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September 2022

Try a Bowl of Warm and Comforting Tomato Soup

This classic, easy recipe for Tomato Soup is BEST made with fresh tomatoes, but canned work too in a pinch! It's simple and delicious and can be made in under 30 minutes. Cozy, comforting and perfect for bridging the seasons between summer and fall. Vegan-adaptable.

HOMEMADE TOMATO SOUP

Ingredients:

Olive oil, butter or ghee
Onion
Carrot (or bell pepper)
Tomatoes (fresh or canned)
Broth
Seasonings
Basil
Cream or cashews



Preparation:

Sauté onion and carrots in a heavy-bottomed pot or Dutch oven, stir occasionally. Add a red bell pepper if you like!

Add fresh tomatoes (or canned tomatoes), veggie broth or chicken broth, seasonings, pepper and salt.

Simmer with the broth, covered, until the tomatoes break down, about 10-15 minutes.

Add fresh basil and blend. Using an immersion blender makes this especially quick and easy.

Then add heavy cream or half and half. (Or, for a vegan option, add raw cashews to the simmering tomatoes to soften before blending.)

DELICIOUS TOPPINGS!

Keep it simple and serve with crusty bread, or add any or all of the following toppings.

Tomato Soup Recipe - page 3

Give This Hearty Texas Chili Recipe a Try This Fall

This recipe, refined over years of potlucks and Super Bowl parties, is too good to keep under wraps. It was depth of flavor, from different chile types, that make this recipe stand out. It also has whole spices, unsweetened chocolate and dark beer that meld seamlessly into a brick-red sauce that naps the succulent meat. The meat can be cut into large chunks, or, more traditionally, thin slices, especially if you are using a tougher cut than chuck. Sirloin also makes good chili. If you have masa harina, the corn flour used to make tortillas, that will make the gravy even thicker, but it is not necessary. Like many vigorously spiced dishes, this one tastes even better a day or two after it is made and will hold its flavor well for at least a week.

TEXAS-STYLE CHILI

Ingredients:

1 Tablespoon whole cumin seeds
1½ teaspoons whole coriander seeds
4 pounds beef chuck roast or steak
1 teaspoon salt, more to taste
3 Tablespoons vegetable oil, plus extra as needed
1 large yellow or white onion, chopped, plus extra chopped onion for serving
6 large garlic cloves, minced
4 to 7 large fresh green jalapeños (depending on how much heat you like), stemmed, seeded and chopped
3 Tablespoons masa harina or 1 corn tortilla, torn into pieces (optional)
2 Tablespoons ground pure chile powder, such as pasilla, Chimayo or ancho
1 Tablespoon dried oregano
1 (12-ounce) bottle beer
1 28-ounce can diced tomatoes, or 3 10-ounce cans Ro-Tel canned tomatoes with green chiles
1 ounce unsweetened chocolate



Texas Chili Recipe - page 3



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From Recipes Old and New Tried and True



This book was published in 1962 by the Nacogdoches Federation of Women's Clubs as a fundraiser for the maintenance and upkeep of The Old Nacogdoches University Building.

It features recipes from local residents, most of whom are no longer with us. We hope that you enjoy this monthly feature and that you may remember many of the people who shared their recipes.

The preface reads:

"Nacogdoches has always been famous for gracious East Texas hospitality and good cooking. This collection of old family recipes has been tried and proven many times and comes from our very best cooks. We hope they will add to your cooking pleasure."

ROUND STEAK WITH SOUR CREAM GRAVY (Margaret Bracher)

and

"JOHNNY MAZOTTA" (Mrs. Lloyd Doolittle, Kansas City, MO)

Round Steak with Sour Cream Gravy

1 1/2-2 lbs. round steak (1 1/2 inches thick)
1 teaspoon salt
1/2 teaspoon pepper
1/2 cup flour
2 to 4 tablespoons shortening or salad oil
1 small clove garlic, minced
1 jar (8 or 10 oz) pickled cocktail onions
1/2 pt. sour cream

Trim excess fat from meat. Combine salt, pepper and flour. Divide flour mixture; pound half of it into each side of steak, using edge of a saucer. Brown meat in hot fat quickly on both sides. Add onions with not more than 1/2 cup liquid. Cover, reduce heat to simmer and cook 1 to 1 1/2 hrs., (or less) until meat is tender. Remove cover last 15 minutes of cooking time and add the sour cream. Thicken gravy with additional flour mixed with cold water, if desired. Serves 6 to 8.

Margaret Bracher

"Johnny Mazotta"

Cook 6 oz. pkg. broad noodles
Fry 3/4 lb. lean ground pork with small amt. minced garlic and 1 small onion cut fine - until pork is done. Drain off grease. Add meat to noodles - Add 1 can tomato soup, 1/2 can water 1 tsp. sugar - salt and pepper 1 1/2 lb. grated American cheese (sharp) Mix all ingredients together. Dot with butter. Sprinkle some of grated cheese on top. Put in buttered dish - bake at 350° for 30 minutes.

Mrs. Lloyd Doolittle, Kansas City, Mo.
-65-

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Thank you so much!

DISCLAIMER

Many recipes published in this publication are sent in by readers, their friends and family members. Recipes may be handed down from generation-to-generation or written from memory. **RECIPES** publishes these recipes as they are submitted, as a service to our readers. It is advised that the reader study the recipe in advance of creating a desired dish and assure that all necessary ingredients are included in the recipe and the reader understands the process for completing the recipe. **RECIPES** does not necessarily approve or have prior knowledge of the individual recipes published in this publication.

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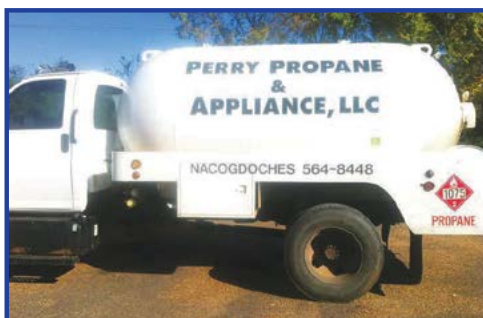
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Tomato Soup Recipe

Add chopped tomatoes for more texture.
Add a few basil ribbons
Arugula almond pesto or Basil Pesto
Sourdough croutons!
Parmesan cheese, Pecorino or Vegan Cheesy Sprinkle!

Texas Chili Recipe

3 whole dried large red chiles, such as New Mexico or guajillo
Chopped fresh cilantro, for serving
Fritos or warmed flour tortillas, for serving

Preparation:

In a small heavy skillet, toast cumin and coriander seeds until fragrant. In a mortar and pestle, or in a coffee grinder, grind to a powder and set aside.

Meanwhile, roughly cut beef into 2-inch cubes, or slice it against the grain into pieces about 1/4-inch thick by 1 1/2 inches square. Sprinkle with salt.

In a large, heavy pot over high heat, heat oil until shimmering. Working in batches to avoid crowding the pan, brown the meat, turning occasionally until crusty. Adjust heat to prevent scorching. As it is cooked, remove the meat to drain on paper towels. Add more oil as needed for browning, but do not clean out the pot.

To the empty but crusty pot, add onion, garlic, jalapeños, masa harina or tortilla (if using), chile powder, cumin-coriander powder and oregano. Cook, stirring, until onion has softened, 5 to 10 minutes. Add meat, beer, tomatoes, chocolate, whole dried chiles and 1 quart water. Bring to a gentle simmer and simmer about 1 1/2 hours, or until meat is fork-tender. Remove the dried chiles. Taste and add salt if necessary.

Serve immediately or let cool and refrigerate. The chili tastes best one or two days after it is made.

Reheat over low heat if necessary and serve in bowls, sprinkled with chopped onion and cilantro. Add Fritos for crunch, or dip tortillas into the spicy gravy.

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KEN’S ITALIAN SPAGHETTI

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Large bell pepper, chopped
Large onion, chopped
2 cloves of garlic, minced
Olive oil
1½ to 2 pounds ground beef
1 (6-ounce) can tomato paste
1 large can tomatoes, Italian, pear-shaped, crushed
1 (12-ounce) can tomato sauce
Sprinkle of thyme
½ teaspoon oregano
½ teaspoon dill
1 to 2 teaspoons rosemary
1 to 2 teaspoons cumin
½ teaspoon salt, approximately, if needed



In a medium pan or skillet, sauté bell pepper, onion and garlic in small amount of olive oil.

Cook beef in a large pot. Remove beef from pot and drain.

Combine all other ingredients in the pot. Add the beef to the pot.

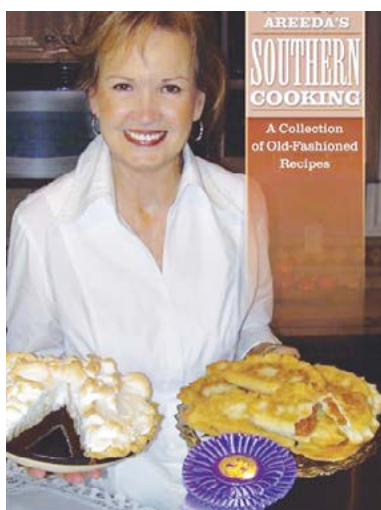
Add pepper, onion and garlic mixture. Cook 1 to 1½ hours until done.

Yield: 6-8 servings. Tip: Best if made the day before.

Purchase cookbook with credit card on my PayPal account at www.areedasoutherncooking.com. Or by check to: Areeda’s Southern Cooking, P. O. Box 202, Brentwood, TN 37024 \$24.45 (price includes shpg/handling).

Contact: areedaschneider@bellsouth.net
Order Joe Stampley CDs at www.joestampley.com. Look for more recipes, as well as my “Memories of Music Row” column in the monthly *Country Family News* newspaper sponsored by Larry’s Country Diner and Country Family Reunion TV shows.

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Bubba’s Original Sophiscated Southern Redneck Cookbook

“A Redneck’s take on sophisticated food!”

by Ken Stonecipher

Ken Stonecipher is a book editor and ghost writer living in Nashville, Tennessee. Among his many writing accomplishments are two cookbooks, “Bubba’s Original Sophiscated Southern Redneck Cookbook” and “Bubba’s Original Full-Fledged Southern Redneck Cookbook.”

Another cookbook in the writing stage is “All Things Cheesecake.” Originally from Magnolia, Arkansas, Ken is a multi-talented entertainer as well, performing on stage and behind a piano. A consummate writer, he has collections of short stories, novels, commissioned songwriting and even two musicals to his credit.



CRAB-STUFFED CHICKEN BREASTS WITH WHITE WINE MUSHROOM SAUCE

I liked it from the very first time I made it. It’s a mess, convoluted and you’ll have pots and pans and bowls scattered from one end of the house to the other before you are done, but MAN ALIVE, you’ll git rave reviews, offers of marriage, advice on child-rearin’ and coon-skinnin’!

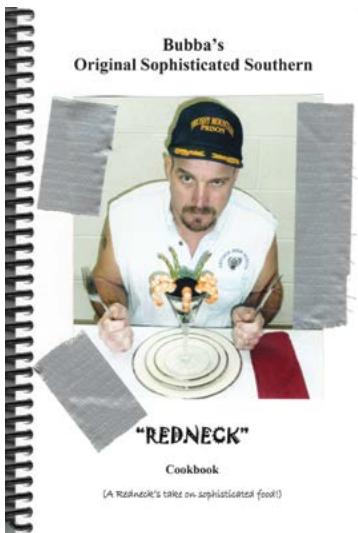
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|------------------------------------|---------------------------------|
| 6 breasts, boned/skinned | 1/2 lb fresh mushrooms |
| 1/2 cup chopped onion | Salt |
| 1/2 cup chopped celery | 5 Tablespoons all-purpose flour |
| 3 Tablespoons butter | 1/2 cup dry white wine |
| 1/2 cup dry white wine | 1/2 cup heavy cream |
| 1 (7-oz) can crab meat | Salt to taste |
| 1/2 cup herb seasoned stuffin’ mix | Red pepper to taste |
| Salt and pepper | |
| 2 Tablespoons all-purpose flour | |
| 2 Tablespoons butter, melted | |

Cook onion and celery in butter until tender. Remove from heat and add wine, crabmeat and stuffin’ mix. Sprinkle each breast with salt and pepper. Pound breasts to 1/4-inch thickness, divide stuffin’ among breasts, stuff and roll and secure with toothpicks. Coat each breast with more bread crumbs. Place in a bakin’ dish and drizzle with butter. Bake uncovered at 375° for 1 hour.

Sauté mushrooms in butter until liquid is absorbed. Salt to taste. In a saucepan, add flour and cook over low heat for a few minutes, stirrin’ constantly. Add broth slowly, stirrin’ constantly with wire whisk. Add wine and cook until thick, stirrin’. Add mushrooms and cream, stirrin’ until hot. Season to taste with salt and pepper and serve over chicken or rice or noodles.

To order books:
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**STRAWBERRY and
FRESH HERB SALAD WITH
BLUEBERRIES and FETA**

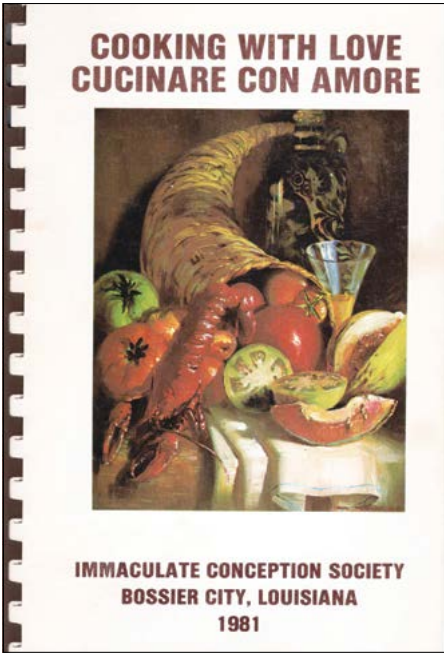
This salad is the perfect summer salad recipe. Fresh strawberries and blueberries are tossed with herbs, greens and feta then drizzled with vinaigrette dressing and sprinkled with pecans.

Ingredients

- 6 cups spring greens
- 1/2 cup fresh herbs; you can use a mix of basil, oregano, mint and parsley
- 1 cup of strawberries, sliced
- 1/2 cup of fresh blueberries
- 1/3 cup crumbled feta cheese
- 1/3 cup pecans

Instructions

Wash the herbs and greens, spin them dry in a salad spinner. Chop or tear the greens and the herbs. Add them to a bowl along with the washed and sliced strawberries and the washed blueberries. Toss and add the salad to a platter or to individual bowls. Sprinkle with the feta cheese and nuts. Drizzle with your favorite vinaigrette and enjoy.



This cookbook was published in 1981 and commemorates the 40th anniversary of the IMMACULATE CONCEPTION SOCIETY, which was founded on April 27, 1941.

The authors have dedicated it to their forefathers who came to North Louisiana from Sicily. It is dedicated to preserving the tradition and heritage handed down from that generation of the 1870s.

Most of them came from Cefalu, Sicily, situated 40 miles east of Palermo, on the beautiful Adriatic Sea.

The descendents of these people have remained a close knit community in Shreveport and Bossier City, Louisiana.

To preserve their heritage—with its art of Sicilian cooking—for future generations, this cookbook was created.

**BRUSHOLONI
(STEAK ROLL)
(from Josephine Verderaime)**

- | | |
|------------------------------|--------------------------------------|
| 1 large round steak | 2 cloves chopped garlic |
| 2 hard-boiled eggs | 1/2 cup celery, chopped |
| 1 cup dry bread crumbs | 2 green onions, chopped |
| 1/2 cup grated Romano cheese | 2 Tablespoons fresh or dried parsley |

Salt and pepper steak. Combine bread crumbs, cheese, garlic, onions, celery and parsley, then spread over steak. Slice boiled eggs and spread on top of bread mixture. Then roll steak and tie with cord. Brown the rolled steak on all sides. Cook with tomato sauce for about 2 hours or until tender. Serve over spaghetti. Unroll steak from cord and cut into slices. Place on spaghetti and serve with sauce.

From *1989 Cookin' with the Dragon Band*



This book was published in 1989 and sponsored by the Nacogdoches High School Band Boosters Club Boosters.

“Cookin' with the Dragon Band is a collection of favorite recipes from the families of NHS Band Students with additional contributions by community leaders and local restaurants.”
Maybe it will bring back some memories or maybe you'll see one of your own recipes some day.

GARLIC CHEESE GREEN BEANS
Submitted by Carol Garrett,
mother of band student Aimee Garrett

- | | |
|---|---|
| 1 stick margarine, melted | 1 cup evaporated milk |
| 2 cups Pepperidge Farm cheddar cheese croutons, crushed | 1 cup sour cream |
| 1 Tablespoon margarine, melted | 6 oz package Kraft garlic cheese roll, softened |
| 1 onion, chopped | 1/4 teaspoon garlic powder |
| 2-16 oz cans green beans, drained | 1/4 teaspoon Worcestershire sauce |

Combine the margarine and croutons. Spread half the mixture on the bottom of a shallow baking dish. Sauté the onion in one Tablespoon margarine until soft. Combine this with the remaining ingredients and spread mixture over the crumbs. Top with remaining crumbs.

Bake at 350 degrees for 30 minutes or until bubbly. Serves 8.

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Submitted by *Around the Town* Publisher, David Stallings

Precious Memories Recipes from Jean Stallings

My beautiful wife, Jean, passed away on July 4, 2020. She was an amazing wife, mother, and teacher. She was also a wonderful cook who loved preparing special meals for our family and friends.

Jean left us hundreds of her great recipes and I will share one of our favorites here each month. I hope that you'll enjoy them as much as we always did!



FROZEN FRUIT SALAD

(May prepare as 1/2 recipe.)

- 2 large containers of Cool Whip
- 2 cartons sour cream
- 5 bananas
- 1 cup sugar
- 2 Tablespoons lemon juice
- 1 large can crushed pineapple, drained
- 1 large jar maraschino cherries, chopped
- 1 cup pecans, chopped

Mash bananas and pour lemon juice over them. Mix thoroughly. Add remainder of ingredients and mix again. Put mixture in whatever shape containers desired and freeze. (It will take several containers if whole recipe is made.)

PLEASE SEND US YOUR RECIPES!

We'd love to share your favorites with our readers. If possible, please include a brief story behind the recipe. "My mom's," "My friend's," etc. Your photo and a photo of the completed recipe would be great, but not required.

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From Leta Weaver of Nacogdoches

LETA’S PINTO BEANS

- Soak pinto beans overnight in water - cover enough so they have room to swell.
1. Next morning drain; put beans in crockpot and start on low; cover with water
 2. Render fat out of applewood smoked bacon that has been cut into pieces. Your choice of how much...Set bacon aside.
 3. Chop a small to medium yellow onion. Sauté in bacon grease. Put a pinch of salt in onion as it sautés.
 4. Add to beans in crockpot:
 - Onion and bacon drippings to beans
 - 1 small can of chopped green chilies (I prefer Hatch)
 - 4 whole garlic cloves
 - 1 Tablespoon sweet smoked paprika
 - 1 cube of Knorr chicken bullion
- Cook til tender. About 6 hours. Then salt to taste. Add bacon before serving.
- Serve with broccoli or blackeyed pea cornbread and smashed potatoes.
- Freezes well. Just thaw in refrigerator before heating so the beans will still be firm.
- Enjoy!

From Austin Roberts of Nacogdoches

SEAFOOD GUMBO

MEASUREMENT	INGREDIENTS
3 fl oz	Vegetable oil
6 oz	Onion, small dice
4 oz	Celery, small dice
4 oz	Green bell pepper, small
1 oz	Garlic, chopped fine
1 1/2 tsp	Dried thyme
1 1/2 tsp	Dried basil
1 tsp	Dried oregano
2	Bay leaves
1 tsp	Cayenne
1 tsp	Black pepper
2 tsp	Paprika
1 gal	Fish stock, hot
8 oz	Blond roux
10 oz	Canned tomatoes
1 lb	Okra, trimmed
1 lb	Small shrimp
1 lb	Lump crabmeat
1 tbsp	File powder
to taste	Salt
1 1/2 lb	Cooked rice

PROCEDURE

1. Heat the oil in a stockpot or heavy soup pot. Add the onion, celery, green pepper, garlic, herbs, and spices. Cook over low heat until the vegetables are soft.
2. Add the stock. Bring the mixture to a boil.
3. Beat in the roux to thicken the soup.
4. Add the tomatoes. Simmer 10 minutes.
5. Add the okra. Simmer until the okra is tender, about 10–15 minutes more.
6. Add the shrimp and crabmeat. Simmer 10 minutes.
7. Sprinkle the file powder over the soup and stir it in. Simmer another 2 minutes.
8. Remove from heat and season to taste with salt.
9. To serve, spoon about 11 oz cooked rice into a soup bowl. Ladle 10 fl oz soup over the rice.



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From Julia Jones of Nacogdoches

Julia runs IMPACT, a non-profit ministry in downtown Nacogdoches that serves the families of Nacogdoches thanks to the generosity of friends and family. She volunteers full time and has generous ladies who help her make IMPACT possible. Over the years IMPACT has continued to grow and they were able to expand their service to include fire victims, as well as seniors in nursing homes with no family and children, referred to them by social services.



DIRT CAKE

- | | |
|----------------------------------|---|
| 1 stick margarine | 1 large package instant chocolate pudding |
| 16-oz pkg. Oreo cookies, crushed | |
| 8 oz cream cheese, room temp. | Milk (according to pudding pkg. instructions) |
| 1 cup powdered sugar | |
| 8 oz Cool Whip | |

Crush Oreos and mix with melted margarine. Spread ½ or more of the crushed Oreo mixture in a 13 x 9 pan. Chill until firm. Blend cream cheese and sugar. Spread over Oreo mixture when firmly chilled. Prepare pudding for pie recipe on the box. Spread over the cream cheese mixture and let set until firm. Spread Cool Whip over pudding. Top with remaining crushed Oreo cookie crumbs.



IMPACT Cookbook available for purchase at IMPACT, 720 E. Main St., Nacogdoches, TX, 936.205.5921. Proceeds benefit foster children in the area.



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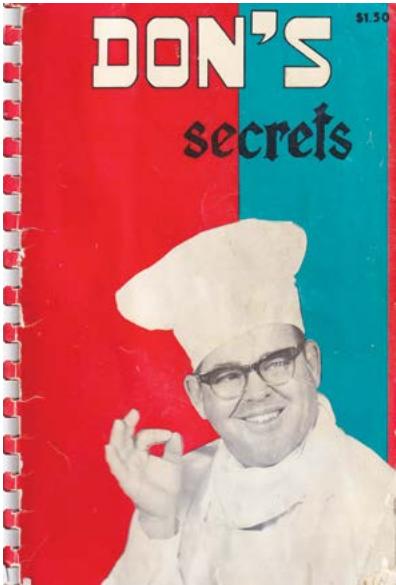
Submitted by David Stallings -
Around the Town Publisher

The Landry Family once operated Don's Seafood & Steakhouse Restaurants in Shreveport, Lafayette, Baton Rouge, Morgan City and Beaumont. The restaurants are gone now, but my memories of their amazing food linger on. I hope that you'll enjoy this recipe!



SHRIMP TURNOVERS

- 1 cup onions, chopped fine
- 1/4 cup celery, chopped fine
- 1/4 cup margarine
- 1 lb peeled shrimp, medium chopped
- 2 Tablespoons cornstarch
- 2 Tablespoons all-purpose flour
- 2 teaspoons tomato paste
- 1 teaspoon salt
- 1/4 teaspoon Cayenne (red pepper)
- 1/4 teaspoon black pepper
- 1/2 cup water
- 1/4 cup parsley & green onions, chopped fine



Prepare Flaky Pie Crust (Mix 1 1/4 cups all-purpose flour, 1 cup shortening, 1 teaspoon sugar, 1/4 teaspoon salt and 2 Tablespoons cold water.) Roll out dough 1/8" thick using a saucer about 5 1/2" in diameter. Cut 4 circles of dough. Spoon 1/4 of filling into center of circle and fold pastry in half. Seal edges together by pressing with tines of fork. Dip tines of fork into flour. Fry in deep fat until golden brown or approximately 5 minutes. Serves 4.

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We'd love to share your favorites with our readers. If possible, please include a brief story behind the recipe. "My mom's," "My friend's," etc. Your photo and a photo of the completed recipe would be great, but not required.

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Thank you so much!



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From Angela Bradford

Angela Bradford was the owner/operator of Appleby Sand Mercantile Café in Nacogdoches.

STUFFED CABBAGE ROLLS

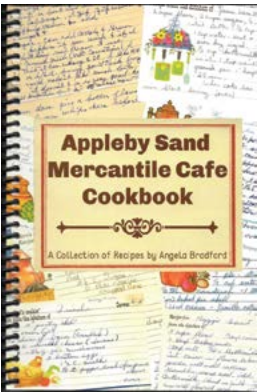
- 1 lb hamburger meat
- 1/2 lb pan sausage
- 1 cup cooked white rice
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 can tomato sauce (7 oz)
- 1 egg
- 12 cabbage leaves, softened in hot water
- 1 can diced tomatoes (15 oz)
- 1/2 cup ketchup



Preheat oven to 375°F. Spray a 13 x 9 inch baking dish with a non-stick cooking spray; set aside. In a large bowl, combine first 7 ingredients together until all ingredients are mixed well. Lay 6 cabbage leaves on baking sheet. Fill each leaf with 1/4 cup of meat mixture. Roll leaves around the meat mixture burrito style. Lay cabbage rolls in prepared baking dish seam side down. Prepare the remaining 6 cabbage leaves

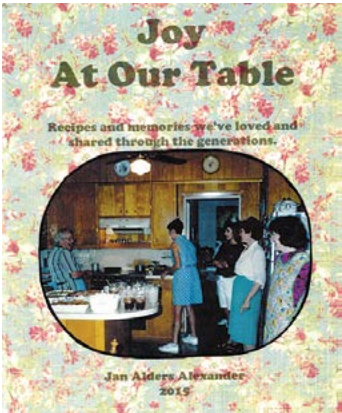
the same as before. In a small bowl, mix diced tomatoes and ketchup together until smooth. Spoon mixture over prepared cabbage rolls. Bake for 1 hour or until meat is done.

Printed with permission from Angela Bradford. She owned and operated the Appleby Sand Mercantile Café in Nacogdoches for more than 20 years. Her “comfort food” was absolutely amazing and the atmosphere at the café was almost like a daily family reunion. Angela has decided to “retire” from the food business so that she may spend more time with her family. The cookbook is available by mail order. Please mail checks for \$20 for each book payable to Angela Bradford - 6530 FM 2609 - Nacogdoches, TX 75965.



Submitted by Jan Alders Alexander of Nacogdoches

A friend in Twin Falls, Idaho shared this recipe long ago. These are wonderful for “lady” luncheons or brunch. BEWARE! If you double recipe DON’T double bouillon, it will be too salty.



BAKED DEVEILED EGGS

Deviled Eggs:

- 6-8 hard boiled eggs
- 6 Tablespoons sour cream
- 2½ teaspoons prepared mustard

Sauce:

- 2 Tablespoons butter
- 1/3 cup chopped onions
- 1 cup sour cream
- 1/2 cup chopped mushrooms
- 1 Tablespoon chicken bouillon crystals
- 1/2 cup shredded cheddar cheese
- Paprika

Slice eggs lengthwise and devil using sour cream and mustard. Fill egg whites with mixture above and put in a shallow casserole dish. Melt butter in skillet and sauté onions until tender. Remove from heat and stir in soup, sour cream, bouillon and mushrooms. Pour sauce over eggs and sprinkle with cheese. Bake at 350° for 25 minutes.

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From David Stallings - Around the Town Publisher

HOMEMADE PEACH ICE CREAM

Makes 4 quarts for electric or “hand crank” freezer.

- 10 oz frozen or fresh sliced peaches
- 1 quart heavy cream
- 2 Tablespoons Vanilla
- 6 eggs
- 3 cups sugar
- 3 teaspoons flour
- 2 cans Eagle Brand
- 2 large cans Carnation or Pet canned condensed milk
- Homogenized Whole Milk

Beat eggs, mix with Eagle Brand, Carnation Condensed Milk, heavy cream & vanilla and pour into 4 qt ice cream maker canister (I do this in a food processor).

In food processor add 1 cup of sugar and frozen peaches - Puree and pour into canister.

Stir in 2 cups sugar and 3 teaspoons flour (I use a large wooden spoon).

Finish filling with homogenized whole milk (Not 2% or skim). Layer ice and rock salt in freezer bucket for best results. Start freezer and let it run until it stops. Open canister top and remove paddle. Replace canister top. Add more ice, salt and cover top with a towel or cloth.

Let it sit for about 30-minutes before serving. It’s soooooo goood!

For “Plain Vanilla,” just leave out the peaches and the 1 cup sugar with them.

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From Texas Farm Bureau

ICE CREAM IN A BAG

Prep time: 15 minutes Cook time: 5 minutes Servings: 4

This summer has been HOT, to say the least. One thing that makes triple-digit days more bearable is a nice bowl of ice cream.

Ice cream freezes at 21°F and can be made at home or in the classroom. The freezing point of water is lowered by adding salt to the ice between the bag walls. Heat energy is transferred easily from the milk through the plastic bag to the salty ice water causing the ice to melt. As it does so, the water in the milk freezes, resulting in ice cream. YUM!

This ice cream recipe can be a fun activity for kids at home on a hot summer day or in classrooms. It only takes six steps and about 10 minutes!

For Ice Cream in a Bag, you will need...

- ¼ cup sugar
- ½ teaspoon vanilla extract
- 1 cup milk
- 1 cup whipping cream, half & half
- Crushed ice (1 bag of ice will freeze 3 bags of ice cream)
- 1 cup rock salt (about 8 cups per 5 lbs.)
- 1 quart and 1 gallon size Ziploc freezer bags (Ziploc bags tend to be stronger & work best)
- Duct tape
- Bath towel



First things, first. Put the milk, whipping cream, sugar and vanilla in a 1-quart freezer bag and seal. For security, fold a piece of duct tape over the seal.

Next, place the bag with the ingredients inside a gallon freezer bag.

Then, pack the larger bag with crushed ice around the smaller bag. Pour ¾ to 1 cup of salt evenly over the ice.

Once the ingredients are secured, wrap in a bath towel, and shake for 10 minutes.

Open the outer bag and remove the inner bag with the ingredients. Wipe off the bag to be sure salt water does not get into the ice cream.

Then cut the top off and spoon ice cream into cups or bowls.

You can serve plain or top with your favorite topping.

And the most important step...ENJOY!

Note: Each bag will have about 3 cups each.

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Beans and Things

BBQ Beans

- 1 15-ounce can pork and beans
- 1 15-ounce can pink beans, rinsed and drained
- 1 15-ounce can kidney beans, rinsed and drained
- 1/2 pound bacon, cooked and chopped
- 2 cups smoked ham, chopped
- 1 large green pepper, chopped
- 1 large yellow onion, chopped
- 1 small green chili pepper, chopped
- 1 cup light brown sugar
- 1/2 cup BBQ sauce
- 2 or 3 cloves garlic, chopped

Preheat grill to medium heat. Combine all ingredients in a large pot; mix well. Simmer covered for several hours; stir often. Remove from heat when vegetables are soft.

Makes 8 servings.



Grilled Jalapeños

- 8 ounces cream cheese, at room temperature
- 1 Tablespoon Cajun seasoning
- 2 teaspoons garlic powder
- 15 large fresh jalapeño peppers, seeded and sliced lengthwise
- 15 slices of bacon, cut in half
- Toothpicks

Preheat grill to medium heat. Mix cream cheese, Cajun seasoning and garlic powder together. Fill each jalapeño half with cream cheese mixture. Wrap stuffed jalapeño with bacon slice and secure with toothpick. Place on grill and cook until bacon is done, about 10 minutes. Remove toothpicks before serving.

Makes 30 appetizers.



Wood-Grilled Asparagus

With Lemon, Garlic and Aged Jack Cheese

There's nothing like live fire to bring out a vegetable's sweetness, especially when it's grilled over wood.

- 1 pound asparagus choose thick stalks)
- 3 Tablespoons extra-virgin olive oil
- 2 cloves garlic, minced
- 1 teaspoon grated lemon zest
- Coarse salt (kosher or sea) and freshly ground black pepper
- 2 ounces aged Jack cheese or Parmesan cheese

You'll also need:

- Wooden toothpicks or small bamboo skewers
- 2 cups wood chips or chunks (preferably oak), unsoaked

1. Snap the fibrous ends off the asparagus. Make asparagus rafts (arrange 4 or 5 stalks side by side all facing the same direction and skewer them crosswise in two spots with toothpicks or skewers).

2. In a small bowl, combine the olive oil, garlic and lemon zest and stir with a fork to mix. Brush some of this mixture on both sides of the asparagus rafts. Season the asparagus with plenty of salt and pepper.

3. Set up the grill for direct grilling (placing the asparagus directly over the heat source) and preheat to high. If using a gas grill, place all of the wood chips or chunks in the smoker box or in a smoker pouch (wrap one or two cups of soaked wood chips or chunks in a piece of heavy-duty aluminum foil; poke a few holes in the top of the pouch to allow the smoke to escape; place the smoker pouch under the grate directly over one of the burners and run your grill on high until you see smoke). If using a charcoal grill, preheat it to high, then toss all of the wood chips or chunks on the coals.

4. When ready to cook, brush and oil the grill grate. Place the asparagus rafts on the hot grate and grill until nicely browned on both sides, 2 to 4 minutes per side. Transfer the grilled asparagus to a platter or plates (you can serve them in raft form or unskewered). Drizzle any remaining lemon garlic oil over the asparagus and grate the cheese over top.

Makes 4 servings.



Barbecued Okra

Grilling the whole pods over a hot fire keeps the okra as snappily crisp as any al dente green bean. An added advantage to grilling okra is the high dry heat of the fire caramelizes its sugar, accentuating the vegetable's sweetness.

- 1 teaspoon coarse salt (kosher or sea)
- 1 teaspoon sweet paprika
- 1 teaspoon sugar
- 1 teaspoon ground coriander
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon cayenne pepper
- 1/4 teaspoon celery seed
- 1 pound fresh okra
- 1 Tablespoon unsalted butter (melted), or olive oil



1. Place the salt, paprika, sugar, coriander, black pepper, cayenne and celery seed in a small bowl and stir to mix.

2. Rinse the okra under cold running water and blot dry with paper towels. Trim the tips off the stem ends of the okra, but do not cut into the pods (this would expose the inside to air, making the okra slimy). Place the okra in a large mixing bowl. Add the rub and toss to coat. (When choosing the okra, pick bright, crisp pods of okra that are 2 to 3 inches long. You don't want jumbo okra, which are tough and stringy, or pods that are wilted or streaked with black.)

3. Set up the grill for direct grilling (see recipe above) and preheat to high.

4. When ready to cook, arrange the okra on the hot grate in rafts (see recipe above). Grill the okra until nicely browned on both sides, 2 to 4 minutes per side, turning with tongs as needed. Transfer the grilled okra to a platter or plates and serve at once.

Serves 4.

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Heart of Texas Grill - 409 E. Columbia St.
Jail Museum - On the Square
Mike Perry Motors - 101 W. Main
San Augustine Drug. Co. - 104 E. Columbia St.
Sunshine Food Mkt - Hwy 103 @ Hwy 147
Tasha's Country Kitchen - 806 Hwy N
Thrifty Bull - 1107 Hwy 103 @ Hwy 147
Tootie's Cafe' - 129 E. Columbia

SHELBY COUNTY

In the City of Center:

Ace Hardware - 5438 Loop 500 East
Boles Feed Co. - 101 Porter St.
Boyd Adams Barber Shop - 504 Hurst St.
Brookshire Brothers - 105 Hurst St.
Chamber of Commerce - In the old jail on the square
Covington Lumber & Bldg Materials - 1595 Teneha St.
H & S Discount Foods - 705 Shelbyville St.
Mathews Realty - 616 Teneha St.
Piney Woods Seafood - 1003 Hurst St.
Rancho Grande - 816 Teneha St.
Shady Oaks Convenience Store - 1521 Shelbyville St.
TR's Steaks & More - 892 Hurst St.

In the City of Joaquin:

Brookshire Brothers - 113 Haslam Sawmill Rd. - Hwy 84
Quick Stop - 12762 U.S. Hwy 84

In the City of Timpson:

Brookshire Brothers- 829 N. 1st St. - Hwy 59
Quick Stop - 674 N. 1st St. - Hwy 59

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