

## -- Spencer's Weekly Recipes --

### Classic Cabbage Rolls



- 1 medium head cabbage
- 1-1/2 cups chopped onion, divided
- 1 tablespoon butter
- 2 cans (14-1/2 oz. each) Italian stewed tomatoes
- 4 garlic cloves, minced
- 2 tablespoons brown sugar
- 1-1/2 teaspoons salt, divided
- 1 cup cooked rice
- 1/4 cup ketchup
- 2 tablespoons Worcestershire sauce
- 1/4 teaspoon pepper
- 1 pound lean ground beef (90% lean)
- 1/4 pound bulk Italian sausage
- 1/2 cup V8 juice, optional

#### Directions

1. In a Dutch oven, cook cabbage in boiling water for 10 min. or until outer leaves are tender; drain. Rinse in cold water; drain. Remove eight large outer leaves (refrigerate remaining cabbage for another use); set aside.
2. In a large saucepan, sauté 1 cup onion in butter until tender. Add the tomatoes, garlic, brown sugar and 1/2 teaspoon salt. Simmer for 15 min. stirring occasionally.
3. Meanwhile, in a large bowl, combine the rice, ketchup, Worcestershire sauce, pepper and remaining onion and salt. Crumble beef and sausage over mixture and mix well.
4. Remove thick vein from cabbage leaves for easier rolling. Place about 1/2 cup meat mixture on each leaf; fold in sides. Starting at an unfolded edge, roll up leaf to completely enclose filling. Place seam side down in a skillet. Top with the sauce.
5. Cover and cook over medium-low heat for 1 hour. Add V8 juice if desired. Reduce heat to low; cook 20 min. longer or until rolls are heated through and a thermometer inserted in the filling reads 160°. Yield: 4 servings.



<http://www.tasteofhome.com/recipes/classic-cabbage-rolls>

### Two-Chip Chocolate Chippers

- 1/2 cup butter, softened
- 1/2 cup stick margarine, softened
- 3/4 cup packed brown sugar
- 1/4 cup sugar
- 2 eggs
- 1-1/2 teaspoons vanilla extract
- 2-1/4 cups all-purpose flour
- 1 pkg. (3.4 oz.) instant vanilla pudding mix
- 1 teaspoon baking soda
- 1-1/2 cups semisweet chocolate chips
- 1-1/2 cups milk chocolate chips
- 1-1/2 cups chopped pecans, optional



#### Directions

1. Preheat oven to 375°. In a large bowl, cream butter, margarine and sugars until light and fluffy. Beat in eggs and vanilla. Combine flour, pudding mix and baking soda; gradually add to creamed mixture and mix well. Stir in chocolate chips and pecans if desired.
  2. Drop by rounded tablespoonfuls 1 in. apart onto ungreased baking sheets; flatten slightly with a glass. Bake 8-10 minutes or until lightly browned. Remove to wire racks. Yield: 5 dozen.
- <http://www.tasteofhome.com/recipes/two-chip-chocolate-chippers>



### Honey-Mustard Chicken with Cauliflower



- 2 tbsp. yellow mustard
- 2 tbsp. honey
- 2 tbsp. snipped fresh parsley
- 1/2 tsp. salt
- 1/4 tsp. ground black pepper
- 2 1/2 3 lb. meaty chicken pieces (breast halves, thighs, and drumsticks)
- 12 oz. cauliflower, broken into florets (4 cups)
- 8 oz. Brussels sprouts, halved if large
- 1 small lemon, thinly sliced
- 3 tbsp. olive oil

#### Directions

- Preheat oven to 450°. Line a large shallow baking pan with foil, if desired; set aside. In a small bowl combine mustard, honey, parsley, salt, and pepper. Pat chicken dry with paper towels. Brush mustard mixture evenly over chicken pieces. Arrange chicken in prepared baking pan. Add cauliflower, Brussel sprouts and lemon slices to pan (divide mixture between two baking pans, if crowded). Drizzle all with oil.
  - Roast, uncovered, about 40 minutes, stirring vegetables once, or until chicken breast registers 165° in the thickest part and legs and thighs register at least 170° and vegetables are tender. (Cover with foil the last 10 min. of roasting to prevent over browning, if necessary.) Garnish with additional parsley, if desired and drizzle with pan juices.
- <http://www.bhg.com/recipe/honey-mustard-chicken-with-cauliflower/>



## Cider & Sweet Potato Pot Roast



- 12 oz. sweet potatoes, peeled and cut into 2-inch chunks (2 cups)
- 6 medium carrots, peeled and cut into 2- to 3-inch pieces
- 1 tbsp. canola oil
- 2 1/2 - 3 Lb. boneless beef chuck roast or beef arm chuck pot roast
- Salt and ground black pepper
- 2 tbsp. coarse ground mustard
- 2 cloves garlic, minced
- 2 tbsp. snipped fresh thyme or 2 tsp. dried thyme, crushed
- 2 cups apple cider or apple juice
- 2 tbsp. Worcestershire sauce
- 1 medium onion, chopped

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in your  
pajamas**

### Directions

1. In a 4-6-quart Dutch oven heat oil over medium-high heat. Add sweet potatoes and carrots. Cook for 4 - 6 min.

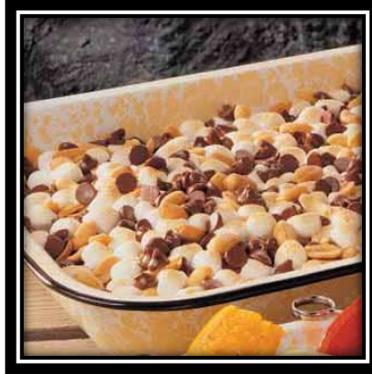
or until browned, turning occasionally. Remove and set aside, reserving oil in pan. Trim fat from meat. Sprinkle meat with salt and pepper. In the Dutch oven, brown roast on all sides in hot oil over medium-high heat. In a small bowl stir together mustard, garlic, and thyme. Spread over top and sides of browned roast. Add cider and Worcestershire sauce. Bring to boiling; reduce heat. Simmer, covered, for 1 hour.

2. Add potatoes, carrots, and onion to Dutch oven. Return to boiling; reduce heat. Simmer, covered, for 45 -60 min. or until meat is tender. Transfer meat to a cutting board and vegetables to a serving platter. Cover each to keep warm.
3. Bring liquid in Dutch oven to boiling. Boil gently, uncovered, until reduced to desired consistency (about 1 cup). If necessary, transfer to a measuring cup and skim off the fat. Slice meat and add to platter with vegetables. Spoon sauce over meat and vegetables.

<http://www.bhg.com/recipe/cider-sweet-potato-pot-roast/>

## ...S'mores Bars...

- 8 to 10 whole graham crackers
- 1 pkg. fudge brownie mix (13-inch x 9-inch pan size)
- 2 cups miniature marshmallows
- 1 cup (6 oz.) semisweet chocolate chips
- 2/3 cup chopped peanuts



### Directions

1. Arrange graham crackers in a single layer in a greased 13x9-in. baking pan. Prepare the brownie batter according to package directions. Spread over crackers.
2. Bake at 350° for 25-30 min. or until a toothpick inserted near the center comes out clean. Sprinkle with marshmallows, chocolate chips and peanuts. Bake 5 min. longer or until marshmallows are slightly puffed and golden brown. Cool on a wire rack before cutting. Yield: 2 dozen.

<http://www.tasteofhome.com/recipes/s-mores-bars>



## Smoky Chicken with Fingerling

### Potatoes



- 1 tbsp. chili powder
- 1 tbsp. packed brown sugar
- 1 tsp. smoked paprika
- 1/2 tsp. salt
- 2 1/2 - 3 Lb. meaty chicken pieces (breast halves, thighs, and drumsticks)
- 8 oz. Brussels sprouts, halved if large
- 1 Lb. fingerling potatoes, halved lengthwise
- 3 tbsp. olive oil
- 2 medium cooking apples (Fuji, Gala, or Cortland), cored & each cut into 8 wedges
- Finely shredded orange peel

### Directions

1. Preheat oven to 450°. Line a large shallow baking pan with foil, if desired; set aside. In a small bowl combine chili powder, brown sugar, smoked paprika, and salt. Pat chicken dry with paper towels. Rub spice mixture evenly over chicken pieces. Arrange chicken in prepared baking pan. Add Brussels sprouts and potatoes to pan. Drizzle chicken and vegetables with 2 tbsp. of the oil. Roast, uncovered, for 20 min., stirring vegetables once.
2. Add apples to pan (or divide the mixture between two baking pans if crowded). Drizzle with remaining oil and toss to coat. Roast for 15-20 min. more or until chicken breast registers 165° in the thickest part and legs and thighs register at least 170° and vegetables are tender. Garnish with orange peel.

<http://www.bhg.com/recipe/smoky-chicken-with-fingerling-potatoes/>

