



DINNER BELLE

BY JIL UTTERBACK



This issue I returned to my tried and true recipe collection of which there are so many good old recipes it is hard to choose a few. My focus for the last three years has been to be healthier and plant based, but even old recipes you can modify and make them healthier in different ways. I will try to suggest some healthy alternatives in some cases.*



This is one of my Mother's recipes. Using a crockpot on a hot day is nice and no need to heat up the house with stove top cooking or oven. Of course if you prefer this can be made in the oven. 3 strips bacon cut in small pieces



STUFFED CABBAGE ROLLS

INGREDIENTS

- 1 head of cabbage
- 1 pound ground beef (*lean or grass fed or substitute brown rice)
- 2 green peppers chopped
- 2 medium onions chopped
- 1 cup bread crumbs
- 1/3 cup chili sauce
- 2 tsp worchestershire sauce
- 1 8 oz can tomato sauce
- 2 TBSP butter (* or omit)
- 1/2 cup sour cream

DIRECTIONS

Core and cook cabbage 7 minutes in salted water. Drain and cool then select 12 outer leaves.

Cook beef, peppers, onions, drain, then add bread crumbs and chili.

Put the meat in a cabbage leaf then roll and secure with a toothpick.

Place them in a 9x13 pan. Pour tomato sauce over and dot with butter. Simmer 1 hour. Remove cabbage rolls to a platter. Add the sour cream to the tomato sauce then pour over the rolls and serve.

Let me hear if you enjoy these recipes: jilu@indian-creek.net



OLD WORLD SAUERKRAUT & SAUSAGE

INGREDIENTS

- 1 1/2 TBSP flour
- 2 large cans of sauerkraut
- 2 small cubed potatoes
- 2 small apples cubed
- 3 TBSP brown sugar
- 1 1/2 tsp caraway seeds
- 1-2 pounds polish sausage cut in small pieces
- 1/2 cup water

DIRECTIONS

Fry bacon until crisp. Drain and add flour to bacon drippings and blend well.

Stir in sauerkraut. Place sauerkraut mixture in the crockpot. And add all the other ingredients. Cook on low 7-9 hours or high 3-4 hours.

Frozen Strawberry Dessert--This is a great make-ahead dessert

- Mix 1 cup flour, 1/2 cup melted butter, 1/4 cup brown sugar & 1/2 cup nuts.
- Press into a 9x13 pan. Reserve 1/4 cup for topping.
- Bake at 350 degrees for 20 minutes then cool.
- In a large bowl combine 1 cup sugar, 2 egg whites (room temperature)
- 2 TBSP lemon juice & 16 oz package of frozen strawberries.
- Beat 15-20 minutes with mixer. Fold in a 14 oz carton of cool whip.
- Top the cooled crust with the strawberry mixture.
- Sprinkle with the reserved nut topping.
- Freeze at least overnight.