
Jumble Bars

350, 30 minutes

1 stick butter
1.5-2 c. crumbs
2 cups chips
1 cup coconut
1 cup nuts
14 oz cond. milk

Karen's 3 Bean

1 can wax, green, kidney
Onion, green pepper
½ c vinegar
½ c oil
½ c sugar

Roast Chicken

400, 1.5 – 2 hours

High, 5 hours

1 onion
1 celery
Salt and pepper
Basil

Chicken Burrito Filling

8-10 hours on low

¾ # frozen chicken breasts
2 cans black beans
16 oz salsa
½ c instant brown rice

Chicken & Mushrooms

Low 7-9 hours

¾ # frozen chicken breast
¼ c white wine plus
1 cream mushroom soup
4 oz mushroom pieces

Crock Roast

High 5 hours

1 onion
1 clove garlic
4 # roast
Salt and pepper
Rosemary
Thyme
¾ c red wine

Granola Bars

350 10-12 minutes

4 ½ c old-fashioned rolled oats
1 ½ c chopped nuts
1 c brown sugar
¾ c butter, melted
½ c honey
1 tsp vanilla

Hummus

2 cans chickpeas
¼ c chickpea liquid
6 Tbs tahini
1/3 c lemon juice
3 cloves garlic

Hamburger Macaroni

1 # ground beef
1 onion
½ med green pepper
16 oz cans tomato sauce
1 c water
1 c elbow macaroni
salt and pepper
garlic salt
chili powder

Yogurt Pie

3 oz Jello
12 oz yogurt
8 oz cool whip, thawed
9-inch graham pie crust

Brownies

350 25 minutes

1 stick butter
1/3 c cocoa
1 c sugar
2 eggs
1 tsp vanilla
½ c flour
¼ tsp salt

Popovers

350, 50 min

1 c flour
¼ tsp salt
1 tsp sugar
1 Tbs vegetable oil
1 c milk
2 eggs

Taco Dip

350, 15 min

16 oz refried beans
8 oz cream cheese, softened
1 c sour cream
2 Tbs taco seasoning mix
2 garlic cloves
1/2 c shredded cheddar
½ c sliced black olives
1 diced tomato
1 onion diced

Yummy Chicken

Low 4 hours

4 chicken breasts
1 can cream of chicken
1.25 c water
6 oz corn bread stuffing
¼ c butter, melted
