

Welcome to our

14TH ANNUAL

AAUW
Kitchen
TOUR



TOURING & TASTING DELIGHTS

PRESENTED BY

American Association of
University Women
Beaver Valley Branch

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EASY POTATO SOUP

Betsey Uslenghi, AAUW Member



- 1 pound hot sausage
- 5 – 6 medium potatoes
- 1 - 15 ounce can chicken broth
- ½ stick butter
- 2 cups milk
- 1 chopped onion
- curly endive, cut up
- 2 tablespoons cornstarch
- 8 ounces cream cheese

Brown the sausage and drain. Sauté the onion. Dice the potatoes and boil in the chicken broth until tender. Add the sausage and onion to the potatoes. In a separate pot, melt the butter and add the cornstarch to make a roux. Over low heat, add milk and softened cubed cream cheese. Stir together until smooth. Add potatoes and broth to the roux. Add chopped endive, salt and pepper to taste.



ANTIPASTO SQUARES

Deb Newton, AAUW Member



- 2 packages crescent rolls
- ½ pound sliced Provolone cheese
- ½ pound salami
- ½ pound deli ham
- 1 jar roasted red peppers - drained & cut in slices
- 1 small jar sliced hot peppers
- 6 eggs beaten with 1 cup grated Parmesan cheese

Spray a 9x13 inch pan and press one tube of crescent dough into pan, pinching seams together. Layer half of meats, peppers, and cheese, then pour half of egg mixture over top. Make another layer of meats, peppers, and cheese. Top with other tube of crescent dough pinching seams. Spread rest of egg mixture over top. Bake at 350 degrees covered for 20 minutes. Remove cover and bake for another 45 minutes until brown. Cool and cut into squares.



WILLIAMSBURG PEANUT SOUP

Vivian Mahli, AAUW member



- 1 cup finely chopped onion
- 1 cup finely chopped celery
- ½ cup margarine or butter
- 3 tablespoons flour
- 2 quarts chicken broth
- 2 cups creamy peanut butter
- 1 ¾ cups half and half or light cream

Sauté onion and celery in margarine until soft, about 7-8 minutes. Stir in flour and blend well. Add chicken broth, stirring constantly and bring to a boil. Remove from heat and puree mixture in blender or food processor. Blend 1 cup of this mixture with peanut butter and cream; add to the remaining soup mixture. Return all to pot and heat over low heat until just hot. DO NOT BOIL.

Garnish with chopped peanuts. Serves 10.



CORNEY CORN SALAD

Marlene Holland, AAUW Member



- 1 - 15 ounce can yellow corn (or frozen corn slightly cooked and cooled)
- 16 or so raw green beans, finely diced
(garden fresh or bag-sealed organic rather than store loose ones)
- Deli Kalamata seedless black olives in oil, halved (essential)
- 1 can diced tomatoes, well drained (organic, no salt added preferred, garden fresh is even more wonderful, but not store winter fresh tomatoes)
- 1 small sweet onion to taste
- Chopped kale or baby spinach to taste

In a large bowl mix above ingredients together.

Douse with a vinaigrette dressing of choice or balsamic vinegar. Refrigerate until well chilled. Serves many, but the vinegar keeps it fresh.

QUINOA SALAD OR DESSERT WITH FRUITS



Marlene Holland, AAUW Member



1 cup uncooked quinoa (this amount can be adjusted up or down to serving needs)

Cook 10 minutes in water or low sodium chicken broth for added flavor, 2 parts liquid to 1 part quinoa. Drain, if necessary. Scoop into a large bowl and fluff with a fork. Cool.

Add fresh or frozen fruits such as pineapples, apples, strawberries, and blueberries in any combination to taste. Dried fruits work also, but it is a little trickier to balance flavors.

As a dinner salad, gently toss together ingredients with the following homemade dressing.

Whisk together: ¼ cup pineapple or orange juice (apple juice works also)
 ¼ cup rice vinegar
 ¼ cup extra virgin olive oil
 Ginger, cinnamon, or nutmeg or any combination of these to taste

Refrigerate. Garnish with chopped roasted cashews and mint leaves (optional) when ready to serve.

As a dinner dessert, omit the dressing. Gently toss together ingredients and garnish with ample vanilla yogurt and refrigerate. Top with roasted cashews, favorite nuts, flaked dark chocolate, or other favorite dessert toppings when ready to serve.



MARINATED FRESH VEGETABLES



Nancy Noll, AAUW Member

- 1 head cauliflower broken into small pieces
- 1 green pepper cut into small strips
- 1 bunch broccoli cut into small pieces
- 5 pieces celery sliced thin
- 1 cucumber cut into small chunks
- 1 bunch green onion sliced thin
- 5 carrots sliced thin

Combine all above vegetables in a large bowl.

Mix:

- 1–1/3 cup olive oil
- 2/3 cup cider vinegar
- 2 tablespoons sugar
- ½ teaspoon each: salt, oregano, basil, garlic, parsley and dill

Pour over vegetables and marinate 24 hours in the refrigerator. Will keep 3-4 days refrigerated. 1 pound of fresh, sliced mushrooms may be added after 24 hours and then marinate for another 3 hours before serving.





LONDON BROIL

Beth Hesselson, AAUW Member



Thick sirloin tip or London broil, to serve 4

Marinade:

- 1 clove minced garlic
- 1 tablespoon ketchup
- 1 teaspoon salt
- 3 tablespoons soy sauce
- 1 tablespoon vegetable oil
- ½ teaspoon pepper
- ½ teaspoon oregano

Score meat in a diamond pattern on both sides. Mix marinade ingredients and marinate meat for 6 to 8 hours in a plastic bag, turning once. Broil or charcoal-grill meat to desired doneness. Medium-rare works best. Slice thinly on the diagonal and serve.

Ingredients may be adjusted upward per amount of meat used.



TOMATO PIE

Mary Jane Ryan, AAUW Member



- 5 Roma tomatoes, peeled and sliced
- 10 fresh basil leaves, chopped
- ½ cup chopped red or green onions
- 1 - 9 inch prebaked deep dish pie shell
- 1 cup grated mozzarella cheese
- 1 cup grated cheddar cheese
- ¾ cup mayonnaise + Greek yogurt (½ mayonnaise, ½ yogurt)
- 2 tablespoons fresh grated Parmesan cheese
- Salt and pepper to taste

Place tomatoes in a colander in the sink in one layer. Sprinkle with salt and allow to drain for 10 minutes. Use a paper towel to pat dry. Layer the tomato slices, basil and onion in the pie shell and season with salt and pepper. Combine the cheeses and mayo. Spread the mixture on top of tomatoes and sprinkle with Parmesan cheese. Bake at 350 degrees for 30 minutes or until lightly browned.

WHITE CHILI WITH TURKEY AND SAUSAGE



Karen Mitch, AAUW Member



- 2 cups cooked turkey breast, coarsely chopped (I use ground turkey breast)
- 12 ounces Italian turkey sausage, casing removed (I use spicy version)
- 2 small onions, coarsely chopped
- 2 poblano peppers, coarsely chopped (I use 1 pepper)
- 1 cup shredded sharp Cheddar cheese
- 2 - 16 ounce cans navy beans, drained
- 1 - 14.5 ounce can reduced sodium chicken broth
- 1 teaspoon ground cumin
- 1 cup whole milk
- 1 tablespoon canola oil
- 1 teaspoon chili powder
- ½ teaspoon dried oregano leaves
- ¼ teaspoon pepper

Chop turkey, onion, and peppers. Preheat large stock pot on medium high for 2-3 minutes. Place oil in pan, then add peppers and onions, and cook and stir 2-3 minutes until tender. Reduce heat to medium. Add sausage, cook 5-6 minutes, crumbling meat, until browned. Stir in cumin, chili powder, oregano, pepper, then beans and broth and bring to boil. Reduce heat to low, cook and stir 10-12 minutes until thickened. Stir in turkey and milk, cook 2-3 minutes to blend flavors. Top with cheese and serve.

BUTTERSCOTCH NO-BAKES



Pam Powers, AAUW Member



- 2 cups sugar
- ¾ cup butter
- 6 ounces evaporated milk

Stir above ingredients over low heat and bring to a full rolling boil. Remove from heat and add:

- 1 box instant butterscotch pudding mix
- 3-½ cups quick oats

Let stand 15 minutes, then drop by spoon onto waxed paper.



TEXAS SHEET CAKE

Marta Karwoski, AAUW Member



Boil $\frac{1}{2}$ pound margarine in 1 cup of water and 4 tablespoons cocoa. Remove from heat and cool slightly.

Add:

2 cups sugar

2 cups flour

$\frac{1}{2}$ teaspoon salt

1 tablespoon baking soda

Beat in 2 eggs and 1 cup sour cream. Pour into a greased and floured jelly roll pan. Bake for 20 minutes at 375 degrees. While this is baking, make the topping.

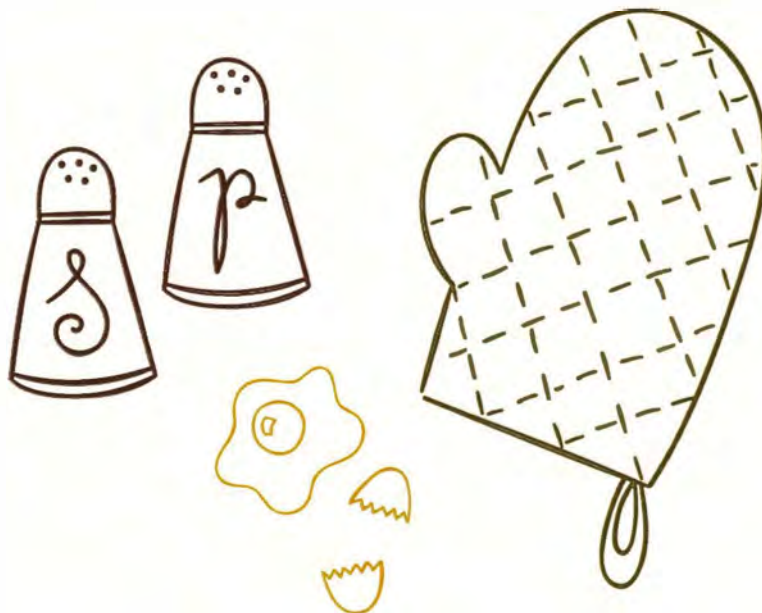
Topping:

Boil $\frac{1}{4}$ pound margarine with 4 tablespoons cocoa and 6 tablespoons milk.

Remove from heat and add 1 box of powdered sugar and 1 teaspoon vanilla.

Top immediately after removing cake from oven. Sprinkle nuts on top if you like.

Cut when completely cool.





CRUNCHY JUMBLE COOKIES

Joyce Hoppa, AAUW Member



- 1 – ¼ cups regular all-purpose flour
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ½ cup regular margarine or butter, softened
- 1 cup sugar
- 1 egg
- 1 teaspoon vanilla extract
- 2 cups of Kellogg's Rice Krispies
- 1 - 6 ounce package of Nestle's semi-sweet chocolate morsels (I use the milk chocolate morsels)

Sift together flour, baking soda, and salt. Set aside. Measure margarine and sugar into mixing bowl and beat until well blended and smooth. Add egg and vanilla, blend well. Add sifted dry ingredients, mixing until combined. Stir in Rice Krispies cereal and morsels. Drop by level measuring-tablespoon onto baking sheet. Bake at 350 degrees about 12 minutes or until lightly browned. Remove immediately from baking sheet and cool on wire racks.

Yield: about 3 – ½ dozen cookies



DROP LEMON SUGAR COOKIES

Katherine Miller, AAUW Member



- 1 – ½ cups sugar
- 2 teaspoons baking powder
- 2 eggs
- 1 teaspoon baking soda
- 1 scant cup shortening
- 3 to 4 cups flour to stiffen
- 1 cup sour milk
- 1 teaspoon lemon extract
- 1 cup raisins, dates, or nuts

Cream the sugar and eggs together, add the shortening, then the sour milk, and beat well. Add baking powder and baking soda to flour, and then add to wet mixture 1 cup at a time. Stir in lemon extract and raisins, dates, or nuts. Drop by spoonful on ungreased cookie sheet. Bake at 350 degrees for about 10 minutes.

RASPBERRY CINNAMON FRENCH TOAST



Karen Mitch, AAUW Member



12 slices cinnamon bread, cubed
5 eggs, beaten
1 - $\frac{3}{4}$ cups milk
 $\frac{3}{4}$ cup packed brown sugar, divided
 $\frac{1}{4}$ teaspoon ground cinnamon
 $\frac{1}{4}$ teaspoon ground nutmeg
 $\frac{1}{2}$ cup slivered almonds
 $\frac{1}{4}$ cup butter, melted
2 cups fresh raspberries

Place bread cubes in a greased 13 x 9 x 2 inch baking dish. In a bowl, combine the eggs, milk, $\frac{1}{2}$ cup brown sugar, cinnamon and nutmeg; pour over bread. Cover and refrigerate for 8 hours or overnight. Remove from the refrigerator 30 minutes before baking. Sprinkle almonds over egg mixture. Combine butter and 2 tablespoons brown sugar; drizzle over top. Bake, uncovered, at 400 degrees for 25 minutes. Sprinkle with raspberries. Bake 10 minutes longer or until a knife inserted near the center comes out clean.

Preparation time: 10 minutes + chilling

Bake Time: 35 minutes

Yields 6 – 8 servings.





SWEDISH NUTS

Mary Jane Ryan, AAUW Member



1 pound pecans
1 egg white
½ cup sugar
Dash salt

Beat egg whites until stiff. Add sugar and salt. Mix in nuts. Melt ¼ cup butter in a large shallow pan. Add nuts. Bake 30 minutes at 250 degrees. Be sure to stir every 10 minutes.



FUDGE SAUCE FOR ICE CREAM

Janice Landsbach, AAUW member



1/3 cup cocoa
3 tablespoons cornstarch
1-¼ cup sugar
Dash salt

Mix together all above ingredients.

Add 2 cups milk. Cook until thick, stirring often. Remove from heat. Add 1 teaspoon butter and ½ teaspoon vanilla. Serve over ice cream, etc.



BOSSA NOVA BEANS

Nancy Noll, AAUW Member



- 1 (16 ounce) can baked beans
- 1 (15 ounce) can chili beans
- 1 (8 ounce) can tomato sauce
- ½ cup chopped onion
- ¼ cup brown sugar, packed
- ¼ teaspoon EACH salt, garlic salt, and pepper
- 1 tablespoon ground cumin
- Jack cheese, grated or thinly sliced

Combine beans, tomato sauce, onion, brown sugar, salt, garlic salt, pepper and cumin in a 1-½ quart casserole. Bake at 325 degrees for 1-½ hours or longer until liquid is reduced. Top with cheese and serve when cheese is melted. Makes 8 servings.

Can double or triple for larger groups.



RETTS LEMON COOKIES

Rose Homish, AAUW Member



- 1 package lemon cake mix (dry)
- 1 egg
- 1 - 8 ounce container Cool Whip

Mix all ingredients and roll into small balls. Roll balls in powdered sugar. Place on ungreased cookie sheet or parchment paper. Bake at 350 degrees for 10 to 12 minutes.

AAUW

BEAVER VALLEY BRANCH

For membership information, please call: 724-846-8370

BON APPETIT!

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AAUW advances equity for women and girls through advocacy, education, philanthropy, and research.

DIVERSITY STATEMENT

In principle and practice, AAUW values and seeks a diverse membership. There shall be no barriers to full participation in this organization on the basis of gender, race, creed, age, sexual orientation, national origin or disability.





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