

## Orange Creamsicle Salad

Originally aired 02/06/19

### INGREDIENTS

4 oz. cream cheese, softened  
3 oz. box of sugar free orange jello  
5 oz. box of instant vanilla pudding  
15 oz. can sliced peaches in light syrup, drained  
15 oz. can mixed fruit, drained  
7 oz. can mandarine oranges, drained  
8 oz. Cool Whip

### DIRECTIONS

Drain fruit well; chunk sliced peaches into bite size and set aside. In a large bowl, cream together softened cream cheese, jello powder and pudding powder. When mostly smooth and flavors blended, gently stir in fruit and mix well. Fold in Cool Whip. Refrigerate.

## Tortellini Plenty

Originally aired 02/13/19

### INGREDIENTS

2 Tbsp. olive oil  
1 qt. home canned tomatoes (or 2 lbs. Fresh, coarsely chopped Roma tomatoes – about 8)  
½ tsp. sea salt  
¼ tsp. freshly ground black pepper  
2 tsp. garlic powder  
2 (8 oz.) pkgs. cheese tortellini  
2 c. fresh baby spinach  
Freshly grated Parmesan cheese for topping

### DIRECTIONS

In a deep-sided skillet heat the oil over medium heat. Add the tomatoes, salt and pepper and cook until canned tomatoes are heated through or fresh tomatoes are softened and juices are simmering. Stir in your garlic and cook about 5 minutes longer.

Next, increase the heat to medium-high, stir in the tortellini and cook, stirring gently and occasionally, until the tortellini is plump and tender – about 5 minutes, or according to pkg. directions.

Finally, remove the skillet from the heat and stir in the spinach just until it wilts. Then sprinkle Parmesan over the top right before serving.

## Layered Enchiladas

Originally aired 02/20/19

### INGREDIENTS

1 lb ground beef  
1 clove garlic, minced  
1 Tbsp. Chili powder  
8 oz. Tomato sauce  
1 1/2 lb. sharp Cheddar cheese, grated (= 2 c.)  
Salt to taste  
1 c. chopped onion (can easily cut in half and still have plenty of flavor)  
1/4 tsp pepper  
4 1/2 c. chopped ripe olives (more or less to your liking)  
6 corn tortillas

### DIRECTIONS

Brown the meat, onion and garlic on medium heat. Drain. Add seasonings, olives and tomato sauce. Simmer for 10 minutes. Preheat oven to 350°. In round 2 qt casserole, alternate layers of whole tortillas, meat sauce and cheese. Cover and bake 25 to 30 minutes. Use taco sauce when served. Makes 4 to 6 servings. You can easily double or triple the batch and layer in an oblong casserole. If you do, it works better to cut the tortillas in half before layering for better coverage and easier serving. Top with a little sour cream and more grated cheese.

## Midwest Minestrone

Originally aired 02/27/19

### INGREDIENTS

½ lb ground beef, browned and drained  
½ tsp. garlic salt  
1 small onion, chopped (less if you prefer)  
2 carrots, peeled and diced  
2 celery stalks, diced  
1 (14 oz) can black beans, rinsed and drained  
1 c. fresh or frozen green beans  
3 c. beef broth  
1 (24 oz) jar spaghetti sauce  
1 c. elbow macaroni  
1 tsp. or 6-10 leaves of dried basil, crushed  
¼ tsp. dried oregano  
¼ tsp. dried thyme  
Salt and pepper to taste  
Parmesan cheese – optional topping  
Mozzarella cheese – optional topping

### DIRECTIONS

Brown ground beef in large stockpot over medium high heat. Drain, rinse and return to pot. Add onion, garlic salt, carrot and celery. Cook for about 5 minutes to blend garlic into vegetables and beef. Add green beans, spaghetti sauce and diced tomatoes. Stir in black beans, broth, pasta and seasoning. Simmer until all vegetables and macaroni are tender, about 35 minutes. Season with salt and pepper as desired. Garnish with parmesan and mozzarella right before serving.