

Q U A R A N C I P E S

For The Lockdown Munchies!



C O V I D C U I S I N E S

D i g i t a l C o o k b o o k



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SOUPS

Bastrop Nursing and Rehabilitation Center
MINI TURKEY MEATBALL AND ORZO SOUP
To fight the COVID blues!

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 small onion, finely chopped
- 1 carrot, grated or finely chopped
- 1-quart chicken broth
- 1/2-pound ground turkey (or chicken)
- 3 tablespoons Parmigiano Reggiano cheese
- 3 tablespoons Italian breadcrumbs
- 1 egg
- 3 clove garlic, grated
- 2 tablespoons flat leaf parsley, chopped
- Salt and freshly ground black pepper
- 1/2 cup orzo pasta

Directions:

Heat the olive oil over medium heat in a medium pot. Sauté the onion and carrot for five minutes, then add the broth and bring up to a boil.

Mix the meat with cheese, breadcrumbs, egg, garlic, parsley, salt and pepper. Mix, and if the mixture is too moist, add a few more breadcrumbs.

When the soup comes to a boil, roll and drop 1-inch meatballs into the broth. Stir in the orzo and cook for five minutes. The pasta will not be done but it will continue to cook. Ladle into thermoses for a warm meal on the go!

Brodie Ranch Nursing and Rehabilitation Center

WHITE BEAN CHICKEN CHILI SOUP

Ingredients

1 can 16 oz Great Northern Beans
1 can chicken broth
1 Tbsp vegetable oil
1 medium onion, diced
1 small can chopped green chiles (drain)
3 Tbsp flour
2 Tbs chili powder
1 Tbs garlic powder
1 tsp Tony Chachere's Creole seasoning
2 tsp ground cumin
1 ½ cups chopped or shredded cooked chicken
Shredded cheese, sour cream, salsa and tortilla chips for topping (optional)

Directions:

1. In large skillet: sauté onion in oil until transparent. Add chilies, flour, and seasonings: cook and stir for 3 minutes.
2. Add beans and chicken broth; bring to a boil.
3. Reduce heat; Simmer for 10 minutes or until thickened.
4. Add chicken cook 20 minutes on low heat
5. Garnish with toppings.

Mystic Park Nursing and Rehabilitation Center

CHICKEN NOODLE SOUP

Makes 6 servings

Ingredients:

2 tablespoons butter, chicken fat or olive oil
1 large onion, chopped
2 large carrots, chopped
2 stalks celery, chopped (optional)
Heaped tablespoon minced garlic (4 cloves)
2 bay leaves
3 sprigs fresh thyme or use 1/2 teaspoon dried thyme
1 pound skinless, boneless chicken thighs (4 or 5 thighs)
8 cups chicken stock or broth, low sodium or use homemade stock
5 ounces egg noodles (or pasta of choice)
Salt and pepper, to taste
1/4 cup fresh parsley, finely chopped
Water or more stock, as needed

Directions:

Melt butter in a large pot or Dutch oven over medium heat. Add the onions, carrots, and celery. Cook, stirring every few minutes until the vegetables begin to soften; 5 to 6 minutes.

Stir in the garlic, bay leaves, and thyme. Cook, while stirring the garlic around the pan, for about 1 minute.

Pour in the chicken stock and bring to a low simmer. Taste the soup then adjust the seasoning with salt and pepper. Depending on the stock used, you might need to add 1 or more teaspoons of salt.

Submerge the chicken thighs into the soup so that the broth covers them. Bring the soup back to a low simmer then partially cover the pot with a lid and cook, stirring a few times until the chicken thighs are cooked through; about 20 minutes.

If, during this time, the broth seems low, add a splash more stock or a bit of water. Turn the heat to medium-low.

Transfer the cooked chicken to a plate. Stir the noodles into the soup and cook until done, 6 to 10 minutes depending on the type of noodles used.

While the noodles cook, shred the chicken into strips or dice into cubes. Slide the chicken back into the pot and then taste the soup once more for seasoning. Adjust with more salt and pepper, as needed. Stir in the parsley and serve.

Recruiting Department

TACO SOUP

Ingredients:

1-pound lean ground beef

1 onion

1 can of corn (drained)

1 can Rotel

1 can crushed tomatoes

1 can green chilies

1 can red/kidney beans (drained)

1 can ranch style beans

1 can black beans (drained)

1 packet of taco seasoning

1 packet of ranch seasoning

Use a can to measure out 2 cans full of water

Directions:

Cook ground beef with onion on the stove top. Once cooked all the way through transfer to a crock pot and add the rest of the ingredients. Cook on low all day while you do an amazing job at work! Best served with cornbread!! Have we “RECRUITED” you to try this recipe?

SALADS

Pearsall Nursing and Rehabilitation Center
CUCUMBER, ONION AND TOMATO SALAD

Ingredients:

- 4 Cucumbers
- 2 sweet medium onions
- 4-5 large tomatoes
- Salt
- Pepper

Directions:

- Slice all your cucumbers
- Slice onions
- Chunk your tomatoes

Dress all your vegetables in a large bowl.

Dressing-

- 1 ½ cup of Mayo
- 2 Tbsp vinegar
- 1 Tbsp sugar
- 1 tsp garlic
- 1 tsp black pepper
- ½ tsp salt or to taste

Southpark Meadows Nursing and Rehabilitation Center

DORITO SUPREME NACHO SALAD

Ingredients:

10 lbs. Ground Beef

2 - 111 oz cans of Pinto Beans

1 5oz Pkg of McCormick Taco Seasoning

5 lb. bag of Shredded Cheddar Cheese

1 Large Family Size Sour Cream - optional

20 Diced Avocado's - optional

8 (18 7/8 oz) Family Size Bags Nacho Cheese Doritos

Sliced Jalapenos – optional

Directions:

Brown and cook ground beef. Make sure to crumble meat as it cooks in electric roaster.

Add Taco Seasoning and combine well make sure all meat is covered in seasoning. Do not drain meats juices from meat.

Add two cans of pinto beans into meat mixture and stir to combine well and evenly throughout.
Add 16 ounces of water to mixture.

Bring to a boil and simmer for 15 minutes.

Spread Dorito chips on plate or bowl. Add two scoops of meat and mixture.

Top with shredded cheese, avocados and dollop of sour cream.

Add sliced jalapenos optional and serve

APPETIZERS

Executive Assistant Team
CORONA BEER BREAD

Ingredients

- 3 cups flour (sifted)
- 3 teaspoons baking powder (omit if using Self-Rising Flour)
- 1 teaspoon salt (omit if using Self-Rising Flour)
- ¼ cup sugar
- 1 (12 ounce) can beer
- ¼ cup melted butter

Directions:

- Preheat oven to 375 degrees.
- Mix dry ingredients and beer.
- Pour into a greased loaf pan.
- Pour melted butter over mixture.
- Bake 1 hour, remove from pan and cool for at least 15 minutes.

Corpus Christi Nursing and Rehabilitation Center

CEVICHE

Ingredients:

10 tomatoes

2 onions

3 avocados

2 serrano peppers

1 cilantro leave

16oz Lemon Juice

2 packages of cooked small shrimp

2 tablespoons lemon pepper

Directions:

Chop tomatoes, onions, avocado, serrano peppers and cilantro leave

Mix all ingredients and let set for 1 hour in the refrigerator

Hallettsville Nursing and Rehabilitation Center

QUICK SALSA

Ingredients:

1 (28-ounce) can of crushed tomatoes with juice

1 cup of fresh cilantro, loosely packed

½ small red onion, chopped

2 medium jalapenos, seeds and membranes removed, chopped

2 tablespoons freshly squeezed lime juice (from 1 lime), plus more as needed

1 tsp of garlic powder

1 teaspoon salt

Directions:

Combine all ingredients in blender and purée until desired consistency.

Jefferson Nursing and Rehabilitation Center

EASY SAUSAGE DIP

Ingredients:

1-pound pan sausage

10 ounces rotel

8 ounces cream cheese

Directions:

In a large skillet over medium-high heat brown your sausage until crumbled and no longer pink, drain excess grease.

Add in your rotel and cream cheese until melted and creamy.

Serve warm with chips.

Maverick Nursing and Rehabilitation Center
PICO DE GALLO WITH AVOCADO AND SHRIMP

Ingredients:

4 large plum tomatoes, finely chopped
3 Serrano peppers, finely chopped
1 Spanish onion, finely chopped
1 cup of cilantro, finely chopped
1 avocado, chopped
1 pound of shrimp, thawed out and rinsed (cooked and ready to eat bag)
3 limes
1/2 can of Clamato juice
Salt for taste

Directions:

In a large bowl combine shrimp with all chopped ingredients, add lime juice, half can of clamato juice and salt for taste.

Pair with your favorite tortilla chips.

NA-CHO-TURN
for COVID-19 testing

Ingredients:

1 can of rotel

2 lbs. of lean ground beef

1 box of Velveeta cheese

1-2 bags of Tostitos scoops

Directions:

Add milk to create the consistency that you are looking for if needed

Microwave for 3 mins, stir. Add milk if needed. Microwave another 3-5 mins, stir and add milk until you get the consistency that you like with your nachos.

Spindletop Hill Nursing and Rehabilitation Center

GREEN BEEN BUNDLES

Ingredients:

1 pound of fresh green beans

1 pound of bacon cut in half

1 stick of butter

¼ cup of Worchester Sauce

Garlic salt-season to taste

Salt & pepper

Directions:

Mix melted butter, Worchester sauce, garlic salt, salt & pepper and stir

Pour over bacon warped green beans and bake until tender on 350 degrees

Windsor Nursing and Rehabilitation Center of Corpus Christi

RONA-19 ONION RINGS with COVID-19 WIPE OUT DIPPING SAUCE

Ingredients:

2 cups all-purpose flour divided
2 teaspoons paprika
1 teaspoon garlic powder
2 teaspoons salt
½ teaspoon pepper
1 ½ cups (12 ounces) Corona Beer
2 large yellow or Vidalia onions
Vegetable oil, for frying
Covid-19 Wipe Out Sauce, for dipping

Directions:

In large bowl, whisk together 1 ½ cups flour with paprika, garlic powder, salt and pepper. Whisk in the beer until the mixture is well combined. Let the batter rest at room temperature for 10 minutes.

While the batter rests, cut the tip off of the stem side of the onions then remove the peel. Slice the onions horizontally into ½ inch thick rings and toss them with the remaining ½ cup flour.

Add the vegetable oil to a large heavy bottom pot to a depth of 2 inches and heat it over medium-high heat until a deep-fry thermometer reaches 375F.

Working in batches, dip the onion rings into the prepared batter, shaking off any excess, then immediately drop them into the hot oil. Be careful not to overcrowd the pot. Allow the onions to cook in the oil, flipping them once to guarantee even browning, for a total of about 3 minutes. Remove the onions with a slotted spoon and transfer them to a paper towel-lined plate.

Immediately season them with salt. Repeat the coating and frying process, returning the oil to 375F between batches, with the remaining onions.

Covid-19 Wipe Out Sauce

Ingredients:

2 teaspoons olive oil

1 glove garlic, minced

¾ cup ketchup

1 Tablespoon crushed red pepper flakes, or to taste

2 Tablespoons hot sauce, or to taste

Directions:

Set small saucepan over medium heat. Add the oil, then the garlic, and sauté until golden. Add Ketchup, crushed red pepper flakes and hot sauce, stirring to combine. Cook 2 to 3 minutes until warm, then transfer to a serving bowl and set aside.

Sit back with a cold **Corona**, your rings and sauce and enjoy taking a **BITE** out of **COVID-19**.

Windsor Quail Valley Post- Acute Healthcare

QUAIL STUFFED COLLARD GREEN WRAPS

Ingredients:

- 6 large collard green leaves washed, and stems removed
- 1 lb. ground/sliced/chopped Quail (May substitute chicken or sausage)
- 1 tbsp olive oil
- ¾ cups cooked white rice
- 1 yellow bell pepper sliced
- 1 tbsp fresh red chili pepper diced
- 1 red bell pepper sliced
- 2 tsp fresh or dried rosemary
- 2 tsp garlic powder
- 2 tsp seasoning salt
- Salt/pepper to taste
- **Optional:** 6 tbsp shredded mozzarella cheese
- Serves 6

Directions:

1. Preheat oven to 350 degrees. Lightly grease a shallow baking dish
2. In a large skillet, on medium heat, cook Quail. Add in diced chili pepper. Be sure to break up Quail when cooking. When Quail is thoroughly cooked, remove Quail from skillet and set aside. Season with salt/pepper to taste.
3. In the same skillet, on medium heat, add olive oil, yellow and red bell pepper. Cook until veggies are tender. Season with rosemary, garlic powder, and seasoning salt. Set aside.
4. On a flat surface, arrange collard green leaves and evenly distribute Quail mixture, bell pepper mixture, and rice. Sprinkle a tbsp of shredded cheese on each if desired.
5. Carefully roll wraps, making sure that the stuffing does not fall out. Place each wrap in a shallow baking dish and bake for about 10 minutes, until collard greens are slightly tender.
6. When done, remove from baking dish and serve.
7. Enjoy Team Regency!

Quail is easy to cook, and have tender, flavorful flesh. Their taste is similar to, although more assertive than, chicken, and even their small, tender bones can be eaten. ... Like most animals, **quails** are rich in protein. They are also a good source of iron, vitamin B6, zinc, and vitamin B3.

The Woodlands Nursing and Rehabilitation Center

BBQ CUPS

Ingredients:

Brown 1 lb. ground meat and ½ teaspoon of dried minced onions.

Drain.

Add ½ cup catsup, 1 teaspoon mustard and ¼ cup brown sugar.

Stir

Spray muffin tins with Pam.

Directions:

Flatten canned biscuits and push one biscuit into each muffin cup. Fill with meat mixture and sprinkle grated cheddar cheese on top.

Bake in oven at 400 degrees for 10 – 15 mins until biscuits are done

Yoakum Nursing and Rehabilitation Center

SIMPLE DIP FOR FRUIT

Ingredients:

2 8oz. packages of cream cheese

2 7oz. jars of marsh mellow fluff

2 cups of whipped cream

Directions:

Soften cream cheese, add all ingredients in a large mixing bowl, blend together with a hand or stand mixer until smooth. Serve with fresh or canned fruit.

Onion Creek Nursing and Rehabilitation Center

QUARANTINE CRAVING

Classic 7-layer dip

Ingredients:

Layer 1: Spread the bean dip in an even layer on the bottom of each pie plate.

Layer 2: In a medium bowl, combine mashed avocado, lemon juice, salt and pepper until well combined. Spread in a single layer on top of the bean dip on each pie plate.

Layer 3: In another medium bowl, combine sour cream, mayonnaise and taco seasoning. Spread in a single layer on top of the avocado mixture on each pie plate.

Layer 4: Sprinkle green onions on top of the sour cream mixture on each pie plate.

Layer 5: Sprinkle tomatoes over the green onion layer on each pie plate.

Layer 6: Sprinkle black olives over the tomato layer on each pie plate.

Layer 7: Sprinkle cheese over the top of the dip on each pie plate. Refrigerate for several hours before serving. Serve with Doritos or tortilla chips.

MAIN ENTREES

Brenham Nursing and Rehabilitation Center

COMBAT COVID CHICKEN CHILI

Ingredients:

- 2 boneless chicken breasts
- 1- 11 oz can corn, drained
- 1- 15 oz black beans, drained and rinsed
- 1- 10 oz diced tomatoes and green chilies, undrained
- 2- Cups of chicken broth
- 1- Cup cooked chopped bacon
- 1- 1 oz packet ranch dressing & salad dressing mix
- 1- Tsp cumin
- 1- Tbsp chili powder
- 1- Tsp onion powder

- 1 – 8 oz package cream cheese
- 1- Cup shredded cheddar cheese

Directions:

Place chicken at the bottom of slow cooker.

Add corn, black beans, diced tomatoes and green chilies, chicken broth, cumin, chili powder, onion powder, ranch seasoning and bacon. Stir together. Place cream cheese on top of chicken.

Cover with lid and cook on LOW for 6-8 hours.

Remove chicken from slow cooker and shred with 2 forks. Return to slow cooker. Stir cheddar cheese into chili.

Brownsville Nursing and Rehabilitation Center

EASY PENNE PASTA

Ingredients:

- 1 bag penne pasta
- 1 cup low sodium chicken broth
- 2 Tbsp unsalted butter
- 4 garlic cloves --- chopped
- 1 container sliced mushrooms
- 3 Tbsp flour
- 1/2 cup heavy cream
- 1 14- oz can artichoke hearts--- chopped
- 1 10- oz box frozen chopped spinach--- thawed and drained
- 1/2 cup grated Parmesan

Directions:

- Cook pasta according to package directions and set aside.
- Heat pan on medium-high heat. Add butter and garlic and switch around for 30 seconds then add mushrooms. Salt/Pepper to taste
- Sprinkle flour over mushroom/garlic mixture then whisk in 1 cup chicken broth and cream. Simmer over low heat for 5 minutes.
- Stir in the artichoke hearts and spinach - stir to combine then cook for another 5-7 minutes until the spinach is wilted and artichokes are cooked.
- Add nutmeg/thyme and more salt/pepper to taste.
- Add pasta to pan and stir.
- Add parmesan cheese to pasta and stir to combine.
- Serve hot with additional fresh parmesan cheese.

Cuero Nursing and Rehabilitation Center

EASY FRITO PIE

Ingredients:

- 1 ½ lbs. hamburger meat
- 1 envelope original chili seasoning
- 1 can diced tomatoes
- 1 can dark red kidney beans, drained
- 1 c. grated Cheddar cheese
- ½ c. water
- 1 bag reg. Frito chips
- Salt and pepper to taste
- Jalapeno slices on top (opt.)

Directions:

Brown meat and season with salt and pepper. Stir in envelope of chili seasoning and water. Simmer for 5 minutes. Stir in can of tomatoes and beans. Add water to achieve desired thickness and simmer additional 5 minutes to warm. Spoon meat mixture over a bowl of Fritos and top with cheese.

East Region Recipe

ONE PAN CHEESY SMOKED SAUSAGE & “RONA”PASTA

Ingredients:

1 Tbsp olive oil
1lb sausage
½ cup diced onion
2 cups chicken broth
1(14oz) can diced tomatoes
½ cup milk
8 oz dry penne pasta
½ tsp salt & pepper (each)
2 cups shredded cheddar-jack cheese
¼ tsp Red Pepper Flakes
1/3 cup chopped scallions, for garnish

Directions:

- Place olive oil into the pan over medium heat - Add onions and sausage – cook for 5 min – add garlic and all seasoning – cook for 2-3 minutes
- Add chicken broth, tomatoes, milk, and pasta – bring mixture to boil. Lower heat and cover for 15 minutes
- Add shredded cheese.
- Serve in a bowl and Garnish with scallions

Edinburg Nursing and Rehabilitation Center

MEATLOAF

Ingredients:

- 3 lbs. Fresh Ground Meat
- ½ Cup Minced Onions
- ½ Minced Celery
- ¼ Minced carrots
- 2 whole eggs
- 2 cups of Plain Corn Flakes
- 1 tsp Salt
- 1 tsp Black Pepper
- ½ tsp Powder Garlic
- ¾ Cup Ketchup

Directions:

In a bowl mix all ingredients together until well blended,

Place in an oven proof pan or casserole dish and add ½ cup ketchup at the top of meatloaf. Cover with foil and cook in a 350 F oven for 45 mins. Remove foil and cook for an additional 30 mins until done.

Serve with Garlic mash potatoes and choice of vegetables

Edinburg Nursing and Rehabilitation Center

GREEN SPAGHETTI

Ingredients:

1 (16 ounce) package spaghetti

2 poblano peppers

1 1/2 cups Mexican-style sour cream

1/4 cup water

One handful chopped fresh cilantro

2 cubes vegetable bouillon

2 garlic cloves, peeled & minced

1 1/2 teaspoons ground black pepper

Directions:

- Bring a large pot of lightly salted water to a boil. Cook spaghetti in the boiling water, stirring occasionally, until tender yet firm to the bite, about 12 minutes.
- Meanwhile, cook poblano peppers over a gas flame, turning periodically with tongs or a fork, until skin is charred on all sides, about 7 minutes. Seal peppers inside a plastic bag; allow peppers to steam as they cool, about 8 minutes. Remove and discard skins and seeds.
- Place peppers, sour cream, water, chopped cilantro, vegetable bouillon cubes, garlic, and black pepper in a blender, blend until creamy.
- Pour sauce into a large pot over low heat; bring to a boil. Drain spaghetti and add to the sauce. Simmer for 2 to 3 minutes.

Kingsville Nursing and Rehabilitation Center

KING RANCH CASSEROLE

Ingredients:

- 1 chopped green bell pepper
- 1 chopped onion
- 2 tablespoons vegetable oil
- 2 cups chopped cooked chicken
- 1 can cream of chicken soup
- 1 can cream of mushroom soup
- 1 can diced tomato and green chiles
- 1 teaspoon chili powder
- 1/4 teaspoon salt
- 2 pinches garlic powder
- 2 pinches pepper
- 12 corn tortillas, torn into 1-inch pieces
- 2 cups grated cheddar cheese

Directions:

- In a large skillet over medium-high heat, sauté bell pepper and onion 5 minutes or until tender. Stir in chicken and next 7 ingredients; remove from heat.
- Layer one-third of torn tortillas in bottom of a lightly greased 13- x 9-inch baking dish. Top with one-third of chicken mixture and 2/3 cup cheese. Repeat layers twice. Bake at 350° for 30 to 35 minutes.

Lakeside Nursing and Rehabilitation Center

L.A. STYLE HOT DOG

Ingredients:

All beef Hot Dogs	one package
Hot Dog Buns	one package
Bacon	one package
White Onion (thinly sliced)	one whole onion
Jalapenos (thinly sliced)	4 whole jalapenos
Mustard	to taste
Ketchup	to taste
Mayonnaise	to taste

Directions:

Wrap Hot Dogs with Bacon, cook Bacon wrapped Hot Dogs in a skillet, until the bacon is golden brown. Sautee for 7 to 10 minutes onions and jalapenos or until softened. Then place Bacon wrapped Hot Dog on the bun, garnish with grilled, onions and jalapenos. Add mayo, mustard, and ketchup to taste. Enjoy a “Los Angeles, California” style Hot Dog!!

Live Oak Nursing and Rehabilitation Center

QUICK DISH DORITO CASSEROLE

Ingredients:

- 2 bags of Doritos (regular or spicy)
- 2- 12oz cans of Chili w/ meat and beans (wolf brand is best)
- 1 can of rotel (regular or spicy)
- 1 med container of sour cream
- 1 container of ready-made Guacamole salad
- 1 large bag of shredded Mexican blend cheese
- Jalapenos

Directions:

- Heat Oven to 350 degrees
- Heat up the two cans of chili and rotel sauce mix together and let it sit on low.
- In a large 12 x 12 deep oven pan spray vegetable oil on pan so chili does not stick.
- Take 1 bag of Doritos and sprinkle on pan
- When chili is warm pour chili over Doritos and sprinkle cheese to cover chili
- Do a second level of Doritos and repeat, ingredients. When dish is ready put in the oven and heat 15-20 min or until cheese is melted
- Serve with guacamole, sour cream and sprinkle jalopenos.
- Serves 4-6

Robstown Nursing and Rehabilitation Center

NOVEL 19 SPICY KOREAN CHICKEN (DAKBOKKEUMTANG)

Ingredients:

4 boneless skinless chicken breasts, cubed

2 large potatoes, cubed

1 large onion, chopped

3 Tablespoons of Gochujang, hot red pepper paste (Can be found at Walmart or HEB or an Asian market)

4 Tablespoons sesame seed oil

3 tablespoons of vegetable oil

2 cloves of fresh garlic, minced

Salt and pepper

White rice

Directions:

- Mix chicken breast, potatoes, onions, gochujang sauce, sesame seed oil, garlic, salt, and pepper together in a large mixing bowl. Set aside
- Heat up oil in a large frying pan on medium heat.
- Place ingredients in oil over medium heat, stir occasionally until brown, cover with lid, continue stirring ingredients occasionally until potatoes are soft.
- Serve over white rice.

Prepare and cooking time: 45 minutes

Serving size: 4

Port Lavaca Nursing and Rehabilitation Center

CHICKEN ALFREDO

Ingredients:

1-pint Whipping cream
1-quart Half & half
1 bag Shredded Parmesan cheese
2 sticks non-salted butter

Directions:

- Start on 7 (medium/high) heat
- Melt 2 sticks butter
- Turn down to medium
- Add whipping cream & half & half
- Add Salt, pepper, and garlic powder
- Continuously stir and Bring to boil
- Add Parmesan cheese and turn down
- Cook until melted and continually stir

- In a skillet over medium high heat pour just enough olive oil to coat the bottom of the pan.
- Cut up 4 chicken breasts into small cubes Season with salt, pepper, and garlic powder Add Slap Ya Mama seasoning for an additional kick Cook until white (no pinker on inside)

Serve over fettuccine noodles

West Region recipe
HAM AND NOODLES

Ingredients:

- Egg Noodles 1 pack
- Ham Chunks 1 pack
- Cooked Peas 1 pack
- Mushrooms 1 pack
- Half and half 1 pint
- Parmesan 1 bag
- Bacon 1 pack

Directions:

- Cook noodles
- Cook peas
- Cut up ham
- Fry Bacon and cut up
- Fry mushrooms in bacon fat
- Mix mushrooms, bacon, ham, noodles, peas
- Pour half and half over
- Season with Salt and Pepper

Yoakum Nursing and Rehabilitation Center
THE RONA CHICKEN & RICE IN A BAG

Ingredients:

- 2 pounds of chicken
- 2 cups of rice
- 2 cans of cream of chicken soup
- 2 cans of cream of mushroom soup
- 3 tbsp of butter (1/2 stick)
- 1 oven bag (ex-large) and tie
- 1 oven container 9 X 13 (or bigger, I use Aluminum turkey pan)
- 6 cups of water
- Seasoning

Directions:

- Place bag in oven container, add water, rice, butter, cream of chicken soup, and cream of mushroom soup.
- Take your chicken (breast/thighs) cut into 1-inch squares, and season to your liking. Place the chicken in the bag and mix all ingredients in the bag. Add salt and pepper to bag ingredients if additional flavoring is wanted. Place bag tie on bag leaving no extra space in the top. Put 2 small holes in the top of the bag close to the tie (allows heat to release from bag).
- Cook for 1 ½ hours at 350 degrees
- When done, remove from the oven and pour contents in your container. Stir contents and allow to sit 10 min. Then Enjoy!

Yoakum Nursing and Rehabilitation Center

TEX MEX CROCKPOT CHILI

Ingredients:

2 lbs. ground beef

2 15oz.cans of ranch style beans

1 10oz.can of rotel tomatoes

2 lbs. Velveeta cheese cubed

1 bag of tortilla chips or strips

Directions:

Brown ground beef, drain, add all ingredients in crockpot, cook on low 2 hours, stir and serve with tortilla chips or strips.

Windsor Mission Oaks Nursing and Rehabilitation Center

OMELETS IN A BAG

Ingredients:

1 Quart Size Freezer Zip-Lock Bag

2 Eggs (Large or Extra Large)

Variety of omelet ingredients (Chef's Choice) – such as: cheeses, ham, onion, green pepper, tomatoes, mushrooms, hash browns, salsa, etc.

Directions:

- Write your name on the freezer bag with a permanent marker. Crack 2 eggs (not more than 2) and place into the freezer bag. Shake well to combine. Add omelet ingredients of choice into the freezer bag and shake well to combine.
- Carefully roll the bag to remove all excess air and zip close. Place the bag into rolling, boiling water for exactly 13 minutes. Open the bag and the omelet will easily roll out onto a plate. Garnish and enjoy! Nice to serve with fresh fruit and coffee cake.

West Oaks Nursing and Rehabilitation Center
SLOW COOKER BBQ CHICKEN

Ingredients:

- 4 chicken breasts
- ½ bottle or can of root beer (full sugar not diet) – you can use coke or Dr. Pepper if you prefer
- 18 oz bottle of BBQ sauce
- ¼ Tsp Salt
- ¼ Tsp Pepper

Directions:

- Place chicken breasts and root beer in slow cooker and cook for about 3 hours on high. Shred and drain most of the liquid.
- Leave a little so chicken doesn't get dry. Add Salt & Pepper
- Pour in a bottle of BBQ sauce and let cook another 15-20 minutes in slow cooker.
- Serve on rolls. I sometimes add avocado or even sauté onion to serve on the sandwich.

Ebony Lake Nursing and Rehabilitation

CRISPY BACON AVOCADO EGG

Ingredients:

2 Avocados, Halved

4 Eggs

2 Strips of Bacon, Chopped

Salt

Pepper

Directions:

- Preheat oven to 400 F.
- Chop bacon into small bite size pieces and cook on Medium-High heat for 5-6 minutes, stirring constantly to avoid pieces sticking together.
- Drain grease and let bits sit to get crunchy.
- Cut 2 avocados in half, remove the seed, and set avocado halves on a baking sheet.
- With a teaspoon, remove a small amount of avocado in order to make a space big enough for the egg.
- Crack an egg into each halves of the avocados.
- Sprinkle on a pinch of salt and pinch of pepper onto each halve.
- Add bacon bits on top of the uncooked egg.
- Cook at 400 F for 15 minutes.
- Can be topped with salsa, hollandaise, cheese, or whatever you desire!

Windsor Arbor View

CHICKEN FAUCCINI

Serving Size:4 Cook Time: 25 mins

Ingredients:

- 16 oz box of Fettucine Pasta
- 2 heads of broccoli (chopped)
- 4 boneless chicken breasts
- 2 cups of heavy cream
- 1 cup of cream cheese (melted)
- 3 tbs of minced garlic
- 2 tbs of unsalted butter
- 1 cup of grated parmesan cheese
- Salt & Pepper to taste
- 2 tbs. olive oil
- Parsley (for garnish)

Directions:

- Bring a large pot of water to a bowl. Season the water with salt.
- While waiting for the water to boil, heat a large skillet over medium high heat with 1 tablespoon olive oil. Add the broccoli, season with a pinch of salt and pepper, and cook the broccoli uncovered for 4 minutes until bright green. Add in 1/4 cup water, and cook uncovered until the water has evaporated, and the broccoli is crisp tender. Transfer cooked broccoli to a bowl.
- Add the fettuccine to the boiling water, cook until pasta is tender.
- In the same skillet you cooked the broccoli, heat another tablespoon of olive oil, and cook the chicken in an even layer. Season with salt and pepper. Cook chicken for 5-10 minutes or until golden brown. Transfer the cooked chicken to the same bowl as the broccoli.
- In the same skillet, melt the butter, add the garlic and cook until fragrant. Then add the heavy cream and melted cream cheese. Add the grated parmesan cheese, and cook until melted and just starting to bubble. Stir consistently for 2 minutes. Turn the heat to low.
- When the pasta is done cooking, drain the pasta from the water, then add the cooked pasta to the skillet with the sauce, and toss to with noodles. Add in the cooked chicken and broccoli, toss to combine.
- Garnish with parsley and grated parmesan cheese.

Fort Worth Transitional Care Center

ALL HANDS-ON DECK MC

Ingredients:

- 1 tablespoon olive oil
- cloves garlic, minced
- 1 onion, diced
- 1 lb. ground beef
- cups chicken broth
- 1 (14.5 ounce) can crushed tomatoes
- 1 can yellow whole kernel corn drained
- 1 can white whole kernel corn drained
- 2 teaspoons chili powder
- Salt and freshly ground pepper to taste
- 2 cups uncooked elbow pasta
- 2 cups shredded cheddar cheese

Directions:

- Heat olive oil in a large skillet or Dutch oven over medium high heat. Add garlic, onion and ground beef and cook until browned, about 3-5 minutes, making sure to crumble the beef as it cooks. Drain fat.
- Stir in chicken broth, tomatoes, corn (both cans) and chili powder. Season with salt and pepper to taste. Bring to a simmer and stir in pasta. Bring to a boil and cover. Reduce heat and simmer until pasta is cooked through and all liquid is absorbed, about 15 minutes.
- Remove from heat. Top with cheese and cover until melted, about 5 minutes.

Rockport Nursing and Rehabilitation Center

CHICKEN SPAGHETTI

Ingredients:

4-6 chicken breast & thighs

Bring chicken and water to boil w/ salt & pepper

2 stalks of celery

½ large onion

1 tub of homestyle chicken stock for flavor

(later you may add 2 to 3 bouillon chicken)

1/2 stick of butter

½ cup chopped bell pepper

½ cup chopped onion

¾ of large package of spaghetti (broken in half)

1 can cream of mushroom soup

1 can cream of chicken soup

1 can cream of celery soup

1 lb. Velveeta cheese (cut into cubes)

Directions:

Cook chicken in seasoned water (salt & pepper) with celery and large onion added. Cook for 20 to 30 minutes (20 minutes if boneless & 30 minutes if with bone). Pull chicken out and save broth. Chop chicken and set aside. Strain onion and celery out of broth. Use homestyle stock or chicken bouillon chicken base to add flavor for taste. Use enough broth to cook spaghetti and save the rest to use if needed while spaghetti cooking. Sauté bell pepper and onion in butter till it softens. Put chicken sautéed vegetables, soup and Velveeta in broth and spaghetti and add more broth as needed to thin to your taste. Mix and warm in pot stirring constantly (so it will not stick to bottom of pot or you may put in casserole dish and warm for 40 minutes @ 350 degrees.

Windsor Calallen

CALIENTE COVID COMFORT MEXICAN CROCK POT CASSEROLE

Ingredients:

2.5 boneless skinless chicken breast or thighs

2.15 oz. cans black beans, rinsed and drained

2 cups salsa

1 can corn, drained (opt.)

8 oz. cream cheese

Optional Ingredients:

cooked rice

tortillas

shredded cheese

Directions:

- 1. Put chicken, black beans, salsa and corn into crockpot and place cream cheese on top. Cover.
- 2. Cook on high for 2 ½ to 3 hours.
- 3. When cooked, shred chicken.
- 4. Place over rice or place mixture in tortilla.
- 5. Top with cheese if desired.

Note:

If this seems like it will be soupy, you can leave lid off for last ½ hour to help thicken it.

Southbrooke Nursing and Rehabilitation Center

SWISS STEAK

Ingredients:

- One 2 to 2 1/2-pound round or top round steak, about an inch thick (you can purchase the already sliced and cubed/tenderized cuts of round steak)
- A couple tablespoons of flour
- Salt and pepper
- 3 tablespoons extra virgin olive oil
- 1 onion, sliced
- 1 clove garlic, chopped
- 1 can of rotel, or any canned tomatoes

Directions:

- Sear the steak on both sides: Rub flour into both sides of the steak. Sprinkle with salt and pepper. Heat 2 tablespoons of oil in a pan to medium high heat. Place the steak in pan for 2-3 minutes on each side, enough to brown the steak.
- Remove the steak from the pan and place in an oven safe baking dish. Cover the steaks with sliced onion and one can of rotel, bake covered for 45 mins on 350, uncover and let cook for an additional 15 minutes
- Serve with vegetables of your choice

Windsor Duval Nursing and Rehabilitation Center

CAJUN PASTA

Ingredients:

- 1 lb. chicken
- 1 pack of fettuccine noodles
- 1 lb. shrimp (completely peeled and deveined)
- 1 jar four cheese alfredo sauce
- 1/2 lb. sausage
- 1/2 jar garlic alfredo sauce
- 1 onion
- Salt
- Pepper
- 1 green bell pepper
- 1 red bell pepper
- Tony Chachere's
- 1 garlic clove
- Parsley flakes

Directions:

- On medium heat, cook chicken, season to taste, place aside
- On medium heat, sauté shrimp, set aside
- On medium heat, brown sausage, add chopped onions, bell peppers and garlic, cook until onions are clear. Add both alfredo sauces and season to taste with salt, pepper and tony chachere's
- In a separate pot bring water to a boil, add noodles and cook as directed, drain
- Combine noodles, chicken, shrimp, and sausage with alfredo sauce in one pan and enjoy.

Elgin Nursing and Rehabilitation Center
CORONA CHICKEN CASSEROLE

Yield: 50 servings

Ingredients:

- 8 pounds Boneless chicken breast
- 3 pounds Spaghetti
- 9 ½ ounces yellow onion chopped
- 4 ounces bell pepper, diced
- 1 ½ quart aged cheddar cheese sauce
- 30 ounces diced tomatoes w/ green chilies

Directions:

- Boil chicken
- Remove chicken and bring broth back to boil
- Stir in spaghetti and boil for 8-10 minutes then drain
- Dice chicken into bite size pieces
- Sauté onions and bell peppers
- Combine chicken, cheese sauce, spaghetti, sautéed onions/bell peppers, and diced tomatoes w/ green chilies
- Bake @ 350 degrees for 30 minutes (internal temperature of 165 F)

Optional: Top with shredded cheese before baking

Pflugerville Nursing and Rehabilitation Center

PICADILLO (Mexican Hash)

Ingredients:

- 1 lb. lean ground beef
- 1 large clove garlic, minced
- 1 medium onion, diced
- medium tomatoes, diced
- ¼ cup chopped cilantro
- 1 TBSP vinegar
- ¼ tsp Mexican oregano
- 1 ½ TBSP sugar
- ½ tsp salt (or to taste)
- ¼ tsp comino (cumin)
- ¼ tsp black pepper
- 1 large finely chopped potato

Directions:

Sauté meat & onion in large skillet for about 3 minutes. Add the garlic & sauté 2 minutes more. Meat should be browned & onions should be soft & translucent. Mix in remaining ingredients, mix well & simmer for 30 minutes or until the potato is done. Use as a filling for tacos, burritos, gorditas, or alongside eggs.

This makes really good soft tacos especially with corn tortillas and your choice of cheese melted on top. Top it all with a spoonful of guacamole & add salsa or Pico de Gallo as desired. Garnish with more chopped cilantro & enjoy!!

Valverde Nursing and Rehabilitation Center

CORONA CHICKEN

Ingredients:

- 1 pound of chicken trimmed and cut into cubes shopping list
- 1 handful of fresh cilantro chopped
- 1 red pepper chopped into large pieces
- 1 large jalapeno chopped with seeds
- 1/2 of an onion chopped into large pieces
- 3 cloves of garlic chopped
- cumin
- chili powder
- salt
- 1/2 cup Corona
- juice from 1/2 of a lime

Directions:

- Mix chicken with the cilantro, spices, and half of the beer. Marinate in the fridge for at least 1 hour (we usually let it sit at least 2-3).
- Make a foil packet and mix the marinated chicken with the peppers, onion, garlic, lime juice, and the rest of the beer.
- Wrap it up and cook it on the grill for about 20-30 minutes.
- We usually just serve it over rice, but you can add any sides you like.

Mission Valley Transitional Care

BREATH TAKING CHILI CHEESE ENCHILADAS

Prep Time	Cook Time	Total Time
10 minutes	20 minutes	30 minutes

Servings: 10 enchiladas

Course: Main course

Ingredients:

- 1 cup prepared chili canned or leftovers
- 2 ounces cream cheese
- ¼ cup enchilada sauce
- 10 corn tortillas
- 2 cups grated cheddar cheese divided
- Jalapenos for topping

Directions:

- Preheat the oven to 350 degrees. Pour the enchilada sauce into the bottom of an 8x8 baking dish.
- Heat the chili and cream cheese together and stir to combine. When the chili is hot and the cream cheese is melted, remove from the heat.
- Heat the tortillas on the stove top or in the microwave until soft and pliable. Place the tortillas on a clean surface and place the 1 ½ cups of cheese evenly divided down the center of each tortilla. Roll up and place seam side down in the baking dish.
- Top with the chili, sprinkle on the remaining cheese, and jalapenos. Bake for 20 minutes or until the cheese is melted.

Windsor Atrium
PIZZA CASSEROLE

Ingredients:

- Elbow Pasta 16oz
- Pizza Sauce (2cans)
- Mozzarella Cheese Shredded(1Lb)
- Pepperoni Sliced
- Smoked Sausage (1pack)

Directions:

- Preheat Oven at 350 Degrees
- Boil Pasta
- Cut sausage into round pieces and pan fry
- Drain pasta
- Place pasta in a baking pan
- Add sausage pieces & pepperoni
- Add Pizza Sauce and mix all together
- Add Mozzarella cheese on top
- Bake For 20 minutes at 350 Degrees

Enjoy with a Slice of Garlic Bread

Riverside Nursing and Rehabilitation Center
LEBANESE STYLE STUFFED GRAPE LEAVES

Ingredients:

1 large jar grape leaves
2 lbs. of ground beef or lamb
2 cups of rice (uncooked)
1 glove of garlic
2 fresh lemons
1 can of large whole tomatoes
2 sprigs fresh mint
Salt & Pepper

Directions:

- Take grape leaves out of jar, unroll and remove stems
- Soak grape leaves in warm water for about 1 hour
- Dice garlic
- Chop 1 spring of mint (leaves only)
- Put meat in large bowl
- Salt & Pepper to taste
- Add rice
- Crush tomatoes by hand into mixture (save juice & 1 or 2 tomatoes)
- Squeeze in juice from one lemon
- Add garlic and mint
- Mix together (using hands is the best way)

Preparing grape leaves:

Place opened grape leaf on flat surface, add a teaspoon of meat mixture, roll from the top when about half-way, fold in sides and finish rolling. Place rolled grape leaves in large circular pot in a circle formation, and build up in layers, when complete add remaining juice from tomatoes, and squeeze the juice of one lemon on top, sprinkle with mint. Add about 1 cup of water add about 1 cup of water, and take a large heat proof plate, place on top of grape leaves and press down, liquid should rise over the plate. Cook on medium heat for about 1 hour, or until grape leaves are tender. Serve warm.

Compliance Department

“MASKED” FISH

Ingredients:

- white fish fillets about ½” to ¾” thick (it can really be any white fish – tilapia, flounder, trout, cod)
- ¾ c. Panko breadcrumbs
- ¾ cup finely grated Parmesan cheese
- tbsp melted butter
- 3 tbsp mayo
- 1 tsp Worcestershire sauce
- ½ tsp Tabasco (or whatever hot sauce you have on hand, or this can be left out)
- 1 ½ tbsp lemon juice
- Some Old Bay Seasoning (Put a couple of good shakes in and taste it until you like it)

Directions:

- Preheat oven to 425. Spray baking dish with cooking spray. This is also going under the broiler, so don’t use a glass baking dish. I cover my broiler pan with foil.
- Mix together breadcrumbs, cheese, melted butter, mayo, Worcestershire, Tabasco, lemon juice and Old Bay. This is where I taste it to see if it is seasoned enough. You may also need to add more butter. You want it to hold together in clumps if you squeeze it.
- Pat the fish completely dry with paper towels. Season the fish with seasoning of your choice. I generally use some Old Bay and Cavender’s or Aromat. Season both sides of the fish! Place the fish in/on the baking tray. Spread about 3 tbsp or so of the mixture on each fillet. I honestly use my hands and a spoon and just mush some on until the top is covered. I make sure to use all of the mixture divided between the fillets.
- Place in oven and bake about 8 – 10 min (depending on thickness) until fish is almost cooked through to a temp of about 125 to 130. Move to the broiler and broil for about 2 – 3 minutes until the tops are brown and crispy. Be careful, you don’t want to overcook the fish though! The final temp should be about 145 or so.
- Remove from oven and serve immediately.

Maverick Nursing and Rehabilitation Center

GREEN POZOLE WITH CHICKEN RECIPE

Green Pozole with Chicken (Pozole Verde de Pollo)

16 – 20 portions (1 1/2 – 2 cups each)

Approx. 36 cups (8.5 lt)

Ingredients:

- 1 can of hominy 108 oz. (3.06 Kg)
- 1 whole chicken
- 2 garlic heads +4 garlic cloves, divided
- 2 Tbsp. salt
- 2 pounds tomatillos
- 2 1/2 medium white onions, divided
- 1-3 Serrano peppers (stems removed)
- 2 bunches of cilantros
- 1/3 cup of pepitas (optional)
- Up to 2 cups of water
- 1 iceberg lettuce head
- 1 bunch radishes
- 2 avocados
- 8-10 limes
- Dry Mexican oregano leaves
- 1-2 pack tostadas

- Utensils
- Colander
- Big pot
- Blender

Directions:

- Open the can of hominy and rinse well in a colander until the water is clear. Place the hominy in your largest pot, considering the hominy and the whole chicken are going to need to fit.
- If you don't have a large enough pot, split everything in half and place into two pots.
- Clean and cut the chicken into 4 pieces and place it all in the pot with the hominy. Take the two garlic heads whole, rinse them and throw them in the pot, too.
- Lastly, put water in the pot until it covers everything so far (approx. 20-24 cups). Bring it to boil and then lower the temperature to medium and let it simmer for 45-55 minutes or until the chicken is cooked.
- Take the chicken out of the soup and let it cool.
- Remove garlic heads from the broth. Then, you can do one of two things: Discard them or cut off the ends of the heads, squeeze the garlic pulp out of their skin, and return the pulp to the broth along with the salsa.
- In the meantime, prepare the salsa: You may need to do this part in batches, unless you have an industrial blender.
- In a blender, mix well the 4 cloves of peeled garlic, half an onion, two pounds of tomatillos (peeled and wash), serrano chiles (to taste, one for flavor, two for heat), cilantro, salt and pepitas. Add up to two cups of water in order to blend smoothly.
- Add the salsa to the soup pot with the hominy and let it simmer for 15-20 minutes on low heat until the salsa changes in color from bright green to olive green.
- Taste for salt. The soup is ready to serve.
- While the broth is simmering with the salsa, shred the cooked chicken by hand.
- At this point, you have two options, either add the shredded chicken straight to the pot or keep the chicken separate and add a little bit to each bowl as you serve it to make sure everyone who wants some gets some.

Serving the Pozole

- Wash the lettuce and finely chop. Wash and finely slice the radishes and chop the remaining onions. Slice the avocados and cut the limes into halves.
- Serve the soup in a bowl, adding some shredded chicken, lettuce, radishes, chopped onion, avocado, a pinch of dry oregano, and lime juice.
- Accompany with tostadas (fried tortillas)

Facilities Management

LAYER-IT-UP TEX-MEX CASSEROLE

Ingredients:

2 lbs. hamburger meat
1 can cream of mushroom soup 10.5oz
1 can ranch style beans 15oz
2 cans enchilada sauce 15oz
1 small can green chilies
Package of flour tortillas
Shredded cheese

Directions:

- In a large skillet, brown hamburger meat
- Add the soup, enchilada sauce, green chilies and beans. Heat meat mixture until hot.
- In a round pot the diameter of a tortilla, layer the tortillas, meat mixture and shredded cheese until meat mixture is used up. Finish off with shredded cheese
- Put a lid on the pot and cook in the oven at 375 degrees for 1 hour

Rehabilitation Department

CHIMICHURRI

This is a non-traditional version of Argentine chimichurri since it calls for the fresh vegetables and does not have garlic. If you are going to make this a couple of days ahead of time you can add some crushed or grated garlic but if serving that same day, the garlic will overpower the rest of the ingredients.

Serve this with steaks or other grilled meats, or use as a condiment for sausage sandwiches (choripan)

Ingredients:

- ½ green pepper finely diced
- ½ yellow onion finely diced
- ¼ red pepper finely diced (half the amount of the green pepper)
- large handfuls of flat leaf parsley chopped finely
- 1 Roma tomato diced finely, seeds and juice included
- 1 small handful of fresh basil (or oregano) chopped finely
- large pinches of dried marjoram or any other dried Italian herbs (3x that amount if fresh)
- large pinches of Korean red pepper powder or paprika
- salt
- pepper
- olive oil
- red wine vinegar

Directions:

Mix all of the ingredients except the olive oil and vinegar in a large jar that you can shake. The ratio of olive oil to vinegar is roughly 2:1. Pour in the olive oil until it comes 2/3 of the way up and then add the vinegar until just to the top of the ingredients in the jar. Shake well. Make a couple of hours ahead of time and let it sit on the counter to help the flavors develop. Resist the temptation to add salt until the chimichurri has sat for a while. Add salt to taste just before serving mixing well to make sure it is dissolved.

This will keep in the refrigerator for about a week and the taste will improve with time. The olive oil may congeal but just set it on the counter for a while and it will melt again.

Rehabilitation Department
CHICKEN CACCIATORE

Cacciatore means “Hunter’s Style”

Ingredients:

1 whole chicken, cut up into pieces including the back (12 pieces total) *
seasoned flour
olive oil (about 3 tablespoons)
white wine, beer, or water
1 yellow onion, in ½” dice
1 green pepper, in ½” dice
3 carrots sliced in ¼” rounds
3 ribs of celery sliced on the bias same thickness as carrots
2 cans diced tomatoes (with juice)

-or-

10 Roma tomatoes cut into 8-12 pieces each

5-6 cloves of garlic, chopped fine
25-30 green olives (or a mix of black and green), pitted and chopped coarsely
various Italian herbs (oregano, marjoram, thyme, rosemary, etc.), fresh or dry
salt and pepper

Directions:

Dredge the chicken in flour and brown all over in the oil, in a large skillet, browning one half of the chicken pieces at a time to speed up the process. When all of the chicken is browned, put the previously fried batch of chicken pieces in the pan and use some white wine, beer, or water to deglaze the pan over high heat. After the pan is deglazed, add the onion, green pepper, carrot, and celery to the pan, stirring to combine and cook for about 10 minutes over medium heat, without a lid. Add the tomato, garlic, and herbs and a little salt and pepper, cooking another 30 minutes with the lid on the pan (or aluminum). Turn the chicken pieces from time to time to cook them evenly. The dish should have a gravy-like consistency, not too runny or thick, which is determined by the amount of liquid used to deglaze, plus the liquid from the vegetables. If the liquid is too thin increase the heat and boil off some of the liquid. When the sauce is the way you want it add the olives and some more salt and pepper, check the seasoning again, and serve. Chicken Cacciatore can be served with any kind of bread (toasted or not) or focaccia.

*breasts and back cut into two pieces each

Rehabilitation Department

CABRITO EN SALSA

Ingredients:

- ½ Cabrito, cut up in pieces with bones
- 1 large white onion, cut in rounds ½” thick
- 2 teaspoons salt
- 5 large garlic cloves
- 1 teaspoon Pepper (whole or ground)
- 1.5 teaspoons Cumin (whole or ground)
- 7 Roma tomatoes, cut in ½” rounds
- 1 tablespoon or 1 cube Knorr Suiza (chicken)
- 2 teaspoons dried Mexican oregano
- 1 teaspoon of dried thyme (3 teaspoons fresh)
- 1 or 2 bay leaves

Directions:

- In a large skillet on medium high burner, fry meat with no oil until lightly browned.
- Add onion and salt and a small amount of oil to brown the meat a bit more.
- Grind garlic, pepper, and cumin in a molcajete or mortar and pestle
- In a blender grind tomatoes adding the spices, Knorr Suiza, and herbs.
- Add blended mixture to cabrito pan, reduce heat and add herbs
- Cover and simmer for at least one hour, stirring occasionally
- Adjust seasoning and serve in bowls with hot, fresh corn tortillas, and a salsa

Longview Hill Nursing and Rehabilitation Center

PARMESAN ROASTED BROCCOLI

Ingredients:

- 6 cups fresh broccoli florets
- 3T olive oil
- 3 cloves garlic
- ½ t salt
- ¼ t pepper
- ¼ cup Italian style breadcrumbs
- ½ cup fresh grated parmesan cheese

Directions:

- Preheat oven to 425 degrees. Line a baking sheet with foil and spray with cooking spray.
- In a large bowl add broccoli, olive oil, garlic, breadcrumbs, and parmesan cheese and mix until combined.
- Pour broccoli onto baking sheet and sprinkle any leftover crumb mixture over the top.
- Bake on the top rack for 18-20 minutes.
- Remove from oven and let set 1-2 min.

DESSERTS

Briarcliff Nursing and Rehabilitation Center

BLACK WALNUT POUND CAKE

Ingredients:

½ pound of butter (2 sticks)
½ cup of Crisco (lard)
3 cups of sugar
5 eggs
3 tablespoons Vanilla
3 cups All-purpose Flour (plain)
1 teaspoon baking powder (mix together with flour)
1 cup milk
1 cup chopped black walnuts

Directions:

Cream butter and shortening well. Add sugar and beat until light and fluffy. Add eggs one at a time, add vanilla and beat again. Add dry ingredients alternately with milk (start with flour and end with flour). Add walnuts which have been lightly floured. Pour into a greased and floured tube pan.

Bake in a preheated 325 degrees oven for 1 hour and 20 minutes. Cool cake for 10 minutes before removing from pan.

Cityview Nursing and Rehabilitation Center

CHOCOLATE SIN (LUSH)

From the Kitchen of Deep South Dish

Ingredients:

For the Crust:

- ½ cup (1 stick) of unsalted butter, softened at room temperature
- 1 cup of all-purpose flour
- ¼ cup finely minced, salted pecans

First Layer:

- 1 (8 ounce) package of cream cheese, softened at room temperature
- 1 cup of powdered sugar
- 1 cup of Cool Whip

Second Layer:

- 2 (3.9 ounces) packages of instant chocolate pudding
- 3 cups of whole milk

Topping:

- 1-2 cups of Cool Whip
- Additional chopped pecans
- Grated chocolate

Directions:

Preheat oven to 350 degrees F. In a bowl, mix together the flour, pecans and butter until mixture resembles cookie dough. Spread into the bottom of a 9 x 13-inch glass Pyrex backing dish. Bake at 350 degrees F for about 20 minutes or until lightly browned. The crust will appear underdone but will continue cooking in the pan, and will firm up as it cools, so don't be tempted to keep cooking it. Cool completely, about an hour. If time permits, I like to chill each layer in the fridge before topping with the next.

Mix together the cream cheese and powdered sugar until well blended. Add 1 cup of Cool Whip and mix together. Spread this layer over the cooled crust.

Mix together the two boxes of pudding with the 3 cups of milk until slightly thickened, about 3 minutes. Carefully spread over the cream cheese layer.

Spread the remaining cup of whipped topping on top. Cover and refrigerate at least 4 hours – best if refrigerate 24 hours. Before serving, grate chocolate over the top and sprinkle with additional pecans. Cut into squares.

Guadalupe Valley Nursing and Rehabilitation Center

CARROT CAKE

Ingredients:

2 cups flour
2 tsp. baking powder
2 tsp. baking soda
1tsp. cinnamon
½ tsp salt (optional)
¾ cup vegetable oil
4-large eggs
2 cup sugar
Small can crush pineapple
1 tsp. vanilla
3 cups grated carrots
1 cup pecan pieces

Directions:

- Pre heat oven to 350*, spray a 10” tube pan or Bundt pan
- In a large bowl mix all dry ingredients. Beat eggs in separate bowl and add
- to dry ingredients. Add pineapple, oil and vanilla extract. Mix together.
- Fold in Carrots and pecans.
- Pour into pan bake @350* for 30-35 min. BUNDT PAN
- 40- 50 min. In 10” tube pan. Or until a toothpick comes out clean.

Cream Cheese Frosting:

- 8-ounce cream cheese (soften to room temp)
- ½ cup butter (1- Stick)
 - 1. cups powder sugar
- 1tsp. Vanilla
- Mix Cream Cheese and Butter until smooth
- Add powder sugar and vanilla. Continue mixing.
- Frost cool cake, Enjoy.

Guadalupe Valley Nursing and Rehabilitation Center

KEY LIME PIE BARS

Ingredients:

- 12 Large Graham Cracker Rectangles
- 2 Tbsp. Ground Pecans
- 1/3 Cup Granulated Sugar
- 1/4 Tsp. Cinnamon Sugar
- 1 Stick (1/2 cup) Unsalted Butter Melted
- 3 Egg Yolks, Room Temperature
- 1 Can (14oz) Sweetened Condensed Milk
- 4 Tsp. Lime Zest (about 3 limes)
- ½ Cup Key Lime Juice (Regular Limes Are Fine Too)

Directions:

- Position a rack in the center of the oven and preheat the oven to 350F. Spray an 8x8 square baking pan with cooking spray and line parchment paper, set aside
- In a small bowl, stir together the graham cracker crumbs, ground pecans, sugar, and cinnamon. Add the melted butter and stir to combine. Make sure all the crumbs are moistened. Press the crumbs into the bottom of the baking pan and bake for 10 minutes. Remove from oven, leave oven on.
- In the bowl of an electric mixer fitted with the whisk attachment, whisk the yolks for 2 minutes. Stop the mixer, scrape down the sides, add the lime zest. With the mixer on low, drizzle in the lime juice, let mixer run for 2 minutes once added. Pie mixture will be slightly thicker when done. Pour the filling into crust and bake for 15 minutes.
- Cool completely on rack. Filling will set as it cools, Refrigerate for at least 2 hours. Slice and serve chilled.

Harlingen Nursing and Rehabilitation Center

PUMPKIN UPSIDE-DOWN CAKE

Ingredients:

Box of cake mix do what it ask of you to do .

A big can of pumpkin mix also do what it ask of you to do.

You need a big pan or 2 small pans it's up to you.

Directions:

Oil the pan

Pre-heat oven 350

You will put the cake mix in the pan first then on top of that you will put the pumpkin mix on top of that.

Cook for 1 hour or until done.

Heritage Park Nursing and Rehabilitation Center

HOMEMADE APPLE PIE

Ingredients:

CRUST:

1 Box refrigerated pie crust softened as directed on the box.

Brush with melted brown sugar and butter.

FILLING:

6 Cups of chopped and peeled apples

$\frac{3}{4}$ cup of sugar

2 Tablespoons all-purpose flour

$\frac{3}{4}$ Teaspoon ground cinnamon

$\frac{1}{4}$ Teaspoon salt

$\frac{1}{8}$ Teaspoon ground nutmeg

2 tablespoon fresh lemon juice

Directions:

- Heat oven to 425 degrees and place one pie crust in a 9-inch glass pie pan. Press firmly against sides and bottom.
- In a large bowl combine all ingredients and mix well. Spoon into pie pan and cover with the other pie crust. Press edges together and remove excess dough. Brush top crust with butter and brown sugar mixture and cut a hole in the middle of the top crust.
- Bake on cookie sheet to avoid spills for about 45 minutes or until golden brown on top and let cool for 15 minutes.

Longview Hill Nursing and Rehabilitation Center

CHOCOLATE CAKE

Ingredients:

Cake

2 cups cake flour

$\frac{3}{4}$ cup natural unsweetened cocoa powder

1 $\frac{1}{2}$ teaspoons baking soda

$\frac{3}{4}$ teaspoon salt

$\frac{3}{4}$ cup (1 $\frac{1}{2}$ sticks) unsalted butter, room temperature

2 cups (packed) golden brown sugar

3 large eggs

1 $\frac{1}{2}$ teaspoons vanilla extract

1 cup buttermilk

4 teaspoons instant espresso powder dissolved in $\frac{3}{4}$ cup hot water

Frosting

$\frac{1}{3}$ cup natural unsweetened cocoa powder

1 tablespoon instant espresso powder

1 $\frac{1}{2}$ cups chilled heavy whipping cream, divided

1 $\frac{1}{3}$ cups sugar

2 8-ounce containers chilled mascarpone cheese

Bittersweet chocolate curls (optional)

Directions:

cake

Position rack in center of oven; preheat to 325°F. Generously butter two 9-inch cake pans with 2-inch-high sides; dust with flour, tapping out any excess. Line bottom of pans with parchment paper.

Sift 2 cups cake flour, cocoa, baking soda, and salt into medium bowl. Using electric mixer, beat butter in large bowl until smooth. Add brown sugar and beat until well blended, about 2 minutes. Add eggs 1 at a time, beating well after each addition. Mix in vanilla. Add flour mixture in 3 additions alternately with buttermilk in 2 additions, beating just until blended after each addition. Gradually add hot espresso-water mixture, beating just until smooth.

Divide batter between pans, smooth tops. Bake cakes until tester inserted into center comes out clean, about 40 minutes. Cool cakes in pans on rack 15 minutes. Run small knife around sides of pans to loosen cakes. Invert cakes onto racks; lift pans off cakes and remove parchment. Place wire rack atop each cake; invert again so top side is up. Cool completely. **DO AHEAD** Can be made 1 day ahead. Wrap each cake in plastic and store at room temperature.

Frosting

Sift cocoa powder into large bowl; add espresso powder. Bring 1 cup cream to boil in small saucepan. Slowly pour cream over cocoa mixture, whisking until cocoa is completely dissolved, about 1 minute. Add 1/2 cup cream and sugar; stir until sugar dissolves. Chill until cold, at least 2 hours. **DO AHEAD** Can be made 1 day ahead. Cover; keep chilled.

Add mascarpone to chilled cocoa mixture. Using electric mixer, beat on low speed until blended and smooth. Increase speed to medium-high; beat until mixture is thick and medium-firm peaks form when beaters are lifted, about 2 minutes (do not overbeat or mixture will curdle).

Using pastry brush, brush off crumbs from cakes. Place 1 cake layer, top side up, on platter. Spoon 1 3/4 cups frosting in dollops over top of cake. Using offset spatula, spread frosting to edges. Top with second cake layer, top side up, pressing to adhere. Spread thin layer of frosting over top and sides of cake. Chill 10 minutes. Using offset spatula, spread remaining frosting over top and sides of cake, swirling decoratively. Top with chocolate curls, if desired. **DO AHEAD** Can be made 1 day ahead. Cover with cake dome; chill. Let stand at room temperature 20 minutes before serving

Rio Grande City Nursing and Rehabilitation Center

SOPAPILLA CHEESECAKE RECIPE

Ingredients:

- 2 cans Pillsbury Crescent Rolls
- 2 8 oz. packages of cream cheese (room temperature)
- 1 1/2 cups sugar, divided
- 1 t vanilla extract
- 1 t cinnamon
- 1 stick butter (1/2 cup real butter, not margarine)

Directions:

Preheat oven to 350 degrees. Spray 9x13" baking dish. Unroll 1 can of crescent rolls and place in the baking dish. Press the seams together or buy the crescent roll sheets. In a separate bowl beat together the cream cheese, 1 cup sugar and vanilla until smooth. Spread the cream cheese mixture on the crescent rolls sheet in the baking dish. Top the cream cheese mixture with the other can of crescent rolls, press seams together. Melt butter and pour over the top layer of crescents. Mix 1/2 cup sugar with 1 t cinnamon and sprinkle on top of butter. You can add more or less of the cinnamon sugar depending on your taste. Bake at 350 degrees for 30 minutes or until bubbly and the bottom crust is slightly brown. Allow to cool then slice and serve with a scoop of Vanilla Blue Bell ice cream.

Windsor Nursing and Rehabilitation Center of Seguin

SNICKERDOODLE BREAD

Ingredients:

2 ½ cups of Flour

2 tsps. of baking powder

½ tsp salt

2 tsps. Cinnamon

1 cup of softened butter

2 cups of sugar

3 eggs

1 tsp. vanilla

¾ cup of sour cream

1 package of Hershey's cinnamon chips

3 Tablespoons of sugar

3 tsps. of cinnamon

Directions:

- In a large bowl, mix together the butter, sugar, salt and cinnamon until creamy and fluffy. Mix in the eggs until well combined then stir in the vanilla and sour cream.
- In a separate bowl, mix together the flour and baking powder then add to the cream mixture and mix until well combined. Stir in the cinnamon chips.
- Spoon the batter into 4 mini loaf pans 2/3 full or 2 8X4 inch loaf pans.
- In a bowl, mix together the 3 Tablespoons of sugar and 3 tsps. of cinnamon and sprinkle over the loafs. Bake in a preheated oven at 350 degrees for 35 to 38 minutes for mini pans and 45 minutes for 2 loaf pans. Toothpick in center to check.

Towers Nursing Home

RAISIN COOKIES

Ingredients:

2 eggs

2 cups of sugar

1 cup lard/shortening

1 cup raisins chopped or whole (soaked in water for 1 hour)

1 t cinnamon

1 t nutmeg

1 t cloves

1 t baking soda dissolved in 4T of buttermilk

1 t baking powder

3 ½ cups of flour

2 T cocoa

Directions:

Preheat oven to 350

Blend together egg, sugar and lard/shortening, combine dry ingredients, except the baking soda and buttermilk. Add dry ingredients in 2 parts with the baking soda and buttermilk in between half of the dry ingredients. Drop by teaspoon full onto greased/parchment paper bake for 8 – 10 minutes,

Making a “SPLIT DECISION”

BANANA SPLIT CAKE

Ingredients:

- 2 cups of graham cracker crumbs
- 1 ½ sticks of butter or margarine
- 2 cups of powdered sugar
- 4-5 bananas
- 2 tbsp granulated sugar
- 1 large carton of cool whip
- 2- 8 oz packages of cream cheese (softened)
- 1 large can of crushed pineapples (drained)
- 2 tbsp of vanilla
- 1 small jar of cherries drained
- ½ cup of chopped pecans

Directions:

- Melt butter or margarine
- Add to graham cracker crumbs and granulated sugar
- Press into pan, bake at 350 for 15 mins. Let cool completely.
- Mix cream cheese, powdered sugar and vanilla. Spread over cool whip
- Top with cherries and nuts
- Refrigerate 3-4 hours or overnight

Spindletop Nursing and Rehabilitation Center
COVID COMFORT CROSSIANT DISH

Ingredients:

2 packs of Pillsbury Croissants

1 stick of real butter

1/3 cup of cinnamon

2 packages of Philadelphia cream cheese

Lay 1st can of croissants in casserole dish

Mix cream cheese with mixer and spread over layer of croissants

Lay 2nd can of croissants over the cream cheese

Pour melted butter on top

Sprinkle cinnamon on top

Bake on 350 until golden brown

Stevens Nursing and Rehabilitation Center of Hallettsville

ANGEL FOOD CAKE WITH PINEAPPLE LUSH

Ingredients:

1 Angel Food Cake mix or 1 pkg (10 oz.) round angel food cake, cut into 3 layers

1 cup thawed Cool Whip whipped topping

1 20 oz can crushed pineapple in juice, undrained

1 package (3.4 oz.) JELL-O Vanilla Flavor Instant Pudding

Directions:

Combine pudding and pineapples. Gently fold cool whip into pudding mixture. Top cake with pineapple lush.

Town and Country Nursing and Rehabilitation Center
COVID 19 STRESS RELIEVERS

Ingredients:

Filling:

3 ounces cream cheese softened

¼ cup creamy peanut butter

2 tablespoons sugar

1 tablespoon milk

Batter:

2 cups sugar

1 ¾ cup all-purpose flour

½ cup baking cocoa

1 ½ teaspoons baking powder

1 teaspoon salt

¼ teaspoon baking soda

2 large eggs, room temperature

1 cup water

1 cup milk

½ cup canola oil

2 teaspoons vanilla extract

Frosting:

½ cup butter softened

1 cup creamy peanut butter

3 tablespoons milk, or as needed

2 cups confectioners' sugar

Directions:

- In a small bowl, beat cream cheese, peanut butter, sugar and milk until smooth; set aside.
- In a large bowl, combine sugar, flour, cocoa, baking powder, salt and baking soda. In another bowl, whisk the eggs, water, milk, oil and vanilla. Stir into dry ingredients just until moistened (batter will be thin).
- Fill 12 paper-lined jumbo muffin cups half full of batter. Drop a scant tablespoonful of peanut butter mixture into center of each, cover with remaining batter.
- Bake at 350° for 25-30 minutes or until a toothpick inserted into cake comes out clean. Cool 10 minutes; remove from pans to wire racks. Cool completely.
- Place the butter and peanut butter into a medium bowl and beat with an electric mixer. Gradually mix in the sugar, and when it starts to get thick, incorporate milk one tablespoon at a time until all of the sugar is mixed in and the frosting is thick and spreadable. Beat for at least 3 minutes for it to get good and fluffy.
- Frost cupcakes. Store in refrigerator
- Top with chocolate shaving. (Optional)

Weslaco Nursing and Rehabilitation Center
COCONUT CUPCAKES

Ingredients:

3 eggs

1 can of sweetened condensed milk

1 small bag of unsweetened coconut

Directions:

Mix ingredients well and put in greased cupcake pan.

Bake at 350 degrees until golden.

Makes eight cupcakes.

Remington Transitional Care of San Antonio

HERO CAKE

Ingredients:

- 3 Bananas
- 1 ½ cups Cool whip
- 1 (8 oz) packaged cream cheese
- 1 can (21 oz) blueberry pie filling
- 1 cup sugar
- 1 ready-made Graham Cracker pie crust

Directions:

- Slice bananas into pie crust
- Pie Filling -Mix sugar, cream cheese and cool whip together
- Pie topping- layer with blueberry pie filling
- Refrigerate for 4 hours
- Chill and ready to eat

HERO CAKE

- 1 Cup Courage
- 1 Lg Handshake
- 1 tablespoon Caring
- ½ cup Compassion
- 2/3 cup Selfishness
- 2 Cups Bravery

Mix Courage and Bravery thoroughly add tablespoon of Caring. Slowly stir in selfishness. Sift compassion and add lg handshake. Bake in a warm heart and serve often.

Wharton Nursing and Rehabilitation Center

YUMMY, YUMMY CHOCOLATE CHIP COOKIES

Yields: 30

Ingredients:

- 3 1/4 cups flour
- 1 teaspoon baking soda
- 3/4 teaspoon salt
- 1 1/3 cups butter, softened
- 1 1/4 cups granulated sugar
- 1 cup firmly packed light brown sugar
- 2 eggs
- 2 teaspoons of vanilla
- 1 package (12 ounces) semi-sweet chocolate chips
- 1 cup chopped walnuts
- 1/2 cup of pecans

Directions:

- Preheat oven to 375 F.
- Mix flour, baking soda, and salt in bowl. Set aside.
- Beat butter and sugar in a large bowl with an electric mixer on medium speed until mixture is light and fluffy.
- Add eggs and vanilla; mix well!
- Gradually beat in flour mixture on low speed until well mixed.
- Stir in chocolate chips, walnuts, and pecans.
- Roll mixture into rounded tablespoons and drop them about 2 inches apart onto an ungreased baking sheet.
- Bake for about 8 to 10 minutes (or until lightly browned).
- Cool on baking sheet for 1 minute; remove to wire rack to cool.

Gracia Hospice

YUMMY & EASY BANANA BREAD

Ingredients:

3-4 Ripe Bananas
1/2 cup butter
1 1/2 cup Flour
1 cup sugar
1 egg
1 teaspoon baking powder
2 teaspoons cinnamon
1 teaspoon vanilla

Directions:

- Preheat oven to 375 degrees (conventional oven) or 350 degrees (Conventional Oven)
- Melt the butter in bread pan in oven while it preheats- about 3 minutes.
- Remove from oven and let cool.
- Mash bananas with a fork in a medium bowl, add sugar & vanilla and blend well with fork, add melted butter (make sure it's not hot), blend well & then add egg - blend well.
- In separate bowl, add flour, baking powder & cinnamon, use a sifter or mix well with whisk or fork so all ingredients are blended well. Then add banana mixture - blend well with a spoon - will be slightly bumpy.
- Place in bread pan (pan should already be buttered from previously melting of the butter). May add cranberries, blueberries, chocolate chips, pecans or walnuts.
- *For Conventional Oven: Bake at 375 for 40 min
- *For Conventional Oven:
Bake at 350 for 40 min
- **Times may vary so best way to know if bread is done is by inserting a fork or toothpick in center and if it comes out clean- it's done.
- Remove from pan immediately and enjoy warm or cooled.

Central Admissions
FRESAS CON CREMA

Servings: 4-6 people

Ingredients

- 2 16oz Daisy Sour Cream (or sour cream of your choice)
- 2 lbs. of Fresh Strawberries
- 3 14oz cans of sweetened condensed milk
- Large mixing bowl
- Can opener
- Red food coloring (optional)
- Cool whip (optional)

Directions:

- Wash strawberries and slice them into small circle shaped pieces
- Place the slices of strawberries into large mixing bowl
- In the bowl, mix with the sour cream and the sweetened condensed milk together
- Add 7 drops of red food coloring (do this step only if using food coloring)
- Mix all your ingredients together with a large spoon to create a red/pink mixture
- Serve in small desert cups and add cool whip on top for extra sweetness
- If there is any leftover, cover bowl and refrigerate for a midnight snack!!

National Nursing and Rehab
CHOCOLATE CHIP COOKIES

Ingredients:

2 1/5 cups all-purpose flour
1 heaping teaspoon of baking soda
½ teaspoon of sea salt
1 stick of unsalted butter (room temperature)
2 cups of packed light brown sugar
2 large eggs
1 ½ teaspoons of pure vanilla extract
1 ½ cups of semisweet chocolate chips
1 cup chopped walnuts (optional)

Directions:

Preheat oven to 350 degrees
Line baking sheet with parchment paper
In electric mixer mix butter and sugar on med/high until fluffy
Next add eggs & vanilla and beat until well blended
Mix in chocolate chips
Drop large spoonful's on the lined baking sheet
Bake 10-12 min until golden brown
Store in sealed container up to 3 days

*Makes about 20-30 cookies

Country Meadows Nursing & Rehabilitation Center

STRAWBERRY “Saving my Life” CAKE

Ingredients:

1 package of White Cake

1 small package of strawberry Jell-O

2/3 cup of water

4 Eggs

½ cup of oil (Crisco or Wesson)

½ cup of frozen strawberries

Directions:

Combine all ingredients in and Bake at 350 degrees. Stay in for 25-35 mins depending on the pan. You can always test the center of the cake by sticking a toothpick in the center. If batter comes out on your toothpick, it's not ready. Leave it in the oven for a few more mins or until nothing comes out on your toothpick.

Icing for cake

1 stick of margarine

1 box of white powder (powdered sugar)

½ cup of frozen strawberries without the juice

Remington Transitional Care of Richardson
BEST EVER BANANA BREAD

Ingredients

- 1 teaspoon baking soda
- ¼ teaspoon salt
- ½ cup butter
- ¾ cup brown sugar
- 2 eggs, beaten
- 2 1/3 cups mashed overripe bananas

Directions:

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x5 inch loaf pan.
- In a large bowl, combine flour, baking soda and salt. In a separate bowl, cream together butter and brown sugar. Stir in eggs and mashed bananas until well blended. Stir banana mixture into flour mixture; stir just to moisten. Pour batter into prepared loaf pan.
- Bake in preheated oven for 60 to 65 minutes, until a toothpick inserted into center of the loaf comes out clean. Let bread cool in pan for 10 minutes, then turn out onto a wire rack.

Monument Hill Nursing and Rehabilitation Center

BANANA NUT BREAD

Ingredients:

- 2 cups all-purpose flour
- 1 cup sugar
- 1 teaspoon salt
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 cup butter
- 4 very ripe bananas
- 2 eggs
- 1/2 to 1 cup chopped pecans

Directions:

Preheat your oven to 350 degrees.

In a bowl, add flour, sugar, salt, baking powder and baking soda.

Mix together well.

In another bowl, add butter, bananas and eggs.

Mix together until well combined.

Pour your dry ingredients into the banana mixture.

Stir together well.

Next add the chopped pecans and stir together.

Evenly pour the mixture into two loaf pans sprayed with non-stick cooking spray.

Bake in the oven for about 40 to 45 minutes.

Silver Pines Nursing and Rehabilitation Center

BETTER THAN LOVE IN A PAN

Ingredients:

- 1 Cup of chopped pecans
- 1 Cup of Flour
- ½ Cup real butter
- 1 Cup powdered Sugar
- 8 oz of Cream Cheese (needs to be somewhat soft)
- 1 Large tub of Whipped Topping (Cool whip type)
- 2 Cups of milk
- 1 6 oz package of instant Chocolate Pudding
- 1 6 oz package of instant Vanilla Pudding

Directions:

- Preheat Oven to 350
- Lightly Spray a 9x13 Pan with cooking spray
- Mix together flour, pecans, and butter to form crumbs (coarse)
- Press mixture firmly into pan
- Bake 350 for 10-15 minutes (until golden brown)
- Let cool 15 minutes or to cool to touch
- Beat sugar, and cream cheese until smooth
- Fold in ½ tub of the whipped topping
- Spread over crust
- Cool in the fridge until next step
- Mix both puddings and milk and whisk until smooth
- Spread mixture over the cream cheese mixture
- Top with remaining whipped topping
- Sprinkle with pecans and chill until ready to enjoy!

Texas Independence Health Plan
SIMPLE HOMEMADE ICE CREAM

“Life is like an ice cream cone; you have to lick it one day at a time” – Charles M. Schultz

Ingredients:

- 2 cans Eagle Brand sweetened condensed milk
- ½ cup sugar
- 2 tablespoons flour
- 2 teaspoons vanilla
- ½ gallon milk
- Fruit (optional)
- Food coloring (optional)

Directions:

In a medium bowl, combine sugar and flour. Add sweetened (Eagle Brand) condensed milk and vanilla. Mix well. Add fruit and/or food coloring as desired and mix well. Pour into freezer can and fill to freezer line with milk. Allow to freeze for at least two hours and enjoy.

Risk Management Department
EASY CHOCOLATE CHEWY COOKIES

Ingredients

1 - 18.3 oz. (family size) box of brownie mix

1 - Large Egg

¼ Cup Prepared Coffee (cooled)

½ Cup Chocolate Chips

Directions:

- Preheat oven to 350 degrees. Line 2 large baking sheets with parchment paper or spray with cooking spray. Set aside.
- Combine brownie mix, egg and cool coffee in a medium bowl. Stir with a rubber spatula until well combined. Mixture will be thick. (If coffee is hot, the batter will be runny, and cookies will turn out flat.)
- Fold in the chocolate chips. Shape the mixture into balls of about 2 tablespoons of dough and arrange 2 inches apart on prepared baking sheet.
- Bake 10-12 minutes, until the cookies look set top and around edges. Cool on baking sheets for 1 minute, then transfer to wire rack to cool completely. (A thin metal spatula is really helpful to remove them from the baking sheets intact.)
- Uneaten cookies can be stored in airtight container at room temperature for 2 days or in freezer for up to 3 months.

IT Department

CHOCOHOLIC DREAM CAKE

Ingredients:

1 box of Duncan Hines 'Super Moist' Triple Fudge cake mix

1 box of Instant Chocolate Pudding (the larger 5.9 oz box, not the little sissy box)

1 cup of Sour Cream (Please, please, PLEASE do not use Fat Free or Lite Sour Cream. It's cake, for cryin' out loud, not salad.)

1 cup of vegetable oil

4 eggs

1/2 cup of hot water

1 cup of milk chocolate chips...or semi-sweet, or dark chocolate (if you're a weirdo) whatever you prefer.

Directions:

Preheat your oven to 350.

Grease and flour a Bundt cake pan. I have no clue on the size specifications, here. I have 2 Bundt pans, they are exactly the same size. I just grab whichever one is not going to send the remaining (very precariously placed) items in my cabinets crashing to the floor.

In a very large mixing bowl (Take note; use a large mixing bowl, cause a medium is just too small for this very tall, dark, and silky, private-dancer to move around in) and add your dry ingredients, minus the chocolate chips, (in no particular order) and your wet ingredients (also, in no particular order; go crazy; it's cake anarchy), and mix well...you are going to need to use a hand mixer, at the very least, because the batter is incredibly dense; think: quick-crete. The first time I made it, I went back over the ingredients 20 times thinking I was fixing to bake a Bundt-shaped, clay brick. I assure you, it's totally normal if you can build a sandcastle with the batter. Once mixed well, and you are finished re-enacting the pottery scene from Ghost, fold in the delicious little morsels o' chocolate. Spread the batter evenly into its little bed of Bundt, and place into the smokin' hot oven of lovin'. Bake for 50 - 55 minutes, depending on how hawt (oh, yes, I spelled that correctly) your oven gets. You want your toothpicks to come out clean. Once finished, flip onto a serving plate, and dust with that powdery sugary goodness.

Thank you to the
HEALTHCARE HEROES
who have put our patients before themselves each and everyday.