

Recipes from Longarm University

Cindy Roth

By popular demand, here are the recipes for some of the lunches served at Longarm University

CHICKEN QUICHE

Serves 4 or more

1 “block” frozen chopped spinach, thawed
1 cup shredded Swiss cheese
2 tablespoons flour
1 tablespoon instant bouillon, powdered
2 cups cubed, cooked chicken or turkey
1 cup milk or cream
3 eggs
¼ cup chopped onion
chopped green or red peppers
canned, French fried onion

Preheat oven to 350 degrees

Cook chopped spinach in microwave according to package directions. Drain in colander and squeeze as much moisture from spinach as possible. Spread and pat spinach on the bottom of a quiche pan or 9 x 9 inch pan sprayed with PAM. Set aside.

Toss shredded cheese with bouillon and flour. In another bowl combine, eggs, milk, chicken, onion, seasonings to taste. Mix cheese mixture together with the wet ingredients. Pour into prepared pan. Top with chopped green pepper if desired.

Bake in 350 degree oven for 40 – 45 minutes or until done. During last five minutes in oven, sprinkle the canned, French fried onions over the quiche. Let stand 10 minutes before serving.

Recipe can be doubled, bake in a 13 x 9 pan 45 – 50 minutes or until done.

Recipes from Longarm University

Cindy Roth

By popular demand, here are the recipes for some of the lunches served at Longarm University

ITALIAN PASTA SOUP

Serves at least 6

- 1/2 – 1 pound Italian sausage, cooked, drained and crumbled (optional)
- 2 – 15 ounce cans Tomato Sauce
- 2 – 15 ounce cans diced Tomatoes
- 2 – 15 ounce cans of water
- 1 - 15 ounce can Cannellini Beans (white kidney beans) or white beans, drained and rinsed
Sometimes I will use Red Kidney Beans instead.
- 1 ½ cups uncooked small pasta (more or less to taste)
- 1 – 2 tablespoons dried Italian Seasonings to taste
- 1 – 2 cloves garlic to taste
- salt and pepper to taste

Mix all ingredients together in large Crock Pot. Heat on low for 5 – 6 hours stirring occasionally.

Note: Sometimes I will use larger pasta, such as Penne or even Tortellini. I will cook this pasta separately and add it to the soup a few minutes before serving

I like to serve the soup with grated Parmesan Cheese, a salad and garlic bread.

Recipe can be halved or doubled. When I double the recipe I like to add a small can of tomato paste to the soup.

Recipes from Longarm University

Cindy Roth

By popular demand, here are the recipes for some of the lunches served at Longarm University

TRIPLE CHOCOLATE CAKE

1 package (any brand) chocolate, 2 layer cake
1 "regular" package chocolate pudding, the "cooked" type
2 cups milk
1 cup (or more) chocolate chips
chopped nuts (optional)

Preheat oven to 350 degrees

In a larger pan, cook pudding according to package directions with the 2 cups of milk. When pudding is thick and bubbly, remove from heat and dump dry cake into pudding and mix well. Mixture will look thick, soft and mushy. Don't worry, that is the way it is supposed to look. Spread into a 13 x 9 pan that has been sprayed with PAM. Sprinkle top with chocolate chips and chopped nuts
Bake 350 degrees for 35 minutes or until done.

Sometimes I will use white chocolate chips, peanut butter chips or toffee chips.

For an even moister cake, use the larger, 3 cup size of cooked pudding mix. Cook pudding as directed using 3 cups of milk. Add the cake mix to this larger amount of cooked pudding. Continue as directed in the recipe.