

*Across the Fence*  
**‘Cooking on a Budget’ Recipes – May 2014**

**Lyn Jarvis' Recipes**

**Glazed Meat Loaf**

1 egg, beaten	¼ tsp. pepper
⅔ cup milk	1½ lbs. ground beef
1 Tbsp. Worcestershire sauce	¾ cup ketchup
1 cup crushed saltines	6 Tbsp. brown sugar
¼ cup finely chopped onion	1½ tsp. ground mustard
1 tsp. salt	¼ tsp. ground nutmeg
½ tsp. rubbed sage	

In a large bowl, combine the first eight ingredients. Crumble beef over mixture and mix well. Pat meat mixture into an ungreased 9x5x3-inch loaf pan. Bake, uncovered, at 350°F for 50 minutes. Combine the ketchup, brown sugar, mustard, and nutmeg; spread over top. Bake 15 to 20 minutes longer or until meat is no longer pink and a meat thermometer reads 160°F. Let stand for 10 minutes before slicing. **Yield:** 8 servings.

**New Orleans Ice Cream Topping**

1 jar (12¼ oz.) caramel ice cream topping	Brown sugar to taste
1 tsp. lemon juice	5 medium firm bananas, cut into ¼-inch slices
½ tsp. ground cinnamon	1 tsp. rum extract
½ tsp. grated lemon peel	Vanilla ice cream

In a large saucepan, combine the ice cream topping, lemon juice, cinnamon and lemon peel. Cook and stir over medium heat until heated through. Just before serving, stir in bananas and extract. Serve over ice cream. **Yield:** 3½ cups.

**Cheap Cherry Chocolate Chip Cake**

1 box (15.25 oz.) white cake mix	<b>Icing:</b>
3 eggs	2 Tbsp. warm water
1 can (21 oz.) cherry pie filling	1 tsp. vanilla
1 cup mini chocolate chips	1 tsp. almond extract
	¼ tsp. salt
	1⅔ cups powdered sugar

Preheat oven to 350°F. Combine all cake ingredients together using a spoon or spatula. Pour evenly into a greased Bundt pan or 9x13-inch cake pan. Bake for 35 to 45 minutes in a Bundt pan; 30 to 35 minutes in a 9x13-inch cake pan. Cake should be golden brown and toothpick inserted in center will come out clean. Cool on rack for 10 minutes and remove from pan. **Icing:** Combine first 4 ingredients together. Add powdered sugar and mix well with an electric mixer until desired consistency is achieved. Drizzle icing over cake. **Yield:** 12 servings.

## **Tiny Chicken Pot Pies**

Vegetable cooking spray  
1½ cups cubed cooked chicken  
1 can (10½ oz.) cream of chicken soup  
½ of a 16 oz. pkg. frozen mixed vegetables, thawed (about 1½ cups)  
All-purpose flour  
1 pkg. (12 oz.) refrigerated biscuits (10 biscuits)  
½ cup shredded Cheddar cheese

Heat oven to 350°F. Spray 10 (2½-inch) muffin tin cups with the cooking spray. Stir the chicken, soup and vegetables in a medium bowl. Sprinkle the flour on the work surface. Roll or pat the biscuits to flatten slightly. Press the biscuits into the bottoms and up the sides of the muffin cups. Spoon about ½ cup chicken mixture into each biscuit cup. Lightly press the chicken mixture down so it's level. Top each with about 2 teaspoons cheese. Bake at 350°F for 15 minutes or until the biscuits are golden brown and the cheese is melted. Let the pot pies cool in the pan on a wire rack for 5 minutes. **Yield:** 10 pot pies

## **Carolyn Peake's Recipes**

### **Baked Squash**

5 cups squash, cooked and drained  
¾ cup grated Monterey Jack cheese  
1 can (10 oz.) cream of chicken soup  
1 pkg. (16 oz.) herb dressing mix

Place cooked squash in a mixing bowl and season with salt to taste. Add cheese and soup and mix well. In another bowl, prepare stuffing according to package directions. Place half of dressing mix in a greased 9x13-inch baking dish. Spoon squash mixture over dressing, then sprinkle remaining dressing mixture on top. Bake uncovered at 375°F for 30 minutes.

### **Miracle Cake**

1 box (18-oz.) lemon cake mix  
3 eggs  
½ cup oil  
1 can (20 oz.) crushed pineapple with  
juice

**Topping:**  
1 can (14 oz.) sweetened condensed milk  
¼ cup lemon juice  
1 container (8 oz.) whipped topping

In mixing bowl, combine all ingredients, blend on low speed, then beat on medium speed for 2 minutes. Pour batter into a greased and floured 9x13-inch baking dish. Bake at 350°F for 30 to 35 minutes, or until a toothpick comes out clean. **Topping:** Blend all ingredients and mix well. Spread over cake and refrigerate.

## **Peach-Pineapple Baked Ham**

1 boneless smoked ham (3 to 4 lbs.)  
4 Tbsp. Dijon-style mustard, divided

1 cup peach preserves  
1 cup pineapple preserves

Preheat oven to 350°F. Spread 2 Tbsp. mustard on ham. Place ham in lightly greased shallow baking pan and bake for 30 minutes. Combine remaining 2 Tbsp. mustard and both kinds of preserves in a microwave safe bowl and heat for about 20 seconds. Pour over ham and bake for an additional 15 minutes.

## **Butter Rolls**

2 cups biscuit mix  
1 carton (8 oz.) sour cream  
½ cup (1 stick) butter, melted

Combine all ingredients and mix well. Spoon into sprayed muffin tins, filling only half full. Bake at 400°F for 12 to 15 minutes, or until light brown.

## **Deb Plumley's Recipes** **White Bean Tuna Salad**

1 can (15 oz.) cannellini beans, rinsed  
and drained

2 cans (5 oz. each) tuna packed in  
water, drained

½ small red onion, thinly sliced

2 stalks of celery, finely chopped

15 to 20 cherry tomatoes cut in half

¼ cup red wine vinegar  
3 Tbsp. extra virgin olive oil  
½ tsp. dried leaf oregano, crushed  
¼ tsp. salt  
¼ tsp. pepper  
2 Tbsp. lemon juice

In a large bowl flake tuna; add beans, red onion, celery and tomatoes. **For dressing:** In screw-top jar combine vinegar, oil, lemon juice, oregano, salt, and pepper. Shake well to combine. Pour dressing over tuna mixture; toss gently to combine. Serve over lettuce. **Note:** I usually double the dressing recipe as some people prefer their salad moist. It keeps well.

### **Tips on cooking on a budget:**

#### **Match the pan to the burner size**

Despite what you might think, a bigger burner does not mean things will cook faster on the stove. And if you use a small pan on a big burner, you're just wasting the additional use of energy. Use big pans on big burners and small pans on small burners.

#### **Cook with the lid on**

While cooking with the lid on is not appropriate for all types of dishes, when it is, be sure to use it. A tight fitting lid keeps the heat in, which means that you can cook at a lower temperature, and faster.

### **Classic Hummus**

1 can (15 oz.) chickpeas  
1 clove garlic  
1 Tbsp. lemon juice  
1 tsp. ground cumin  
¼ tsp. ground red pepper  
¼ tsp. salt

Drain chickpeas reserving ¼ cup of liquid. Place all ingredients in blender, cover. Process until smooth, adding reserved liquid until desired consistency. If it seems dry, a bit of olive oil can be added. Will keep for 3 days refrigerated.

### **Breakfast Burrito**

2 eggs, whisked in a small bowl	1 Tbsp. shredded cheese
½ Tbsp. diced peppers	1 Tbsp. butter
½ Tbsp. diced onion	1 soft flour tortilla

Place tortilla in warm skillet for just a minute on each side to warm through, remove from skillet and set aside. Melt butter in skillet, cook onions and peppers until soft and translucent. Add eggs and shredded cheese, cook until eggs are set. With tortilla on a plate, place eggs in center. Fold in sides to center, roll bottom to top. **Note:** Keep small bowls of chopped vegetables and shredded cheese ready to go in the fridge. You can have a nutritious breakfast in just a few minutes and save money instead of buying a fast food breakfast. **Yield:** 1 serving.

### **Five Spice Barbequed Pork**

4 Tbsp. ketchup  
2 Tbsp. soy sauce  
4 tsp. brown sugar  
2 tsp. Chinese five-spice powder  
1½ lbs. pork boneless spare ribs

For sauce combine ketchup, soy sauce, brown sugar, and five-spice powder. Place pork in shallow dish and cover with ½ of the sauce. Cover with plastic wrap and refrigerate for 4 to 6 hours. Reserve remaining sauce to use as baste. Grill over medium heat basting the pork until internal temperature reaches 145°F. Let rest covered with foil 5 to 6 minutes. Slice diagonally. Serve over rice with stir fry vegetables.

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## **Viewer's Recipes**

### **Eddie's Lime Dessert**

**Eddie Ackerman, Fairlee, Vt.**

1 cup sugar	3 Tbsp. lemon juice
2 boxes (3.4 oz.) lime gelatin	1 can evaporated milk, chilled
2 cups hot water	1 box graham cracker crumbs

Combine first 4 ingredients and let settle until consistency of egg whites. Line 11x7x2-inch buttered pan with graham cracker crumbs. Whip chilled evaporated milk with hand mixer and fold into lime mixture. Pour over crumbs in pan and top with additional crumbs. Refrigerate until ready to serve. **Yield:** 6 to 8 servings.

### **Sour Cream Apple Pie**

**Clarice Bilodeau, Middlebury, Vt.**

2 eggs	¼ tsp. salt
1 cup (8 oz.) sour cream	4 cups apples, peeled and sliced
1 cup sugar	1 unbaked pie shell (9-inch)
6 Tbsp. flour, divided	3 Tbsp. butter, melted
1 tsp. vanilla	¼ cup packed brown sugar
½ tsp. cinnamon	

In a large bowl beat the eggs. Add sour cream. Stir in sugar, 2 Tbsp. flour, vanilla, cinnamon, and salt. Mix well. Stir in apples. Pour into pie shell and bake at 375°F for 15 minutes. Meanwhile combine butter, brown sugar, and remaining flour. Sprinkle over top of pie. Return to oven for 20 to 25 minutes or until filling is set. Cool completely on wire rack. Serve, or cover and refrigerate. **Yield:** 6 to 8 servings.

### **Bunsteeds**

**Katherine Kennedy, Wallingford, Vt.**

1 can tuna	4 oz. Velveeta <sup>®</sup> cheese, cubed
2 or 3 eggs, hard boiled and chopped	Mayonnaise to taste
½ small onion, minced fine	Salt and pepper to taste
2 Tbsp. sweet relish	Hot dog buns (or bread)

Combine drained tuna and eggs in a bowl. Add onion, relish and cheese. Add enough mayonnaise to give the ingredients a sandwich filling consistency. Add salt and pepper to taste. Fill hot dog buns with tuna and egg mixture. Butter top of buns and place on a cookie sheet. Toast in oven (under broiler preferred) until cheese melts and buns are toasted. If using bread, make sandwiches and butter bread on the outside of both slices. Toast in frying pan until both sides are golden brown.

## **Peanut Butter Bars**

**Alice Taylor, Lyndonville, Vt.**

1 cup light corn syrup	1 ½ cups salted creamy peanut butter
½ cup sugar	5 cups crisp rice cereal
½ cup packed light brown sugar	2 tsp. vanilla

Line a 13x9x2 baking pan with waxed or parchment paper. Combine corn syrup and sugars in a large saucepan over medium heat. Stir to combine. Bring to a boil then remove from heat. Stir in peanut butter and mix well. Quickly stir in vanilla, then cereal. Spread in pan. Cool completely, then cut into squares.

## **Carrot Soufflé**

**Juanita St. Denis, Cambridge, Vt.**

2 lbs. baby carrots	2 Tbsp. flour
1¼ cups sugar	3 eggs, well beaten
1 ½ tsp. baking powder	½ cup butter, room temperature
1 ½ tsp. vanilla	

Cook carrots, drain and mash. Add sugar, baking powder and vanilla. Mix well until smooth. Add flour, mix well. Add soft butter and beat until it is all mixed. Pour into a 2 quart casserole dish. Bake for one hour (60 min.) or until golden brown. Sprinkle with confectioners' sugar, if desired.

## **Tips for cooking on a budget:**

### **Make stock**

You've certainly heard this one before, but we're saying it again anyway (it's that good of an idea). Make your own stock from kitchen scraps. Making your own stock not only tastes so much better than the store-bought varieties, but it's one less item you have to buy.

### **Cook in double batches**

Why not make a double batch of your dinner and freeze half for another night? Not only will it free up your time, but you'll also save on the cost of energy needed to cook up another meal from scratch.

### **Cook with your spices**

Spices are expensive. And having to buy new ones to make a dish can greatly increase the price you spend on a meal. Take a look in your spice cabinet and see what you have in stock. Cooking a meal centered around the spices you have on hand will not only save you money in not having to buy new ones, but it will also help you use up your spices before they lose their flavor.

### **Don't keep the oven door open**

Many of us are guilty of opening the oven door one too many times while cooking or baking, allowing all the heat to escape and wasting energy. To prevent this, make sure that the oven racks are properly positioned before you turn on the oven. Also, make note of your cooking time to avoid having to check in on your dish too often while it's in the oven.

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