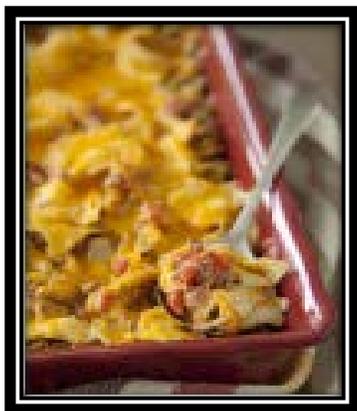


-- Spencer's Weekly Recipes --

CHEESEBURGER CASSEROLE



- 1 lb. ground beef
- 1 large onion, chopped
- 1 green pepper, chopped
- 1 (28 oz.) can chopped tomatoes, with juice
- 1 tablespoon Worcestershire sauce
- 1 teaspoon dried oregano
- 1 1/2 teaspoons salt
- 1/2 teaspoon pepper
- 8 oz. wide egg noodles
- 2 cups sharp cheddar cheese, grated

PREPARATION

1. Preheat the oven to 350°F. In a large skillet, cook the ground beef over medium heat, stirring to break up the lumps, until all of the pink is gone from the meat. Drain off the fat. Add onion and the green pepper, and cook until the vegetables are tender, about 5 min. Add tomatoes, with juice, and the Worcestershire sauce, oregano, 1/2 tsp. salt and pepper. Bring to a boil, then lower the heat to low. Simmer the mixture for about 15 min.
2. Fill medium pot half full of water. Add 1 tsp. salt. Bring water to a boil. Stir in the noodles and boil for about 8 min., until tender. Drain noodles and return to the pot. Pour the tomato mixture over the noodles and stir until blended.
3. Put the noodle mixture into a baking dish that you have sprayed with cooking spray. Top with cheese. Bake for about 15 min., until the cheese is melted. Enjoy it as a family meal, then refrigerate leftovers.

<http://www.pauladeen.com/recipes-category/casseroles/cheeseburger-casserole>

...Prairie State Oatmeal Cake...

- 1 cup quick-cooking rolled oats
- 1 1/2 cups boiling water
- 1 1/2 cups all-purpose flour
- 1 1/2 tsp. ground cinnamon
- 1 tsp. baking soda
- 1/2 cup shortening
- 1 cup granulated sugar
- 1 cup packed brown sugar
- 2 eggs
- 6 tbsp. butter
- 1 cup coconut
- 2/3 cup packed brown sugar
- 2 tbsp. milk
- 3/4-1 cup chopped walnuts
- 1/2 tsp. salt



1. Grease a 13x9x2-inch baking pan. Set aside.
 2. In small bowl, combine oats and boiling water; let stand 20 min. In medium bowl, combine flour, cinnamon, baking soda, and salt.
 3. In large bowl, beat granulated sugar, the 1 cup brown sugar, and shortening on medium speed of electric mixer until combined. Beat in eggs. Beat in oatmeal mixture.
 4. Gradually add flour mixture, beating until combined (if necessary, stir in last portion by hand). Turn batter into prepared pan.
 5. Bake in a 350° oven for 30 to 40 min. or until wooden pick inserted in center comes out clean. Place pan on wire rack.
 6. In saucepan, combine butter, coconut, the 2/3 cup brown sugar, and milk. Cook and stir until boiling. Stir in walnuts. Spoon over hot cake. Cool. Serves 16.
- <http://www.midwestliving.com/recipe/cakes/prairie-state-oatmeal-cake>

BISCUITS



- 2 cups all-purpose flour
- 1 teaspoon sugar
- 1 tablespoon baking powder
- 1 teaspoon salt
- 8 tablespoons butter, cubed
- 3/4 cup milk, (more or less if needed)

- Preheat oven to 425°F.
- In a large bowl combine flour, sugar, baking powder and salt together. Cut butter into mixture until it begins to look like cornmeal.
- Make a well with flour mixture and slowly add milk into the middle. Knead dough with your fingers and add milk when necessary. Roll out dough onto a lightly floured surface and roll out to desired thickness. Cut with small biscuit cutter.
- Butter bottom of skillet and place biscuits in pan. Bake for 12 minutes or until golden brown.

<http://www.pauladeen.com/catalog/product/view/id/1401/s/biscuits/category/46/>

**Before I agree
to 2021, I need to
see the Terms and
Conditions.**

Cold Hard Facts

The average snowflake falls at about 3 mph.

~One inch of snow will produce just less than 1/10 of an inch of water when melted. Ten inches of snow will melt down to only 1 inch of water.

~Chionophobia is the persistent fear of snow, especially becoming trapped by snow. The term is derived from the



Greek words *chion* and *phobos*, meaning "snow" and "fear," respectively.

~Many mosquito species live through the winter as adults. In the fall, mosquitos mate, but only the male dies. The females spend the cold months hidden in a protected place, such as an animal borrow or hollow log.

~Most weather-related crashes in the U.S. happen on wet pavement and during rainfall. Specifically, 74% occur on wet pavement and 46% during rainfall. About 17% occur during snow or sleet, 12% on icy pavement, and 14% take place on snowy or slushy pavement. Only 3% happen in the presence of fog.



~The definition of a blizzard is when visibility is reduced to ¼ of a mile and the winds are 35 mph or more. The storm also must last at least 3 hours. If any of these specific conditions is not met, then it is a snowstorm instead.



~A New Zealand insect called the Weta freezes completely solid when temperatures drop during the winter. However, when temperatures warm back up, the insect unfreezes, thaws, and resumes its activities.

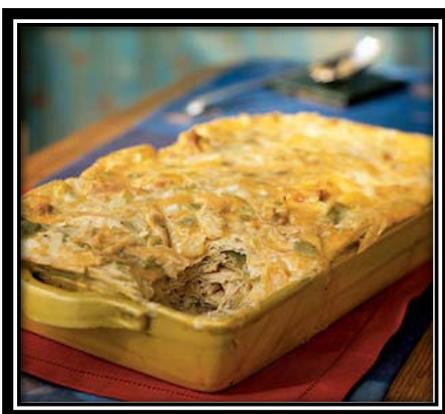
~ All snowflakes have 6 sides.



<http://facts.randomhistory.com/winter-facts.html>

Green Chile-Chicken Casserole

1 1/3 cups fat-free, less-sodium chicken broth
1 cup canned chopped green chiles, drained
1 cup chopped onion
1 cup fat-free sour cream
3/4 teaspoon salt
1/2 teaspoon ground cumin
1/2 teaspoon freshly ground black pepper
2 (10 1/2-oz.) cans condensed 98% fat-free cream of chicken soup, undiluted (such as Campbell's)
1 garlic clove, minced
Cooking spray
24 (6-inch) corn tortillas
4 cups shredded cooked chicken breast (about 1 lb.)
2 cups (8 oz.) finely shredded sharp cheddar cheese



Preparation

- Preheat oven to 350°.
- Combine the first 9 ingredients in a large saucepan, stirring with a whisk. Bring to a boil, stirring constantly. Remove from heat.
- Spread 1 cup soup mixture in a 13 x 9-inch baking dish coated with cooking spray. Arrange 6 tortillas over the soup mixture, and top with 1 cup chicken and 1/2 cup cheese. Repeat layers, ending with the cheese. Spread remaining soup mixture over cheese.
- Bake at 350° for 30 min. or until bubbly.

http://www.myrecipes.com/recipe/green-chile-chicken-casserole?utm_source=un+display+na+ti+20150513+outbrainright+trail



Chicken Enchilada Pie

1 (28 oz.) can of tomato puree
2 1/2 tablespoons chili powder
1 tablespoon cumin
1/2 tablespoon onion salt
1/4 cup olive oil
2 cups shredded, cooked chicken (the canned chicken works great here! Or rotisserie chicken too!)
1 (15 ounce) can black beans
8 ounces Colby-jack cheese, shredded
1 cup Queso fresco cheese, crumbled
16 white corn tortillas
1/4 cup scallions, chopped



--In a large bowl, whisk together the tomato puree, chili powder, cumin, onion salt, and olive oil.

--Spread 1/2 cup of the sauce on the bottom of a large, round baking dish. Lay 4 tortillas on top of the sauce. Sprinkle half of the chicken, black beans, and Colby-jack cheese on top.

--Layer 4 more tortillas on top, then the remaining chicken, black beans, and Colby-jack cheese. Layer once more with 4 more tortillas. Spread the remaining sauce on top of the tortillas. Sprinkle the Queso Fresco cheese crumbles on top.

--Bake in an oven preheated to 400° for 35-40 min. Remove from oven and garnish with green onions. Allow to cool & set slightly before serving. Enjoy!

<http://www.babble.com/best-recipes/enchilada-pie-the-easiest-dinner-ever/>

"If you want to live a happy life, tie it to a goal, not to people or objects."

-Albert Einstein

