

Grandparents Day Recipes

Grandmother's Biscuits

Ingredients:

2 cups all-purpose flour
3 teaspoons baking powder
1 teaspoon salt
⅓ cup shortening
⅔ cup milk
1 large egg, lightly beaten

**Directions:**

Preheat oven to 450°. In a large bowl, whisk flour, baking powder and salt. Cut in shortening until mixture resembles coarse crumbs. Add milk; stir just until moistened.

Turn onto a lightly floured surface; knead gently 8-10 times. Pat dough into a 10x4-in. rectangle. Cut rectangle lengthwise in half; cut crosswise to make 10 squares.

Place 1 inch apart on an ungreased baking sheet; brush tops with egg. Bake until golden brown, 8-10 minutes. Serve warm.

Hungarian Goulash

Ingredients:

3 medium onions, chopped
2 medium carrots, chopped
2 medium green peppers, chopped
3 pounds beef stew meat
¾ teaspoon salt, divided
¾ teaspoon pepper, divided
2 tablespoons olive oil



1½ cups reduced-sodium beef broth
¼ cup all-purpose flour
3 tablespoons paprika
2 tablespoons tomato paste
1 teaspoon caraway seeds
1 garlic clove, minced
Dash sugar
12 cups uncooked whole wheat egg noodles
1 cup sour cream

Directions:

Place the onions, carrots and green peppers in a 5-qt. slow cooker.

Sprinkle meat with ½ teaspoon salt and ½ teaspoon pepper. In a large skillet, brown meat in oil in batches. Transfer to slow cooker.

Add broth to skillet, stirring to loosen browned bits from pan. Combine the flour, paprika, tomato paste, caraway seeds, garlic, sugar and remaining salt and pepper; stir into skillet. Bring to a boil; cook and stir for 2 minutes or until thickened.

Pour over meat. Cover and cook on low for 7-9 hours or until meat is tender.

Cook noodles according to package directions. Stir sour cream into slow cooker. Drain noodles and serve with goulash.

Delicious Apple Salad

Ingredients:

3 cups cubed apples
2 tablespoons lemon juice
1 cup chopped celery
1 cup miniature marshmallows
⅔ cup fat-free mayonnaise
½ cup chopped pecans or walnuts

**Directions:**

In a large bowl, toss apples with lemon juice. Add celery and marshmallows. Stir in mayonnaise.

Refrigerate, covered, until serving. Stir in pecans before serving.

Grandma's Chicken Noodle Soup

Ingredients:

1 large onion, chopped
 2 cloves garlic, sliced
 ½ pound carrots, sliced into 2-inch chunks
 3 stalks celery, sliced into 2-inch chunks
 5 cups chicken broth
 ¼ teaspoon ground turmeric
 2 pounds boneless, skinless chicken thighs, cut into 2-inch chunks
 Kosher salt
 Freshly ground black pepper, to taste
 3 round slices of fresh lemon, seeds removed
 8 ounces dried fettuccine noodles, broken into large pieces
 ¼ cup chopped fresh dill or parsley
 Freshly grated Parmesan cheese to taste



Directions:

Put the butter and oil in a large pot over medium heat. When the butter is melted, add the onion, garlic, carrots and celery. Cook 5 minutes, stirring, or until the onion is softened.

Add the chicken, broth, turmeric, 2 teaspoons salt, black pepper and lemon. Stir. Bring to a simmer, then lower the heat and partially cover the pan. Let the soup bubble gently for 45 minutes. The chicken should be very tender and shred easily with a fork. Remove lemon slices and discard.

When the soup is almost done, bring a medium pot of water to a boil. Cook the pasta until al dente, according to package directions. Drain.

Add the noodles and dill to the soup. Serve warm in bowls, sprinkled with cheese.

Chocolate Chip Oat Cookies

Ingredients:

1 cup packed brown sugar
2 large eggs
½ cup whole milk
¾ cup vegetable oil
1 teaspoon vanilla extract
2 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon salt
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg
2 cups old-fashioned oats
½ cup semisweet chocolate chips
½ cup raisins

**Directions:**

In a bowl, combine brown sugar, eggs, milk, oil and vanilla; mix well. Combine flour, baking soda, salt, cinnamon and nutmeg; stir into batter. Stir in oats, chocolate chips and raisins. Let stand for 5-10 minutes.

Drop by teaspoonfuls onto greased baking sheets. Bake at 350° for 10-12 minutes or until lightly browned. Remove immediately to wire racks.