preheat the oven). After baking, remove from the oven and cover with the frosting.

Nebraska Strong: Disaster Recovery Project

1-800-464-0258

Spinach and Strawberry Salad

- 2 bunches spinach, rinsed, torn into bite-size pieces
- 4 cups sliced strawberries
- 1/2 cup vegetable oil
- 1/4 cup white wine vinegar
- 1/2 cup white sugar
- 1/4 tsp. paprika
- 2 Tbsp. sesame seeds
- 1 Tbsp. poppy seeds



In a large bowl, toss together the spinach and strawberries. In a medium bowl, whisk together the oil, vinegar, sugar, paprika, sesame seeds, and poppy seeds. Pour over the spinach and strawberries, and toss to coat. Let marinate for 10 minutes. Serve cold.

Nebraska Strong: Disaster Recovery Project

1-800-464-0258

Potato Soup

- 3 potatoes (*peeled and diced*)
- 1 quart water
- 1/3 cup uncooked rice
- 1 tsp. salt
- 1 clove garlic (*minced*)
- 1/2 tsp. leaf marjoram
- 2 Tbsp. flour
- 2 Tbsp. butter



Bring potatoes and water to a boil; add rice and simmer until rice is tender. Brown the flour and butter in a small skillet; add to soup. Then add the minced garlic, salt, and marjoram. Chopped cabbage or spinach may be added the last 5 minutes of cooking.

~Recipe submitted by Mrs. Joe Duba

Nebraska Strong: Disaster Recovery Project

1-800-464-0258

Taco Soup

Ingredients:

- 1 lb. browned hamburger
- 1 medium onion (chopped)
- 2 cans Rotel
- 2 cans pinto beans
- 1 can black beans
- 1 can cream corn
- 1 package taco seasoning
- 1 package dry Hidden Valley Ranch dressing mix
- 1 cup water

Toppings:

- sour cream
- shredded cheese
- Fritos corn chips



Combine all of the ingredients, do not drain the beans, in a large pot and heat at medium until soup is hot. Best if served over corn chips topped with shredded cheese and sour cream. Makes 6-8 servings. Enjoy!

Nebraska Strong: Disaster Recovery Project

1-800-464-0258

Touchdown Teriyaki Sesame Ginger Wings or Thighs

Teriyaki Sauce:

1/2 cup of sesame seeds

1 cup soy sauce

1 cup grapefruit juice

1/4 cup hoisin sauce

1/4 cup ketchup

1/4 cup rice wine vinegar

1/4 cup light brown sugar

5 garlic cloves, halved

3 Tbsp of ground ginger



Place all of the teriyaki sauce ingredients in a Ziploc bag and mix well, set aside. Clean in cold water and cut the fat off of the wings or thighs and pat them dry. Put them in the Ziploc bag with the teriyaki sauce and put in the refrigerator and let them sit overnight. Cook on a hot grill until they are browned (5-7 minutes per side).

Recipe taken from: <http://www.tailgating.com/recipe.php?id=122>

Nebraska Strong: Disaster Recovery Project

1-800-464-0258

Harvest Pumpkin Bars

2 cups flour
2 cups sugar
1 Tbsp. pumpkin pie spice
2 tsp. cinnamon
2 tsp. baking powder
1 tsp. baking soda
1/2 tsp. salt
1 (16 or 15 oz) can pumpkin

3/4 cup veg oil
4 eggs, beaten
3 oz. cream cheese,
softened
6 Tbsp. butter or margarine,
softened
1 tsp. milk
1 tsp. vanilla
2 cups powdered sugar



Combine the flour, sugar, pumpkin pie spice, cinnamon, baking powder, soda and salt in a bowl and mix well. Stir in the pumpkin, oil and eggs. Spread in greased 10 x 15 pan. Bake at 350 degrees for 20 - 25 min. or until the edges pull from the sides of the pan. Let cool. Beat the cream cheese, butter, milk and vanilla until smooth. Add the powdered sugar, beating until spreading consistency. Spread over baked layer and refrigerate. Cut into bars. Yield: 48 servings

Nebraska Strong: Disaster Recovery Project

1-800-464-0258

Peanut Butter Clusters

- 4 (2 oz.) squares of chocolate almond bark
- 1/3 cup peanut butter
- 1 1/2 cup dry roasted peanuts



Microwave almond bark and peanut butter for 2 1/2 to 3 minutes on 70% power. Mixture will not look melted, but soft and puffy. Stir until smooth. Add peanuts and drop on waxed paper in small cluster mounds.

Nebraska Strong: Disaster Recovery Project

1-800-464-0258

Theresa's Oatmeal Cookies

3/4 c. vegetable
shortening
1 c. brown sugar
1/2 c. white sugar
1 egg
1/4 c. water
1 tsp. vanilla

3 c. uncooked oats
1 c. flour
1 tsp. salt
1/2 tsp. baking soda
12 oz. bag chocolate
chunks



Preheat oven to 350 degrees. Beat shortening, sugar, egg, water, and vanilla until creamy. Add remaining ingredients. Mix well and drop by rounded teaspoon onto greased cookie sheet. Bake at 350 for 12-15 minutes.

Nebraska Strong: Disaster Recovery Project

1-800-464-0258

Winter Cranberry Punch

4 cups cranberry juice cocktail
2 cups orange juice
12 ounces of sugar free lemon-lime pop
Whole cranberries

Combine cranberry juice and orange juice in a punch bowl. Pour carbonated pop down the sides of the bowl and float whole cranberries on the top.



Nebraska Strong: Disaster Recovery Project

1-800-464-0258

Holiday Craft: Rudolph!

3 popsicle sticks

Glue

Black and red markers

2 twigs

Ribbon

[optional: 2 googly eyes and one red pompom]



Glue the popsicle sticks together to make a triangle. On the bottom point, make a red dot for the nose or glue on red pompom. On the top stick, draw two black eyes or glue on googly eyes. On the top corners, glue on fallen twigs as antlers. Between the eyes, attach a ribbon to hang Rudolph around the house or on your tree.

Nebraska Strong: Disaster Recovery Project

1-800-464-0258

Winter Stress Tips

Recipe for Winter Stress Management

- Get plenty of sleep. (Nobody likes a Scrooge!)
- Give yourself a gift. Take some time to do something you enjoy.
- If the stress of the season gets you overwhelmed, be sure to talk to a trusted friend or family member about it.



Stress Ball

- 1 Medium size round balloon
- 3/4 cup of cornstarch

Use a funnel to fill the balloon with the cornstarch. Tie the end of the balloon in a knot so the cornstarch cannot spill. Squeeze away!!

Nebraska Strong: Disaster Recovery Project

1-800-464-0258