

Anna Sheldon Hopkins passed away peacefully in her home at the age of 84 on November 2, 2006. To honor her memory and her wonderful cooking, we will continue to enclose bulletins from the past. We hope you will continue to enjoy reading, cooking, and eating these great recipes.

SHELDON GAS BULLETIN

FEBRUARY 2017

Nothing better than a good, filling, hot, casserole supper on these cold winter nights. It is important that they be full of nutrients, especially vegetables and fruits and still help you keep you on your New Year budget. These tried and true recipes fit the bill.

PEA CASSEROLE

This delicious casserole is a great way to get Kids to eat their veggies, and like it!

- 1 lb. bulk pork sausage
- 2 (16 oz.) cans black-eyes peas, drained
- 1 (4 oz.) can chopped green chilies, drained
- 1 tsp. garlic powder
- ¼ tsp. ground cumin
- ¼ tsp. dried whole oregano
- ½ tsp. pepper
- ¼ tsp. salt
- 2 cups sliced yellow squash
- 2 cups sliced zucchini
- 1 cup chopped onion
- 2 tbs. butter or margarine, melted
- 4 eggs, well beaten
- 2 cups (8 oz.) shredded Mozzarella cheese
- 2 cups (8 oz.) shredded Cheddar cheese
- 2 (8 oz.) packages refrigerated crescent dinner rolls

Cook sausage in a skillet over medium heat until browned, stirring to crumble. Drain well. Combine with peas, chilies, garlic powder, cumin, oregano, pepper, and salt; set aside.

Sauté squash, zucchini, and onion in butter until tender; drain well and let cool 5 minutes. Combine eggs and cheese; fold into squash mixture; set aside.

Separate crescent roll dough into 2 long rectangles; pinch dough together. Roll out to a 17x13" rectangle. Place dough into a lightly greased 13x9x2" baking dish; press on bottom and up sides to form crust. Layer sausage and pea mixture on dough, and top with squash mixture; bake at 350° for 30 – 35 minutes. Let stand for 15 minutes before serving.

SOLE DIVAN

- ¾ lb. fresh broccoli
- Vegetable cooking spray
- 6 large sole fillets
- 1 cup sliced fresh mushrooms
- 1 cup skim milk, divided
- 1 tsp. chicken-flavored bouillon granules
- 1 tbs. cornstarch
- 6 slices Sharp Cheddar cheese
- ¼ tsp. paprika
- Salt & Pepper to taste

Trim off any large leaves of broccoli; remove tough ends of lower stalks. Wash broccoli thoroughly and separate into spears.

Arrange broccoli in a steaming rack with stalks in center of rack; place over boiling water. Cover and steam 8 minutes. Coat a 10x6x2" baking dish with cooking spray. Arrange broccoli in baking dish, top with fish.

Sauté mushrooms in a nonstick skillet coated with cooking spray until tender; spoon over fish. Combine ¾ cup milk and cornstarch; add to skillet, stirring well. Cook for 1 minute or until thickened and bubbly. Add cheese, and stir until cheese melts. Pour sauce over fish.

Bake uncovered at 350° for 25 minutes or until fish flakes easily when tested with a fork. Sprinkle with paprika.

BEER – MARINATED FLANK STEAK

- 1 large onion, chopped
- ½ - 1 tsp. ground cumin
- 3 cloves garlic, crushed
- ¼ tsp. salt
- ¼ tsp. pepper
- 1 (12 oz.) can beer
- 1 (1 ½ lb.) flank steak

Combine all ingredients except steak in a large shallow dish; mixing well. Place steak in dish, cover and refrigerate for 12 hours. Remove steak from marinade; broil 5" from heat 4 – 5 minutes on each side or until desired degree of doneness.

To serve, thinly slice steak diagonally across grain.

*Baby it's
cold
outside.*



ANNA SHELDON HOPKINS

