

## **Quick and easy meals . . .**

Written by Wauneta Breeze  
Wednesday, 29 August 2012 21:08 -

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### **By Nola Straub**

Quick and easy meals! Fix ahead and let the crock pot keep them warm for you until meal time.

We all love the crock pot for those busy days in our lives.

In the winter when I was little my mother would fix something and set it on the back of the wood range stove that was warming the house. Later when living in town she would make big batches of food to freeze in smaller freezer containers. After breakfast she would get out a package and put a little water to steam and add the frozen food to the heavy aluminum kettle and set it on the gas heating stove and as needed it would turn on and heat for a while and shut down, thawing it slowly. By meal time it would be smelling pretty good and was ready to eat. These were the slow cooking methods of yesteryear.

### **White Bean Chicken Chili Linda Greene**

3/4 pound of boneless skinless chicken breasts, cubed

1/4 tsp. pepper

1/2 tsp. salt

2 tbsp. oil

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Cook the above ingredients in a large skillet over medium heat for 2 min.

1 med. chopped onion

4 cloves garlic, minced

1 jalapeno pepper, seeded and chopped optional.

Add the above ingredients and cook 2 min. longer and sprinkle in 2 tsp. dried oregano and 1 tsp. ground cumin and cook for one min. longer or until the chicken, is browned and vegetables are tender. Set off the heat and get out a crock pot, plug in to heat.

2 15-oz. cans white kidney or cannelloni beans, rinsed

3 cups chicken broth

Put one cup beans into a small bowl mash

Add 1/2 c. chicken broth from the can and pour into crock pot. Stir and add remaining beans and broth plus remaining chicken broth and the chicken mixture from the skillet. Cover and cook on low for 3 to 3 1/2 hours or until chicken juices run clear. Stir before serving.

Sprinkle 1 1/2 c. shredded cheddar cheese on top and add a dollop of cream cheese.

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Sprinkle with fresh chopped cilantro, optional.

## Full of Flavor Beef

### and Gravy

#### Linda Greene

In a large resealable plastic bag measure:

1/3 c. flour

3 pounds beef stew meat, cut 1 inch squares

Shake to cover and brown in a skillet in 3 tbsp. canola oil, cool slightly. In crock pot place:

2 cans cream of mushroom soup, undiluted

1 can condensed golden mushroom soup, undiluted

1 can condensed cream of celery soup, undiluted

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The cooled browned beef from skillet

1 1/3 c. milk

1 envelope onion soup mix. Cover and cook on low for 7-8 hours or until the meat is tender. Serve with hot cooked noodles or mashed potatoes at serving time.

Grandson Seth Straub went to Enders Lake with a friend and came home with a recipe from the trip to share with everyone. He said it is his new favorite salad. Seth hopes it is everyone's new favorite so he can eat it more often. I have to go to Walgren's to shop for the beans before I try it. . . But, it sounds good.

### Fischer's Salad

#### Cindy Fischer

2 cans kidney beans, drain one

1/2 onion, chopped and added to the beans and juice.

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1 - 1 1/2 c. Miracle Whip

Sugar to taste

Serve it hot or cold.

## Recipe For Good

### Friendships

A couple friends

2 full cups Trust

1 heaping cup Care

3/4 c. Understanding

2/3 c. Listening

1/2 c. Shared Secrets

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3 tbsp. Respect

2 tbsp. Affection

2 pinches Joking

1 pinch of Advice

Few dashes of Suggestions

1 dash of What IF?

Occasionally a shared lunch

Few hours of Fun!

Mix Trust, Care, Understanding and Listening well before adding shared secrets. Blend with Respect and Affection. Add a couple pinches of Joking, and if necessary add a pinch of Advice. Occasionally, you may need a few dashes of Suggestions respectfully given. A dash or 2 of what ifs. Enjoy occasionally a shared lunch to work on any of the above. Followed by a few hours of Fun and good times. Then when well done, return home with good memories of the friendship shared.

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### **Remember:**

Hate has four letters but so does Love. . . .

Hurt has four letters, but so does Heal. . . .

Lying has five letters but so does Truth . . .

Enemies has seven letters but so does Friends!

Transforming every Negative into a Positive!

Send your recipes/memories to: Sharing with Wauneta, P.O. Box 303, Wauneta, NE 69045.