



2023
*Manitoba Farm
Women's Conference*
COOKBOOK



**From field meals to Sunday
dinner, and everything in-
between. Recipes from
Conference 2023**



Manitoba Farm Women's Conference



Cookbook Submission Form

Recipe Title: Baked Penne with Prosciutto & Cheese

Cook Time: 20-22 minutes

Oven Temp: 450 F

Please Select a category that best suites your recipe.

- Breakfast**
- Snack**
- Appetizer**
- Lunch**
- Soup/Salad**
- Dessert**
- Dinner**
- Side Dish**
- Other (Specify):** _____

Ingredients (Please indicate Quantity or Amount)

- | | |
|--|---|
| <input type="checkbox"/> <u>1 lb penne pasta</u> | <input type="checkbox"/> <u>1 cup crushed tomatoes</u> |
| <input type="checkbox"/> <u>salt</u> | <input type="checkbox"/> <u>1-2 tsp red pepper flakes or to taste</u> |
| <input type="checkbox"/> <u>2 tsp minced garlic</u> | <input type="checkbox"/> <u>45 gr grated fresh parmesan</u> |
| <input type="checkbox"/> <u>1 cup heavy cream</u> | <input type="checkbox"/> <u>115 gr coarsely grated fontina or mild gouda cheese</u> |
| <input type="checkbox"/> <u>2 cups chicken broth</u> | <input type="checkbox"/> <u>115 gr thinly sliced prosciutto, chopped</u> |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Directions

1. In a large bowl, combine the pasta with enough lukewarm, well salted water to cover. Let stand for 45 minutes.
2. Heat the oven to 450 F. Lightly butter a shallow baking dish (3 litre with 5-6cm sides). Drain the pasta and set aside.
3. In the same bowl, combine all remaining ingredients, stirring well. Add the pasta, toss to combine. Transfer the mixture to the prepared baking dish, pressing it down evenly.
4. Bake on the oven's middle shelf until bubbly and browned, 20-22 minutes. Crispy on top, creamy on the bottom. Enjoy!
- 5.
- 6.

Recipe Submitted By: Crystal Jochum

Joan Aring

Oven Baked Carrots

3-4 cups of carrots
sliced

1 tsp sugar

$\frac{1}{2}$ tsp salt

1 tsp dried basil

$\frac{1}{4}$ cup butter

$\frac{1}{2}$ cup boiling water

Slice carrots into quart
casserole. Add sugar, salt,
basil, & butter. Pour over
boiling water. Bake at
350 F for one hour.



Manitoba Farm Women's Conference



Cookbook Submission Form

Recipe Title: Skillet Enchiladas

Cook Time: _____

Oven Temp: 350°

Please Select a category that best suites your recipe.

- Breakfast
- Lunch
- **Dinner**

- Snack
- Soup/Salad
- Side Dish

- Appetizer
- Dessert
- Other (Specify): _____

150 PEACE, LOVE & FIBRE

Skillet Enchiladas VEG Serves 6

THIS RECIPE CALLS FOR LEFTOVER COOKED BARLEY, wheat berries, or quinoa to get this show on the road ASAP. If you aren't in a hurry, serve it with cornbread (page 74). Make the cornbread before you start the enchiladas; when the cornbread comes out of the oven, reduce the heat to 350°F and you are ready to go with the enchiladas. The cornbread cools as the cheese on the enchiladas melts—it's all about timing.

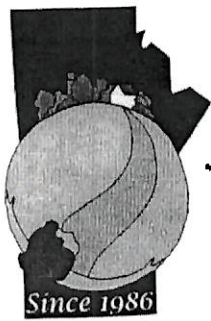
1½ cups fresh cooked or thawed frozen corn
1 Tbsp canola oil
1 small red onion, diced
6 cloves garlic, minced
1 large red pepper, diced
2 tsp chili powder
2 tsp ground cumin
2 tsp ground coriander
1 tsp freshly ground black pepper
1¼ cups canned enchilada sauce, mild, medium, or hot (see note)
1 (19 fl oz/540 mL) can no-salt-added black beans, rinsed and well drained
1 cup cooked pot barley, wheat berries, or quinoa (see page 13)
2 cups (8 oz/225 g) packed grated jalapeño Monterey Jack or Havarti cheese

1. Heat a 12- or 14-inch ovenproof skillet over medium heat. Add the corn and fry until it starts to blacken, 6 to 8 minutes.
2. Add the oil, red onion, and garlic and sauté until the onion begins to soften, 3 to 5 minutes.
3. Add the red pepper and continue sautéing until the red pepper starts to soften, 3 to 5 minutes. Add the chili powder, cumin, coriander, and pepper.
4. Pour in the enchilada sauce, black beans, and cooked barley (or whatever you decide to use) and stir in well. Cover with a lid, reduce heat to low, and simmer for 8 to 10 minutes or until heated through. Meanwhile, preheat the oven to 350°F.
5. Remove the lid and sprinkle with the cheese. Place in the oven, uncovered, to let the cheese melt, about 10 minutes. Remove from the oven, let sit for 5 minutes, and serve.

NOTE: You can find enchilada sauce in most large grocery stores or Latin American specialty grocery stores. Depending on the size of the can, freeze any leftover sauce.

1 SERVING = ¼ OF THE RECIPE WITH COOKED BARLEY
PER SERVING: 357 CALORIES, 15.7 G TOTAL FAT, 3.7 G SATURATED FAT, 0 G TRANS FAT,
13 MG CHOLESTEROL, 675 MG SODIUM, 43 G CARBOHYDRATE, 9.5 G FIBRE, 3.5 G SUGARS,
0.9 G ADDED SUGARS, 15.7 G PROTEIN, 610 MG POTASSIUM
CARBOHYDRATE CHOICE = 2 CHOICES

Submitted by Kim Haltmann



Manitoba Farm Women's Conference



Cookbook Submission Form

Recipe Title: Three Bean Casserole

Cook Time: approx 40mins.

Oven Temp: 350°F

Please Select a category that best suites your recipe.

Breakfast

Snack

Appetizer

Lunch

Soup/Salad

Dessert

Dinner

or

Side Dish

Other (Specify): _____

Ingredients (Please Indicate Quantity or Amount)

- 500g farmer sausage or bacon - dash of garlic powder
- 1 lg onion - 1 tsp mustard
- 2 cans (398ml) pork 'n' beans - 1/3 c brown sugar
- 540 ml can kidney beans (drained) - 1/2 c ketchup
- 398 ml can lima beans (drained) - 1/4 c vinegar
- _____ - _____
- * I also substitute - _____
- other beans to - _____
- change it up. - _____

Directions

1. Brown sausage or bacon.
2. Add onion and saute until tender.
3. Drain. Mix meat and onions with other ingredients.
Pour into large casserole dish.
4. Cover & bake at 350° until hot & bubbly, approx 35-40min.
5. Makes 6-8 servings. A great make ahead.
Serve with French or garlic bread.
6. Makes a great send to the field or serve on the field menu.
Also a great side dish for a BBQ.

Recipe Submitted By: _____

Barbara A. Froese



Manitoba Farm Women's Conference



Cookbook Submission Form

Recipe Title: Chili

Cook Time: _____

Oven Temp: _____

Please Select a category that best suits your recipe.

Breakfast

Snack

Appetizer

Lunch

Soup/Salad

Dessert

Dinner

Side Dish

Other (Specify): _____

Ingredients (Please indicate Quantity or Amount)

- | | |
|---------------------------------|--------------------------------------|
| - <u>2 lbs ground beef</u> | - <u>1 tbsp worcestershire sauce</u> |
| - <u>1/2-1 cup ketchup</u> | - <u>2 tsp mustard</u> |
| - <u>1 1/2 tsp chili powder</u> | - <u>2 tbsp vinegar</u> |
| - <u>1 tin pork & beans</u> | - <u>pepper to taste</u> |
| - <u>1 med onion, chopped</u> | - _____ |
| - <u>2 tbsp brown sugar</u> | - _____ |
| - <u>2 tsp salt</u> | - _____ |
| - <u>1 tin tomato soup</u> | - _____ |

Directions

1. Brown ground beef, add onions & cook until done
2. Add remaining ingredients
3. Simmer 30 min
4. _____
5. _____
6. _____

Recipe Submitted By: Louise Penner



Manitoba Farm Women's Conference



Cookbook Submission Form

Recipe Title: Meatball Stew

Cook Time: 40ish minutes

Oven Temp: N/A

Please Select a category that best suites your recipe.

- Breakfast
- Snack
- Appetizer
- Lunch
- Soup/Salad
- Dessert
- Dinner
- Side Dish
- Other (Specify): _____

Ingredients (Please indicate Quantity or Amount)

- 10-20 meatballs (or use ^{pieces} steak or roast beef)
- 3 potatoes - cubed
- 1 medium onion - finely chopped
- 3 stalks celery - sliced
- 1 can tomato soup
- 1 pkg gravy mix
- 2 1/2 - 3 1/2 cups water
- 1 pkg onion soup mix
- 2 tsp beef bouillon
- 1-2 cups frozen veggies

Directions

1. Brown meat balls or steak pieces.
2. Add onions and Celery
3. Add Remaining ingredients.
4. Simmer until potatoes and veggies are cooked
5. Enjoy!
6. Great with ~~potatoes~~ homemade bread!

Recipe Submitted By: Jayne Wohlgemuth



MANITOBA FARM WOMEN'S CONFERENCE COOKBOOK SUBMISSION FORM

Our cook book will have the following categories. Please select the category that best suits your recipe.

- | | |
|---|--|
| <input type="checkbox"/> Breakfast
<input type="checkbox"/> Lunch
<input checked="" type="checkbox"/> Dinner
<input type="checkbox"/> Desserts | <input type="checkbox"/> Soups and Salads
<input type="checkbox"/> Snacks
<input type="checkbox"/> Sides/Appetizers
<input type="checkbox"/> Other (Please Specify) _____ |
|---|--|

Recipe Name Easy Jambalya

Oven Temp n/a

Ingredients (Please indicate Quantity or Amount)

1 cup rice	2 1/2 cups 1% milk
4 oz (125g) turkey sausage, sliced	1 green pepper, chopped
3 stalks celery, sliced	1 red pepper, chopped
1 onion, chopped	1 can (540 ml) tomatoes, drain, chop
1/2 cup water	Fresh Parsley, optional
2 tbsp all purpose flour	
1 tbsp Cajun seasoning	

Method/Instructions (please be sure to indicate container size and cook times)

1. Heat a large nonstick skillet over medium - high heat. Cook sausage slices. Add rice, celery and onion; cook, stirring for 2 minutes. Add water. Whisk flour and Cajun seasoning into milk; gradually stir into skillet. Bring to a simmer, stirring often. Reduce heat to medium-low; cover and simmer gently for 15 - 20 mins or until rice is almost tender. Watch this carefully; stirring as needed. 2. Gently stir in green and red peppers; cover and simmer for 5 mins longer or until rice is tender and peppers are tender crisp. Remove from heat. 3. Sprinkle tomatoes over rice mixture; cover and let stand for 5 mins. Stir gently to combine. Garnish with parsley, if desired. Side notes - I have used mild Italian sausages in this recipe which adds a nice spice to it. I have also substituted Taco or Fajita seasonings for the Cajun. This is a family favorite!!



MANITOBA FARM WOMEN'S CONFERENCE COOKBOOK SUBMISSION FORM

Our cook book will have the following categories. Please select the category that best suits your recipe.

- Breakfast
- Lunch
- Dinner
- Desserts

- Soups and Salads
- Snacks
- Sides/Appetizers
- Other (Please Specify) _____

Recipe Name Quick Stir-Fry

Oven Temp _____

Ingredients (Please indicate Quantity or Amount)

2 tbsp. vegetable oil	2 tbsp. soy sauce
1 lb. beef or chicken (strips)	
1 1/2 cups broccoli florets	Option: can add teriyaki, water
1 red pepper (strips)	chestnuts, ginger, sesame seeds
2 carrots (thinly sliced)	at the end.
1 green onion (chopped)	
1 tsp. minced garlic	

Method/Instructions (please be sure to indicate container size and cook times)

1. Heat vegetable oil in a large skillet over medium-high heat; cook and stir beef until browned, 3 to 4 minutes. Move beef to side of skillet, and add broccoli, bell pepper, carrots, green onion and garlic. Cook and stir vegetables for 2 minutes.
2. Stir beef into vegetables and season with soy sauce and/or other options, if desired. Continue to cook and stir until vegetables are tender. Enjoy



MANITOBA FARM WOMEN'S CONFERENCE COOKBOOK SUBMISSION FORM

Our cook book will have the following categories. Please select the category that best suits your recipe.

- | | |
|--|---|
| <input type="checkbox"/> Breakfast
<input checked="" type="checkbox"/> Lunch
<input checked="" type="checkbox"/> Dinner
<input type="checkbox"/> Desserts | <input type="checkbox"/> Soups and Salads
<input type="checkbox"/> Snacks
<input type="checkbox"/> Sides/Appetizers
<input checked="" type="checkbox"/> Other (Please Specify) <u>Cassrole</u> |
|--|---|

Recipe Name Qucik and easy Cassrole Oven Temp 350

Ingredients (Please indicate Quantity or Amount)

2 tbsp oil	
1 medium onion (chopped)	
1-1.5lbs Ground Beef	
1 can creamed corn	
3 Cups mashed potatoes (seasoned)	

Method/Instructions (please be sure to indicate container size and cook times)

Place in frypan: 2Tbsp. oil & 1 medium onion, chopped. Cook over medium heat until tender.
 Add: 1 to 1.5 lbs. ground beef. Cook, mixing well until lightly browned.
 Spread meat into bottom of greased casserole dish.
 Spoon 1 can cream style corn over meat mixture.
 Spread 3 cups seasoned, mashed potatoes over top.
 Bake at 350 for 30 minutes.

Serve with a salad & buns if desired.





MANITOBA FARM WOMEN'S CONFERENCE COOKBOOK SUBMISSION FORM

Our cook book will have the following categories. Please select the category that best suits your recipe.

- | | |
|---|--|
| <input type="checkbox"/> Breakfast
<input type="checkbox"/> Lunch
<input checked="" type="checkbox"/> Dinner
<input type="checkbox"/> Desserts | <input type="checkbox"/> Soups and Salads
<input type="checkbox"/> Snacks
<input type="checkbox"/> Sides/Appetizers
<input type="checkbox"/> Other (Please Specify) _____ |
|---|--|

Recipe Name _____

Oven Temp _____

Ingredients (Please indicate Quantity or Amount)

8 chicken breasts, halves or pieces	Salt and pepper
2 cans mushroom soup, undiluted	
1 envelope dry onion soup mix	
1/2 pint sour cream	
1 1/2 tsp dillweed	
1 tbsp lemon juice	
Butter	

Method/Instructions (please be sure to indicate container size and cook times)

1. Place chicken skin side up in 9" x 13" pan.
2. Dot with butter and sprinkle with salt and pepper.
3. Combine the remaining ingredients and pour over the chicken.
4. Bake 1 1/4 - 1 1/2 hours, uncovered, at 350° F until tender and the sauce is brown.
5. Serve with rice or mashed potatoes.

Make is low calorie by eliminating butter and chicken skin.

Yield: 6-8 serings.

Baked Tuscan Chicken Breast

- 8 boneless skinless chicken breasts (breast halves)
- 2 tablespoon canola oil
- 1 teaspoon salt
- 1 teaspoon Italian seasoning
- 0.5 teaspoon paprika
- 0.25 teaspoon black pepper

CREAM SAUCE

- 2 cup heavy cream
- 4 teaspoons minced garlic
- 2 teaspoon corn starch
- 0.5 teaspoon salt
- 0.25 teaspoon black pepper
- 0.67 cup sundried tomatoes (chopped)
- 0.5 cup shredded Parmesan cheese
- 1 cup chopped fresh spinach

1. Preheat oven to 425 degrees F.
2. Place chicken breasts on a cutting board and cover with a piece of plastic wrap. Use a rolling pin, smooth meat mallet or small frying pan to flatten the thick side of the chicken so that it is roughly an even thickness.
3. Place chicken breasts in a 9x13" baking dish (or a larger one if you are using very large chicken breasts -- you don't want them smushed together or they will take longer to cook).
4. Combine 1/2 teaspoon salt, Italian seasoning, paprika and 1/8 teaspoon pepper. Drizzle chicken with oil and rub with seasoning (I just do the top, since the bottom will be sitting in sauce).
5. Whisk together cream, garlic, corn starch, salt and pepper until combined. Stir in sundried tomatoes and Parmesan cheese and pour around the chicken in the baking dish (it shouldn't cover the chicken completely, but it won't hurt anything if it does).
6. Bake at 425 degrees F for 16-20 minutes, until an internal temperature of 165 degrees F is reached in the thickest part of the chicken (the exact cook time will depend on the size of your chicken breasts).
7. Remove pan from oven and stir spinach into sauce. Cover pan and allow chicken to rest for 10 minutes while the spinach wilts.
8. Uncover and serve.

*1 serving is 1 chicken breast with roughly 1/2 cup of sauce

Calories: 423cal | Carbohydrates: 9g | Protein: 29g | Fat: 31g | Saturated Fat: 16g | Trans Fat: 1g | Cholesterol: 159mg | Sodium: 712mg | Potassium: 823mg | Fiber: 1g | Sugar: 4g | Vitamin A: 1461IU | Vitamin C: 7mg | Calcium: 137mg | Iron: 2mg

Nov 21, 2023
Submitted by
Maureen White

Sweet & Sour Spare ribs or Beef ribs.
2 lbs ribs cut in small pieces
Brown and put in roaster

Pour over this sauce

- 1 tin Tomato Soup
- $\frac{1}{4}$ c vinegar
- 1 c water
- $\frac{1}{4}$ c chopped onion
- 2-3 Tbsp brown sugar
- $\frac{1}{2}$ to 1 tsp chili powder.
- 1 lump of butter

Cover and cook 300° F for 1 $\frac{1}{2}$ hours. Serve
with rice.



Manitoba Farm Women's Conference



Cookbook Submission Form

Recipe Title: No Peek Chicken Casserole

Cook Time: 2hrs

Oven Temp: 300°

Please Select a category that best suites your recipe.

Breakfast

Snack

Appetizer

Lunch

Soup/Salad

Dessert

Dinner

Side Dish

Other (Specify): _____

Ingredients (Please indicate Quantity or Amount)

- 6-10 Skinless Chicken Thighs.
- 1 cup Rice
- 1 can Broccoli Cheese Soup (just use what's in the
- 1 can CR of chicken soup - soup brand (cream soup necessary)
- 1 pkg. DRY ONION soup. (use Knorr - NO MSG)
- 1 can milk. (whatever we have)
- _____
- _____
- _____

Directions

1. Put rice in bottom of casserole.
2. Add soups & milk - (mix a little)
3. Add chicken thighs (or whatever chicken you have!)
4. Add soup (dry)
5. Lid it.
6. Cook (BAKE) for 2 hours @ 300° (DO NOT PEK!)

Serve w green salad or veggie

Recipe Submitted By: Donna Younger

Great when your running into house from hauling grain + have to get back out before next load. FAST!



Manitoba Farm Women's Conference



Cookbook Submission Form

Recipe Title: SALMON LOAF

Cook Time: 30 min

Oven Temp: 350°

Please Select a category that best suites your recipe.

Breakfast

Snack

Appetizer

Lunch

Soup/Salad

Dessert

Dinner

Side Dish

Other (Specify): _____

Ingredients (Please indicate Quantity or Amount)

- 1 cup cracker crumbs - 1/2 cup chopped celery
- 1 cup milk - 1/2 cup onions
- 3 eggs - 1 TBSP. mayo
- 2 tins salmon - Salt + pepper to taste
- _____
- _____
- _____
- _____
- Good warm or cold.

Directions

1. Mix ingredients together + place in a greased loaf pan.
2. Cook in a water bath @ 350°
3. Approx 1/2 hour or until set
4. _____
5. * My mother-in-law gave me this recipe ~ 45 years ago. She was a true farm woman as well - one of the best!
6. _____

Recipe Submitted By: LYNN WATSON
GLADSTONE

Pizza Dough

Margret Boekhorst

- 1 cup lukewarm water (110/55)
- 1 tbsp dry yeast
- 1/2 c oil (canola)
- 1 tsp sugar
- 1 tsp salt
- 1 1/2 c flour

Combine sugar, yeast, oil, flour + salt in mixing bowl

Stir in warm water

Knead for 5 min. or until smooth

Let rest 20 min.

Let on a well floured surface, roll dough to desired size.

Spread on pizza pan.

Let rise 20 min.

Add sauce and toppings of your choice

Bake at 400°F for 25-30 min.

Enjoy!



Manitoba Farm Women's Conference



Cookbook Submission Form

Recipe Title: Copycat Alice Springs Chicken

Cook Time: 30+ minutes

Oven Temp: 350°

Please Select a category that best suites your recipe.

- Breakfast
- Lunch
- Dinner
- Snack
- Soup/Salad
- Side Dish
- Appetizer
- Dessert
- Other (Specify): _____

Ingredients (Please indicate Quantity or Amount)

- 4 TBSP Mayo _____
- 3 TBSP Dijon Mustard _____
- 1 TBSP Honey _____
- 4 cups sliced mushrooms _____
- 4 medium chicken breasts _____
- 4 Slices cooked bacon or turkey bacon _____
- 2/3 cup cheese of choice sliced or shredded _____
- _____

Directions

1. Honey Mustard Sauce - Mix first 3 ingredients together and set aside.

2. Spray baking dish with oil to prevent sticking.

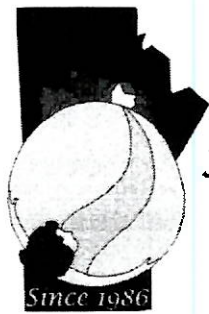
3. Add mushrooms to dish. Add chicken on top of mushrooms. Put bacon on top of chicken. Pour the honey mustard sauce over the bacon. Add cheese on top.

4. Bake at 350° for 30 minutes or until chicken is cooked.

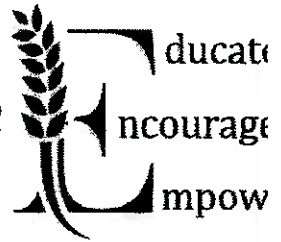
5.

6. Note: Can make without bacon and cheese which is my 8 year old's preference.

Recipe Submitted By: Robyn Maddess



Manitoba Farm Women's Conference



Cookbook Submission Form

Recipe Title: Roasted Beets and Carrots

Cook Time: 20 mins.

Oven Temp: 375°

Please Select a category that best suites your recipe.

- Breakfast
- Lunch
- Dinner
- Snack
- Soup/Salad
- Side Dish
- Appetizer
- Dessert
- Other (Specify): _____

Ingredients (Please indicate Quantity or Amount)

- | | |
|-----------------------------------|--------------------------------------|
| - <u>3 beets</u> <u>chopped</u> | - <u>2 Tbsp. Maple Syrup</u> |
| - <u>2 carrots</u> <u>chopped</u> | - <u>1 Tbsp. Dijon Mustard</u> |
| - <u>Olive oil</u> <u>1/4 c.</u> | - <u>2 Tbsp. Apple Cider Vinegar</u> |
| - _____ | - _____ |
| - _____ | - _____ |
| - _____ | - _____ |
| - _____ | - _____ |
| - _____ | - _____ |

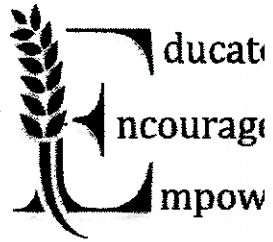
Directions

1. Chop beets and carrots into large bowl. Drizzle with olive oil and Toss.
2. Transfer onto a cookie sheet
3. Bake at 375° till tender. (15 mins?)
4. Mix remaining ingredients. Pour over veggies Toss.
5. Bake 5 minutes more.
6. _____

Recipe Submitted By: Debbie Kuhl



Manitoba Farm Women's Conference



Cookbook Submission Form

Recipe Title: Sour Cream Biscuits

Cook Time: 12-15 mins

Oven Temp: 450°f

Please Select a category that best suites your recipe.

- Breakfast
- Snack
- Appetizer
- Lunch
- Soup/Salad
- Dessert
- Dinner
- Side Dish
- Other (Specify): _____

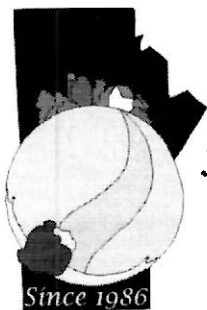
Ingredients (Please indicate Quantity or Amount)

- | | |
|-------------------------------|-----------------------------|
| - <u>2c. Flour</u> | - <u>3Tbsp. cold butter</u> |
| - <u>1Tbsp. Baking Powder</u> | - <u>1 egg</u> |
| - <u>1/2 tsp. salt</u> | - <u>1c. Sour cream</u> |
| - <u>2Tbsp. Sugar</u> | - |
| - <u>1/2 tsp. B. Soda</u> | - |
| - | - |
| - | - |
| - | - |

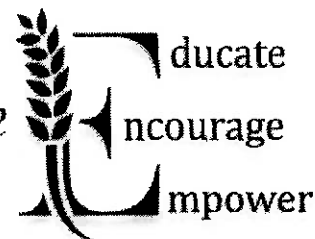
Directions

1. Sift dry ingredients
2. Blend in butter with pastry blender. ~~Add the~~
3. Beat egg and add to sour cream.
4. Add to dry ingredients. Blend lightly with fork till forms a ball.
5. Knead several times.
6. Roll to 3/4" thickness. Cut into 10-12 biscuits.
6. Bake till golden brown for 12-15 mins. Serve with jam, honey or apple butter

Recipe Submitted By: Debbie Kuhl



Manitoba Farm Women's Conference



Cookbook Submission Form

Recipe Title: Chicken Pie

Cook Time: 45 minutes

Oven Temp: 350°

Please Select a category that best suites your recipe.

- Breakfast
- Lunch
- Dinner
- Snack
- Soup/Salad
- Side Dish
- Appetizer
- Dessert
- Other (Specify): _____

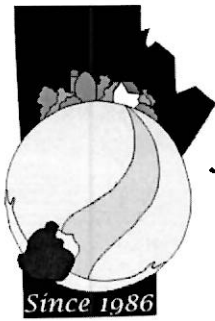
Ingredients (Please indicate Quantity or Amount)

- 1/2 cups celery, chopped _____
- 4 cups carrots, chopped _____
- 4 cups peas _____
- 1 1/2 cups onions, chopped _____
- 2 cups cooked cubed chicken _____
- 1 can mushroom soup _____
- 1 can cream of chicken soup _____
- salt and pepper to taste _____

Directions

1. Cook celery, carrots, onions in a pot with a bit of water until tender.
2. Add chicken, peas, soup, salt and pepper, mix.
3. Pour into greased pie plate, cover with pie pastry.
4. Bake 40-45 minutes at 350° until crust is golden brown.
- 5.
- 6.

Recipe Submitted By: Rhiana Kuhl



Manitoba Farm Women's Conference



Cookbook Submission Form

Recipe Title: One Pot Chicken Lo Mein

Cook Time: 15 min.

Oven Temp: _____

Please Select a category that best suites your recipe.

Breakfast

Snack

Appetizer

Lunch

Soup/Salad

Dessert

Dinner

Side Dish

Other (Specify): _____

Ingredients (Please indicate Quantity or Amount)

- 1/2 lb. boneless Chicken Breasts (Cubed.) - 1 tbsp Sugar.
- 1 lb. box linguini or fettuccini - 1/2 tsp red pepper flakes
- 4 med carrots (peeled and cut into ^{wood} 3/4" strips) - 4 cups chicken or veg. broth
- 1 med. red pepper cut into 3/4" strips - 2 tsp. extra virgin olive oil or canola oil.
- 1 bunch green onions Chopped - _____
- 4 cloves garlic minced - _____
- 1 tsp. corn starch - _____
- 1/4 cup Soya Sauce - _____

Directions

1. Add all ingredients in large stock pot. Cover with lid bring to a boil over high heat. Stir and reduce
2. heat to medium-low.
3. Cook, covered for about 15 min. stirring occasionally.
4. Cook until most of the liquid is gone and chicken is cooked through. Remove the lid and let the dish rest for 5 minutes before serving.
- 5.
6. (This recipe is ready in under 30 minutes).

Recipe Submitted By: Tina Lavalke



Manitoba Farm Women's Conference



Cookbook Submission Form

Recipe Title: Pastitsio - Baked Greek Pasta with Lamb

Cook Time: ³⁰/30 min Prep: 50 min Oven Temp: 400 °F 9x13

Half recipe - 7x11

Please Select a category that best suites your recipe.

- Breakfast
- Snack
- Appetizer
- Lunch
- Soup/Salad
- Dessert
- Dinner
- Side Dish
- Other (Specify): _____

Ingredients (Please indicate Quantity or Amount)

- Lamb Bolognese: ^{2 lbs ground lamb or combined with 1/2 gr. beef or turkey} Béchamel Sauce
- 2 tbsp olive oil 1 (28oz.) can 3 tbsp olive oil or butter
- 1 large onion, diced crushed 1/4 cup flour
- 2 tsp kosher salt 1 tbsp ^{Tomatoes} Tomato paste 2 1/2 cups whole milk
- 6 cloves garlic, rough chopped 1/2 tsp ground nutmeg
- 1/2 cup red wine 3/4 tsp kosher salt
- 3 tsp cinnamon (don't skip!) 1/4 tsp pepper
- 2 tsp ground cumin 1/2 cup each - Grated Parmesan
- 2 tsp dried oregano and plain greek yogurt
- 1/4 tsp pepper

Directions

- 3/4 lb. penne of your choice (I've used lentil) 2 ultra large eggs, beaten
1. Bolognese: Heat oil over medium high heat. Add onion, ground meat and salt, breaking up meat. Cook 10-12 minutes, till onions are tender & meat is browned. Drain fat, if any. Splash with red wine & cook till evaporated about 2 minutes. Add garlic, cinnamon, cumin, oregano and pepper. Sauté 2 minutes until garlic is fragrant. Stir in crushed tomatoes and paste. Simmer on low heat for 20 minutes.
 2. While this is simmering, boil pasta water & make Béchamel Sauce:
 3. Heat oil in medium pot over medium heat. Whisk the flour until smooth paste; Cook for 60 seconds. Whisk in 1 cup of milk until smooth and thickened, then immediately add remaining 1 1/2 cups of milk and whisk until smooth and thick again. Add salt, nutmeg & pepper and parmesan, stir until cheese melts and sauce is smooth. Remove from heat and let cool for 10 minutes.
 4. Cook pasta and drain.
 5. Once béchamel has cooled 10 minutes, (warm is okay, just not hot) stir in yogurt & beaten eggs.
 6. Assemble: Add cooked pasta to Bolognese and mix. Pour into ^{greased} 9x13 dish. Top with béchamel sauce. Spread evenly. Sprinkle with 1/2 cup more Parmesan & sprinkle with Thyme leaves

Garnish: extra parmesan and thyme

6. Bake @ 400° for 30 minutes or until golden & bubbly.
- Bolognese can be made ahead.
- Keeps up to 4-5 days in fridge.
- Can be frozen.

Recipe Submitted By: Karyn Penner



Manitoba Farm Women's Conference



Cookbook Submission Form

Recipe Title: Chicken Fritters

Cook Time: 20-25 mins

Oven Temp: 375 F

Please Select a category that best suites your recipe.

- Breakfast
- Lunch
- Dinner
- Snack
- Soup/Salad
- Side Dish
- Appetizer
- Dessert
- Other (Specify): _____

Ingredients (Please indicate Quantity or Amount)

- 1 lb. Ground chicken - cooking spray
- 1 Garlic clove minced - _____
- 1 Egg - _____
- 3/4 cp Bread crumbs - _____
- 2 cps Packed Broccoli (Cooked & Chopped) - _____
- 1-2 cps mozza or cheddar cheese - _____
- Pinch of salt - _____
- Pinch of Pepper - _____

Directions

1. Heat oven and line Baking Pan with Parchment Paper
Spray oil on Pan.
2. mix all ingredients together.
3. Using a medium cookie scoop measure out the
meat mixture onto the Baking Pan.
4. Flatten the Fritter shapes into 2 inch circles about
1/2 inch thick. You can make them into Burger Patties
5. or meatballs as well.
6. Bake for 10 min. flip and Bake 10-15 till Golden
Brown. Serve with Ranch Dressing or sweet sour Sauce

Recipe Submitted By:

Esther Heppner



Manitoba Farm Women's Conference



Cookbook Submission Form

Recipe Title: Beef Taco meat
(Carnitas Asada)

Cook Time: 30 minutes

Oven Temp: _____

Please Select a category that best suites your recipe.

Breakfast

Snack

Appetizer

Lunch

Soup/Salad

Dessert

Dinner

Side Dish

Other (Specify): _____

Ingredients (Please indicate Quantity or Amount)

- | | |
|--|---|
| <u>MARINADE:</u> | <u>GARNISH:</u> |
| - <u>3 lbs flank steak</u> | - <u>1 white onion chopped</u> |
| - <u>1/2 cup white vinegar</u> | - <u>1/2 cup chopped fresh cilantro</u> |
| - <u>1/2 cup soy sauce and olive oil (1/2 cup)</u> | - <u>1 lime juiced</u> |
| - <u>4 cloves garlic, minced</u> | - _____ |
| - <u>2 limes, juiced</u> | - _____ |
| - <u>1 tsp salt, ground pepper, and white pepper</u> | - _____ |
| - <u>1 tsp garlic powder, chili powder,</u> | - _____ |
| - <u>1 tsp dried oregano, cumin, and paprika</u> | - _____ |

Directions ^{*mexican oregano preferred}

1. Lay flank steak in large glass flat container or ziploc bag.
2. ~~Marinate~~ In medium bowl whisk together marinade ingredients.
3. Whisk until well combined and pour over steak in dish.
4. Cover with plastic or seal in ziploc.
5. Marinate for 1-8 hours. For best results, flip meat every hour to ensure all sides are seasoned well.
6. well.
7. Caramelize ^{sear} meat on medium high heat. serve ~~with~~ on corn tortillas and garnish as you like.

Recipe Submitted By: Kelsey Heppner

CHEESEBURGER SOUP★★★★★

COURSE: MAIN COURSE CUISINE: AMERICAN PREP TIME: 10 MINUTES
COOK TIME: 6 HOURS TOTAL TIME: 6 HOURS 10 MINUTES SERVINGS: 10
CALORIES: 348 AUTHOR:



*It's great to come home to a warm bowl of low carb crock pot cheeseburger soup.
Just prep the ingredients in the slow cooker before leaving.*

INGREDIENTS

- 1 tablespoon olive or avocado oil
- 4 cloves garlic
- 1 small onion *chopped*
- 1.5 pound lean ground beef
- 2 cups diced celery *about 8.3 oz*
- 1 teaspoon dried basil
- 1 teaspoon dried parsley
- 32 ounces beef broth
- 2 cups cheddar cheese *shredded*
- 1 ½ cups almond milk
- ¼ cup sour cream
- ½ teaspoon salt *or to taste*
- ¼ teaspoon pepper *or to taste*
- 1 pound cauliflower florets *fresh or frozen*

INSTRUCTIONS

1. Cook garlic and onion in skillet with hot oil until fragrant.
2. Add ground beef and cook until browned. Remove from heat and drain oil (if needed)..
3. Transfer cooked beef into a 4 or 6 quart crock pot. Add remaining ingredients
4. Stir to combine ingredients. Cook on low 4-6 hours.

Nutrition

Serving: 298g | Calories: 348 | Carbohydrates: 7.1g | Protein: 30.3g | Fat: 22.3g | Saturated Fat: 14.9g
| Cholesterol: 87mg | Sodium: 629mg | Fiber: 2.5g

Additional Info

Net Carbs: 4.6 g | % Carbs: 5.4 % | % Protein: 35.6 % | % Fat: 59 % | SmartPoints: 12

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Hamburger Soup Recipe

Prep Time: 15 minutes **Cook Time:** 30 minutes **Total Time:** 45 minutes

This Hamburger Soup is loaded with tender ground beef, diced tomatoes, and hearty veggies. A warming and comforting soup recipe that is perfect for the cooler months.

Author: Natalya Drozhzhin

Skill Level: Easy

Cost to Make: \$10-\$12

Keyword: Hamburger Soup, Hamburger Soup Recipe

Cuisine: American

Course: Soup

Calories: 294 kcal

Servings: 8 servings



Ingredients

- 2 Tbsp **olive oil**
- 1 medium onion, finely diced
- 1 large carrot, peeled and thinly sliced
- 4 sticks celery, thinly sliced
- 1 1/2 lb lean ground beef, 85% or leaner
- 2 Tbsp tomato paste
- 3 cloves garlic, minced
- 28 oz canned diced tomatoes
- 8 cups beef broth
- 2 large yukon gold potatoes, peeled and chopped
- 1 tsp **Italian seasoning**
- 1 1/2 tsp **salt**, or to taste
- 1/4 tsp ground black pepper, or to taste
- 3 Tbsp fresh parsley, chopped for garnish

Instructions

1. Preheat a **5 1/2 qt dutch oven** or soup pot with olive oil over medium heat. Add the chopped onion, carrots, and celery into the pot. Sauté the veggies until softened.
2. Add the ground beef, breaking it apart as you go. Cook it until it turns golden brown.
3. Stir in the diced tomatoes, minced garlic, tomato paste, potatoes, and beef broth. Season with Italian seasoning, salt, and pepper.
4. Bring the soup to a boil. Reduce the heat and simmer for 30 minutes or until potatoes are tender. Season to taste and serve garnished with chopped parsley.

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Manitoba Farm Women's Conference



Cookbook Submission Form

Recipe Title: Best Ever Potato Soup

Cook Time: 30 min

Oven Temp: _____

Please Select a category that best suites your recipe.

Breakfast

Snack

Appetizer

Lunch

Soup/Salad

Dessert

Dinner

Side Dish

Other (Specify): _____

Ingredients (Please indicate Quantity or Amount)

- | | |
|---------------------------------------|--|
| - <u>6 Bacon Strips, diced</u> | - <u>1 Box 900ml Chicken broth</u> |
| - <u>3 Cups cubed peeled potatoes</u> | - <u>3 TBSP all-purpose Flour</u> |
| - <u>1 Small Carrot, grated</u> | - <u>3 cups 2% milk</u> |
| - <u>1/2 cup green onion</u> | - <u>8 oz Double cheddar kraft shredded cheese</u> |
| - <u>1/4 tsp onion powder</u> | - <u>1 Cup Sour Cream</u> |
| - <u>1/2 tsp salt</u> | - _____ |
| - <u>1/2 tsp pepper</u> | - _____ |
| - <u>1/4 tsp garlic powder</u> | - _____ |

Directions

1. In a large saucepan, cook bacon over medium heat until crisp, stirring occasionally; drain drippings.
2. Add vegetables, seasoning and broth; bring to a boil. Reduce heat; simmer, covered, until potatoes are tender, 10-15 minutes.
3. mix flour + milk until smooth; stir into soup. Bring to a boil, stirring constantly; cook + stir until thickened, about 2 minutes.
4. stir in cheese until melted + sour cream.
5. Add green onions if desired.
6. _____

Recipe Submitted By: Donna Odell - Hargrave, MB



Manitoba Farm Women's Conference



Cookbook Submission Form

Recipe Title: Cabbage Salad

Cook Time: _____

Oven Temp: _____

Please Select a category that best suites your recipe.

- Breakfast
- Snack
- Appetizer
- Lunch
- Soup/Salad
- Dessert
- Dinner
- Side Dish
- Other (Specify): _____

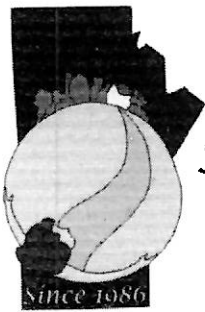
Ingredients (Please indicate Quantity or Amount)

- | | |
|----------------------------------|--------------------------------------|
| - <u>1 cabbage chopped</u> | - <u>1/2 c. oil</u> |
| - <u>1 onion chopped - (red)</u> | - <u>1/4 c. honey</u> |
| - <u>3/4 c. pumpkin seeds</u> | - <u>1/4 c. rice vinegar</u> |
| - <u>3/4 c. raisins</u> | - <u>2 tsp. Soya Sauce</u> |
| - _____ | - <u>1/4 tsp. Toasted Sesame Oil</u> |
| - _____ | - <u>1/4 tsp. salt</u> |
| - _____ | - <u>1/4 tsp. pepper.</u> |
| - _____ | - _____ |

Directions

1. Mix Cabbage, onion, pumpkin seeds and raisins in bowl.
2. Mix remaining ingredients in a jar. Shake.
3. Pour over cabbage combination.
4. Stir.
5. _____
6. _____

Recipe Submitted By: Debbie Kuhl



Manitoba Farm Women's Conference



Cookbook Submission Form

Recipe Title: Polisch Dill Pickle Soup / Zupa Ogorkowa

Cook Time: app 45 min makes about 6 servings

Oven Temp: _____

Please Select a category that best suites your recipe.

Breakfast

Lunch

Dinner

Snack

Soup/Salad

Side Dish

Appetizer

Dessert

Other (Specify): _____

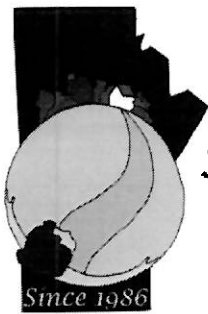
Ingredients (Please indicate Quantity or Amount)

- | | |
|---|---|
| - <u>2 table spoons BUTTER</u> | - <u>SALT and black PEPPER</u> |
| - <u>1 medium ONION, sliced and chopped</u> | - <u>SUGAR to taste</u> |
| - <u>4 cups chicken or vegetable BROTH</u> | - <u>chopped fresh DILL or PARSLEY for garnisch, if desired</u> |
| - <u>4 large garlic-dill PICKLES, about 3cups chopped</u> | |
| - <u>2/3 cup LIQUID -pickle water from jar or water</u> | |
| - <u>4 large POTATOES, peeled and cut into 1/2 inch cubes</u> | |
| - <u>2 table Spoons all purpes FLOUR</u> | - _____ |
| - <u>1 cup SOUR CREAM</u> | - _____ |

Directions

1. Melt butter in large pot, saute onion until translucent, about 3min.
2. Add broth, pickles, pickle liquid and potatoes. Bring to boil, reduce heat and simmer until potatoes are tender, about 20min.
3. Blend flour with sour cream. Temper sour cream mixture with a little hot soup. Pour cream mix into soup, whisking constantly until it comes to boil. Reduce heat to low and simmer for 3min or soup gets slightly thickened. Adjust sesoning, sugar if desired.
4. NOTE: At this point the soup can be left chunky or pureed to velvety consistency.
5. Serve in heated bowsl with garnisch if desired.
- 6.

Recipe Submitted By: Valeska Ferl



Manitoba Farm Women's Conference



Cookbook Submission Form

Recipe Title: Crunchy Kale Salad with Couscous, Grilled Chicken and Pomegranate

Prep Time: 10 minutes

Cook Time: 25 minutes

Oven Temp: 350 degrees

Serves 6 as a complete meal, or more as a side dish.

Please Select a category that best suites your recipe.

- **Breakfast**
- **Lunch**
- ✓ • **Dinner**
- **Snack**
- **Soup/Salad**
- **Side Dish**
- **Appetizer**
- **Dessert**
- **Other (Specify):** _____

Ingredients (Please indicate Quantity or Amount)

- 1 1/2 cups uncooked coucous & 1 1/2 cups water
- (or 1 1/2 cups quinoa & 2 1/4 cups water)
- 10 oz Chopped Kale (1 large bunch, torn from stems and torn or chopped into bite sized pieces)
- 2 pounds boneless skinless chicken breast (about 1)
- 1 T canola oil
- salt and pepper, to taste; optional Greek Seasoning;
- 1/2 cup toasted slivered almonds, or pine nuts
- 1/2 to 1 cup pomegranate seeds (if not in season, subs mandarin or navel orange segments, diced)
- 1 avocado, diced
- 4 oz goat cheese, crumbled or 4 oz cream cheese, diced
- Dressing:
- 1/2 cup olive oil
- 1 T tahini (or make your own: bakeitwithlove.com/tahini-substitute/)
- 1 large clove garlic, minced
- 3 T lemon juice
- 1 1/2 T honey
- 1/2 tsp each: salt and pepper, plus more to taste

Directions

1. Preheat oven to 350 degrees.
2. Preheat grill to medium-high heat. Rub the chicken with canola oil, salt & pepper, optional Greek Seasoning. Grill for 7-8 mins on both sides, or until cooked through. Let cool 5 mins, then dice into bite size pieces. Set aside and keep warm. Alternatively, cook in a fry pan, or air-fryer.
3. While the chicken cooks, start on the couscous (quinoa). Bring water to a boil. Once the water boils, remove from the heat and add the couscous. Stir and cover for 10 minutes or until ready to use. When ready to use, fluff with a fork. (If substituting quinoa: rinse the quinoa very well. Bring quinoa and water to a rolling boil. Reduce the heat to maintain a simmer. Simmer for 13 minutes. Fluff with a fork.)
4. While the chicken and couscous (quinoa) cook, start on the kale. In a glass measuring cup or small bowl, mix all the dressing ingredients, whisk to combine. Add more salt and pepper to taste.
5. Grease a baking sheet, or use parchment paper. Spread kale on the baking sheet, drizzle with 2-3 T of the dressing (just enough to coat the kale). Set aside the remaining dressing. Massage the kale with the dressing and spread out evenly on the sheet. Roast 10 minutes. Toss well and roast for additional 5-10 minutes, until crispy but not golden.
6. Once the chicken, kale and couscous are all ready, toss the reserved dressing with the couscous and kale. Prepare 6 plates, dividing the ingredients equally. Serve warm. Alternatively, gently toss all ingredients together in a large bowl; or set up as a buffet, allowing everyone to add the ingredients as they choose.

Recipe Submitted By: Coral Meggison,

Recipe credit: Half-Baked Harvest, with adaptations.



Manitoba Farm Women's Conference



Cookbook Submission Form

Recipe Title:

Cook Time:

Oven Temp:

Please Select a category that best suites your recipe.

Breakfast

Snack

Appetizer

Lunch

Soup/Salad

Dessert

Dinner

Side Dish

Other (Specify)

Ingredients (Please indicate Quantity or Amount)

- - _____
- - _____
- - _____
- - _____
- _____ - _____
- _____ - _____
- _____ - _____
- _____ - _____

Directions

1.
2.
3. _____
4. _____
5. _____
6. _____

Recipe Submitted By:



MANITOBA FARM WOMEN'S CONFERENCE COOKBOOK SUBMISSION FORM

Our cook book will have the following categories. Please select the category that best suits your recipe.

- Breakfast
- Lunch
- Dinner
- Desserts

- Soups and Salads
- Snacks
- Sides/Appetizers
- Other (Please Specify) Alcohol/Drinks

Recipe Name Peach Bellini

Oven Temp N/A

Ingredients (Please indicate Quantity or Amount)

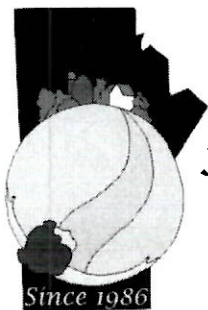
Peaches - fresh, frozen or canned ~3 c.	
2 c. Juice - mango or mango/pear; or similar	
3/4 c. Peach Schnapps	
bottle Prosecco or champagne	
Gingerale if making mocktails	

Method/Instructions (please be sure to indicate container size and cook times)

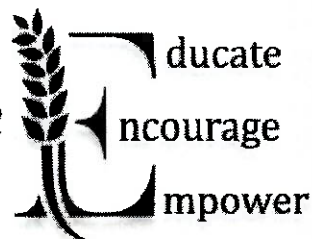
Puree (thaw first if frozen) peaches with juice. Freeze in freezer bag or freezable container if preparing ahead of time for use later.

To make fresh:

You want to start out with frozen, pureed peaches - they give the drink the thicker, icy chunks. In a large container or drink dispenser, combine: frozen, pureed peaches, juice, and peach schnapps. Fill a glass 1/2 full with this mixture. Add Prosecco to rest of glass. For non-alcoholic, substitute Prosecco with gingerale.



Manitoba Farm Women's Conference



Cookbook Submission Form

Recipe Title: Chocolate Pudding

Cook Time: 10 mins.

Oven Temp: _____

Please Select a category that best suites your recipe.

- Breakfast
- Lunch
- Dinner
- Snack
- Soup/Salad
- Side Dish
- Appetizer
- Dessert
- Other (Specify): _____

Ingredients (Please indicate Quantity or Amount)

- | | |
|-----------------------------|---------------------------|
| - <u>1/4 c. sugar</u> | - <u>2 c. milk</u> |
| - <u>2 Tbsp. Cornstarch</u> | - <u>pinch of salt</u> |
| - <u>2 Tbsp. Cocoa</u> | - <u>1/2 tsp. vanilla</u> |
| - <u>1 egg</u> | - <u>1 tsp. butter</u> |
| - _____ | - _____ |
| - _____ | - _____ |
| - _____ | - _____ |
| - _____ | - _____ |

Directions

1. Mix sugar, cornstarch and egg to make thick paste.
2. Add milk and whisk till smooth
3. Cook on stove top at medium heat, stirring constantly, till thick
4. Stir in salt, vanilla and butter
5. Put 1-2 Tbsp. Graham Wafer crumbs in the bottom of individual serving dishes. Cover each dish with hot pudding. Cool.
6. Top with Whipped Cream if desired.

(Can double Cocoa # for extra chocolate flavor)

Recipe Submitted By: Debbie Kuhl



Manitoba Farm Women's Conference



Cookbook Submission Form

Recipe Title: EASY CHOCOLATE FUDGE

Cook Time: 11 MINUTES

Oven Temp: N/A

Please Select a category that best suites your recipe.

Breakfast

Snack

Appetizer

Lunch

Soup/Salad

Dessert

Dinner

Side Dish

Other (Specify): _____

Ingredients (Please indicate Quantity or Amount)

- 2 CUPS BROWN SUGAR - _____
- 2 CUPS WHITE SUGAR - _____
- 1 CUP EVAPORATED MILK - _____
- 1 CUP BUTTER OR MARGERINE - _____
- 1/4 CUP COCOA - _____
- 2 CUPS WHITE MARSHMALLOWS - _____
- 1 CUP FLOUR - _____
- 1/2 CUP CRUSHED NUTS (OPTIONAL) - _____

Directions

1. BRING SUGAR, MILK, BUTTER + COCOA TO A BOIL, BOIL FOR 11 MINUTE.
2. TAKE OFF HEAT AND ADD MARSHMALLOWS, MIX UNTIL MELTED
3. ADD FLOUR A LITTLE AT A TIME, STIR IN QUICKLY
4. ADD NUTS + STIR (OPTIONAL)
5. POUR INTO GREASED PAN + LET COOL
6. _____

Recipe Submitted By: HOLLY TROOP

Subject: Recipes for Julianne and Angela

Date: Tuesday, November 21, 2023 at 7:54:13 PM Central Standard Time

From: Angela Appleby <~~angela.appleby@mfwc.ca~~>

To: info@mfwc.ca <info@mfwc.ca>

Dutch Baby Pancake (YUMMY :)

★★★★★

Breakfasts

Difficulty: Easy

Ingredients:

3 Tbsp unsalted butter , room temperature

3 large eggs

3/4 cup whole milk

1/2 cup all-purpose flour (spooned and leveled)

1/4 tsp salt

1/2 tsp pure vanilla extract

1/4 cup sugar , plus 1 tablespoon

1 Tbsp fresh lemon juice

Directions:

1. Preheat oven to 425 degrees. In a medium cast-iron or ovenproof nonstick skillet, melt 2 tablespoons butter over medium heat; set aside.

2. In a blender, combine eggs, milk, flour, salt, vanilla, and 1/4 cup sugar. Blend until foamy, about 1 minute. Pour batter into skillet; bake until pancake is puffed and lightly browned, about 20 minutes.

3. Working quickly, dot pancake with 1 tablespoon butter, and sprinkle with 1 tablespoon sugar and lemon juice. Slice into wedges, and serve immediately.

Angela Appleby

Fern's Unbaked Cookies

Desserts

Difficulty: Easy

Ingredients:

3/4 cup corn syrup

1/2 cup sugar

1/2 cup butter

2 Tbsp cocoa

1 tsp vanilla

3 cups oatmeal

Directions:

Boil the syrup, sugar, butter, and cocoa for 3 minutes.

Add vanilla, then oatmeal.

Drop on wax paper

Source: Aroma's From Angie's Kitchen

Julianne Appleby



Manitoba Farm Women's Conference



Cookbook Submission Form

Recipe Title: Ponnukokur
(Icelandic Pancake)

Cook Time: _____

Oven Temp: _____

Please Select a category that best suites your recipe.

Breakfast

Snack

Appetizer

Lunch

Soup/Salad

Dessert

Dinner

Side Dish

Other (Specify): _____

Ingredients (Please indicate Quantity or Amount)

- 1.5 c flour - _____
- 1 tsp baking powder - _____
- 2 eggs - _____
- 1/3 c white sugar - _____
- pinch of salt - _____
- 2 tsp melted butter - _____
- 2 c milk - _____
- nutmeg if wanted - _____

Directions

1. Fry on hot pan brushed with butter after each pancake
2. Twist pan to speed spread batter
thinly
3. Turn pancake + then on plate
4. Sprinkle with brown sugar
5. Roll + cut in half.
- 6.

Recipe Submitted By: Louise Blair



Manitoba Farm Women's Conference



Cookbook Submission Form

Recipe Title: Grandma Bars

Cook Time: 15-20 min

Oven Temp: 325°F

Please Select a category that best suites your recipe.

Breakfast

Snack

Appetizer

Lunch

Soup/Salad

Dessert

Dinner

Side Dish

Other (Specify): _____

Ingredients (Please indicate Quantity or Amount)

- 1/2 cup butter
- 1/2 cup margerine
- 2 Tbsp Corn Syrup
- 1 cup brown sugar
- 2 tsp vanilla
- 3 1/2 cup oatmeal
- 1/2 tsp baking powder
- 1/2 tsp salt
- 2 cups total of any: coconut,
- crisins, sunflower seed, mini mms,
- chopped peanuts, dried fruit, etc.

Directions

1. Melt butter, margerine, corn syrup + brown sugar in the microwave for 1 min, 30 sec.
2. Add vanilla, oatmeal, baking powder + salt. Mix.
3. Add extras.
Note: if using mms, stir everything else together first to cool the sauce, then add mms.
4. Pack into a greased bar pan.
5. Bake at 325°F for 15-20 min.
- 6.

Recipe Submitted By: Sheena Henderson



Manitoba Farm Women's Conference



Cookbook Submission Form

Recipe Title: Energy Balls by Marilyn Smith

Cook Time: _____

Oven Temp: _____

Please Select a category that best suites your recipe.

Breakfast

Snack

Appetizer

Lunch

Soup/Salad

Dessert

Dinner

Side Dish

Other (Specify): _____

Snack

Ingredients (Please indicate Quantity or Amount)

- 1 1/2 c lg. oat flakes
- 1/2 c dark or bittersweet choc. chips
- 1/4 c cocoa
- 1/2 c ground flax seed
- 1/2 c oat bran
- 1 c natural almond or peanut butter
- 1/2 c molasses or honey
- 2 Tbsp. vanilla

Directions

1. In a bowl of a food processor fitted with steel blade attachment, pulse the oats + choc chips.
2. Pulse till choc chips look like small bits.
3. Add cocoa powder + pulse again. Add flax seed + oat bran and pulse until well distributed.
4. Add almond or peanut butter, molasses or honey and vanilla and pulse until comes together like giant ball.
6. Form mixture into small balls, 1 Tbsp per ball.

Store in Tight fitting lid. Recipe Submitted By: Cindy Adams



MANITOBA FARM WOMEN'S CONFERENCE COOKBOOK SUBMISSION FORM

Our cook book will have the following categories. Please select the category that best suits your recipe.

- | | |
|--|---|
| <input type="checkbox"/> Breakfast
<input type="checkbox"/> Lunch
<input type="checkbox"/> Dinner
<input type="checkbox"/> Desserts | <input type="checkbox"/> Soups and Salads
<input checked="" type="checkbox"/> Snacks
<input type="checkbox"/> Sides/Appetizers
<input type="checkbox"/> Other (Please Specify) _____ |
|--|---|

Recipe Name Wild Blueberry Muffins

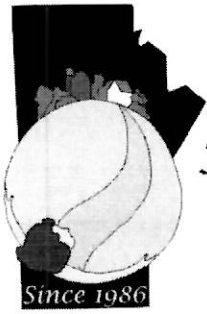
Oven Temp 350°

Ingredients (Please indicate Quantity or Amount)

2 C. Flour	2 tsp. Baking Powder
3/4 tsp. Salt	1 1/4 C. Sugar
1/2 C. Melted Butter	1 tsp. Vanilla
3/4 C. Milk	2 Eggs
2 C. Blueberries	

Method/Instructions (please be sure to indicate container size and cook times)

Beat dry ingredients, then add butter and milk. Beat for 2 mins. Add eggs and beat for 1 min. longer. Then add blueberries and mix in by hand. Bake 25 mins. Note : I use fresh wild blueberries for this recipe.



Manitoba Farm Women's Conference



Cookbook Submission Form

Recipe Title: Banana Bread

Cook Time: 45 minutes

Oven Temp: 350°

Please Select a category that best suites your recipe.

- Breakfast
- Lunch
- Dinner
- **Snack**
- Soup/Salad
- Side Dish
- Appetizer
- Dessert
- Other (Specify): _____

Ingredients (Please indicate Quantity or Amount)

- 3 very ripe bananas
- 1/2 cup room temperature butter
- 3/4 cup sugar
- 2 eggs, lightly beaten
- 1 1/2 cups flour
- 1 tsp baking soda
- 1/2 tsp salt
- 1/2 tsp vanilla
- walnuts, raisins or chocolate chips

Directions

1. Cream together butter and sugar.
2. Mash bananas with a fork and add to batter along with eggs.
3. In a separate bowl, whisk flour, baking soda and salt. Add to batter.
4. Add vanilla, mix.
5. Pour into prepared loaf pan, bake at 350° for 40-50 minutes, until a toothpick inserted in the center comes out clean.
- 6.

Recipe Submitted By: Rhiana Kuhl



Manitoba Farm Women's Conference



Cookbook Submission Form

Recipe Title: PEANUT BUTTER OATMEAL CHOCOLATE CHUNK COOKIES

Cook Time: 10-12 min

Oven Temp: 350° F

Please Select a category that best suites your recipe.

Breakfast

Snack

Appetizer

Lunch

Soup/Salad

Dessert

Dinner

Side Dish

Other (Specify): _____

Ingredients (Please indicate Quantity or Amount)

- 1 1/2 cups crunchy peanut butter - 1/2 tsp. baking soda
- 1/2 cup butter, softened - 1 pkg (225g) Semi-sweet
- 3/4 cup granulated sugar - chocolate, chopped
- 2/3 cup packed brown sugar - _____
- 2 eggs - _____
- 1 1/2 tsp. vanilla - _____
- 1 cup quick-cooking oats - _____
- 3/4 cup flour - _____

Directions

1. **HEAT** oven to 350° F
2. **BEAT** peanut butter and butter with mixer until creamy. Add sugars, mix well. Blend in eggs and vanilla.
3. **MIX** oats, flour and baking soda. Add to peanut butter mixture, beat until blended. Stir in chocolate.
4. **DROP** teaspoonfuls of dough, 1 inch apart, onto baking sheets
5. **BAKE** 10-12 minutes or just until centres are set
6. **COOL** 3 minutes remove to wire racks, cool completely

Recipe Submitted By: VALERIE

Gluten Free Banana Muffins

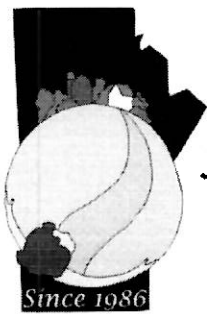
3 bananas, mashed to make about 2 cups	280g Arrowroot or Tapioca Starch (2 cup)
1 ½ cups sugar	210g White or Brown rice flour, or
3 eggs, beaten	Sorghum, or a mixture (1 ½ cup)
1 cup melted butter OR ¾ + 1/8 cup coconut oil	140g Potato Starch (not potato flour)(1 c)
3 tsp baking soda	1 ¾ tsp xanthan gum
3 tsp baking powder	½ cup chocolate chips (optional)
1 ½ tsp salt	

Preheat oven to 375 degrees F. Grease muffin tins, or line with paper cups. Mash bananas. Add sugar, eggs, and melted butter (or coconut oil) and mix well. Set aside. In a separate large mixing bowl, mix together the remaining dry ingredients very well. (The Xanthan Gum must be mixed very well into the gluten free flours so that no clumping occurs when it is mixed with wet ingredients.)

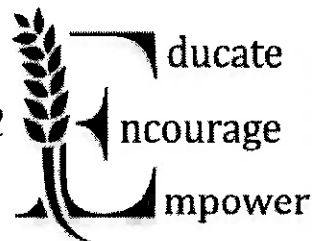
Make a well in the center of the dry ingredients, and add the wet ingredients, mixing just until the flour is fully moistened. Do not overmix. Gently stir in chocolate chips. Spoon batter into muffin cups. Bake on center rack for 17 – 20 minutes. Makes about 30 muffins.

Alternatively, 4 ½ cups of 1:1 Gluten free flour can be used (available at Bulk Barn). It already has the xanthan gum added within it, so the xanthan gum in this recipe would then be omitted.

This recipe has been directly adapted from a wheat flour original recipe. It can be made with regular (wheat) all purpose flour, using 4 ½ cups (and no xanthan gum, of course).



Manitoba Farm Women's Conference



Cookbook Submission Form

Recipe Title: Sourdough Breadsticks

Cook Time: 10-12 minutes

Oven Temp: 400°

Please Select a category that best suites your recipe.

- Breakfast
- Lunch
- Dinner
- Snack
- Soup/Salad
- Side Dish
- Appetizer
- Dessert
- Other (Specify): _____

Ingredients (Please indicate Quantity or Amount)

- 100g active sourdough starter - _____
- 175g warm water - _____
- 23g sugar or honey - _____
- 10g salt - _____
- 57g softened butter - _____
- 340g flour - _____
- _____ - _____
- _____ - _____

Directions

1. Briefly mix starter and water. Add remainder of ingredients. Knead for 8 minutes, until smooth and elastic.
2. Form into ball, cover loosely and allow to ferment at room temp for 8-12 hours, or until approximately doubled.
3. Turn dough out onto lightly floured cutting board. Roll into 12x7 inch rectangle. Use pizza cutter to slice into 12 breadsticks.
4. Transfer to parchment-lined pan, cover with towel and proof for 1-2 hours in a warm place until puffy.
5. Bake at 400° for 10-12 minutes, until golden.
6. Brush hot breadsticks with melted butter, sprinkle with salt and garlic powder.

Recipe Submitted By: Rhiana Kuhl



MANITOBA FARM WOMEN'S CONFERENCE COOKBOOK SUBMISSION FORM

Our cook book will have the following categories. Please select the category that best suits your recipe.

- | | |
|--|---|
| <input type="checkbox"/> Breakfast
<input type="checkbox"/> Lunch
<input type="checkbox"/> Dinner
<input type="checkbox"/> Desserts | <input type="checkbox"/> Soups and Salads
<input type="checkbox"/> Snacks
<input checked="" type="checkbox"/> Sides/Appetizers
<input type="checkbox"/> Other (Please Specify) _____ |
|--|---|

Recipe Name Cheese sticks

Oven Temp 375 F

Ingredients (Please indicate Quantity or Amount)

1 c. Butter	
1 c. Shredded cheese	
1 1/2 c. Milk	
2 tsp. Salt	
2 tsp. Baking Powder	
1/2 c. Sesame seeds	
4 c. Flour	

Method/Instructions (please be sure to indicate container size and cook times)

Combine all ingredients to make a dough hard enough to roll out. Roll out dough quite thin in rectangle shape. Using a pizza cutter cut into 1/4"-3/8" strips. Twist the strips and place on cookie sheets with parchment on it. Bake till golden brown. Bake for 15-20 minutes so there firm not soft. These are great with a meal or just for a snack.

8-10 jars (500ml)

POLISH DILL PICKLES

Onions, sliced

Garlic

Cucumber slices, unpeeled

Dill

Solution:

4 cups vinegar

4 cups white sugar

1 cup water

1/2 cup pickling salt

Put 2 or 3 slices of onion in a jar with a small piece of garlic and half fill jar with unpeeled cucumber slices, about 4 slices to the inch. Add 2 or 3 more slices of onion and fill with cucumber slices. Put more garlic and a head of dill on top. Cover with solution.

Solution: Bring this solution to a boil and pour over pickles in the jar and seal up. This is enough solution for 4 quarts.

Faye Wilcox

Meredith
Sept. 11,

DIRECTIONS FOR 3 INGREDIENT NATURAL WEED KILLER

1. Heat [vinegar](#) in a pan on the stove until it is hot, but not boiling.
2. Add [Epsom Salt](#) and stir in with a wisk until it is dissolved. Let mixture cool slightly so that it is still warm but cool enough to handle.
3. Add Dawn Dish Soap to your sprayer and slowly pour in the vinegar mixture.



INGREDIENTS FOR HOMEMADE WEED KILLER

- [1 quart of vinegar](#)
- [2 cups of Epsom salt](#)
- ¼ cup dish detergent
- Spray bottle

[You may also like: How to Make a Recycled
Tire Planter](#)




Apple Walnut Spinach Salad with Balsamic Vinaigrette

This Apple Walnut Spinach Salad with Balsamic Vinaigrette Dressing is a delicious winter salad recipe that's packed with healthy greens, fruit, nuts, sweet onions, sharp blue cheese and buttery goat cheese, all topped with a sweet balsamic salad dressing!



★★★★★
5 from 7 votes

 **Course** Appetizer, Main Course, Salad

 **Cuisine** American, Winter

 **Keyword** Apple Walnut Spinach Salad with Balsamic Vinaigrette

 **Prep Time** 20 minutes

 **Total Time** 20 minutes

 **Servings** 4 servings

 **Calories** 263kcal

 **Author** Chrissie

Ingredients

For the salad:

- 6 cups fresh baby spinach
- 1 golden delicious apple thinly sliced
- 1 honeycrisp apple thinly sliced
- 1/2 small red onion thinly sliced
- 1/4 cup walnuts roughly chopped
- 1/4 cup goat cheese crumbled
- 1/4 cup blue cheese crumbled

For the dressing:

- 3 tablespoons balsamic vinegar
- 4 tablespoons maple syrup
- 2 teaspoons olive oil
- 1/2 teaspoon dijon mustard

Instructions

1. Add the spinach, apple slices, onion slices, and walnuts to a large bowl.
2. Whisk the dressing ingredients together in a small bowl.
3. Pour the dressing over the salad, toss well, and top with the goat cheese and blue cheese.