

UT EXTENSION
INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE



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Programs in agriculture and natural resources,
4-H youth development, family and consumer sciences,
and resource development.

University of Tennessee Institute of Agriculture,
U.S. Department of Agriculture and county governments cooperating.
UT Extension provides equal opportunities in programs and employment.



Bedford County Family and Community Education Clubs

July 2018

Pecan Pie Mini Muffins

24 mini-muffin liners
Cooking spray
1 cup packed light brown sugar
1/2 cup all purpose flour
1/2 teaspoon baking powder
1/4 teaspoon salt
1 cup chopped pecans
1/2 cup butter, melted
2 large eggs, lightly beaten
1 teaspoon vanilla extract

Preheat the oven to 425 degrees F. Line 24 mini muffin cups with liners and lightly spritz with cooking spray. Set aside.

In a medium size mixing bowl, use a whisk to sift together the brown sugar, flour, baking powder and salt. Stir in the pecans.

Make a well in the center and add the melted butter, eggs and vanilla. Blend together just until fully moistened.

Bake for 8-10 minutes at 425 degrees or until a toothpick inserted into the center comes back clean. Remove from the pan and cool on a cooling rack. Store at room temperature.

Note: If using dark muffins pans, set temperature to 400 degrees. If making large muffins, set temperature to 350 degrees and bake for 20-25 minutes. Makes 9 large muffins.

Carrot Souffle

7 cups chopped carrots
2/3 cup sugar
3 tablespoons flour
2 tablespoons butter, melted
1 teaspoon baking powder
1 teaspoon vanilla extract
1/4 + 1/8 teaspoon salt
3 large eggs, lightly beaten
Cooking spray
1 teaspoon powdered sugar

Cook carrots in boiling water 15 minutes or until very tender; drain. Place in a food processor and process until smooth. Add sugar, flour, butter, baking powder, vanilla, salt and eggs. Pulse to combine. Pour mixture into a 2-quart baking dish coated with cooking spray. Bake at 350 degrees for 50 minutes or until puffed and set. Sprinkle with powdered sugar.

Share Fair Recipes to Share

Appetizer—Guacamole

Four Corners Club
Rhessa Wilson

Soup—Lentil Soup

UT Extension Intern
Jazmin Esquivel

Bread—Barbara Troxler's Yeast Rolls

Butler's Creek Club
Barbara Troxler and Gay Ervin

Salad—Fruit Salad with Pudding

Fairview Club
Mary Frances Gordon, Patsy Parker and Cindy Parker

Main Dish—Crockpot Chicken and Dressing

Heart of the Home Club
Benda Joyce

Side Dish—Carrot Souffle

Friends and Family Club
Kathy Lamb and Donnetta Hurt

Dessert—Pecan Pie Mini Muffins

Shelbyville Club
Bonnie Saunders

Guacamole

3 ripe Hass avocados, peeled and pitted
Juice of one fresh lime
1/2 teaspoon kosher salt
1/2 teaspoon hot sauce
1 teaspoon finely minced fresh garlic
1/2 red onion, finely chopped
1 medium tomato, chopped
1 jalapeno, stems removed and seeded and chopped
1 tablespoon chopped cilantro
Salt and pepper to taste

Mash avocados slightly in a large glass bowl using a fork. Add lime juice, salt, hot sauce and garlic. Continue mashing until desired consistency. Stir in onion, tomato, jalapeno and cilantro. Taste and season with salt and pepper as needed. Serve immediately or cover with plastic wrap and refrigerate.

Crock Pot Chicken and Dressing

5 cups cornbread crumbs
2 cups bread crumbs or biscuits
1 tablespoon dried sage
1/2 teaspoon black pepper
1 medium onion, chopped
1 egg, lightly beaten
1 (16 oz.) can chicken broth
1/2 cup butter, melted (1 stick)
1 (10 1/2 oz.) can cream of celery soup
1 (10 1/2 oz.) can cream of chicken soup, divided
3 (12 1/2 oz.) cans chicken breast, drained

In a large bowl, mix bread crumbs, sage, pepper and onion. Add the egg, chicken broth, butter and cream of celery soup. Mix well. Pour 1/2 of the can of cream of chicken soup in the bottom of the crock pot. Layer the dressing mixture and chicken several times, ending with the chicken on top. Pour remaining 1/2 can of cream of chicken soup on top. Cover and cook for 3 hours on low.

Fruit Salad with Pudding

- 1 (3.4 oz.) package vanilla flavor instant pudding
- 1 cup cold orange juice
- 2 nectarines, chopped
- 2 cups halved fresh strawberries
- 2 cups cantaloupe chunks (1")
- 2 cups seedless watermelon chunks (1")
- 1 cup blueberries
- 1 cup seedless green grapes

Beat the pudding mix and orange juice in a large bowl with a whisk for 2 minutes. Add the fruit and toss to coat well.

Note: For added flavor, stir 1 teaspoon orange zest into the pudding before adding fruit.

Lentil Soup

- 5 cups of water
- 3 heads of garlic, peeled
- Half an onion, peeled
- ½ lb. lentil beans (half a bag-I use the dark lentils, there are red ones as well), washed
- 2-3 carrots, chopped
- 2 small red potatoes, chopped
- Salt to taste
- Pepper to taste
- ¾ cup of cooked bacon, hotdog, sausage or preferred meat (optional)
- 2 cilantro stems
- Lime wedges (optional)

(You can add whatever vegetables you desire, this is what I usually put in but I sometimes do zucchini or celery.)

Boil water with garlic and onion.

Once boiled add your lentils, stirring occasionally.

(To determine when lentils are done take a few out on your spoon and if they squish easily, then they are done.)

(Watch your lentils to make sure they are not drying out. If they are, just keep adding water. It is a soup so make sure it always has enough water in it.)

When lentils are almost done add carrots, potatoes, salt and pepper. (It is better to add less than too much salt and pepper. You can always wait until you try it to determine if you want more salt and pepper in it. Everyone has different taste buds it is better to let each other determine their preferred level of condiments.)

(If you prefer, you could steam your vegetables beforehand and add them with your meat when your lentils are done.)

Once vegetables are almost done, add desired cooked meat and cilantro, stirring occasionally.

Adding lime once you serve yourself a plate adds just enough tanginess and more flavor.

Enjoy!

Barbara Troxler's Yeast Rolls

1 cup hot water
1/2 cup vegetable shortening
1/4 cup sugar
1 egg, beaten
1 tablespoon yeast, or one package
3 cups self-rising flour, sifted
cooking spray
1/2 cup butter, melted

Place water, shortening and sugar in large glass measuring cup and heat in microwave until the shortening melts. Pour into mixer bowl. Add egg and yeast and beat with dough hook at slow speed. Add flour to mixer and continue beating until mixed but still wet and sticky. Spray plastic bowl with cooking spray and place dough in bowl. Cover and refrigerate at least 24 hours. Take out and place on floured pastry cloth. Knead just a few times. Roll out dough about 1/2 inch thick. Cut out with round biscuit cutter. Melt a stick of margarine in a bowl. Dip half of roll round into butter and fold in half with butter on bottom and in middle. Place in cake pan that has been sprayed with cooking spray. Cover with a towel and then waxed paper and then another towel. Let rise until double - about 1-1 1/2 hours. Bake at 400 degrees for 15-20 minutes—15 if going to reheat or 20 for ready to eat. Dump out of pan onto wire rack to cool.

Note: For cinnamon rolls - make dough and roll out to a rectangle. Spread with cinnamon, sugar, nuts and finely grated lemon zest. Roll up and cut. Place cut side down in round cake pan to rise. Bake at 400 degrees for 20 minutes. Top with glaze of powdered sugar and milk.