



Heart Warming

Recipes

AAU 
Beaver Valley (PA) Branch

2023



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Tangy Spread

Pam Powers, AAUW Member

- 1 (8 ounce) jar apricot preserves
- 1 (8 ounce) jar pineapple preserves
- ¼ cup horseradish
- 1 tablespoon dry mustard
- 1 teaspoon black pepper

Instructions

Combine all ingredients and store in the refrigerator until ready to serve. Serve over an 8-ounce block of cream cheese with crackers.



Corned Beef Spread

Jane Kennedy, AAUW Member

1 can corned beef, mashed
½ cup chopped onion
½ cup chopped green pepper
¼ teaspoon Morton's Seasoning
Mayonnaise or Miracle Whip, added to
desired consistency

Instructions:
Form into a ball and serve with crackers.



Christmas Eve Punch

Nancy Cole, AAUW member

1 quart orange sherbet
1 quart vanilla ice cream
1 large can cold pineapple juice
1 large can cold Hawaiian Punch

Instructions:

Combine all in a large punch bowl and then add 1 or 2 quarts cold ginger ale.



Perfectly Moist Pork Loin

Roberta Good, AAUW Member
Original recipe by Aubrey

4-5 pound pork loin roast
2 tablespoons olive oil
1 tablespoon salt
1 tablespoon pepper
1 tablespoon garlic powder
1 tablespoon onion powder

This pork loin is perfect for a cool fall night! It's so easy and makes the house smell amazing while it cooks.

Instructions:

Preheat oven to 400 degrees. Rub pork with olive oil, salt, pepper, garlic powder, and onion powders on all sides. Place in roasting pan fat side up. Cook at 400 degrees for 10 minutes.

Lower heat to 350 degrees and cook for 20 minutes per pound until internal temp reads 160 degrees. Remove and put a piece of foil loosely on top and let meat rest for 10 minutes before slicing to serve.

Serves: 8, Prep time: 5 minutes, Cook time: 2 hours



Crabmeat Quiche

Jane Kennedy, AAUW member

½ cup mayonnaise
2 tablespoons flour
2 eggs, beaten
½ cup milk
2 cans (6-ounce each) crabmeat, drained
8 ounces shredded Swiss cheese
1/3 cup chopped onion
¼ cup chopped green pepper
1 small can of mushrooms, drained and
chopped
4 strips of bacon, cooked and crumbled

Instructions:

Mix all ingredients. Pour into unbaked
pastry shell.

Bake at 350 degrees for 40-45 minutes.



Dump Chicken Pasta Casserole

Helen Bloom, AAUW member

8 ounces uncooked campanelle or bowtie pasta
2 cups chopped, cooked chicken
1/3 cup sundried tomatoes
1 jar Alfredo sauce
2 cups water
1/2 teaspoon Italian seasoning
1/2 teaspoon garlic powder
1/4 teaspoon crushed red pepper
2 cups fresh spinach
1-1/2 cups shredded mozzarella cheese

Instructions:

Mix all but the last 2 ingredients in 9 by 13-inch glass dish. Cover with foil and bake at 375 degrees for 40 minutes. Stir in spinach and sprinkle with cheese. Bake uncovered for 5-7 minutes. Let stand 10 minutes.



Salmon Loaf

Nancy Melani Mahosky

1 can (1 pound) red salmon
1 cup toasted bread crumbs
1 tablespoon melted butter
1 cup milk or medium cream
4 eggs, beaten
1 tablespoon lemon juice
Salt and pepper to taste

Instructions:

Flake salmon and combine with remaining ingredients. Place in a 1-quart buttered loaf pan. Sit buttered loaf pan in a pan of hot water and bake at 350 degrees for 45 minutes. Unmold onto a serving platter.

Serves 4.



Baked Omelet

Judy McDermott, AAUW member

6 slices buttered bread, crusts removed
½ pound mushrooms
1 onion, chopped
1 cup cubed ham or crisp bacon
crumbled
1 cup shredded cheese (I use extra sharp
cheddar)

1 tablespoon flour
6 eggs
2 cups milk
1 tablespoon yellow mustard
Dash garlic salt
Salt and pepper

Instructions:

Put bread in casserole, buttered side down. I use a Pyrex dish approximately 12 by 7 ½ inches. Slice and brown mushrooms in a pan with onions and some butter. Spread mushroom mixture on top of bread. Add ham or bacon, cheese, and flour. Beat together remaining ingredients and pour over top. Cover and let stand overnight.

Remove cover and bake at 350 degrees for approximately 45 minutes until fluffy on top and set somewhat like custard. I find it easier to serve if it cools about 5-10 minutes when it comes out of the oven.



Overnight Mac 'n Cheese

Frances Pickard, AAUW member

Kosher salt and freshly ground pepper
12 ounces cavatappi pasta
4-½ cups heavy cream
3 cups (8 ounces) grated Gruyère cheese, divided
1-½ cups (4 ounces) grated sharp white Cheddar cheese, such as Cabot, divided
½ teaspoon ground nutmeg
3 tablespoons melted unsalted butter, plus extra for the dish
2-½ cups fresh white breadcrumbs (see instructions)

Instructions:

The day before you plan to serve, bring a large pot of water to a boil. Add 2 tablespoons salt and the pasta and cook for 4 minutes. It will be undercooked. Drain (don't rinse) and set aside.

Meanwhile, in a medium (10-inch) bowl, combine the heavy cream, 1-½ cups of the Gruyère cheese, ¾ cup of the cheddar cheese, nutmeg, 1 tablespoon salt, and 1-½ teaspoons pepper. Stir the hot pasta into the cream mixture, cover the bowl with plastic, and refrigerate for 24 hours. The pasta will absorb the cream and expand.

Overnight Mac 'n Cheese Instructions, continued

When ready to bake, allow the mixture to sit at room temperature for about one hour. You can also microwave it for 4 minutes.

Preheat oven to 400 degrees. Butter a 9 x 13 x 2-inch baking dish. Stir the pasta mixture well, transfer it to the dish, and spread evenly. Combine the remaining 1 ½ cups Gruyère cheese and ¾ cup cheddar cheese and sprinkle evenly on top. Combine the breadcrumbs and the 3 tablespoons melted butter and sprinkle evenly over the cheese. Bake for 20 to 25 minutes, rotating halfway through, until golden brown. Serve hot.

Serves 6.



Sweet Potato Casserole

Patty Rock, AAUW Member

2 large cans sweet potatoes or 5-6 fresh
yams (cooked)
2 eggs, slightly beaten
2/3 cups sugar
1/2 cup soft butter
1 cup milk
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
1/2 teaspoon salt

*This is a good holiday dish—or make it
any time to “sweeten” a meal.*

Instructions:

Mash the sweet potatoes. Mix all above ingredients well. Place in 9 x 13 inch pan. Bake at 350 degrees for 40-50 minutes.

Topping

1/2 cup brown sugar cut with 4
tablespoons soft butter.
Add 3/4 cup crushed corn flakes or
oatmeal and 1/4 cup chopped nuts (if
desired).

Mix topping ingredients and sprinkle
topping over potatoes. Return to oven
and bake 15 minutes more.



Rice Pilaf Casserole

Judy McDermott, AAUW member

½ cup butter (1 stick)
1 large onion, chopped
1 cup fresh mushrooms, sliced
½ cup green pepper, finely chopped
1 box Ben's Wild Rice
2 cups chicken broth or bouillon

Instructions:

Sauté onions in ¼ cup butter until golden. Add mushrooms and green pepper; cook until tender. Remove vegetables and heat remaining butter. Add rice and brown slightly, stirring constantly. Stir in vegetables and seasonings from box. Heat chicken broth to boiling. Stir into rice mixture. Pour into a quart casserole dish. Cover and bake for 30 to 40 minutes at 350 degrees. Check to see if liquid is gone. If not, keep baking for another 10-15 minutes.



Corn Souffle

Frances Pickard, AAUW member

1 can creamed corn
1 can corn niblets
4 tablespoons flour
4 tablespoons butter
4 eggs and ½ cup of milk beaten together

Instructions:

Grease casserole dish with butter. Mix all ingredients thoroughly

Bake at 350 degrees for 1 hour. Place a pan of water on lower rack to avoid burning.



Cowboy Beans

Deb Newton, AAUW member

½ cup brown sugar
3 tablespoons white vinegar
1 cup ketchup
3 tablespoons yellow mustard
1 can (4 ounces) mild green chilies
1 tablespoon chili powder
2/3 cup beer (or chicken broth)
1 pound ground beef (or hot sausage)
1 onion, diced
1 pound can butter beans, drained
1 pound can pork & beans
1 pound can kidney beans, drained
Salt & pepper to taste

Instructions:

In large bowl, mix together brown sugar, vinegar, ketchup, mustard, chilies, chili powder, and beer or chicken broth.

Brown meat and diced onion. Drain grease and then add to sugar mixture. Add beans to mixture with salt & pepper to taste. Bake for 1-1/2 hours in baking dish at 350 degrees or cook in crock pot on low for 5-6 hours.

This recipe is a family “go-to” recipe for summer gatherings.



Sweet and Sour Slaw

Pam Powers, AAUW member

1-½ pound bag of finely chopped slaw mix

Add chopped small onion, 1 green pepper, and 1-2 ribs of celery.

Mix together the following ingredients as dressing:

1 cup sugar

¼ cup vinegar

¼ cup vegetable oil

½ teaspoon celery seed

1 teaspoon salt

Instructions:

Bring dressing ingredients to a boil. Make sure sugar is dissolved. Cool and add to vegetables. Chill overnight.



Butterscotch Cookies

Kathi Harris, AAUW Member

Batter ingredients:

½ cup butter
1-½ cups brown sugar
2 eggs
1 cup sour cream
1 teaspoon vanilla extract
2-½ cups flour, sifted
½ teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
¾ cups chopped walnuts

Icing ingredients:

½ cup butter
2 cups sifted powdered sugar
½ teaspoon vanilla
2-4 tablespoons water

Instructions:

Mix together the butter, sugar and eggs. Stir in the sour cream, vanilla, baking powder, baking soda, and salt. Fold in chopped walnuts. Chill the dough for at least an hour. Drop by teaspoon onto a greased cooking sheet. Cool on rack. When cookies are cooled, top with the icing. Bake at 350 degrees for 12-15 minutes. Makes 60.

Melt ½ cup butter in skillet until lightly brown. Be careful not to burn it. Transfer the butter to a mixing bowl. Blend it with powdered sugar; mix in the vanilla and water. Use mixer until creamy and

smooth.



Peanut Butter Cream Pie Supreme

Joline Mannion, AAUW Member

Oatmeal crust:

1 ½ cups oatmeal
1/3 cup brown sugar
3 tablespoons flour
1/3 cup melted butter

Chocolate filling:

½ cup softened butter
½ cup powdered sugar
1 egg (I use Eggbeaters)
¾ cup semi-sweet chocolate chips,
melted
¾ teaspoon vanilla
½ cup finely chopped peanuts

Instructions:

Combine and press into 9-inch pie plate.
Bake at 350 degrees for 10 minutes.

In small bowl, beat butter and ½ cup sugar until light & fluffy. Add the egg and beat at medium speed for 2 to 3 minutes. Blend in melted chocolate chips and vanilla; mixing well. Spread 1 cup chocolate filling evenly onto cooled crust.
Reserve remaining chocolate filling for top of pie.

Peanut Butter Cream Pie Supreme, continued

Peanut butter filling:

8-ounce cream cheese, softened

½ cup creamy peanut butter

1 cup powdered sugar

1 egg

1-½ cup Cool Whip, thawed

¼ cup finely chopped peanuts

In large bowl, combine cream cheese and peanut butter at medium speed until well blended. Add powdered sugar & egg and beat until smooth and creamy. Fold in whipped topping. Spoon evenly over chocolate filling.

Spread remaining chocolate filling over top of pie to within 2 inches of edge. Sprinkle with remaining peanuts.

Refrigerate at least 3 hours before serving.

Makes 8 to 10 servings.



Family Favorite Applesauce Cake

Beth Buttermore, AAUW member

2 cups flour
2 teaspoons baking soda
1 cup sugar
1 cup raisins
1 teaspoon salt
½ cup butter, melted
1 teaspoon cinnamon
1-¾ cup applesauce
½ teaspoon nutmeg
¼ teaspoon cloves

Instructions:

Whisk the dry ingredients together. Add raisins, melted butter, and applesauce until well blended. Pour into a 9-inch square dish sprayed with baking spray.

Bake at 350 degrees for 40 minutes.



Apple Walnut Cake

Mary Ann Bolland, AAUW member

3 eggs
1 cup canola oil
1-½ cups sugar
1 teaspoon vanilla
2 cups flour, sifted
1 teaspoon salt
1 teaspoon baking soda
1 teaspoon cinnamon
2 cups apples, peeled & chopped into small pieces (2 Granny Smith apples are recommended)
2 cups walnuts, chopped and lightly floured

Instructions:

Preheat oven to 375 degrees. Grease & flour a 9 x 13-inch cake pan.

Beat eggs, oil, sugar and vanilla using mixer on low speed until well combined.

Add flour, salt, soda, cinnamon and stir in by hand. Fold in apples and nuts. Batter will be thick. Spread in pan.

Bake for 45-50 minutes or until toothpick comes out clean. Cool.

Sprinkle with powdered sugar or drizzle with a powdered sugar glaze. This is optional but adds a nice touch.

Apple Walnut Cake, continued

Powdered sugar drizzle:

1 cup powdered sugar sifted

1 tablespoon softened butter

½ teaspoon vanilla

Beat above ingredients together in small bowl.

Gradually beat in 2-3 tablespoons milk to desired consistency.

Drizzle over cooled cake.



Pignoli Almond Italian Cookies

Kim Litz, AAUW member

16 ounces almond paste
4 egg whites
1 cup powdered sugar
1 cup sugar
½ cup flour
¼ teaspoon salt
Pignoli nuts

Note: *Don't bake too long! When edges are golden brown, they are done.*

Instructions:

In a large bowl break up the almond paste at room temperature.

Add slightly beaten egg whites. Mix until well blended and fairly smooth. Stir in sugars, blend, and add flour and salt Mix well. Let stand for 1 hour. Mix again.

Drop small amounts onto a greased cookie sheet, 2 inches apart. Press Pignoli nuts into the cookie.

Bake at 325 degrees for 15-25 minutes.

Cool for 5 minutes before removing from cookie sheet. Sprinkle with powdered sugar and store in tin.



Rosey Red Rhubarb Cake

Deb Newton, AAUW member

In loving memory of former AAUW member Ruth Kerr

Originally published in cookbook from First Presbyterian Church, Beaver, "A Century of Good Taste".

2 cups sifted flour
2-½ teaspoons baking powder
¼ teaspoon salt
¼ cup packed brown sugar
½ cup shortening
1 egg, slightly beaten
¾ cup milk

Topping:

6 cups finely diced rhubarb
1 3-ounce package strawberry Jello
1-½ cups sugar
½ cup flour
6 tablespoons butter

Instructions:

Sift flour, baking powder, and salt. Stir in brown sugar. Cut in shortening as for pie crust. Add egg and milk. Mix thoroughly. Spread in bottom of 9 x 13 x 2-inch pan. Mixture is moist.

Top mixture with rhubarb. Sprinkle dry gelatin over rhubarb. Blend sugar and flour. Cut in butter until mixture is crumb-like. Sprinkle over rhubarb. Bake at 350 degrees for 50 minutes.

We thank you for attending the 22nd Annual Kitchen Tour and Tasting Delights
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Bon Appetit!

Mission Statement

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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