NEHS VIKING FOOD PANTRY CUISINE

Stove Top
- Beef Stew
- Campbell’s Beefy Taco Joes
- Campbell’s Sweet ‘N’ Tangy Chicken
- Campbell’s Beef Taco Skillet
- Tuna Noodle Casserole
- Stove Top Macaroni and Cheese

Treats
- Gallon Ice Cream
- I Can’t Believe It’s a Cookie
- Planet Pizza

Oven Bake
- Breakfast Pear Crisp
- Two Ingredient Pineapple Cake
- Biscuits and Gravy Casserole
- Chicken Casserole
- Taco Bake
- Chow Mein
- Johnny Marzetti
- Corn Casserole

Microwave
- Scrambled Eggs in Bologna
- Curried Raisin Bread
- Hot Chocolate Mix
- Swiss Cheese-Veggie Sandwich
- Campbell’s Mini Pizza
- Tuna Buns
- Curried Peas and Celery
- Stuffed Tomatoes
- Cheesy Cucumber and Corn
- Garlic Corn with Chilies
- Hot Tuna Salads in Avocado Shells
- Basic Meatballs

Miscellaneous
- Crock-Pot Breakfast Casserole
- Crock-Pot Smothered Steak
- That’s It (Chilled Fruit Salad)
Beef Stew (serves 4 or 5)
(Roberta Kipper, NEHS Alumni Association)
1 can of beef stew
1 can drained vegetables
1 box or bag of noodles, cooked
Mix and heat on stove

Campbell’s Beefy Taco Joes (8 sandwiches, prep. 15 min)
(Campbell’s Easy Meal Ideas from Family of Brands)
1 pound ground beef
1 can Campbell’s tomato soup
1 cup Campbell’s Pace chunky salsa
½ cup shredded cheddar cheese
Brown ground beef in skillet and drain. Add soup and salsa heating throughout. Top with cheese. Serve on buns, corn muffin or rice.

Campbell’s Sweet ‘N’ Tangy Chicken (serves 4, prep. 20 min)
(Campbell’s Easy Meal Ideas from Family of Brands)
4 boneless chicken breasts
1 can Campbell’s tomato soup and ¼ cup water
1 tablespoon brown sugar and 1 tablespoon vinegar
Brown the chicken. Add soup, water, brown sugar and vinegar. Cover and simmer until done.

Campbell’s Beef Taco Skillet (serves 4, prep. 20 minutes)
(Campbell’s Easy Meal Ideas from Family of Brands)
1 pound ground beef
1 can (10 ¾ oz.) Campbell’s Tomato Soup
1 cup Pace Chunky Salsa or Picante Sauce
½ cup water
8 flour or corn tortillas (6 inches) cut into 1 inch pieces
1 cup shredded Cheddar cheese
Cook beef in skillet until browned. Pour off fat. Add soup, salsa, water, tortillas and half the cheese. Heat to a boil. Cover and cook over low heat 5 minutes or until hot. Top with remaining cheese.
STOVE TOP

Tuna Noodle Casserole by April Burch
(A Taste of Country, First Pentecostal Church of Bogalusa, LA)
2 cans tuna, in water
5 eggs, boiled and chopped
1 package elbow macaroni, boiled and drained
Mayonnaise, salt and pepper

In large bowl, combine noodles, eggs and tuna. Add enough mayonnaise to stir ingredients together, without making it too creamy. Add salt and pepper. Refrigerate after serving. Add a little more mayonnaise for additional use.

Stove Top Macaroni and Cheese by Jackie McMurray
(A taste of Country, First Pentecostal Church of Bogalusa, LA)
1 (7 ounce) box of small shells or elbow macaroni
¼ cup of butter or margarine
½ cup plain flour and 2 cups milk
¼ teaspoon salt and pepper if desired
2 cups (8 ounce) shredded Cheddar cheese


TREATS

Gallon Ice Cream by Velma Showalter
(NEHS Viking Vittles, 1973)
Mix 2 cans sweetened condensed milk, 2 tablespoons vanilla, 2 quarts milk and freeze.

I Can’t Believe It’s a Cookie by Penny Neeley
(A Taste of Graphic Arts 1993)
1 cup peanut butter (plain or crunchy), 1 cup sugar and 1 egg
Mix well and shape in balls placing on cookie sheet. Mash down with fork. Bake at 350 degrees for 10 minutes. Makes 15 to 20 cookies, depending on size.

Planet Pizza by Jami Erven
(Clogger’s Delight, TrailBlazer Cloggers, Broken Arrow, OK)
1 can crescent rolls and 1 (8 ounce) can tomato sauce
½ piece sliced bacon, fried and toppings of choosing
1 cup grated mozzarella cheese and ground oregano to taste

Place roll dough on cookie sheet flattening to form rectangle. Spread tomato sauce over dough evenly and distribute toppings, oregano and mozzarella cheese on top before baking.
**OVEN BAKE**

**Breakfast Pear Crisp**  
(Roberta Kipper, NEHS Alumni Association)

- 2- 15 ounce cans pear in 100% juice
- 1 packet instant oatmeal brown sugar or flavor of choosing
- 1/3 cup flour
- 1/3 cup butter, melted

Preheat oven to 425 degrees. Reserve ¼ cup of liquid from the cans of pears. Drain remaining juice for drinking. Chop pears into bite sized pieces. Lightly grease a 9 inch square glass pan. Pour fruit and reserved ¼ cup liquid into the pan. In a bowl, combine remaining ingredients and sprinkle over fruit. Bake for 15 minutes or until golden brown. Top pear mixture with yogurt and enjoy.

**Two Ingredient Pineapple Cake**  
(Roberta Kipper, NEHS Alumni Association)

- 1 box yellow cake mix
- 1 20 ounce can of crushed pineapple in 100% juice, undrained

Preheat oven to 350 degrees for metal and glass pans or 325 degrees for dark or coated pans. Grease a 13 x 9 pan. In a large bowl, mix together cake mix with entire can of undrained pineapple and stir until well combined. Pour batter into a greased pan. Bake for 23-28 minutes or until done. (Cake is done when toothpick inserted in center comes out clean.) Cool cake in pan 10-20 minutes. Optional to top with whip cream.

**Biscuits and Gravy Casserole**  
(Roberta Kipper, NEHS Alumni Association)

- 1 pound pork sausage, cooked (do not drain)
- ¼ cup flour and three cups milk
- 1 can biscuits

Preheat oven to 350 degrees. In pan with pork sausage and grease, sprinkle quarter cup all purpose flour over mixture; stir for five minutes. Add 3 cups whole milk and stir until mixture thickens. Pour gravy and sausage mixture into baking dish. Tear or cut biscuits into four’s and place biscuits on top of gravy and sausage. Bake at 350 degrees until biscuits are golden brown.

**Chicken Casserole**  
(Roberta Kipper, NEHS Alumni Association)

- 2 cans drained chicken and 1 can cream of chicken soup
- 1 (8 ounce) container sour cream and 1/4 cup margarine
- 1 sleeve round buttered crackers

Preheat oven to 350 degrees. Mix chicken, soup and sour cream. Spread in small casserole dish. Crush crackers and put on top. Melt margarine and pour over crackers. Bake at 350 degrees about 30 minutes. Serve over mashed potatoes or noodles.

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OVEN BAKE

**Taco Bake**
(Roberta Kipper, NEHS Alumni Association)

1 pound hamburger, cooked and 1 can refried beans
1 can enchilada sauce, taco sauce or other
1 bag crushed chips and 1 package shredded cheese or cheese whiz

Preheat oven to 350 degrees. In 9 x 13 pan, crush chips. Top with cooked hamburger and beans. Cover with enchilada sauce or taco sauce. Spread cheese on top. Bake at 350 degrees until hot.

**Chow Mein by Connie Lacey**
(A Taste of Country, First Pentecostal Church of Bogalusa, LA)

3 pounds hamburger, salted and browned
4 cups chopped celery and 3 large chopped onions
¾ cup soy sauce and 4 cups warm water
1 ½ cups uncooked rice and 3 cans Chinese noodles
3 cans each of cream of mushroom soup and cream of chicken soup

Brown and salt hamburger. Add remaining ingredients except noodles. Mix and bake 1 hour at 350 degrees. Sprinkle Chinese noodles over top and bake an additional 15 minutes.

**Johnny Marzetti (serves 8)**
(Roberta Kipper, NEHS Alumni Association)

1 ½ pounds ground beef and 1 medium chopped onion
1 small can mushrooms
4 cups cooked macaroni
12 ounces shredded Cheddar cheese
1 (8 ounces) tomato sauce and 1 (4 ounces) tomato sauce
Salt and pepper

Preheat oven to 350 degrees. Brown ground beef and onion in skillet. Salt and pepper to taste. Mix in 6 oz. cheese and 8 oz. tomato sauce with meat. Spread cooked macaroni in oblong baking dish. Pour meat and cheese mixture over macaroni. Sprinkle 4 oz. of tomato sauce and remaining cheese over top. Bake at 350 degrees until hot and bubbly.

**Corn Casserole by Sonja Herring**
(A Taste of Country, First Pentecostal Church of Bogalusa, LA)

2 sticks melted margarine and four eggs
2 cans cream corn
1 box Jiffy Cornbread Mix

Mix all ingredients. Bake at 350 degrees until done.
Scrambled Eggs in Bologna Cups (4 servings)

(Betty Crocker’s Microwave Cookbook, Random House NY)

4 slices bologna, about 4 inches in diameter
3 eggs and 3 tablespoons half-and-half
¼ teaspoon salt and a dash of pepper
1 jar (2 ½ ounces) sliced mushrooms, drained
1 tablespoon finely chopped green pepper
½ cup shredded Cheddar cheese

Place each bologna slice in 6 ounce custard cup or coffee mug. Arrange cups in circle on dinner plate. Beat eggs, half-and-half, salt and pepper in 4 cup measure. Mix in mushrooms and green pepper. Microwave uncovered on medium (50%) until hot, 1 to 2 minutes.

Stir in shredded cheese. Divide mixture among bologna cups. Cover loosely and microwave on medium (50%) 3 minutes; rotate plate ½ turn. Microwave until egg mixture is almost set, 1 to 3 minutes longer. Let stand 5 minutes. (Eggs will continue to cook while standing.)

Be kinder than necessary for everyone you meet is fighting some kind of battle

Curried Raisin Bread (4 servings)

(Betty Crocker’s Microwave Cookbook, Random House NY)

3 tablespoons crunchy peanut butter
2 tablespoons mayonnaise or salad dressing
¼ to ½ teaspoon curry powder or cinnamon
8 slices raisin bread (1/2 of 1 pound loaf)

Mix peanut butter, mayonnaise and curry powder; spread mixture on one side of each slice of bread. Reassemble loaf with spread sides together; place in paper napkin-lined microwave safe basket or on dinner plate. Cover with paper towel and microwave on medium (50%) 1 minute; rotate basket or plate ½ turn. Microwave until warm, 30 to 60 seconds longer. To serve, cut each sandwich into 3 lengthwise strips.

Hot Chocolate Mix by Jody Dyer

(Clogger’s Delight, TrailBlazer Cloggers, Broken Arrow, OK)

1 (12 ounce) box of instant milk
1 (11 ounce) jar Coffee Mate
1 pound box Nestle’s Quik mix
1 pound box powered sugar

Mix all ingredients together and keep in tightly covered container. Use ¼ to 1/3 cup mixture for each mug of hot water.
Swiss Cheese-Veggie Sandwiches (6 open-face sandwiches)  
(Betty Crocker’s Microwave Cookbook, Random House NY)  
1 cup shredded Swiss cheese (about 4 ounces)  
1 cup shredded zucchini or carrots (about 1 small)  
½ cup chopped tomato (about 1 medium)  
½ cup thinly sliced small cauliflower  
2 tablespoons mayonnaise or salad dressing  
½ teaspoon salt and ½ teaspoon dried dill weed (if desired)  
3 English muffins, cut into halves and toasted  
Mix cheese, zucchini, carrots, tomato, cauliflower, mayonnaise, salt and dill weed; spread evenly over (toasted) muffin halves. Arrange on microwave rack in baking dish. Microwave uncovered on high (100%) until hot and bubbly, 3 to 4 minutes.

Campbell’s Mini Pizzas (preparation time 5 minutes)  
(Campbell’s Easy Meal Ideas from Family of Brands)  
Campbell’s Prego Hearty Meat Sauce, Italian Sausage & Garlic Sauce, Pepperoni Sauce or Mini Meatball Sauce  
Toasted Italian bread slices (or toasted English muffins)  
Mozzarella cheese  
Spread the Prego sauce onto the toasted bread. Top with mozzarella cheese and microwave.

Tuna Buns (6 sandwiches)  
(Betty Crocker’s Microwave Cookbook, Random House NY)  
1 can (6 ½ ounces) tuna drained  
¾ cup chopped celery (about 1 large stalk)  
¼ cup mayonnaise or salad dressing  
1 medium dill pickle, finely chopped  
1 tablespoon instant minced onion  
1/8 teaspoon pepper  
6 hamburger buns, split and buttered  
6 slices process American cheese  
Mix all ingredients except buns and cheese. Fill buns with tuna mixture; add cheese slices. Arrange buns in circle on paper towel-lined 12 inch plate. Microwave uncovered on high (100%) 1 minute; rotate plate ½ turn. Microwave until cheese is melted and filling is hot, 1 to 2 minutes longer.

Microwaving Sandwiches: Hot microwaved sandwiches can be delicious! For added crispness, toast the bread or English muffins first or use crunchy ingredients in the filling. Microwaving can steam the bread (or toast) as it heats, so be sure to microwave on a rack, napkin or paper towel. This allows the moisture to escape and prevents a soggy sandwich.

Since sandwich fillings heat more slowly than porous bread, frozen bread can be used with a refrigerated filling. If you keep hotdog buns in the freezer and hotdogs in the refrigerator, put a cold frank in a frozen bun, wrap a napkin around the roll and microwave about 1 minute. You’ll have a warm, tender bun and hot meat inside.
Curried Peas and Celery (3 or 4 servings)
(Betty Crocker’s Microwave Cookbook, Random House NY)

2 tablespoons margarine or butter
½ teaspoon salt
¼ teaspoon curry or onion powder
1 cup thin slices celery (about 2 medium stalks)
1 package (10 ounces) frozen peas

Place all ingredients in 1 quart casserole. Cover tightly and microwave on high (100%) 3 minutes; stir. Cover and microwave until peas are tender, 3 to 5 minutes longer.

Cheesy Cucumber and Corn (4 servings)
(Betty Crocker’s Microwave Cookbook, Random House NY)

1 medium cucumber, cut lengthwise into fourths, then crosswise into ½ inch pieces
1 can (17 ounces) whole kernel corn, drained
½ cup shredded Cheddar cheese (about 2 ounces)
¼ teaspoon salt and 1/8 teaspoon pepper

Mix cucumber, corn, salt and pepper in 1 quart casserole. Cover tightly and microwave on high (100%) 2 minutes; stir. Cover and microwave until vegetables are hot, 1 to 3 minutes longer. Sprinkle with cheddar cheese. Cover and let stand 1 minute.

Stuffed Tomatoes (6 servings)
(Betty Crocker’s Microwave Cookbook, Random House NY)

6 firm medium tomatoes (about 2 pounds)
1 cup crumbled stuffing mix
¼ cup shredded process American cheese
¼ teaspoon salt and 1/8 teaspoon pepper

Remove stem ends from tomatoes. Scoop out pulp, leaving ½ inch walls. Chop pulp; mix with stuffing mix, cheese, salt and pepper.

Fill tomatoes with stuffing; arrange in circle on 9 inch pie plate. Cover loosely and microwave on high (100%) 3 minutes; rotate pie plate ½ turn. Microwave until tomatoes are hot, 3 to 4 minutes longer. Garnish with parsley if desired.

Garlic Corn with Chilies (2 or 3 servings)
(Betty Crocker’s Microwave Cookbook, Random House NY)

1 can (12 ounces) vacuum-pack whole kernel corn, drained
2 tablespoons chopped green chilies
1 tablespoon margarine or butter
1 chopped jalapeno or ¼ cup finely chopped red bell pepper
1 clove garlic, crushed and ¼ teaspoon basil leaves
¼ teaspoon salt and 1/8 teaspoon pepper

Mix all ingredients in 1 quart casserole. Cover tightly and microwave on high (100%) until hot, 4 or 5 minutes; stir.
**Hot Tuna Salads in Avocado Shells (6 servings)**

*(Betty Crocker’s Microwave Cookbook, Random House NY)*

1 cup thin slices celery (about 2 medium stalks)
1 can (6 ⅓ ounces) tuna, drained
½ cup mayonnaise or salad dressing
1 jar (2 ounces) sliced pimentos, drained
½ teaspoon chili powder
3 avocados
1/3 cup shredded Cheddar or taco seasoned cheese (about 2 ounces)

Mix celery, tuna, mayonnaise, pimento and chili powder. Cut each avocado lengthwise into halves; remove pit. Cut thin layer from bottom of each half to prevent tipping if necessary.

Arrange avocados cut side up in circle with narrow ends to center on 12 inch plate. Spoon about ¼ cup tuna mixture onto each avocado half, spreading to cover entire cut surface. Cover with waxed paper and microwave on high (100%) 3 minutes; rearrange meatballs. Cover and microwave until no longer pink inside, 5 to 7 minutes longer. Let stand 3 minutes; drain.

**Basic Meatballs (about 2 dozen meatballs)**

*(Betty Crocker’s Microwave Cookbook, Random House NY)*

1 pound ground beef
½ cup dry bread crumbs
¼ cup milk
¼ cup finely chopped onion (about 1 small)
1 egg
1 teaspoon Worcestershire sauce
½ teaspoon salt
1/8 teaspoon pepper

Mix all ingredients; shape by tablespoonfuls into 1 ½ inch balls. (For ease in shaping meatballs, occasionally wet hands with cold water.) Arrange meatballs in baking dish, 12 x 7 1/2 x 2 inches. Cover loosely and microwave on high (100%) 3 minutes; rearrange meatballs. Cover and microwave until no longer pink inside, 5 to 7 minutes longer. Let stand 3 minutes; drain.

This packet represents a collection of favorite recipes by contributors who vouch for their excellence.
Crock-Pot Breakfast Casserole (delish.com)

1 pound bacon
12 large eggs and 1 cup whole milk
½ teaspoon garlic powder and 1 medium onion, chopped
Kosher salt and freshly ground black pepper
1 ½ pound frozen hash browns
Freshly chopped chives for garnish

In a large skillet over medium heat, cook bacon until crisp, 8 minutes or cook microwavable bacon. Drain on paper towel lined plate and then chop.

Grease inside of slow cooker with cooking spray. In a large bowl, whisk together eggs and milk. Season with garlic powder, salt and pepper.

In the slow cooker, layer half the hash browns, cooked bacon, onion and cheese. Repeat layers, then pour over whisked eggs.

Cover and cook on low until eggs are fluffy and set, about 6 hours. Garnish with green onions before serving.

Crock-Pot Smothered Steak by Lois Bickman
(A Taste of Country, First Pentecostal Church of Bogalusa, LA)

1 ½ pounds round steak cut in strips
¼ teaspoon pepper and 1 teaspoon salt
1 or 2 green peppers, sliced
1 can tomatoes and 1 large onion sliced
3 tablespoons soy sauce and ½ cup flour
1 (4 ounces) can mushrooms drained
1 (10 ounces) package frozen green beans

Put steak strips, flour, salt and pepper in crock pot. Stir well to coat steak. Add remaining ingredients. Cover and cook on low 8 hours (high 4 hours). Serve with rice.

That’s It (Chilled Fruit Salad)
(Elisha Gensler, A Taste of Graphic Arts 1993)

1 large box orange Jello
1 medium can crushed pineapple and 1 can mandarin oranges
1 small container cottage cheese
1 small container Cool Whip
1 small container sour cream

Drain fruit, add to dry Jello. Add cottage cheese; mix well and add the other ingredients. Chill.