



Family Cookbook

2020-2021



Happiness is Cooking Together

Papa's Pesto Recipe

by Celia G.B.

Age: 7

4 Cloves of garlic

½ cup fresh basil leaves (packed)

4 tbsp extra virgin olive oil

4 tbsp grated parmesan cheese

¼ cup pine nuts, crushed & blended

- Blend all ingredients in a food processor or blender until a smooth paste is formed. Pour over pasta & mix thoroughly.

Easy Chicken Tacos - a Kebea Family favorite!

by Lucas & Jack K.

Age: 6 & 9

4-6 chicken breasts

2 packets ranch dry seasoning

2 packets old El Paso taco seasoning

16oz - 24oz chicken broth (depending on how many chicken breasts and how big)

- Place chicken in crockpot, combine seasonings and dump on top of chicken then add chicken broth. Cook high 3-4 hours. With 30 mins left, remove chicken and shred. Place back into crockpot for 30 more minutes and cook on low. Serve with any and all favorite taco items - sour cream, lettuce, tomatoes, salsa, cheese, shells etc*.

Homemade Pizza

by Liam C.

Age: 9

premade pizza dough ball

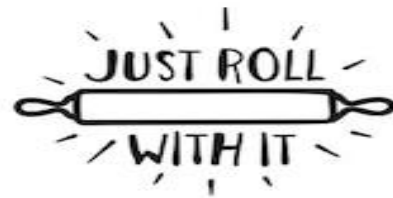
olive oil

marinara sauce

Italian seasoning

part skim mozzarella shredded

- Roll out dough & place toppings. Preheat oven to 425 degrees for & bake for 12 minutes



Mac & Cheese

By Mandy K.

SOI Team

Elbow Macaroni

Butter

All Purpose Flour

Salt

Pepper

Sharp Cheddar Cheese

Panko/ Breadcrumbs

- Cook 1 1/2 cups elbow macaroni until tender and drain. In saucepan, melt 3 tablespoons of butter, blend in 2 tablespoons of all-purpose flour, 1/2 teaspoon of salt and a dash of pepper. Add 2 cups of milk and stir until thick and bubbly. Add 8 ounces of (shredded or cubed) sharp cheddar cheese and stir until melted. Mix cheese and cooked macaroni. Place in 1 1/2-quart baking dish. Top with panko or breadcrumbs if you like. Bake at 350 degrees for 35-40 minutes, or until heated through

Bake the world a better PLACE

Nanna VanWie's Popovers!

By: London A.

Age: 7 years old

Straight from Ireland....this recipe has served over 5 generations! Serve warm with Butter!!! These are eggy and intriguing. The insides pull apart in thin, almost spongy layers like magic!

You will need:

A good whisk

A popover pan (easily found on Amazon) or a Muffin Tin, Popover Pan is the best option.

4 large eggs

1 1/2 cups milk

3/4 teaspoon salt

1 1/2 cups all-purpose flour

3 tablespoons melted butter

Instructions:

1. Warm the eggs in shell in warm water for 10 minutes
2. Preheat the oven to 450°F and move the oven rack to a low position (to prepare for huge popovers!). Grease the popover pan thoroughly inside each cup as well as around the top edges.
3. With your whisk, beat together the eggs, milk and salt until they are combined. The yolks should be completely blended in.
4. Add the flour and whisk until the mixture is frothy and all large lumps are gone. Then quickly stir in the melted butter.
5. Divide the batter between the prepared popover cups. They should be about 3/4 of the way full.
6. Bake the popovers for 20 minutes and then reduce the heat to 350°F. Bake for another 10 or 15 minutes. The popovers will be very golden brown.
7. Immediately serve, enjoy them warm!

Brownies I Made for My Mom's Birthday

By Nick G.

Age 10

Ingredients

1 1/2 cups all-purpose flour

1 2/3 cups sugar

1 teaspoon salt

6 eggs, lightly beaten

1 teaspoon vanilla extract

1 2/3 cups (3 3/8 sticks) butter at room temperature

13 oz. bittersweet chocolate

Directions:

- Preheat oven to 350 degrees. Grease a 9 by 13-inch glass pan with butter.
- In a double boiler, small pan, or microwave, melt the chocolate and butter. Whisk this until well blended and let cool.
- Whisk together eggs, sugar, and vanilla until frothy and slightly lighter in color.
- Carefully fold the cooled chocolate and butter mixture into the egg's mixture. Whisk until everything is well mixed.
- Fold in flour and salt then mix thoroughly.
- Pour into pan and bake for 32-37 minutes.



Classic Eclair Recipe

By: Sophia K.

Age 10

Ingredients for Choux Pastry:

1/2 cup water
1/2 cup whole milk
8 Tbsp unsalted butter
1 tsp granulated sugar
1/4 tsp salt
1 cup all-purpose flour
4 large eggs

Ingredients for Pastry Cream:

2 cups whole milk
1/2 vanilla bean, split lengthwise and
scraped (or 2 tsp vanilla extract)
3/4 cup granulated sugar
1/4 cup cornstarch
1 pinch salt
4 large egg yolks
4 Tbsp unsalted butter room temperature

For the Chocolate Glaze:

4 oz semi-sweet chocolate chips *
1/2 cup heavy whipping cream

How to Make Choux Pastry:

- In a Medium saucepan, combine 1/2 cup water, 1/2 cup milk, 8 Tbsp butter, 1 tsp sugar and 1/4 tsp salt. Bring to a boil over medium heat then remove from heat and stir in 1 cup flour all at once with a wooden spoon.
- Once flour is incorporated, place back over medium heat about 1 1/2 to 2 minutes stirring constantly (to release extra moisture and partially cook flour), or until dough comes together into a smooth ball and a thin film forms on bottom of pan.

- Transfer to a large mixing bowl and beat using an electric hand mixer on medium speed for 1 minute to cool the mixture slightly. Add 4 eggs, 1 at a time, allowing each egg to fully incorporate between additions. Beat until dough is smooth and forms a thick ribbon when pulled up.
- Pipe eclairs over baking sheet lined with silicone using a 1/2" round tip. Pipe 18-20 (4" long and 3/4" wide) strips, keeping them 1 1/2" apart.
- Bake at 425°F for 10 minutes. Without opening oven, reduce temp to 325°F and, bake 30 minutes longer or until golden brown. Transfer to wire rack to cool while making pastry cream.

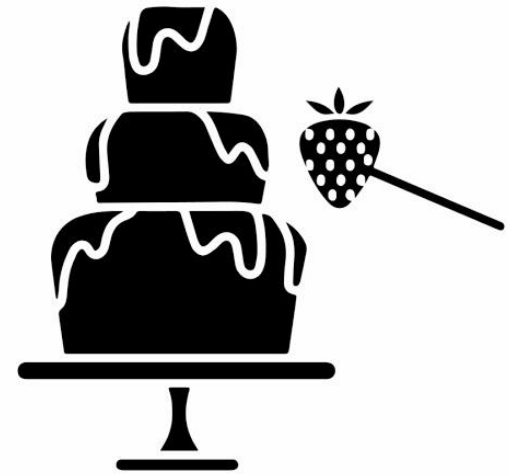
How to Make Pastry Cream:

- In a medium saucepan bring 2 cups milk, vanilla bean and scraped seeds just to a boil, stirring to prevent film from forming.
- In a separate large bowl, whisk together 3/4 cup sugar, 1/4 cup corn starch and pinch of salt. Add 4 egg yolks and whisk until smooth, creamy, and lightened in color - it takes a couple of minutes, but it will get there.
- Gradually (so the eggs don't curdle), while whisking constantly, add hot milk in a steady stream until all of it is incorporated. Pour mixture back into saucepan and bring to a boil while whisking constantly then whisk another 30 seconds until mixture is thick and pudding-like in consistency.
- Transfer pastry cream to a medium bowl (whisk in 2 tsp vanilla extract if using). Cut butter into pieces and quickly whisk into the custard until fully incorporated. Cover with plastic directly over the surface of the cream, let it cool slightly then refrigerate 30 minutes or until cool.

- With a small pastry tip, poke 2-3 holes through the bottom of each cooled pastry. Pipe cream inside, scraping off excess. Refrigerate eclairs while making chocolate glaze.

How to Make Chocolate Glaze:

- Place 4 oz of chocolate chips into a small heat-safe bowl.
- Heat 1/2 cup heavy whipping cream (in a saucepan or microwave) until it is just at a simmer then remove from heat and pour over chocolate chips. Let rest 2 minutes then whisk from the center outwards until smooth sauce forms.
- Dip the top half of filled and chilled eclairs into the chocolate sauce, allowing excess to drip off.



Hershey's Gone to Heaven Chocolate Pie

By Ava & Luke B.

Age: 9 & 10

Ingredients:

½ teaspoon salt
 1 tablespoon vanilla extract
 2 cups Hershey's special dark chocolate chips
 (12 oz pkg) divided
 4 egg yolks
 1/3 cup cornstarch
 2/3 cup sugar
 3 cups milk
 2 tablespoons butter/ margarine softened
 9-inch pie shell
 Sweetened whipped cream or whipped topping
 (optional)

- 1. Bake pie shell; cool. Stir together sugar, cornstarch, and salt in 2-quart saucepan. Combine egg yolks and milk in container with pouring spout. Gradually blend milk mixture into sugar mixture.
- 2. Cook over medium heat, stirring constantly, until mixture comes to a boil. Boil and stir 1 minute. Remove from heat; stir in butter and vanilla. Add 1-3/4 cups chocolate chips; stir until chips are melted and mixture is well blended. Pour into prepared pie shell; press plastic wrap onto filling. Cool. Refrigerate several hours or until chilled and firm. Garnish with whipped cream and remaining chocolate chips, if desired. Makes 8 servings.



Pastena Fantastical Turkey Meatloaf

by Charlotte P.

Age 9

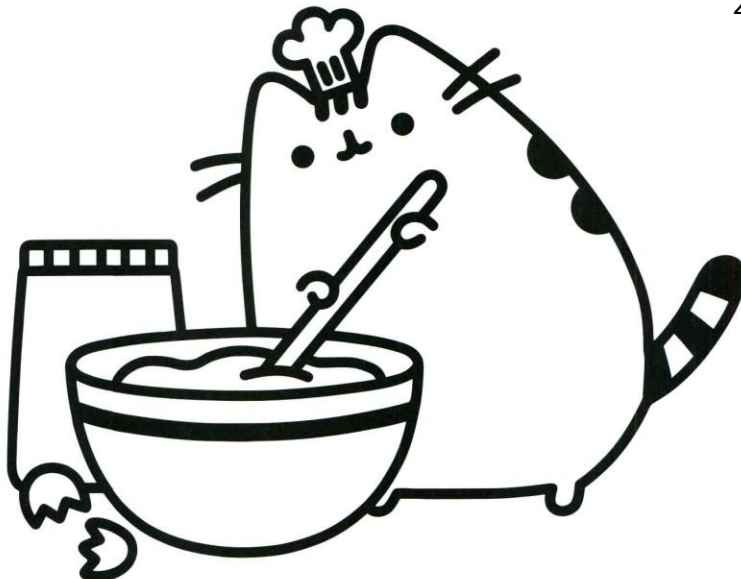
Ingredients:

- 1.3 lb. 93% lean ground turkey
- 1 cup dried breadcrumbs (any kind works - plain, panko, Italian seasoning, whole wheat, etc.)
- 1/2 cup diced yellow onion
- 1/2 cup milk
- 1 large egg, beaten
- 2 tbsp ketchup
- 1 tbsp Worcestershire sauce
- 1 tsp dried parsley leaves
- 1/2 tsp salt
- 1 tsp garlic powder
- 1/4 tsp ground black pepper

Instructions:

1. Preheat oven to 350 degrees F
2. Line a loaf pan with parchment paper
3. In a large bowl combine all ingredients. Use hands to mush and mix until very well combined.
4. Add mixture to loaf pan, pat down into an even layer
5. Bake uncovered for 60 minutes
6. Check temperature (should be 160 degrees F or higher) and remove from oven.
7. Let rest for 10 minutes before serving.

Enjoy!



Peanut Blossoms

By: Max & Alex F.

Age 9 & 7

Ingredients:

- 1 $\frac{3}{4}$ cups flour
- 1 t. baking soda
- $\frac{1}{2}$ t. salt
- $\frac{1}{2}$ cup white sugar
- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{2}$ cup shortening
- $\frac{1}{2}$ cup smooth peanut butter
- 1 egg
- 2 T. milk
- 1 t. vanilla extract
- Sugar for dipping
- 48 unwrapped Hershey Kisses

Instructions:

1. Preheat oven to 350 degrees
2. Place all ingredients except Kisses in the mixer and beat until combined
3. Using a teaspoon, shape dough into balls. Flatten slightly and dip tops in sugar
4. Bake for 10 minutes
5. Immediately after removing cookies from the oven, place a Hershey Kiss into each cookie, press it down, then let cool

Banana Bread

By Oakley O.

Age: 6

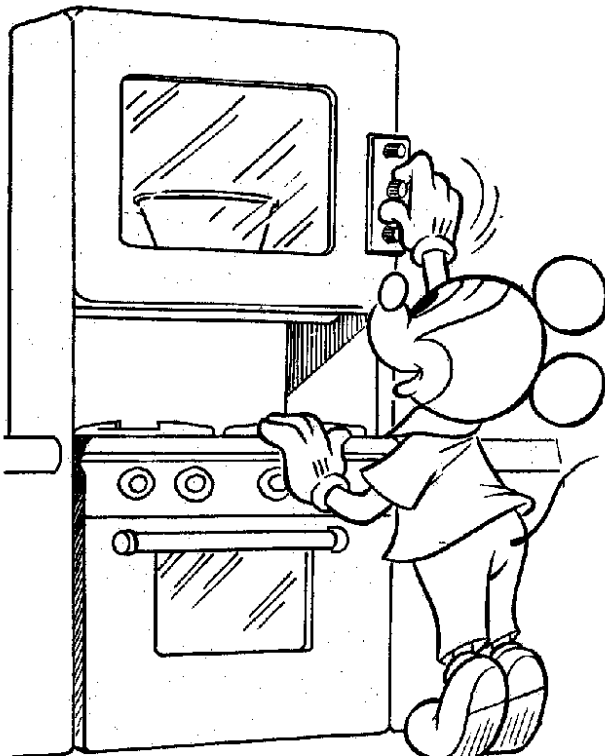
Ingredients:

Sugar
Butter
Egg
Bananas
Nuts (optional)
Baking Powder
Salt
Flour

Directions:

- Mix thoroughly 1 cup sugar, 2 Tablespoons butter & 1 egg.
- Stir in 3/4 cup milk and 1 cup mashed bananas
- Sift together then stir in 3 cups sifted flour, 3 1/2 teaspoons baking powder and 1 teaspoon of salt
 - Blend in 3/4 chopped nuts
 - Let stand for 20 minutes
- After pouring into loaf pan bake 70 minute in a preheated 350-degree oven

(3 medium bananas or 2 large bananas = 1 cup)



Spinach Stuffed Spaghetti Squash ①

By Rachel B.

SOI Team

Ingredients:

1 Spaghetti Squash
1-2 tbsp olive oil (divided)
3 garlic cloves
7 oz spinach (fresh or frozen)
2/3 cup cream cheese (dairy-free optional)
Salt & pepper to taste
3/4 cup shredded cheese (dairy-free optional)
Rosemary to taste

Instructions:

1. Cook Spaghetti Squash

- Preheat oven to 400 degrees.
- Microwave spaghetti squash for 1 minute to soften to cut.
- Use a sharp knife to cut the spaghetti squash in half lengthwise. Then use a tablespoon to scoop out the seeds.
- Rub the insides of each squash half with a little bit of olive oil, then place side down on a baking dish or sheet. Bake for about 40 minutes.
- Once squash is done baking, set aside until it is cool enough to handle. Once cool, fluff the interior with a fork to get a spaghetti-like texture.

2. Spinach Cream

- In a skillet or saucepan, heat a drizzle of olive oil over medium-high heat. Add the garlic & sauté for a minute, stirring until fragrant. Then add the spinach & cook for a minute until wilted. Drain any excess liquid as needed, then stir in the cream cheese (dairy-free) to combine. Season with salt, pepper & rosemary.

3. Stuffed Spaghetti Boats

- Add the spinach cream into each squash bot & stir to mix. Top with shredded (dairy-free) cheese.
- Bake at 356 degrees for 8-10 minutes & serve!

Super Chili Bowl

By Nick G.

Age 10

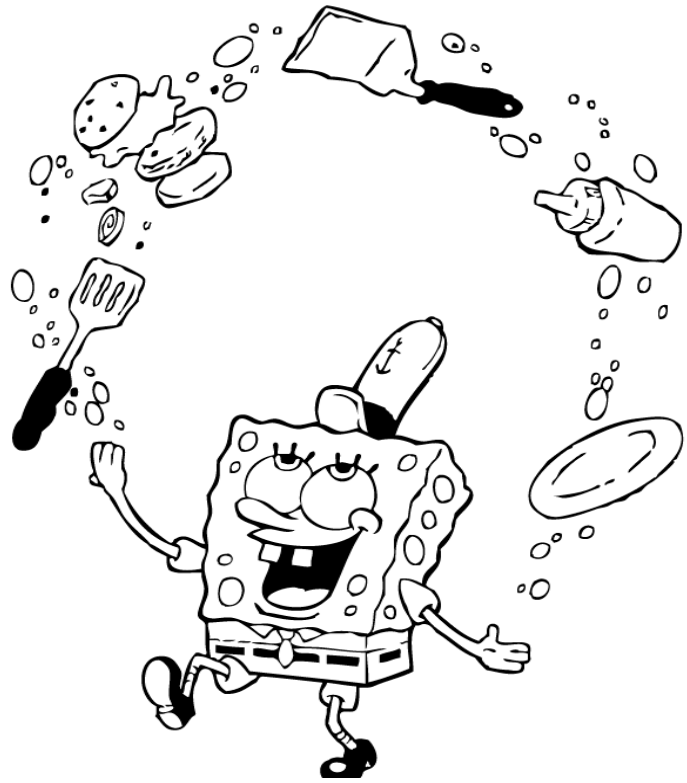
Ingredients

- Nonstick cooking spray
- 2 flour tortillas, cut into $\frac{1}{2}$ inch wide strips
- $\frac{1}{2}$ lb. ground beef
- 1 small onion, chopped
- 1 teaspoon chili powder
- 15 oz. can red beans, undrained
- 14.5 oz. can diced tomatoes, undrained
- 8 oz. can tomato sauce
- 4 oz. can chopped green chile peppers, undrained
- 1 cup frozen whole kernel corn
- $\frac{1}{2}$ cup shredded cheddar cheese (2 oz.)
- Sour cream if you like

Directions

- Preheat oven to 375 degrees. Coat baking sheet with cooking spray. Put tortilla strips onto sheet and lightly spray with more cooking spray. Bake for 7-8 min. or until crisp and brown. Cool completely.
- Coat a large saucepan with cooking spray. Over medium heat cook meat, onion & chili powder. Cook about 8 min. or until onion is tender and meat is no longer pink. Stir every now and then and break up the meat.
- Pour all the cans into the meat mixture. Add the corn. Bring to a boil and then turn burner down to medium low heat. Simmer about 20 min., stirring now and then.
- Serve chili topped with cheddar cheese and tortilla strips.

Bake
=someone=
happy



Seasoned Pretzels

By Maya L.

Age: 7

Ingredients:

- 1 bag sourdough pretzels
- 1 packet Ranch dressing mix
- 1 cup vegetable oil
- $\frac{1}{2}$ tsp of dried dilled

Directions:

1. Preheat oven to 350.
2. Break up sourdough pretzels into smaller bite sized pieces.
3. In a bowl, mix up vegetable oil, dried dill and ranch packet very well.
4. In small batches, add pretzel pieces and coat with seasoned oil.
5. Place on baking pan. When all done and pretzels are seasoned well with oil mixture, place in oven for 10 minutes. Stir at 5 minutes to evenly bake.
6. Remove from oven and let cool on tray for an hour before serving.



Pumpkin Bread

By Maxim S.

Age: 8

Ingredients:

- 1 (15 ounce) can pumpkin puree
- 4 eggs
- 1 cup vegetable oil
- 2/3 cup water
- 3 cups granulated white sugar
- 3 1/2 cups all-purpose flour
- 2 teaspoons baking soda
- 1 1/2 teaspoons salt
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1/2 teaspoon ground cloves
- 1/4 teaspoon ground ginger
- 1 tablespoon butter
- 2 8 1/2" x 4 1/4" baking tins (a single 9x5" tin works as well)

Healthy Donuts

By John H.

Age: 7

Ingredients:

- apples (any kind)
- peanut butter (or soy or almond butter, etc.)
- sprinkles (any kind) in a shallow bowl

Directions:

- Cut a few apples horizontally so that you have round circles that are about a quarter inch thick. Use a knife or something round to cut out the core - we use the top of a drink shaker, but you could use a melon baller or other tools.
- Next spread peanut butter on the top of your "donuts" so that they are covered. Dip the peanut butter side into your bowl of your favorite sprinkles and enjoy!



Directions:

- In a large bowl, mix pumpkin puree, eggs, oil, water, and sugar until well blended. In a separate bowl, combine and mix the flour, baking soda, salt, cinnamon, nutmeg, cloves, and ginger. Gradually add the dry ingredients into the pumpkin mixture and stir until just blended (shouldn't be perfectly smooth).
- Grease the baking tins with butter. Add the batter to approximately 2/3 - 3/4 full.
- Bake in a pre-heated oven at 350 degrees for approximately 50 minutes. You'll know they're done if a toothpick stuck in the middle comes out fairly clean (for drier bread, leave in until toothpick comes out clean).



Pernil (Roast Pork) Recipe

By Angel R. D.

Age: 10

Ingredients:

8-10lb. Pork Roast (Pernil)

One Lime

1 Lg. Onion

8 Cloves garlic

4 tablespoon oregano

1 tablespoon pepper

4 tablespoon adobo

1 bell pepper

1 tablespoon of finely diced cilantro



Directions:

- Mix all ingredients for the seasoning in a blender until you make a coarse paste. Grab a knife and carve deep holes in the meat on the opposite side of the skin.
- Stuff the holes with the seasoning mixture and spread the remaining seasoning on the surface (the side opposite to the skin). After seasoning, cover pernil tightly with aluminum foil in a aluminum pan. Let the pernil marinate for at least 5 hours or a day (best) on the fridge. (place skin side up).
- Preheat the oven to 300 F, uncover and cook in the oven for about 4 hours.
- Take it out of the oven, turn around and stab deeply with a carving knife.
- Check that the meat is not pink and has a uniform color throughout. Return to the oven if necessary and cook for another 30 minutes (always skin side up). Repeat as necessary until it's done

Bacon Cups

By Ryan S.

Age: 5

Ingredients:

8 slices of well-done bacon, crumbled

1 medium tomatoes-seeded and chopped

1/2 cup Hellman's mayo

1 tsp. Basil

3 ounces shredded Swiss cheese

Hungry Jack Flakey Biscuits

Instructions:

Mix first six ingredients in a bowl. Peel biscuits and put in mini muffin pan, forming a little cup. Add mixture into cups. Bake at 375 degrees for 10 to 12 minutes.



Wild Monkey

By Nick G.

Age: 10

Ingredients for each monkey

- One 8-inch tortilla
- Non-stick cooking spray
- 1 teaspoon sugar
- ½ teaspoon ground cinnamon
- 6 thin slices of banana
- 1 ½ tablespoons creamy peanut butter
- 1 tablespoon flaked coconut
- Raisins

Directions

- 1) Preheat oven to 400 degrees. Line a baking sheet with parchment paper. With round cookie cutters cut two 3-inch rounds, one 2-inch round and four 1 ½ inch rounds from the tortilla. Put rounds onto parchment paper and spray with cooking spray.
- 2) Combine sugar and cinnamon in a small bowl. Sprinkle this over the rounds. Bake for about 8 min. or until crisp. Cool completely.
- 3) Spread peanut butter onto both of the 3-inch rounds. Cover one with 4 slices of banana then top with the other to make a sandwich.

- 4) Spread peanut butter all over the top of the sandwich. Gently press the 2-inch round to the lower center of the face for the monkey's "snout" and the two 1 ½-inch rounds on the upper portion for "eyes". Cover these all with more peanut butter.
- 5) Place coconut on the eyes and a raisin in the center of each. Then arrange raisins on the snout to form a "mouth" and 1 raisin for a "nose".
- 6) Place the remaining two 1 ½-inch rounds of the top sides of the monkey's head for "ears". Using peanut butter attach the last two banana slices on them.





Apple Pie

By Maxim S.

Age: 8

Crust Ingredients:

- 2 1/2 cups all purpose flour
- 1 cup (2 sticks) butter
- 1 teaspoon salt
- 1 teaspoon granulated white sugar
- 5-10 tablespoons ice cold water
- 1 egg white

Crust Directions:

- Combine and mix dry ingredients in a large bowl. Starting out with very cold butter, cut the butter into cubes (approximately 1/2" x 1/2"). Using a pastry knife (preferable, but can use 2 forks instead), gradually add and cut the butter cubes into the dry ingredients and. When the butter is just blended into the dry ingredients (butter is pea sized is, and the dough is crumbly), gradually add spoon fulls of very cold water.
- Work the dough in your hands to make a ball. When the dough is still a bit crumbly and not sticky, but holds together, remove and place on a lightly floured board or mat. If the dough is still sticky, gradually add small amounts of flour. Separate the dough into two balls or patties, and wrap in plastic wrap.
- Put the dough into the refrigerator for at least an hour.

[Use this time to make the apple pie filling, using the recipe below!]

- Next, remove one dough ball and use a rolling pin on a lightly floured board or mat, gradually flatten and spread the dough into approximately a 12" circle (if using a 9" pie dish). The crust should be approximately 1/8-1/4" thick. Transfer the crust to a dry, ungreased pie baking dish, keeping the bottom surface flat. Gently push the crust around the inside edge of the dish, while pulling the outer edge of the crust slightly over the outer edge. Trim any crust that hangs over the edge, using scissors.



- Remove the second dough ball, and repeat the process to make the top crust. After filling the bottom crust, transfer the top crust, gently pulling the outer edge over the pie dish edge. Using a fork, crimp the edges of the crusts together, all around the outer edge of the dish, and trim any overhanging crust. Cut several slits in the top crust, to allow some steam to escape while baking. Lastly, paint a thin coat of egg white over the crust (milk can be substituted for egg), to help protect it from getting too dry during baking, and to give it a bit of a shine.
- Bake in a pre-heated oven at 350 degrees, for approximately 45 minutes to an hour, depending on how much

filling is in the pie. Check periodically, and you'll know it's ready when the crust is golden brown, and the filling is starting to bubble up through the slits in the crust. Let cool, top with whipped cream, and enjoy!

Apple Pie Filling Ingredients:

- 6-8 granny smith apples (or red apples, if you prefer a sweeter pie)
- 1/2 cup granulated white sugar
- 2 teaspoons ground cinnamon
- 2 tablespoons butter
- 1/2 a lemon
- 1 9" - 10" pie baking dish or tin (the bigger the dish, the more apples needed)

Apple Pie Filling Directions:

- Peel and core the apples, slicing them into wedges. Add the sliced apples to a large bowl. Squeeze half a lemon over the apples. Gradually add the sugar, while tossing the apples to get them evenly coated; use more less sugar depending on how sweet of a pie you want to make. Next, gradually sprinkle in the cinnamon while tossing the apples, to evenly distribute the cinnamon; again, use more or less cinnamon, depending on your taste.
- When your bottom crust is ready, add the apple mixture. Start by building a floor of apple slices in a concentric circle, and then add the remaining apples wherever they fit, building up to a mound in the middle (if you only fill to the top edge of the pie dish, you'll bake a flat or even depressed pie). Sprinkle slivers of butter throughout the apple filling, as you go.
- Next, add your top crust, following the recipe above, and you're ready to put your pie in the oven!



Buffalo Chicken Dip

By Maya L.

Age: 7

Ingredients:

- 1 chicken breast cooked, or large can of chicken breast
- 1 package of light cream cheese
- 1/4 cup of hot sauce (or more to taste)
- 1 cup shredded cheddar or Monterey Jack cheese
- Crackers, Tortilla chips or veggies

Directions:

1. Add cream cheese into a microwave safe bowl or pie plate and heat in microwave for 50 seconds.
2. Shred or chop up chicken and add it along with hot sauce (to taste) into the warm cream cheese.
3. Add shredded cheese on top and microwave for two minutes or heat in oven at 350 for 10 minutes or until cheese is melted
4. Serve with your favorite crackers, chips, or veggies.

Mom's Mac & Cheese

By Ella W.

Age: 6

Ingredients:

1 box macaroni of choice
2 tbsp butter
2 tbsp flour (and extra if needed)
1.5 cups milk
8 oz sharp cheddar, shredded
Extra cheese such as Parmesan, shredded
10 oz frozen riced vegetables (we use Green Giant Riced Cauliflower and Sweet Potato)
Breadcrumbs

Directions:

1. Preheat oven to 350
2. Cook macaroni per directions on the box and leave to the side.
3. Cook riced vegetables per package instructions and leave to the side.
4. In a medium to large saucepan melt the butter over medium heat.
5. Whisk flour into butter until fully combined, being careful not to burn the flour.
6. Slowly add in milk to flour/butter mix, whisking after each little bit, to form the base of the sauce. Once completed, sauce should be thick enough to coat the back of the spoon. If needed, use a little extra flour, but be careful not to add too much.
7. Whisk in cheeses until smooth.
8. Whisk in riced vegetables.
9. In a 2.5 qt casserole dish, pour in macaroni and sauce, making sure to mix everything together really well. Sprinkle top with breadcrumbs.
10. Bake uncovered for 25 minutes. After baking, broil on high for an additional 2-5 minutes to crisp up the top. Watch carefully to ensure it doesn't burn.



Zucchini Bread

By Lukianos S.

Age: 7

Ingredients:

3 eggs
2 cups sugar
1 cup oil
1 tbsp Vanilla
3 cups flour
2 tsp cinnamon
1 tsp baking powder
1 tsp baking soda
1 tsp salt
2 cups raw zucchini unpeeled, washed and ground in food processor

Directions:

1. Preheat oven to 350 degrees
2. Grease and flour loaf pans
3. Cream eggs and sugar
4. beat in oil and vanilla
5. Sift dry ingredients
6. Add zucchini
7. Bake for 45 minutes



Hamburger Soup

By Debbie H.

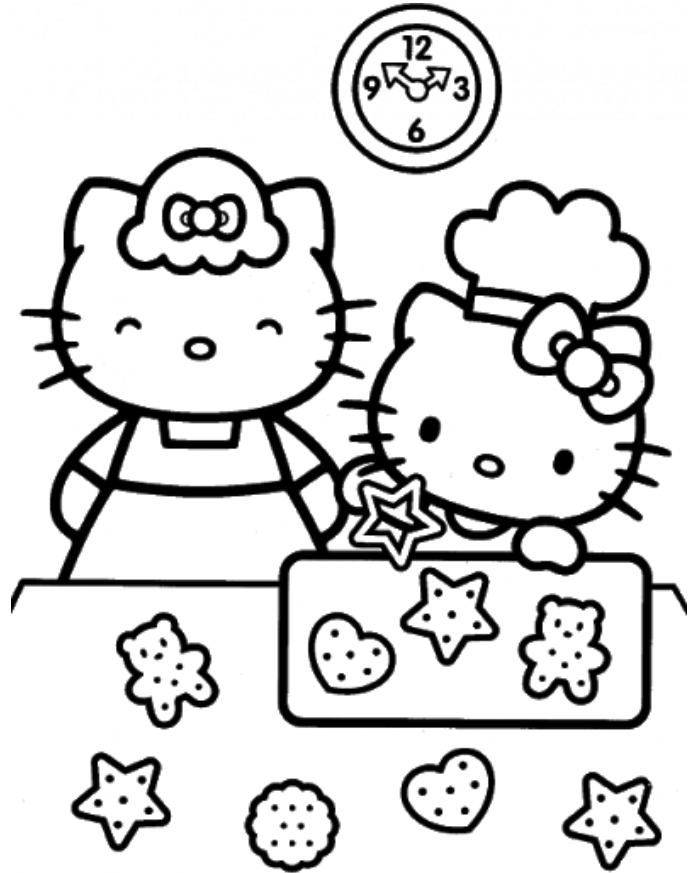
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Ingredients:

- 1 lb lean ground beef or turkey
- 1 diced onion
- 2 cloves minced garlic
- 2 peeled & diced medium potatoes
- 3 ½ cups beef broth
- 28 oz diced tomatoes
- 1 can condensed tomato soup
- 2 tsps Worcestershire sauce
- 1 tsp Italian seasoning
- 1 Bay leaf
- Salt & pepper to taste
- 3 cups mixed vegetables (fresh or frozen)

Directions:

1. Brown onion, ground beef, & garlic until no pink remains; drain any fat.
2. Add potatoes, broth, tomatoes, tomato soup, Worcestershire sauce, seasoning & bay leaves. Simmer covered for 10 minutes.
3. Stir in vegetables. Simmer 15-20 minutes or until potatoes are tender.
4. Optional: can combine all ingredients in crock pot to simmer all day.



Layered Shrimp Dip

By Mackenzie R.

Age: 5

Ingredients:

- 1lb cooked shrimp
- 1 block cream cheese (softened)
- 1/4 cup mayo
- 1/4 cup sour cream
- 9 oz bottle cocktail sauce
- 3 Roma tomatoes
- 3 chopped scallions
- 2 cups finely shredded mozzarella

Directions:

1. Mix cream cheese, sour cream, and mayo until smooth.
2. Spread on serving dish.
3. Layer cocktail sauce, scallions, tomatoes, shrimp and cheese as top layer.
4. Serve with Tostitos scoops

Lemon Bars

By: Reka B.

Age: 7

Ingredients for crust:

1/2 pound unsalted butter, at room temperature
1/2 cup granulated sugar
2 cups flour
1/8 teaspoon kosher salt

Ingredients for filling:

6 extra-large eggs at room temperature
3 cups granulated sugar
2 tablespoons grated lemon zest (4 to 6 lemons)
1 cup freshly squeezed lemon juice
1 cup flour
Confectioners' sugar, for dusting

Directions:

1. Preheat the oven to 350 degrees F.
2. For the crust, cream the butter and sugar until light in the bowl of an electric mixer fitted with the paddle attachment. Combine the flour and salt and, with the mixer on low, add to the butter until just mixed. Dump the dough onto a well-floured board and gather into a ball. Flatten the dough with floured hands and press it into a 9 by 13 by 2-inch baking sheet, building up a 1/2-inch edge on all sides. Chill.
3. Bake the crust for 15 to 20 minutes, until very lightly browned. Let cool on a wire rack. Leave the oven on.
4. For the filling, whisk together the eggs, sugar, lemon zest, lemon juice, and flour. Pour over the crust and bake for 30 to 35 minutes, until the filling is set. Let cool to room temperature.
5. Cut into triangles and dust with confectioners' sugar.



Golden Graham Bars

By Debbie H.

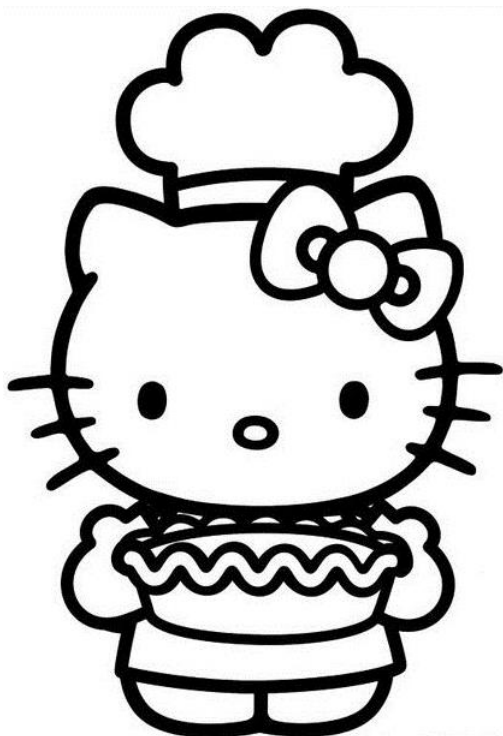
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Ingredients:

6 tbs butter
1 ½ cup chocolate chips
1 bag mini marshmallows
1 tsp vanilla
1 12 oz box of Golden Grahams cereal

Directions:

1. Prep: Set one cup of the mini marshmallows aside.
2. Chocolate mixture: Melt the butter, chocolate chips, mini marshmallows & vanilla in a large pot over medium heat until mostly smooth.
3. Add Golden Grahams: Mix in the Golden Grahams cereal & remaining marshmallows. Stir to combine.
4. Press into pan: Press into a 9x13 pan. Let them cool/solidify for an hour or two. Cut into 12 big bars & enjoy!



Easy Vegan Chocolate Chip Cookies ①

By Rachel B.
SOI Team

Dry ingredients:

1 cup All-Purpose Bleached Flour
¼ cup sugar
½ teaspoon baking soda
¼ teaspoon salt

Liquid ingredients:

¼ cup +1 tbs Maple Syrup
1 tsp Vanilla
3 tbs melted Coconut Oil

Addition:

1/3 cup vegan chocolate chips

Instructions

- Preheat oven to 180°C (375°F). Line a baking sheet with parchment paper. Set aside.
- In a large mixing bowl, stir all the dry ingredients together: flour of your choice, sugar, baking soda and salt.
- Add maple syrup, vanilla and melted coconut oil.

- Stir halfway then add in vegan dark chocolate chips and knead the dough with your hands until it comes together and forms a cookie dough ball. If the dough is slightly too dry, this may happen if the oat flour is too fine, add an extra tablespoon of melted coconut oil (or plant-based milk) to bring the dough together.
- Divide the dough into 6 large balls.
 - Place each cookie ball onto the prepared cookie tray leaving 1 thumb space between each ball as the cookies will expand slightly while baking. Press each cookie dough ball to flatten as a cookie, thickness of your choice.
- Bake for 12-15 minutes or until the side are golden brown.
- Cool down 5 minutes on the baking sheet then transfer on a cooling rack for 30 minutes before eating. They will be a bit soft when out of the oven and firm up perfectly as they cool down.
- Store for 1 week in a cookie jar at room temperature.
- Can be frozen up to 3 months in zip silicon bags. Defrost 2 hour before consumption at room temperature.

Notes:

Flour: you can use other flours, but the result will be very different. Oat flour or all-purpose gluten-free flour make the cookie flat, not soft in the center.

Sugar : healthier option are coconut sugar or unrefined cane sugar.

Maple syrup : can be replaced by same amount of agave syrup or rice syrup or date syrup



Chocolate Cake

By Caitlin B.

Age: 7

Ingredients:

- 1 box Devil's Food Cake Mix
- 1 small box chocolate pudding
- 8 oz. sour cream
- ½ cup oil
- ½ cup warm water
- 4 eggs
- 12 oz chocolate chips

Directions:

1. Mix all together
2. Fold in chocolate chips
3. Pour into greased Bundt pan
4. Bake for 50-60 minutes at 350 degrees



Grandma Lenore's Chicken Riggies

By Leah & Zoey C.

Ages: 8 & 5



Ingredients:

- 3 Tbsp butter
- 3 boneless chicken breasts cut into bite size pieces.
- 1 green pepper chopped into big pieces.
- 1 large onion, chopped.
- 3 cloves garlic, chopped.
- 2 1/2 - 3 c water
- 2 chicken bouillon cubes
- 1 c tomato sauce
- 1 tsp paprika
- 2 Tbsp parsley
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/8 - 1/4 tsp crushed red pepper
- 2 Tbsp cornstarch
- 1/2 c sour cream
- 1 lb rigatoni, cooked and drained.

Directions:

- In a large pot, melt butter, add chicken, and cook until tender. Add green pepper, onion, and garlic. Cook for 5 minutes. Add rest of the ingredients, except the last 3 and simmer for at least 1 hour.
- Mix the cornstarch with 2 Tbsp water and stir in the sour cream. Add to the sauce, stirring rapidly and let thicken. More cornstarch or water may need to be added for the proper thickness of sauce. Toss with cooked rigatoni. Sprinkle with Parmesan cheese.



Thai Peanut Sauce

By Christopher F.

Age: 10

Ingredients:

- 3/4 cup light coconut milk*
- 1/2 cup peanut butter*
- 2Tbsp. sesame oil*
- 1/4 c fresh lime juice*
- 3-4 Thai chili peppers seeded or 1 1/2 tsp. crushed red pepper flakes*
- 1 Tbsp. rice wine vinegar*
- 1 Tbsp. honey*
- 1/4 tsp. ground ginger*

Directions:

- Place all the ingredients in a blender and puree for 60 second or until smooth. Store refrigerated for up to one week.
- We like to throw chicken breasts in the crockpot or instant pot with 1 cup of this sauce and some chicken broth.
***Instant pot put on manual and cook around 17 minutes. ***
***Crockpot cook on low about 8 hours or high for about 4 hours. ***

- Then shred the chicken and add frozen peas or snow peas or any green that you fancy. (My boys love peas)
- Lastly, we cook up Thai Rice noodles and mix that with more of the peanut sauce and eat together.
- The sauce is also yummy to dip raw veggies in.
Enjoy!

Grandma Cindy's Macaroni & Cheese

By Leah & Zoey C.

Ages: 8 & 5

Ingredients:

- 2 Tbsp cornstarch*
- 1 tsp onion powder*
- 1/2 tsp dry mustard*
- 1/4 tsp pepper*
- 1 - 12oz can evaporated milk*
- 1 c water*
- 2 Tbsp butter*
- 2 c (8oz bag) shredded cheese*
- 2 c dry small elbows, cooked and drained*

Directions:

Preheat oven to 375. Combine cornstarch, mustard, onion powder and pepper in small saucepan. Stir in evaporated milk, water, and butter. Cook over medium heat, stirring constantly until mixture comes to a boil. Boil 1 minute then remove from heat. Stir in cheese until melted. Add macaroni and pour into greased 2qt. casserole dish. Top with more cheese or buttered breadcrumbs. Bake 375 deg. for 20-25 minutes.

Note: To make buttered breadcrumbs - melt 1/4 c butter, add 1/4 c breadcrumbs. Mix and sprinkle on top.

(Mostly) No Cook Mini Meal Boxes

By Jayne M.

SOI Team



Ingredients:

Fruits & Veggies

Proteins

Whole Grains

Container

Directions:

1. Grab a container.
2. Add a whole grain (i.e., whole wheat bread, whole wheat pita, whole grain crackers, oatmeal, or popcorn.)
3. Add a protein (i.e., nuts, hummus, Greek yogurt, hard boiled eggs, deli meat, tuna, or nut butters.)
4. Add fruits & veggies (i.e., cauliflower, broccoli, bell pepper strips, cucumber slices/spears, celery sticks, cherry/grape tomatoes, carrot sticks, clementines, grapes, apple slices, blueberries, & strawberries.)
5. Enjoy!



Thank you to all the children, families & staff who contributed to our first SOI virtual cookbook! We are excited to try the wide variety of recipes that were submitted! We hope you create new family memories & learn something new through the joy of cooking. Enjoy!

