

Hereford Casserole

A RECIPE BY SCARLETT JACKSON

ingredients

- 1 package noodles
- ½ package (3 or 4 oz.) cream cheese
- ½ pint sour cream
- 1 can mushroom soup
- 1 package ground beef
- 1 can tomato sauce or spaghetti sauce

Yield: Serves 8

directions

- Preheat oven to 350 degrees Fahrenheit.
- Cook the noodles until tender, then drain water.
- Brown ground beef, drain grease. Add sauce and
- simmer for 5 to 10 minutes.
- Combine cream cheese, sour cream, and soup in a
- separate bowl and mix.
- In a casserole dish or pan, layer noodles, ground
- beef, and sauce. Repeat until all are used up.
- Top with grated cheddar cheese.
- Cook in oven uncovered for 30 minutes on 350 degrees Fahrenheit.



Unstuffed Cabbage Rolls

A great recipe to increase your energy levels

A RECIPE BY DANIELLE DAUM

ingredients

- 1 ½ to 2 pounds lean ground beef
- 1 tablespoon extra-virgin olive oil
- 1 large onion, chopped
- 1 clove garlic, minced
- 1 small cabbage, chopped
- 2 cans (14.5 ounces each) low sodium diced tomatoes
- 2 cans (8 ounces each) tomato sauce
- 1 ½ cup water
- 1 teaspoon ground black pepper
- 1 teaspoon sea salt
- ½ cup Instant rice (Optional)

directions

- In a large skillet, heat olive oil over medium heat.
- Add the ground beef and onion and cook, stirring until ground beef is no longer pink and onion is tender.
- Add the garlic and continue cooking for 1 minute.
- Add the chopped cabbage, tomatoes, tomato sauce, pepper, salt and optional instant rice.
- Bring to a boil. Cover and simmer for 20 to 30 minutes, or until cabbage is tender

Yield: Serves 6 to 8



Southern Peach Cobbler

FLORIDA FARM BUREAU FUSION VIRTUAL CONFERENCE

ingredients

- 2 cans peaches (29 oz) drain and save syrup
- 1 stick butter melted
- 1 cup milk (lessen to $\frac{1}{2}$ cup if adding syrup)
- 1 cup flour
- 1 cup sugar (lessen to $\frac{3}{4}$ cup if adding syrup)
- Cinnamon
- $\frac{1}{2}$ cup peaches syrup (optional)

Best served warm with vanilla ice cream!

directions

- Pour a few tablespoons of melted butter into a casserole pan for baking.
- Mix flour and sugar together dry.
- Slowly combine milk (and syrup if used) with dry mixture. Stir until thoroughly blended.
- Pour peaches into the baking pan, atop the melted butter.
- Pour combined batter mixture on top of the peaches.
- Sprinkle with cinnamon. Drizzle remaining butter over top.
- Bake at 350 degrees for 45 minutes to 1 hour.
- The edges of the cobbler dough should begin to brown and pull away from the edge of baking dish.



coca-cola chocolate cake

(13 X 9 INCH PAN)

ingredients

- 2 cups of all purpose flour
- 2 cups of sugar
- ¼ cup of cocoa powder
- ½ tsp of cinnamon
- 1 ½ tsp of salt
- 1 tablespoon of baking soda
- 2 sticks of butter
- 2 eggs
- ½ cup of buttermilk (or make your own with ½ cup of milk and 1 ½ 1 tsp of vinegar)
- 2 tsp of vanilla
- 1 cup of Coca-Cola

chocolate icing on next recipe card....

directions

- Preheat oven to 350 degrees and grease a 13x9 pan.
- Combine flour, sugar, cocoa powder, cinnamon, salt and baking soda and set aside for later or in the mixer.
- In a pot, heat up (medium heat) butter and coca-cola until the butter has melted completely.
- Add the eggs, vanilla and buttermilk into the pot and mix well.
- Take the pan off the stove and pour in with the dry ingredients into the mixer and mix together.
- Pour into 13x9 pan and place in preheated oven for 15-30 minutes.
- When done cooking, place a cookie sheet over the top to keep the moisture from escaping.



coca-cola icing

(13 X 9 INCH PAN)

ingredients

- 6 tablespoons of Coca-Cola
- 1 stick of butter
- ¼ cup of cocoa powder
- 1 box of powdered sugar (3 ½ cups)
- 1 tsp of vanilla
- 1 cup of pecans (if desired)

directions

- 1.) In a pot on medium to medium high heat, mix together Coca-Cola, butter and cocoa powder.
- 2.) Bring to a boil and allow to boil for a minute or two and remove from heat.
- 3.) Add powdered sugar once removed from heat and beat well to ensure the powdered sugar chunks have been broken up.
- 4.) Add vanilla and stir again.
- 5.) Spread on cooled cake and add pecans if desired.



coca-cola icing

LAYERED CAKE

ingredients

- $\frac{3}{4}$ cup tablespoons of Coca-Cola
- 2 sticks of butter
- $\frac{1}{2}$ cup of cocoa powder
- 2 boxes of powdered sugar (6 cups)
- 2 tsp of vanilla 2 cup of pecans (if desired)

directions

- In a pot on medium to medium high heat, mix together Coca-Cola, butter and cocoa powder.
- Bring to a boil and allow to boil for a minute or two and remove from heat.
- Add powdered sugar once removed from heat and beat well to ensure the powdered sugar chunks have been broken up.
- Add vanilla and stir again.
- Spread on cooled cake and add pecans if desired



coca-cola cake layered version

(9 INCH PAN)

ingredients

- 3 cups of all purpose flour
- 3 cups of sugar
- $\frac{3}{8}$ cup of cocoa powder
- $\frac{1}{2}$ tsp of cinnamon
- 2 $\frac{1}{4}$ tsp of salt
- 1 $\frac{1}{2}$ tablespoon of baking soda
- 3 sticks of butter
- 3 eggs
- $\frac{3}{4}$ cup of buttermilk (or make your own with $\frac{3}{4}$ cup of milk and 2 $\frac{1}{4}$ tsp of vinegar)
- 3 tsps of vanilla
- 1 $\frac{1}{2}$ cup of Coca-Cola (whole can)
- Steps:
- Preheat the oven to 350 degrees and grease three 9 inch cake pans.

directions

1. Preheat the oven to 350 degrees and grease three 9 inch cake pans.
2. Combine flour, sugar, cocoa powder, cinnamon, salt and baking soda and set aside for later or in the mixer.
3. In a pot, heat up (medium heat) butter and coca-cola until the butter has melted completely.
4. Add the eggs, vanilla and buttermilk into the pot and mix well.
5. Take the off the stove and pour in with the dry ingredients into the mixer and mix together.
6. Pour into 9 inch cake pans and place in preheated oven for 20-25 minutes.
7. When done cooking, place a cookie sheet over the top to keep the moisture from escaping.



sirloin with sugar snap pea and pasta salad

COURTESY OF BEEF. IT'S WHAT'S FOR DINNER

ingredients

- 1 beef Top Sirloin
- Steak Boneless, cut $\frac{3}{4}$ inch thick (about 1 pound)
- 2 cups fresh sugar
- snap peas
- 2 cups cooked gemelli
- or corkscrew pasta
- 1 cup grape or
- teardrop tomatoes, cut in halves
- 3 teaspoons minced
- garlic
- 1 teaspoon pepper
- Freshly grated lemon
- peel
- Chopped fresh parsley
- leaves (optional)

Gremolata Dressing:

$\frac{1}{4}$ cup fresh lemon juice
2 tablespoons olive oil
2 tablespoons chopped fresh parsley leaves
2 teaspoons minced garlic
2 teaspoons freshly
grated lemon peel
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{8}$ teaspoon pepper

directions

Bring water to boil in large saucepan. Add peas; cook 2 -3 minutes until crisp-tender. Drain; rinse under cold water. Combine peas, pasta and tomatoes in large bowl. Set aside. Whisk Gremolata Dressing ingredients in small bowl until well blended. Toss 2 tablespoon dressing with pasta mixture. Set aside. Combine 3 teaspoons minced garlic and 1 teaspoon pepper; press evenly onto beef Top Sirloin. Place steak on rack in broiler pan so surface of beef is 2 to 3 inches from heat. Broil 9 to 12 minutes for medium rare (145° F) to medium (160° F) doneness, turning once. Carve steak into thin slices; season with salt, as desired. Add steak slices and remaining dressing to pasta mixture; toss to coat evenly. Garnish with lemon peel and parsley, if desired.

Yield: 4 servings