

2010 Quilting Workshop Recipes

Navy Bean Soup

1 lb Navy or Little White Beans
(or 2 or 3 cans of white beans)
1 quart water (or a little more)
2 carrots, sliced or diced
1 small onion, diced
½ c. celery, finely diced
¾ lb ham, diced small*
ham base (if desired for more flavor)
salt and pepper to taste

*could also use pork shank or 2 ham hocks
for more flavor

If using dry beans, soak in water overnight;
drain. Add 1 quart water and bring to boil.
Add carrots, onions, celery and ham. (To use
canned beans, add with vegetables and ham).
Simmer for a couple of hours until beans are
tender. The longer it simmers, the better the
flavor. Do not boil so hard that beans over-
cook. Check seasonings and serve.

Sweet Cornbread

Mix:

1 ½ c. flour
½ c. cornmeal
2/3 c. sugar
1 T. baking powder
½ tsp. salt

Mix:

1/3 c. oil
3 T. melted butter
2 eggs
1 ¼ c. milk

Combine ingredients and pour into greased
8x8 pan. Bake 350 degrees for 35 minutes.

Creamy Tomato Soup

1 medium onion, diced
1 T. butter
2 (14 ½ oz) cans diced tomatoes
2 (10 ¾ oz) cans condensed tomato soup
1 ½ c. milk
½ tsp sugar
½ tsp basil
½ tsp paprika
¼ tsp garlic powder
1 (8 oz) pkg cream cheese, softened and cubed

Saute onion in butter until tender. Stir in re-
maining ingredients, except cream cheese.
Bring to almost a boil. Simmer for 10 minutes.
Stir in cream cheese until melted. Do not let
boil.

Fruit Cocktail Cake

2 well-beaten eggs
1 ½ c. sugar
1 med. can fruit cocktail
2 c. flour
2 tsp soda
½ c. brown sugar
½ c. chopped nuts

Topping:

¾ c. sugar
½ c. cream or canned milk
½ c. margarine
½ tsp vanilla

Combine eggs and sugar. Add flour and soda. Stir
in fruit cocktail with spoon. Pour into 9x13x2 pan.
Sprinkle brown sugar and nuts over top. Bake at
360 degrees for 40 minutes. For topping: Bring all
ingredients to a boil. Pour over cake and serve.