

The  
Anderson Family

Est. 1969

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**Favorite Recipes**



**Mom's Kitchen**

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## **Almond Puffs**

### **You'll Need:**

1/2 cup Butter, softened (1 stick)  
1 cup Flour  
2 tablespoons Water  
1/2 cup Butter  
1 cup Water  
1 cup Flour  
1 teaspoon Almond Extract  
3 Eggs  
Sliced Almonds for Garnish

Confectioners Sugar Glaze (recipe in Things You Need To Know)

Heat oven to 350°. Cut 1/2 cup Butter into 1 cup Flour with Pastry Cutter until pea sized pieces (or use a food processor if you have one). Sprinkle with 2 tbsp. Water; mix with fork. Round into a ball, then divide in half. On ungreased cookie sheet about 3 inches apart, pat\*\* each half into a strip about 12x3 inches. (\*\*This can be done easily by covering dough with plastic wrap and rolling a glass over the top, evening the strip with your hands)

In medium saucepan, bring 1/2 cup Butter and 1 cup Water to a rolling boil. Remove from heat and quickly stir in Almond Extract and 1 cup Flour. Return to low heat and stir vigorously for about 1 minute until mixture forms a ball. Remove from heat; add 3 Eggs all at once, and beat. The consistency changes from slimy to shiny at about the time your arm feels like it's going to give out! Divide in half and spread evenly over dough strips, covering completely.

Bake about 60 minutes until top is crisp, puffed and lightly browned. Cool and frost with Confectioners Sugar Glaze and garnish with sliced Almonds. Slice to serve.

## Everyone Loves Apple Crumb Pie

**You'll Need:**

- 1 Pillsbury All Ready Pie Crust (or your own home made 9" crust)
- 7 Granny Smith Apples
- 1/2 cup Sugar
- 1 tablespoon Flour
- 3/4 teaspoon Cinnamon
- 1/3 cup Sugar
- 3/4 cup Flour
- 6 tablespoons Butter (3/4 stick)

Preheat oven to 400°

Peel and core apples; then cut each into 10-12 slices. Put into bowl; combine 1/2 cup sugar, 3/4 teaspoon cinnamon and 1 tablespoon flour. Sprinkle over apples and stir in.

**Note:** You can add 1/4 cup of raisins which have been soaked in warm water to plump, then drained.

In a 9" pie plate, put crust and crimp edges.

Stir apples and put into pie pan.

In another bowl (or food processor), mix 1/3 cup sugar and 3/4 cup flour. Cut in the butter until large crumbles form. You can add 1/2 cup finely chopped nuts for additional texture. Sprinkle this mixture evenly over the apples.

Bake for 35-40 minutes until done. You may have to make an aluminum foil halo for pie crust so it doesn't brown too much.

Cool before serving.

## **Better Than Bev's Meatballs**

### **You'll Need:**

- 1 1/2 pounds lean Ground Beef (not extra lean)
- 2 Eggs
- 1/2 cup Bread Crumbs
- 1/2 cup Parmesan Cheese
- 1/4 cup Parsley, finely chopped
- 3 large cloves Garlic, finely minced
- 1/4 teaspoon Salt
- 1/4 teaspoon Pepper
- 1/2 cup Water

In large bowl, break up Ground Beef; add all ingredients and squish together lightly with your hands. (If you squish it too much, your meatballs will be tough). It should have the consistency of an old lady's belly...not that any of us know what that is!

Form in balls (should make about 30) and fry in a small amount of oil until browned. (You have to turn them often to keep them round).

## **Biscotti**

**You'll Need:**

- 6 Eggs
- 1 cup Oil
- 4 teaspoon Baking Powder
- 2 cups Sugar
- 1 teaspoon Vanilla
- 1 teaspoon Anise Oil Extract
- 1 tablespoon Anise Seed
- 4 cups Flour
- 1/2 cup coarsely chopped Walnuts

Preheat oven to 375°

Beat eggs, add sugar, beat until creamy. Add oil, seeds and flavorings. Mix well. Put flour and baking powder through sieve. Add by cupfuls to eggs mixture. Dough will be thick. Mix in nuts.

Drop by spoonfuls to spread into a long, narrow strip.

Bake about 20-25 minutes. Cut in even sized slices about one inch wide. Separate and return to oven for additional 15 to 20 minutes.

## **Chili ala Donna**

You'll need:

- 1 pound Ground Beef
- 1 Onion, chopped
- 1 Green Pepper, chopped
- 2 large cans Hunt's Chili Beans
- 1 16 ounce can Diced Tomatoes
- 1/2 can Tomato Paste
- 1/2 cup Water
- 3 tablespoons Chili Powder
- 1/8 teaspoon Cayenne Pepper
- 1/2 teaspoon Cumin

Brown Ground Beef in large pan with Onion.

Add Green Pepper; cook for ten minutes.

Add remaining ingredients. Bring to a slow boil; lower to simmer and cook for 45 minutes to 1 hour, stirring occasionally to keep from sticking.

During cooking time, you can chop onion, grate cheddar cheese and/or cook rice or elbow noodles to add when serving.



## Heart Winning Chocolate Chip Cookies

2 1/4 cups all-purpose flour  
1 teaspoon baking soda  
1 teaspoon salt  
1 cup (2 sticks) butter, softened  
3/4 cup granulated sugar  
3/4 cup packed brown sugar  
1 teaspoon vanilla extract  
2 large eggs  
2 cups (12-oz. pkg.) [NESTLÉ® TOLL HOUSE® Semi-Sweet Chocolate Morsels](#)  
1 cup chopped nuts

**Directions:**

**PREHEAT oven to 375° F.**

**COMBINE** flour, baking soda and salt in small bowl. Beat butter, granulated sugar, brown sugar and vanilla extract in large mixer bowl until creamy. Add eggs, one at a time, beating well after each addition. Gradually beat in flour mixture. Stir in morsels and nuts. Drop by rounded tablespoon onto ungreased baking sheets.

**BAKE** for 9 to 11 minutes or until golden brown. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely.

**PAN COOKIE VARIATION:** Grease 15 x 10-inch jelly-roll pan. Prepare dough as above. Spread into prepared pan. Bake for 20 to 25 minutes or until golden brown. Cool in pan on wire rack. Makes 4 dozen bars.

**SLICE AND BAKE COOKIE VARIATION:**

**PREPARE** dough as above. Divide in half; wrap in waxed paper. Refrigerate for 1 hour or until firm. Shape each half into 15-inch log; wrap in waxed paper. Refrigerate for 30 minutes.\* Preheat oven to 375° F. Cut into 1/2-inch-thick slices; place on ungreased baking sheets. Bake for 8 to 10 minutes or until golden brown. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely. Makes about 5 dozen cookies.

\* May be stored in refrigerator for up to 1 week or in freezer for up to 8 weeks.

**FOR HIGH ALTITUDE BAKING (5,200 feet):** Increase flour to 2 1/2 cups. Add 2 teaspoons water with flour and reduce both granulated sugar and brown sugar to 2/3 cup each. Bake drop cookies for 8 to 10 minutes and pan cookie for 17 to 19 minutes.

## **Cruxelles (Fried Biscuits)**

You'll Need:

- 1 cup Flour
- 1 teaspoon Salt
- 2 teaspoon Baking Powder
- 1/2 to 2/3 cup milk

Mix all ingredients until thoroughly blended and a sticky dough is formed.

Put dough onto floured board, sprinkle with flour and roll out to about 1/4" thick.

Cut into 2"x2" pieces; make two slits in each biscuit.

Heat oil. Drop biscuits in and fry until golden, flip, finish frying. Remove to Paper towels to drain.

Serve warm with powder sugar and jam.

## **Grandma's Rum Cake**

### **You'll Need:**

- 1 Yellow Cake Mix (no pudding in the mix)
- 1 box Vanilla Instant Pudding
- 4 Eggs
- 1/2 cup Oil
- 1/2 cup Water
- 1/2 cup Rum
- 1/2 cup Walnuts

### **Ingredients for the Glaze (below)**

Preheat oven to 325°

Finely chop Walnuts. Grease Bundt pan well. Dust pan with Walnuts; allowing to settle so that there will be a crown of Walnuts on top of the cake.

Put first six ingredients in mixing bowl. Beat until thoroughly mixed, but do not over mix (the cake will not rise properly). Pour into a well greased Bundt pan and bake for 50-60 minutes. Poke with toothpick at moist looking area, if toothpick comes out clean, the cake is cooked. Set pan on rack for 5-10 minutes, then turn onto plate.

### **Glaze**

- 1 cube Butter
- 1 cup Sugar
- 1/4 cup Water
- 1/4 cup Rum

Boil Butter, Sugar and Water in saucepan until the consistency is syrupy. Remove from heat and cool until tepid. You should be able to touch the bottom of the pan, but it should still be warm. Add Rum and whisk until smooth.

Use skewer to poke holes, within an inch of the bottom, all over the cake. Using a baster, shoot syrup into cake. Cover; it's best if you let age overnight before eating.

## **Grandpa Beans**

### **You'll Need:**

- 1 pound fresh Green Beans, tips removed
- 1/3 cup Olive Oil
- 1 can Italian Stewed Tomatoes, diced
- 6 cloves Garlic, sliced
- 1/8 teaspoon Salt
- 1/8 teaspoon Pepper
- 1/2 teaspoon Italian Seasoning (or to taste)
- 1 teaspoon dried Parsley

Bring a pot of water to boil, add trimmed Green Beans, cook for about 10 minutes. This is to par-cook them. Drain Green Beans.

Heat Olive Oil in large fry pan over medium heat, add Garlic (do not burn), add Tomatoes and Spices. Simmer for about 15 minutes, stirring occasionally, mashing large chunks with fork, until slightly thickened.

Add Green Beans, stir well, cover and continue simmering for about 20 minutes. Stir occasionally.

## **Incredibly Easy, Awfully Good Lemonade Ice Cream Pie**

Makes two pies

You'll need:

- 2 Ready to Fill Graham Cracker Crusts
- 1/2 gallon French Vanilla or Vanilla Bean Ice Cream
- 1 can 12 ounces frozen Lemonade Concentrate, thawed
- 1 tub 16 ounce Cool Whip, thawed
- Mint Leaves
- Lemon Slices

Place Crusts in Freezer.

Put Ice Cream, Lemonade, 3/4 of the Cool Whip in large bowl. Stir until blended. Spread half in each pie.

Top with remainder of Cool Whip.

Freeze just until topping is firm, then cover with plastic wrap to make air tight.

Freeze 4 hours or until hard. Garnish with Mint and Lemon Slices before serving.

## **Limoncello**

15 thick skinned lemons  
2 bottles of 100 proof vodka (750 ml) – (Everclear 150 proof, if you can get it)  
4 cups sugar  
5 cups water

Limoncello should taste like fresh lemons, not poor quality vodka. Use 100 proof vodka which has less vodka flavor than lower proof vodka. Also the higher alcohol level will ensure that the limoncello won't turn to ice in the freezer.

To begin, you'll need a one gallon glass bottle (wide mouth helpful) with a lid. Choose thick skinned lemons because they're easier to zest. Wash the lemons with a vegetable brush and hot water to remove any residue of pesticides or wax. Pat the lemons dry and remove the zest. A vegetable peeler works fine if you don't have a zester. Fill the bottle with one bottle of the vodka and the zest from the 15 lemons. Cap the bottle.

Store the bottle at room temperature in a dark cabinet for about 40 days. There is no need to stir. As the limoncello sits the vodka slowly takes on the flavor and rich yellow hue of the zest.

Now, combine the sugar and water in a saucepan, bring to a boil and cook until thickened (about 5 minutes). Let the syrup cool before adding to the limoncello mixture. Also add the 2<sup>nd</sup> bottle of vodka. Recap the bottle and return to the cabinet for about 40 more days.

The limoncello is now ready. Strain (discarding the zest) and rebottle into glass container(s) of your choice. You can store the containers in a cabinet. It is a good idea to keep some limoncello in the freezer, so it is icy when you are ready to drink it. Serve chilled (very cold) in liqueur glasses. This drink is wonderful as an after dinner treat.

## **Mama's Special**

*Thirty minute one dish meals made with ingredients that are always at hand.*

Choose from:

Rice or Potatoes

Hamburger or Shrimp or Chicken

Stewed Tomatoes or Onion Soup Mix or Vegetable Broth

Frozen Corn or Beans or Broccoli

Combination of:

Onions, Red Pepper, Green Pepper, Mushrooms, Green Onions,  
Garlic

Add Spices of: Salt, Pepper, Cayenne Pepper...any spices to make it specific.\*

A one pot concoction that needs a Starch, a Protein, Liquid, and Vegetable plus Spices to make it taste good!

## **Minestrone Soup**

Takes 2 hours and makes 8 servings

You'll need:

- 1/3 cup Olive Oil
- 1/2 stick Butter
- 1 large Onion, sliced
- 2 large Carrots, sliced
- 2 stalks Celery, sliced
- 2 medium Potatoes, cubed
- 1/2 pound Green Beans, cut in 1 inch pieces
- 6 cups Water
- 1/2 small head Cabbage, shredded
- 1 16 ounce can Tomatoes
- 1/2 bag fresh Spinach, coarsely shredded
- 2 medium Zucchini, sliced
- 3 tablespoons Bouillon, beef or vegetable
- 1 teaspoon Salt
- 1 16 ounce can Cannellini Beans (white kidney), drained
- 1 16 ounce can Red Kidney Beans, drained
- 1/2 cup grated Parmesan Cheese

Heat butter and oil in a large soup pot. Cook Onion, Carrots, Celery, Potatoes, and Green Beans until lightly browned, about 20 minutes.

Add Water, Cabbage, Tomatoes, Spinach, Zucchini, Bouillon and Salt. Over high heat, bring to boil, stirring to break up Tomatoes.

Reduce heat to low; simmer for 40 minutes; stir occasionally; don't overcook.

Stir in drained Beans; cook additional 15 minutes until slightly thickened. Serve. Sprinkle Cheese over soup when serving.

## **Basic Pasta Dough**

2 cups Flour (preferably 1 1/2 C. all purpose and 1/2 C. semolina)  
3 large Eggs, at room temperature  
1 tsp. Olive Oil  
1/2 tsp. Salt

On a smooth surface, mound two cups of flour. Put your fist in the center of the mound and moving in a circular motion, form a wide shallow well.

Add eggs, oil, salt in center of the well. With a fork, break the yolks gently. Incorporate the flour from the inside of the well into the egg mixture using your fingers. Use your free hand to maintain the wall of flour, while continuing to incorporate the flour. When the eggs are no longer runny, push **most** of the flour over them, pushing some to the side, for addition if necessary.

Knead the dough with both hands until it is a crumbly mass. If the dough is too sticky, work in more flour. If it is too dry and crumbly, work in water, a few drops at a time. \*\*

Scrape off your work surface and wash and dry your hands. Then flour your hands and reposition the dough onto the work surface which has been sprinkled with flour. Knead the dough by pressing down on it with the heels of your hands. Fold the dough in half over itself, turn one half turn, and repeat kneading until the dough is smooth and elastic (about 10-12 minutes). It should not break apart when pulled. Test by inserting your finger in the center; if it is clean and dry, the dough is good. If the finger is moist or has dough attached, it needs more flour incorporated.

Shape into a ball, sprinkle with flour, and cover with plastic wrap or an inverted bowl. Let rest at room temperature for at least 25 minutes or up to 2 hours to relax the dough. Then go on to preparing and rolling the dough.

**\*\*A food processor can be used** by putting all ingredients in the processor and pulse until crumbly and mixed, then run the machine until the dough forms a ball.

Makes about 1 pound or enough for four servings.

## **Pasta Dough—Rolling/Preparing**

Lightly dust a clean, flat surface with flour. Divide dough in half to make rolling easier. Keep extra piece covered so it will not dry out.

Flatten with hands; then using a long, cylindrical rolling pin (with no handles), roll back and forth over the dough, without applying heavy downward pressure, until dough is about 1/8 inch thick. Sprinkle with flour where it is sticky. After each roll, turn the dough a quarter turn to keep it from sticking to the surface.

When the dough has been flattened to the correct thickness, begin to curl the dough around the rolling pin. As you pull the dough back and forth with the pin, move your cupped hands along the length of the pin to further stretch the dough in all directions. Work quickly so the dough doesn't dry out and continue to turn each time you roll and stretch. Roll and stretch until the dough is slightly thicker than paper thin.

If making ravioli, use immediately or the dough will dry and crack.\*

If making noodles, dust with flour and let dry for 15-25 minutes. Turn the dough every five minutes or so. It is ready to cut when it does not stick to itself, but is still pliable and soft.

The easiest way to cut the dough into noodles, is to roll it up jelly roll fashion, then cut into thin ribbons. For immediate use, spread on clean cloth towels to dry (about 15-30 minutes). If you will use later, loosely coil a handful of the noodles into a nest shape and allow to dry completely, at least overnight or as long as several days. Transfer to air tight containers and store for up to 3 months.

To cook noodles:

Bring large pan of water to boiling. Add salt and bit of oil to water. Cooking time will vary depending on size of noodle and whether it is fresh or dried. It can take from 2 to 5 minutes for fresh and 10 to 15 minutes for dry. The only way to tell is to taste test a piece. It should be tender but still resilient, without a floury taste or uncooked dough in the center.

\*Fresh Ravioli takes 6 to 10 minutes to cook.

## **Pesto**

You'll need:

- 4 cups tightly packed, fresh Basil Leaves
- 1/4 cup Parsley, coarsely chopped
- 1/3 cup Oil
- 1/3 cup Olive Oil
- 4 to 6 cloves Garlic, chopped
- 1/3 cup Pine Nuts
- 1/2 cup Parmesan Cheese
- 1/8 teaspoon Pepper
- 1/8 teaspoon Salt

Place in blender or food processor; puree until blended and smooth.

Place in jar and refrigerate, covered with a layer of Olive Oil.

## **Potato Goop**

You'll need:

- 3 pounds Potatoes, cut in large cubes
- 1/2 cup Butter
- 3/4 teaspoon Salt
- 1/3 cup Olive Oil
- 3 cloves Garlic, chopped
- 4 Shallots, chopped
- 1/2 cup Parsley, chopped
- 1/8 teaspoon Pepper
- 1/8 teaspoon Salt

Place everything but Potatoes in blender or food processor; puree until blended and smooth.

Coat Potatoes with mixture. Spread in large baking pan.

Roast in 350° oven for two hours; turning every 30 minutes.

## **Sandies**

### **You'll Need:**

- 1 cup Butter
- 1/3 cup Sugar
- 2 teaspoons Water
- 2 teaspoons Vanilla
- 2 cups Flour
- 1 cup finely chopped Almonds, Walnuts or Pecans

Cream Butter and Sugar; add Water and Vanilla and mix well.

Blend in Flour and Nuts. Cover with plastic wrap and chill for four hours.

Shape into balls or fingers and place on cookie sheet.

Bake at 325° for about 20 minutes.

Remove from pan; cool slightly; roll in Confectioner's Sugar.

Makes about 3 dozen cookies.

## **Shrimp Creole**

### **You'll Need:**

- 1 Onion, chopped
- 1 medium Green Bell Pepper, large diced
- 3 cloves Garlic, minced
- 1 tbsp Oil
- 1 can Tomatoes, diced in their own juice
- 1/2 tsp Paprika
- 1/2 tsp Thyme Leaves
- 1/4 tsp Cayenne Pepper
- 2 cups Water
- 1 cup Rice
- 1 pound raw Shrimp (cleaned and deveined)
- 2 tbsp Lemon Juice
- 2 tbsp Parsley, finely chopped

In large pan, sauté Onion, Green Pepper, and Garlic in Oil until tender.

Add Tomatoes, Paprika, Thyme and Cayenne. Stir and simmer for 3 to 5 minutes.

Add Water, bring to a boil; add Rice, bring to a boil.

Reduce heat to simmer, cover, and cook for 15 minutes.

Add Shrimp, cover and continue to cook another 5 to 10 minutes. (Raw Shrimp are grey, they are cooked when they turn pink).

Stir in Lemon Juice and Parsley.

Makes 4 servings.

## **Split Pea Soup**

### **You'll Need:**

- 1 16 Ounce bag Split Peas
- 3 Carrots, diced
- 1 Onion, chopped
- 2 cups Ham, diced
- 7 cups Water
- 2 Potatoes, diced
- 2 Bay Leaves (remove before serving)
- Salt and Pepper to taste

In soup pot, combine Peas, Carrots, Onion, Ham and Water. Bring to boil.

Add Bay Leaves, Salt and Pepper. Reduce heat to low and simmer for one hour.

Add Potatoes and simmer for 30 minutes.

Add Ham and simmer another 30 minutes. (Brent can leave this out!)

Serve with Garlic Bread.

## **Really Important Stuff You Need To Know In Cooking**

### **Weights and Measures**

3 teaspoons = 1 tablespoon  
4 tablespoons = 1/4 cup  
5 1/3 tablespoons = 1/3 cup  
8 tablespoons = 1/2 cup  
10 2/3 tablespoons = 2/3 cup  
12 tablespoons = 3/4 cup  
16 tablespoons = 1 cup  
1 cup = 8 fluid ounces  
1 cup = 1/2 pint  
2 cups = 1 pint  
4 cups = 1 quart  
4 quarts = 1 gallon  
1 liter = 1.06 quarts

### **How Much and How Many**

2 tablespoons butter = 1 ounce  
1 stick butter = 1/4 pound = 1/2 cup  
1 square chocolate = 1 ounce

28 saltine crackers = 1 cup fine crumbs  
14 square graham crackers = 1 cup fine crumbs  
22 vanilla wafers = 1 cup fine crumbs  
1 1/2 slices bread = 1 cup soft crumbs  
1 slice bread = 1/4 cup fine dry crumbs

4 ounces macaroni = 2 1/4 cup cooked  
4 ounces noodles = 2 cups cooked  
7 ounces spaghetti = 4 cups cooked  
1 pound spaghetti = 4 dinner servings  
1 cup rice = 2 cups cooked

## **Really Important Stuff You Need To Know In Cooking**

### **How Much & How Many (Continued)**

1 cup whipping cream = 2 cups whipped

1 pound cheese shredded = 4 cups

12 to 14 egg yolks = 1 cup

8 to 10 egg whites = 1 cup

Juice of 1 lemon = 3 tablespoons

Grated peel of 1 lemon = 1 teaspoon

Juice of 1 orange = 1/3 cup

Grated peel of 1 orange = 2 teaspoons

1 medium apple chopped = 1 cup

1 medium onion chopped = 1/2 cup

### **Medium White Sauce for 1 cup\*\***

2 tbsp Butter

2 tbsp Flour

1/4 tsp Salt

1 cup Milk

Melt Butter in saucepan over low heat. Blend in Flour, Salt and dash of White Pepper. Add Milk all at once. Cook quickly, stirring constantly (preferably using a whisk) till mixture thickens and bubbles.

\*\* for thick sauce, use 3 tbsp butter, 4 tbsp flour

\*\* for thin sauce, use 1 tbsp butter, 1 tbsp flour

### **Confectioners Sugar Glaze**

Mix 1 1/2 cups Powdered Sugar, 2 tablespoons Butter, softened, 1 teaspoon Vanilla\*\*, 1 to 2 tablespoons warm Water. Whisk together until smooth.

\*\*Use 1 teaspoon Almond Extract instead of Vanilla for Almond Puff Glaze.

## **Really Important Stuff You Need To Know In Cooking**

### **Substitutions**

*Arrowroot:* 1 tablespoon = 2 tablespoons Flour (for thickening gravy)

*Baking Powder:* 1 teaspoon =  $\frac{2}{3}$  teaspoon Double Acting Baking Powder =  $\frac{1}{4}$  teaspoon Baking Soda +  $\frac{1}{2}$  teaspoon Cream of Tartar

*Chocolate:* 1 ounce (1 square) = 3 tablespoons Cocoa + 1 tablespoon shortening

*Corn Starch:* 1 tablespoon = 2 tablespoons Flour (for thickening clear sauce)

*Pastry Flour:* 1 cup = 1 cup less 2 tablespoons all purpose Flour

*Milk:* 1 cup =  $\frac{1}{2}$  cup Evaporated Milk +  $\frac{1}{2}$  cup Water

*Sour Milk or Buttermilk:* 1 cup = 1 tablespoon White Vinegar or Lemon Juice + Milk to make one cup (let stand 5 minutes)

*Herbs:* 1 tablespoon fresh snipped = 1 teaspoon dried

*Onion:* 1 small fresh chopped = 1 tablespoon minced dried

*Garlic:* 1 clove minced =  $\frac{1}{8}$  teaspoon Garlic Powder

*Broth:* 1 cup = 1 cup boiling Water + 1 Bouillon Cube

*Potatoes:* 1 pound = 3 medium Potatoes