

REGEN'S
RECIPE
BOOK

ENTREES



MISSISSIPPI ROAST

KRISTI SMITH

INGREDIENTS:

- 1 (3.5 lb) boneless beef chuck roast
- 1/2 cup beef broth
- 1/2 cup butter
- 1 (1 oz) packet Hidden Valley Ranch dressing & seasoning mix
- 8 pepperoncini



DIRECTIONS:

Place roast in slow cooker. Pour beef broth around roast. Sprinkle Ranch seasoning over roast, place butter on top, and scatter pepperoncini over and around the roast. Cover the slow cooker and set on low heat for 7-8 hours.

When ready, shred the meat and mix with saunce in slow cooker. Serve over bread, egg noodles, or potatoes.

CHEESEBURGER PIE

JACKIE CENTERS

INGREDIENTS:

- 1 lb hamburger
- 1/2 tsp of salt
- 1 bag (2 cups) cheddar cheese
- 1/2 cup Bisquick
- 2 eggs
- 1 cup milk



DIRECTIONS:

Heat oven to 400 degrees. Grease pie pan/plate. Cook hamburger and drain. Stir in salt and spread in the bottom of the pie pan.

Mix milk, eggs, cheese, and Bisquick in a bowl. Pour over meat.

Bake for 25-30 minutes.

TACO LASAGNA

DAISY

INGREDIENTS:

- 1 lb ground beef
- 1 packet of taco seasoning
- 1/4 cup of water
- 1 can of rotel, drained
- 1 can nacho cheese soup
- 1/4 cup of sour cream
- 1 cup grated cheddar
- 12, 8 inch soft tortillas



DIRECTIONS:

Set oven to 350, and spray your pan with nonstick spray.

Cook and drain ground beef. Add water and taco seasoning to skillet and cook for 2 minutes.

Combine together rotten, nacho soup, sour cream, and meat together.

Layer tortillas, meat mixture, and cheese. (Ending with tortillas.)

Bake for 20 minutes.

POPPY CHICKEN

KATHY GREGORY

INGREDIENTS:

- 5 chicken breasts cooked and cut into bite sized pieces
- 2 cans cream of chicken soup
- 1 pt sour cream
- 1 tsp poppy seeds
- 1 stick of butter
- Ritz cracker crumbs



DIRECTIONS:

Preheat oven to 350. Butter baking dish. Mix soup, sour cream, and poppy seeds together.

Put chicken in dish and pour the mixture over it.

Top with cracker crumbs and 1 stick of melted butter.

bake at 350 for 40 minutes.

LASAGNA

KANDI YOUNG

INGREDIENTS:

- 1 lb ground chuck
- 26 oz Prego traditional
- 26 oz Paul Newroan
Marinara
- 1 pkg. mozzarella cheese
- grated parmesan
- 1 pkg. pepperonis
- 1 box lasagna noodles



DIRECTIONS:

Brown ground chuck and drain off the grease. Then, add both sauces to the meat. Cook noodles and add oil to keep them from sticking together.

Spray a 9 x 13 pan. Layer noodles, meat sauce, parmesan cheese, pepperoni, and then mozzarella cheese. Repeat these layers twice.

Cook at 350 degrees uncovered for 30-40 minutes. Remove from the oven and let set up for 10-15 minutes.

CHICKEN TORTILLA SOUP

KATE SMITH

INGREDIENTS:

- 1 whole chicken boiled + boned
- 1 pkg. Ranch dressing mix
- 1 pkg. taco mix
- 1 can yellow hominy
- 1 can white hominy
- 1 can diced tomatoes
- 1 yellow squash - chopped
- 1 zucchini squash - chopped
- 1 can ranch style beans
- 4 cups of water or chicken broth
- Tony Chachere's seasoning
- tortilla chips
- sour cream
- shredded cheese



DIRECTIONS:

Add ranch dressing mix, taco seasoning, and water or chicken broth to a large pot. Add all other ingredients and cook until the meat shreds and the vegetables are tender. (Do NOT drain any of the canned items.) Add Tony Chachere's to taste.

To serve: Add soup to bowl and top with sour cream, shredded cheddar cheese, and crushed tortilla chips.

GREEN CHILI TOSTADA MELT

TAMARA
SANDBERG

INGREDIENTS:

- 1 lb hamburger, browned and drained
- 1/2 cup chopped onions
- 1 package corn tortillas
- 1 can green chili enchilada sauce
- 1 can Rotel tomatoes
- 1 cup cheddar cheese
- grated Lettuce
- Sour cream to taste



DIRECTIONS:

Layer tortilla, hamburger, onion and enchilada sauce in 11 X 9 pan 3 times.

Top with cheese and Rotel tomatoes.

Bake at 350 for 45 minutes. Top with chopped lettuce and sour cream.

LASAGNE SOUP

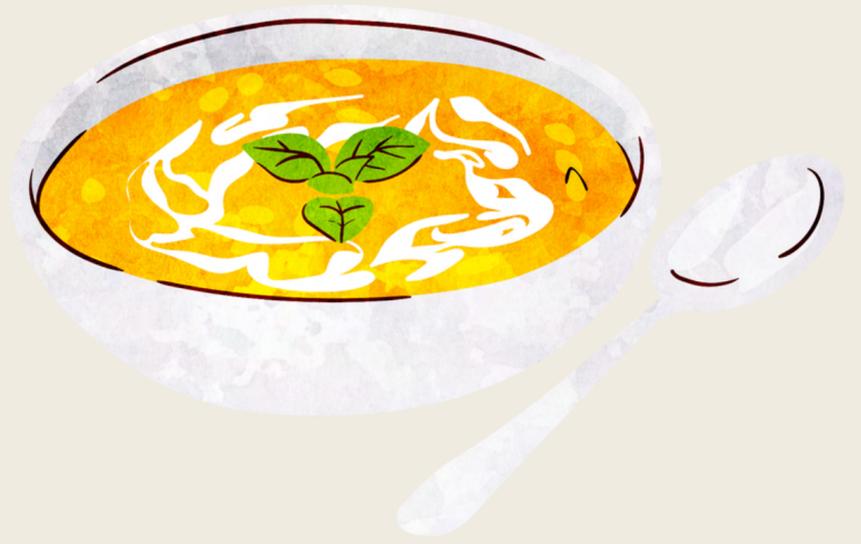
KAREN TOTSUKA

INGREDIENTS:

- 8 oz rotini or penne pasta
- 1 lb lean ground meat (beef, bison, turkey, chicken, or crumbled super firm tofu)
- 5-6 cloves garlic
- minced 1 onion
- diced 2 teaspoons oregano
- 1 Tablespoon dried basil
- 1/2 teaspoon crushed red pepper flakes
- 2 Tablespoons ketchup
- 6 cups chicken stock
- 1 28 oz can diced tomatoes
- 2-4 Tablespoons ground fennel seeds (can add more to taste)
- salt and freshly ground black pepper to taste
- oil for cooking

for ricotta topping

- 8 oz ricotta cheese
- 1/2 cup grated parmesan cheese
- 1/2 tsp salt, freshly ground black pepper, and garlic powder to taste



DIRECTIONS:

In a small bowl, combine ricotta, parmesan, salt, pepper, and garlic. Taste and adjust seasonings as needed. Set aside.

In a large pot of boiling water, cook pasta according to package directions. Drain well. Set aside. **you can dress the drained pasta with a bit of olive oil to keep the pasta from sticking together, but this is optional

Heat oil in a Dutch oven or large pot over medium high heat. Add ground meat and ground fennel seeds to skillet, and cook until browned, about 3-5 minutes.

Make sure to crumble the meat as it cooks. Do not drain excess fat. Add garlic, onion, oregano, dried basil, and red pepper flakes. Cook, stirring frequently, until onions become translucent, about 2-3 minutes. Stir in ketchup and mix well. Stir in chicken stock and diced tomatoes. Season with salt and pepper to taste. Bring to a boil, then reduce heat and simmer until slightly thickened, about 30 minutes.

Serve in a large bowl, scooping desired amount of pasta into the bowl, ladle soup over the pasta, and topping it all with a dollop of the ricotta cheese mix.

APPETIZERS



SWEET CORNBREAD MUFFINS

KATE SMITH

INGREDIENTS:

- ¾ Cup Yellow Cornmeal
- 1 ¼ Cups All Purpose Flour
- ¼ Cup Granulated Sugar
- 1 teaspoon Salt
- 1 Tablespoon Baking Powder
- 2 Large Eggs
- ¾ Cup Milk (Regular or Buttermilk)
- 2 Tablespoons Honey
- ½ Cup Melted Butter
- ¼ Cup Sour Cream



DIRECTIONS:

Preheat oven to 350°F. Grease a 12-cup muffin tin or use liners. Add cornmeal, flour, sugar, salt, and baking powder to a bowl and whisk to combine dry ingredients, set aside.

In a separate bowl, beat eggs. Then, whisk in the milk and honey (it's best if eggs and milk are not ice cold, to help combine honey and butter). Add melted butter and milk mixture to the dry ingredients and stir until just combined. Do NOT overmix. Divide batter evenly into each muffin cup. This recipe should make 12 regular size muffins.

Bake at 350°F for 17-20 minutes, or until the muffins are set and golden brown. Cool muffins in the pan for a couple of minutes. You can also make this in an 8x8 square pan, instead of muffins. Just spray an 8-inch square pan with non-stick cooking spray and bake at 350°F for 25 to 30 minutes.

To serve: Best eaten when warm, with butter (in my opinion). You can also crumble the cornbread into a bowl of soup or chili, or eat it by itself.

SIMPLE FRUIT SALAD

KAREN TOTSUKA

INGREDIENTS:

- 3 ripe pears
- diced 2 apples
- diced 1 cup strawberries
- diced 1 cup blueberries
- 2 soft kiwis
- peeled and cut in half lengthwise and sliced
- sprinkle of cinnamon to taste
- 6-12 oz fruit yogurt of your choice



you can substitute any of the above fruit for another fruit of your choosing: bananas, other berries, etc

DIRECTIONS:

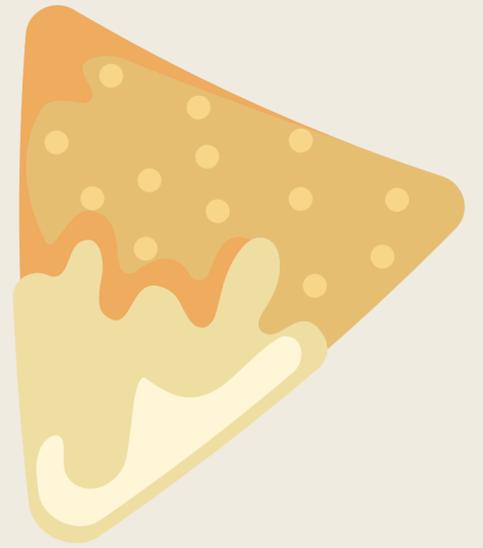
Mix all the fruit together in a bowl. Sprinkle with cinnamon. Add yogurt bit by bit and mix until you reach the desired taste

THE BEST CHEESE DIP

JACKIE CENTERS

INGREDIENTS:

- 1 tube Jimmy Dean sausage
- 1 8oz brick cream cheese
- 1 can Rotel tomatoes (Do not drain)
- tostado chips (The best are the scoops!)



DIRECTIONS:

Brown sausage. (cook completely)

Add the cream cheese and tomatoes. (Do not drain either the sausage or tomatoes.)

Mix until everything is melted together. Pour into crock-pot, on low.

*Note, it will initially appear runny, but it will thicken up.

HASHBROWN CASSEROLE

KATHY GREGORY

INGREDIENTS:

- 1 large bag of shredded hashbrowns
- 1 diced onion
- 2 cups sour cream
- 1 can cream of chicken soup
- 6 oz sharp cheese
- 1/2 stick of melted butter
- ritz crackers (optional)



DIRECTIONS:

Mix all ingredients (except crackers) together.

Pour into a buttered dish. Sprinkle ritz crackers on top if preferred and dot with butter.

Bake for 1 hour on 350.

CORN DIP

BRENDA GANTT & KATE SMITH

INGREDIENTS:

- 2 cans Mexican-style corn
- 1 small can diced green chiles
- 1 cup sour cream
- 3 green onions, finally chopped
- 2 cups shredded cheddar cheese
- 1 cup mayonnaise
- 1 medium green pepper, finely diced
- 1-3 jalapeños, finely diced, optional



DIRECTIONS:

Add all ingredients in a large bowl. Mix well.

Store in the refrigerator. Best made one day ahead.

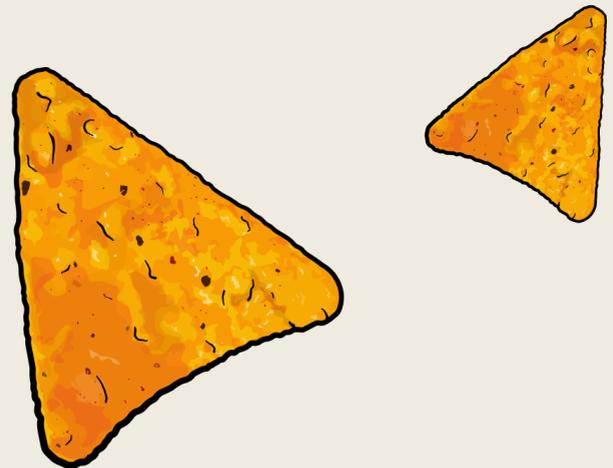
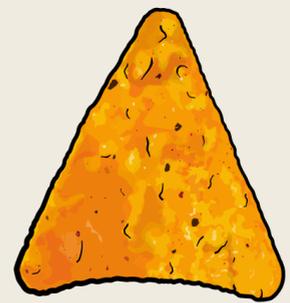
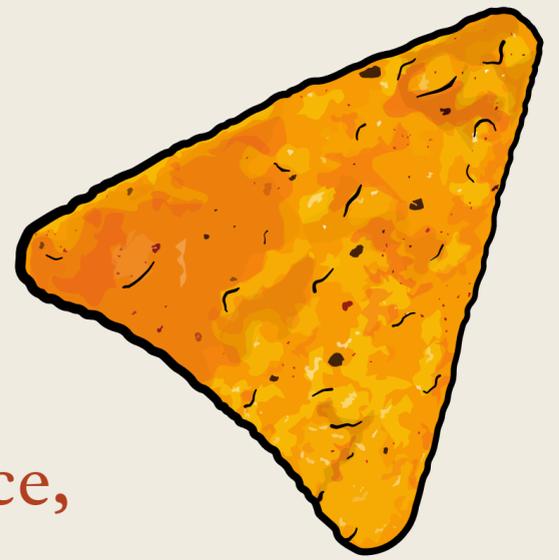
To serve: Place dip in a serving bowl. Top with more shredded cheese, green onions, etc. if desired. Serve with tortilla chips.

A HOOSIER'S TACO SALAD

JACQUELINE HURST

INGREDIENTS:

- 1 lb ground beef
- 1 packet taco seasoning
- 1 medium-large head of iceberg lettuce, chopped into bite sized pieces
- 1 medium-large tomato, diced
- 4 oz fiesta blend cheese
- 1 bag nacho cheese Doritos, broken up a bit into bite sized pieces
- 1 bottle Catalina or French dressing



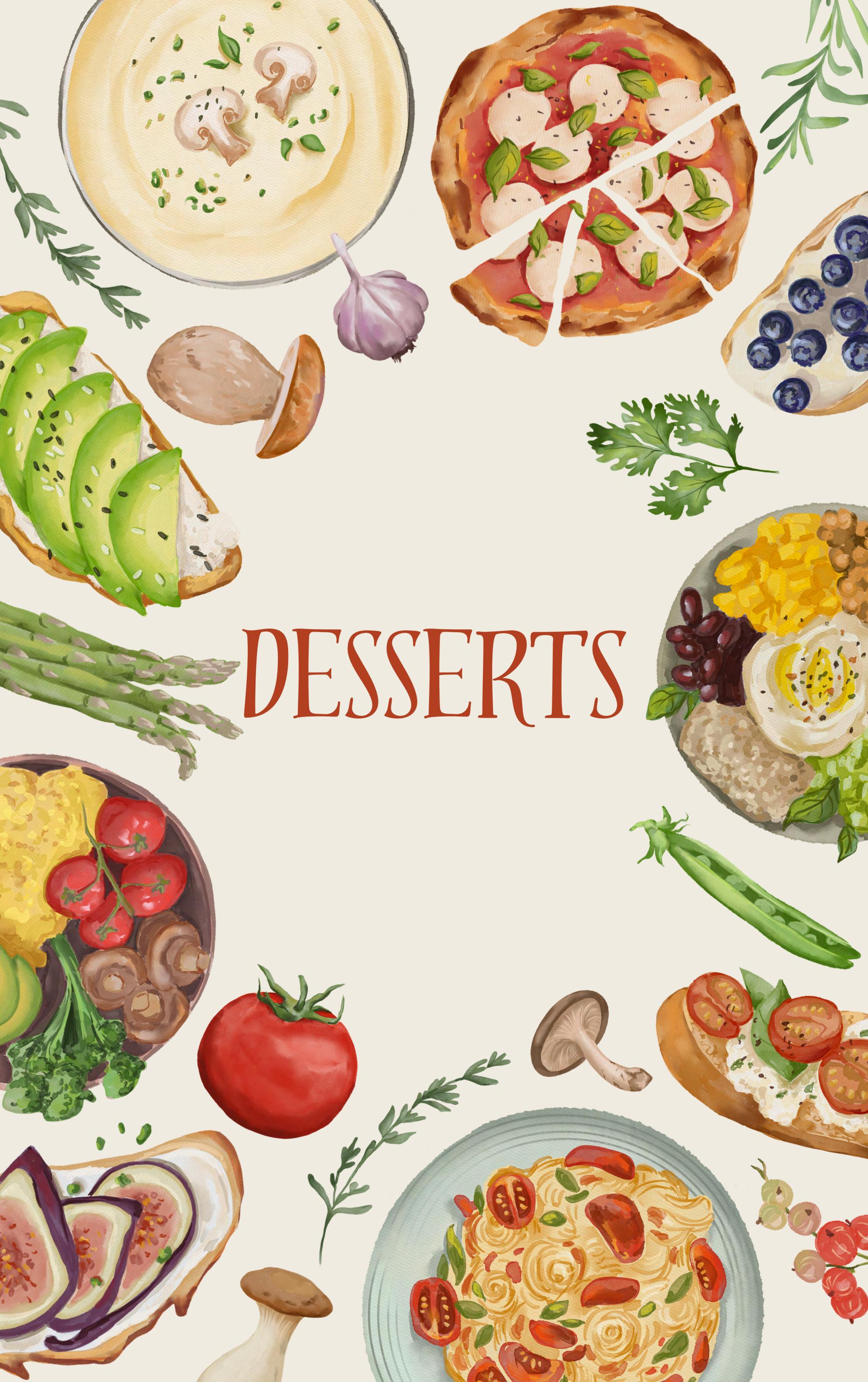
DIRECTIONS:

Brown the ground beef and break into small pieces.
Add taco seasoning and set aside.

Once beef has cooled, in a separate bowl, combine beef, lettuce, tomato, and cheese.

When you are ready to serve; add broken Doritos and toss in Catalina or French dressing.

DESSERTS



OOEY GOOEY BUTTER CAKE

KATE SMITH

INGREDIENTS:

crust

- 1 Box of Yellow Cake Mix (or flavor of your choice)
- 1 Large Egg
- 1 Stick of Melted Butter (8 Tbsp)

filling

- 8oz Package of Softened Cream Cheese
- 2 Large Eggs
- 1 Tbsp Vanilla Extract
- 1 Stick of Melted Butter (8 Tbsp)
- 16oz Box of Powdered Sugar

DIRECTIONS:

Beat cream cheese, until smooth. Add eggs and beat. Add vanilla and beat (mixture will look curdled, but it's not). Add cooled melted butter (don't add hot or it may scramble the eggs). Mix until smooth. Add powdered sugar and mix well.

Pour filling over crust and spread evenly. Bake at 350° for 40-50 minutes. Top should be a light golden color. **DO NOT OVERBAKE!** You want the middle to jiggle slightly. You want the center to be gooey.



NUTELLA PIE

TAMARA
SANDBERG

INGREDIENTS:

- 8 oz cream cheese, softened
- 1 cup confectioners sugar
- 1 1/4 cup Nutella, divided
- 8 oz whipped cream
- Chocolate crumb crust



DIRECTIONS:

Beat cream cheese, sugar and 1 cup Nutella until smooth. Fold in whipped cream. Spread into crust.

Warm 1/4 cup Nutella for 15-20 seconds in microwave and drizzle over pie.

Refrigerate 4 hours before serving.

CHEESECAKE CUPCAKES

KATE SMITH

INGREDIENTS:

- Paper Cupcake/Muffin Liners
- 1 Cup Graham Crackers (1 sleeve of 8 whole crackers), Finely Crushed
- 2 Tbsp Granulated Sugar
- 4 Tbsp Butter, Melted
- 2 (8 oz) Pkgs. Cream Cheese, Well Softened
- 3/4 Cup Granulated Sugar
- 1 1/2 Tbsp All-Purpose Flour
- 2 Large Eggs
- 1 tsp Vanilla Extract
- 1/4 Cup Sour Cream 1/4 Cup Heavy Cream



DIRECTIONS:

For the crust: Preheat oven to 350 degrees. In a mixing bowl, whisk together crushed graham crackers with 2 Tbsp granulated sugar. Pour in melted butter and stir mixture, until evenly coated. Divide graham cracker mixture among 12 paper lined muffin cups, adding nearly 2 Tbsp to each. Press mixture into an even layer. Bake in preheated oven 5 minutes. Remove from oven and allow to cool while preparing filling. Reduce oven temperature to 325 degrees.

For the cheesecake: In a small mixing bowl, whisk together 3/4 cup granulated sugar with 1 1/2 Tbsp flour until well blended. Add softened cream cheese to a separate mixing bowl and pour sugar mixture over top. Blend mixture on low speed, until smooth. Mix in eggs, one at a time, and blend on low speed, while scrapping sides and bottom of bowl. Mix until just combined, after each addition. Add vanilla, sour cream and heavy cream and mix, just until combined. Tap mixing bowl on the counter, about 30 times, to release some of the air bubbles. Divide mixture among muffin cups, filling each nearly to the top of the cupcake liner (about 3 Tbsp per cup). Bake at 325 degrees for 18 - 23 minutes (centers should just barely jiggle slightly, don't over-bake. If they begin to crack they are starting to become over-baked). Remove from oven and allow to cool 1 hour.

Cover loosely with plastic wrap and transfer to refrigerator and chill 2 hours. To serve: Add a spoonful of chocolate sauce, lemon curd, or topping of your choice to your chilled cheesecake. Notes *Store in an airtight container in refrigerator or freeze. (They freeze great!) *Salted or unsalted butter can be used here just depending on your flavor preference. * Spoon topping on just before serving. Adding it too soon may cause it to seep.

GRANDMA MOM'S 1-2-3-4 CAKE

KATE SMITH

INGREDIENTS:

- 1 Cup Butter (or 1/2 cup Butter & 1/2 Cup Margarine)
- 2 1/2 Cups Granulated Sugar
- 3 Cups All Purpose Flour
- 4 Eggs, Separated and Egg Whites Beaten
- 2 teaspoons Baking Soda
- 1/2 teaspoon Salt
- 1 Cup Milk
- 1/2 teaspoon Almond Extract
- 1/2 teaspoon Lemon Extract



DIRECTIONS:

Preheat oven to 375°F.

Grease and flour tube pan (angel food cake pan).

In a separate bowl, sift flour, baking soda, and salt together, set aside.

In another bowl, beat egg whites to stiff peaks. Cream together butter and sugar. Add egg yolks and mix. Add flavorings to the milk. Alternate adding flour and milk mixtures, in thirds, starting with flour and ending with milk. Mix until combined. Fold in egg whites. Pour into greased and floured tube pan.

Bake at 375°F for 30 minutes. Then, change temp to 350°F for 30 minutes. Cool for 30 minutes, in pan.

To serve: Slice the cake into wedges and serve by itself, or with fresh fruit, whipped cream, a powdered sugar glaze, fruit compote, or toppings of your choice. It can also be frozen. Enjoy!

CHOCOLATE CREAM CHEESE CUPCAKES

JACKIE CENTERS

INGREDIENTS:

- 1 pkg. chocolate cake mix
- 1 pkg. (8oz) Cream Cheese, softened
- 1 pkg. semi sweet chocolate chips
- 1/2 tsp vanilla
- 1/3 cup sugar
- 1 egg
- 1 pinch of salt



DIRECTIONS:

Prepare cake mix as directed on package.

Beat cream cheese, vanilla, egg, sugar, and salt until fluffy.

Stir in chocolate chips..

Line a muffin pan with muffin tins. Fill each half way with cake batter. Drop a rounded teaspoon of the cream cheese mixture into the cake batter.

Bake as directed on the cake box.

MICHELLE'S CHOCOLATE BUNT CAKE

KATHY GREGORY

INGREDIENTS:

- 1 box Devil's food cake mix
- 1 small box instant chocolate pudding
- 1/2 cup sugar
- 3/4 cup oil
- 3/4 cup water
- 4 eggs
- 8 oz sour cream
- 1 cup chocolate chips



DIRECTIONS:

Mix all ingredients together.

Pour into prepared bundt pan.

Bake at 350 for 50 minutes.

Sprinkle with confectioner's sugar