



the

Riverbend Community

COOK
BOOK

Main Dishes

- 3 Green Chile Chicken Soup
- 5 Taco Soup
- 7 Chicken Lombardy
- 9 Walnut (or Cashew) Chicken
- 11 Tortilla Lasagna
- 13 Elephant Stew

Green Chile Chicken Soup

Cram Family Recipe from Misti in #210

prep time

30 min

cook time

30 min

serves

4

things you need

4 boneless skinless chicken breasts

1 28 oz can + 1 19 oz can green chile enchilada sauce

1 4 oz can chopped green chilies

1 14.5 oz can low sodium chicken broth or stock

1/2 cup Jasmine Rice

3/4 cup heavy cream

1 cup shredded Monterey Jack cheese (save some for topping)

1 tsp Cumin

Pinch of sugar

Salt & pepper to taste

*Optional Hot Sauce

here's how

- 1 Boil chicken and drain (save chicken stock if desired)
- 2 Add enchilada sauce, chicken, chillies, chicken broth or stock and Cumin into large pot. Stir to mix. Bring to Boil.
- 3 Lower the heat to medium and added uncooked Jasmine rice. Cover with lid and stir often to keep rice from sticking.
- 4 Add Monterey Jack cheese, stirring until melted then reduce heat to low. Stir occasionally so rice and cheese don't stick to pan.
- 5 Cook until Jasmine rice is tender then stir in heavy cream and simmer.
- 6 If you prefer your soup to be thinner, add more chicken both or stock.
- 7 Serve in bowls, sprinkle with cheese and if desired add a bit of hot sauce. Enjoy!

helpful notes



Taco Soup

Souter Family Recipe from Nicole #90

prep time

15 min

cook time

30 min

serves

6

things you need

1 lb hamburger

1/4 cup chopped onions

1 16 oz. can tomatoes, drained

1 16 oz. can kidney beans,
drained

1 16 oz. can corn, drained

2 16 oz. cans tomato sauce

1 package taco seasoning

*Optional Hot Sauce

here's how

- 1 Brown hamburger in large pot
- 2 Add onion, tomatoes, kidney beans, corn, tomato sauce and taco seasoning
- 3 Bring to a boil. Cover and simmer for 15 minutes.
- 4 Garnish with your choice of avocado, cheese, sour cream, corn chips, etc.
- 5 Serve in bowls, sprinkle with desired garnishes. Enjoy!

helpful notes



Chicken Lombardy

Souter Family Recipe from Nicole #90

prep time

20 min

cook time

20 min

serves

2

things you need

2 large boneless chicken breasts

1 Tbl chopped garlic

4 Tbl butter

12 oz sliced mushrooms
(brown or white)

1 cup Marsala Wine
*available at Grocery Outlet

1 cup shredded mozzarella cheese

** Gluten free recipe

here's how

- 1 Chop chicken into chunks and add to heated skillet.
- 2 Add garlic, butter, mushrooms and marsala wine to skillet.
- 3 Stir and cook 5 - 10 mins. Cover and simmer for 15 minutes. Stirring occasionally.
- 4 Using a thermometer, check the temperature of chicken. It should be 165 degrees.
- 5 Garnish with mozzarella cheese, cover and let sit for 3 -4 minutes or until cheese has melted.
- 6 Serve in bowls. Enjoy!

helpful notes



Walnut (or Cashew) Chicken

Recipe from Shirley in #216

prep time

25 min

cook time

15 min

serves

4

things you need

1 cup diced chicken

1 med onion

1 green and/or red pepper

3 cups celery sliced

2 Tbl butter or margarine

1 1/4 cup chicken broth

2 Tbl soy sauce

1 Tbl cornstarch

3 Tbls cold water

1/2 cup walnuts chopped
or cashews

Salt & pepper to taste

Cooked rice of choice

here's how

- 1 Cut onion in to quarters and separate
- 2 Cut pepper(s) into strips
- 3 In large saucepan, melt butter and add onions. Saute for 5 mins or until soft.
- 4 Stir in pepper(s) and celery
- 5 Add chicken broth and soy sauce and simmer 10 mins.
- 6 Add chicken.
- 7 Mix together cornstarch and cold water and add to hot chicken mixture.
- 8 Heat until boiling. Before serving add walnuts or cashews and serve over hot rice.

helpful notes



Tortilla Lasagna

Recipe from Judy in #203

prep time

20 min

cook time &
temp

375 degrees

25 - 30 min

serves

4 - 6

things you need

1 Tbl canola oil

1-1 1/2 lbs ground hamburger

1 cup chopped onions

1 1/2 chopped green peppers

1/2 cup (4 oz) green chilies

1 package taco seasoning

2 cups taco sauce

1 pkg flour tortillas (soft)

2 cups Mexican blend
shredded cheese

here's how

- 1 Preheat oven to 375 degrees. Grease 13" x 9" baking dish.
- 2 Heat oil In large skillet and cook hamburger until browned (or use beans for a meatless dish)
- 3 Drain hamburger and add onion, green pepper, chillies and taco seasoning.
- 4 Cook until vegetables are tender.
- 5 Spread a layer of taco sauce over bottom of baking dish. Cover with 5 - 6 tortillas.
- 6 Cover tortillas with 1/2 meat mixture and 1/2 taco sauce and sprinkle with 1/2 cheese
- 7 Repeat the process for second layer.
- 8 Cook in oven for 25 - 30 minutes and serve with sour cream and chips.

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Elephant Stew

Recipe from Anonymous

prep time

20 days

cook time

4 weeks

serves

3800+

things you need

1 Elephant

2 Rabbits

Salt & Pepper to taste

First cut up elephant into small pieces - this takes awhile. Cook for 4 weeks. Serves 3800 people.

For larger crowd, add 2 rabbits - but only as needed as most people don't like hare in their stew!

veggies

- 15 Sweet & Sour Cabbage
- 17 Potato Puffs
- 19 Favorite Popcorn Balls
- 21 Baek Kimchi (white)

Sweet & Sour Cabbage

Recipe from Shirley #216

prep time

15 min

cook time

45 min

serves

2 - 3

things you need

2 Tbl bacon drippings

1 med red cabbage (shredded)

2 med size apples (chopped)

3 Tbl vinegar

3 Tbl sugar

1 cup water

Salt & pepper to taste

here's how

- 1 Shred cabbage
- 2 Chop apples into cubes
- 3 Place 1 cup water in a large saucepan, and stir in bacon drippings, cabbage, apples, vinegar and sugar. Bring to a boil.
- 4 Reduce heat, and cover. Simmer 45 minutes, stirring occasionally, until cabbage is tender.
- 5 Drain and add salt & pepper to taste.

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Potato Puffs

Recipe from Judy #203

prep time

10 min

cook time

20 min

serves

1 - 2

things you need (perfect recipe for after Thanksgiving)

1 cup leftover mashed potatoes

1 cup milk

1 cup flour

1 egg

2 tsp baking powder

Syrup

here's how

- 1 Heat oil in pan for deep frying
- 2 Mix mashed potatoes, milk, flour, egg and baking powder together
- 3 Drop spoonful of mixture into hot oil and cook until lightly browned. Repeat until all mixture is used.
- 4 Dip into syrup or gravy for sweet or savory treat!

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Favorite Popcorn Balls

Recipe from Jesse #61

prep time

10 min

cook time

20 min

serves

12 - 14 popcorn balls

things you need

2 cups unpopped popcorn

4 Tbl vegetable oil

1 Tbl butter

1 cup white sugar

1 cup molasses

1/2 tsp salt

here's how

- 1 Add 1 Tbl of oil to a 4 quart saucepan and heat over high heat. When oil is hot, add 1/2 cup of popping corn. Keep pan moving constantly. When all corn has stopped popping, remove from heat. Place popped corn into a buttered bowl.
- 2 In 2 quart saucepan, melt butter. Stir in sugar, molasses and salt to create a syrup. Insert a candy thermometer in saucepan and boil sugar mixture on medium heat until the thermometer reads 260 degrees (F).
- 3 Pour syrup over popped corn and stir thoroughly. Butter hands slightly and shape popcorn into 12 - 14 balls.
- 4 Color with food coloring for the holidays!

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Baek Kimchi (white)

Recipe from Jesse #61

prep time

30 min

cook time

1 day

serves

8 - 10

things you need

1 head napa cabbage

3 Tbl salt

Water to cover

1 cup water

1 cup thinly grated white (daikon) radish

2 green onions, sliced diagonally into thin strips

4 cloves of garlic

2 slices fresh ginger

1 tsp white sugar

1 tsp salt

1 tsp white vinegar

3 pinches dried Korean red pepper threads

here's how

- 1 Cut cabbage lengthwise into quarters, keeping the leaves attached to the core. Rinse cabbage with cold water and liberally sprinkle 3 tablespoons salt between the leaves. Place cabbage in a large bowl and add just enough water to cover. Set aside until leaves are soft, 4 to 5 hours.
- 2 Rinse the salted cabbage 3 or 4 times with cold water and drain in a colander for about 20 minutes.
- 3 Combine 1 cup water, radish, green onions, garlic, ginger, sugar, 1 teaspoon salt, vinegar, and red pepper threads in a bowl. Sprinkle radish mixture between all the cabbage leaves except for the large outer leaf of each quarter. Reserve the liquid from the radish mixture.
- 4 Peel back the large outer leaf of each quarter, without removing it from the core, and fold the inner leaves in half. Wrap the outer leaf around the inner leaves and pack the cabbage quarters into a clean 1/2-gallon jar; pour in the reserved liquid from radish mixture. Seal jars and let sit at room temperature for 1 day. Slice the wrapped cabbage quarters into 1 1/2-inch pieces.

helpful notes



desserts

- 24 Lemon Buttermilk Pie
- Apple Pie with Jalapeno
- 26 Cheddar Crust
- 28 Sopapilla Cheesecake

Lemon Buttermilk Pie

Recipe from Kari in #218

prep time

30 min

cook time

60 min

350 degrees

serves

6 – 8

things you need

Crust

1 1/2 cup flour

1/2 cup shortening or butter

Dash of salt

1/8 cup cold water with dash of
cider vinegar

Filling

1 stick of butter softened

2 cups of sugar

3 eggs well beaten

1/2 cup flour

1 cup buttermilk

1 lemon (juice lemon and
grate zest)

here's how

For Crust (you can even use a premade crust if you wish)

- 1 Add dash of salt to flour
- 2 Cut in shortening or butter
- 3 Add liquid and stir until the crust sticks together
- 4 Line a pie shell with crust and pierce all over

For Filling

- 1 Juice and zest one lemon - set aside
- 2 Cream softened butter with sugar
- 3 Add 3 well beaten eggs to creamed mixture
- 4 Alternate adding the flour and buttermilk to the creamed mixture
- 5 Add the lemon juice and zest
- 6 Pour into the unbaked pie shell and if desired grate a little fresh nutmeg over the top

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Apple Pie w Cheddar Crust

Recipe from Kari in #218

prep time

30 min

cook time

60 min

350 degrees

serves

6 - 8

things you need

Crust

3 cups flour

1/3 cup grated sharp cheddar
cheese

2/3 cup shortening or butter

1/4 cup very cold water with a
dash of cider vinegar

Filling

6 - 8 Tart apples

1/2 cup sugar

2 Tbl corn starch

3/4 tsp cinnamon

2 Tbl butter

1 or 2 small roasted
jalapeno peppers

2 – 3 Tbl lime juice

1 tsp lime zest

2 – 3 Tbl tequila

here's how

For Crust

- 1 Cut the shortening and cheese into the flour. Blend with a fork or your fingers.
- 2 Add cold water (sparingly as you may not need to use it all)
Too much and it'll be sticky and hard to handle—use just enough to hold it together.
I prefer to roll out on parchment or wax paper and from the middle out. Rolling over it back and forth can create a tough crust.
- 3 Divide dough and fill a pie shell with half for a bottom crust. Pierce all over to prevent bubbles in crust.

For Filling

- 1 Peel, core and slice apples
- 2 Drizzle with lime juice, zest and tequila
- 3 Add diced roasted jalapenos, cinnamon, sugar and corn starch—mix together.
- 4 Fill bottom pie shell with apple mixture and dot the top with butter.
- 5 Add top crust and bake
- 6 Feel free to experiment with amount of jalapenos and tequila to get it just right for you!

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Sopapilla Cheesecake

Recipe from Nery #7

prep time	cook time	serves
15 min	45 min	6 – 8
	350 degrees	

things you need

3 - 8 oz. pkgs cream cheese —
softened

1 1/2 cups white sugar

1 1/2 tsp vanilla extract

2 - 8 oz. cans crescent roll dough

1/2 cup butter, melted

1/2 cup white sugar

1 tsp ground cinnamon

1/4 cup sliced almonds

here's how

- 1 Preheat oven to 350 degrees F
- 2 Beat the cream cheese with 1 1/2 cups of sugar and the vanilla extract in a bowl until smooth.
- 3 Unroll the cans of crescent roll dough and use a rolling pin to shape each piece into 9x13 inch rectangles. Press one piece into the bottom of a 9x13 inch baking dish.
- 4 Evenly spread the cream cheese mixture into the baking dish, then cover with the remaining piece of crescent dough.
- 5 Drizzle the melted butter evenly over the top of the cheesecake.
- 6 Stir the remaining 1/2 cup of sugar together with the cinnamon in a small bowl and sprinkle over the cheesecake along with the almonds.
- 7 Bake in the preheated oven until the crescent dough has puffed and turned golden brown, about 45 minutes. Cool completely in the pan before cutting into 12 squares.

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