

NAU VIRTUAL FAMILY WEEKEND 2020

RECIPES FROM HOME



**NORTHERN
ARIZONA**
UNIVERSITY

Parent and
Family Services

RECIPE FOR

GREEN CHILE HASH BROWNS

FROM THE KITCHEN OF

SHANNON CLARK,
ASSISTANT DEAN OF STUDENTS

Every September Hatch green chiles are freshly roasted and offered for sale at the corner of Rt. 66 and 4th Street. Every fall I dig out my favorite green chile recipes to enjoy these rare and wonderful treats

I love these hash browns any time of day and with any meal. My favorite way to eat them is with a couple fried eggs and even more green chile salsa, guacamole, and sour cream.

You can also cook the hash browns one at a time in a well-oiled waffle iron for about 5-10 min each. Keep them warm in a 250 oven while you finish the batch.



INGREDIENTS

- 3 Cups store bought frozen hash browns (thawed slightly)
- 2 T butter
- 1 egg
- 1 T flour
- Salt and pepper to taste (plenty of salt)
- 2-3 roasted Hatch green chiles chopped (more if you wish) You can
- also use a couple cans of chopped green chiles
- ¼ Cup shredded cheese (Optional.
- If you use cheese, sharp cheddar or Monterey Jack is good)
- Oil for the skillet or waffle iron (Olive oil or Canola is fine)

DIRECTIONS

1. Combine all the ingredients in a large bowl, but not too vigorously to avoid breaking the potatoes.
2. Heat the skillet to medium with a generous amount of oil.
3. Scoop and drop a spoonful of potato mixture into the hot skittle and press down to make it a flat patty. Do not crowd the pan. You may need to do several batches.
4. Cook for about 2 or 3 min per side or until potatoes are tender and edges are crispy.

RECIPE FOR

CORN CHOWDER

FROM THE KITCHEN OF

NANCY FULLER

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INGREDIENTS

- 4 slices of bacons, sliced to 1/4 in. pieces
- 1 tablespoon butter
- 3 cloves of garlic, minced
- 2 small stalks of celery, or 1 big one, diced
- 1 medium carrot, diced
- 1 small onion, diced
- 1/4 cup flour
- 4 cups chicken stock
- 4 ears of corn or 1 12 oz. can corn kernels
- 1 medium potato, diced
- 2 cups whole milk or half and half
- Salt and Pepper
- 1 teaspoon chopped thyme leaves (optional)

DIRECTIONS

1. Add bacon to the bottom of a large heavy soup pot over medium heat. Stir until bacon is crisp (5-6 mins). Remove to a paper towel lined plate.
2. Add butter to bacon fat and once melted, add in the garlic, celery, carrots, and onions. Sauté until tender (6-7 mins).
3. Season this mixture with salt and pepper and sprinkle in the flour, stir until light colored and pasty (another 2-3 mins).
4. Slowly pour in the chicken stock, add the corn, potatoes, and thyme and bring to a boil.
5. Once to a boil, reduce heat to a simmer and cook the potatoes and corn kernels until tender, stirring occasionally (around 12-15 mins).
6. Pour in the milk and simmer for 12-15 mins more. Adjust for seasoning before serving.

RECIPE FOR

MATT'S FAVORITE MEAT LOAF

FROM THE KITCHEN OF

JODI ARNOLD

NORTHERN
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INGREDIENTS

MEAT LOAF

- 4 Egg -- beaten
- 1 1/2 cups Milk
- 1 1/3 cups dry breadcrumbs, Italian seasoned
- 4 tablespoons sweet yellow onion - pureed
- 2 teaspoons salt
- 1 teaspoon ground sage
- 3 pounds ground beef

SAUCE

- 1 cup ketchup
- 1/2 cup Brown sugar
- 2 teaspoons Dry Mustard -- optional

DIRECTIONS

1. In a large bowl, combine eggs with milk, breadcrumbs, pureed onion, salt, and sage.
2. Mix well and let sit 5 minutes then add meat. Mix well.
3. Shape into round shape. (you can freeze it in a gallon ziploc, cook it, or store in the fridge overnight now).
4. Place on a broiler pan, bake at 350 degrees for 1-1 1/2 hours or until well browned and juice runs clear when pierced.
5. Mix together ingredients for sauce in a small baggie.
6. After meatloaf is browned clip one corner of baggie and spread sauce over meatloaf.
7. Continue cooking for 15 more minutes. This is great hot or cold.
8. Make extra sauce to use any on your leftover meatloaf sandwiches, if there are any leftovers!

RECIPE FOR

NAU CHEESY RANCH CHEX SNACK

FROM THE KITCHEN OF

MAMMA V.

**NORTHERN
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INGREDIENTS

- 9 cups of Chex cereal or Cheerios (use a mixture of Rice, Corn, or Wheat Chex and Cheerios)
- 2 cups of pretzel twists
- 2 cups cheese crackers (like Cheez-Its)
- 3 Tablespoons butter, melted
- 1 package (1 oz) Ranch dressing and seasoning mix
- ½ cup grated Parmesan cheese

DIRECTIONS

1. In a large microwave safe bowl, mix the cereal, pretzels and crackers. In a small bowl, melt butter in microwave, 30 seconds, until melted.
2. Sprinkle dressing mix and cheese over the cereal mixture. Drizzle with melted butter and mix everything well.
3. Put large bowl in microwave and microwave 3 minutes, stirring after each minute.
4. Pour out onto waxed paper, foil or parchment paper to cool.
5. Store in an air-tight container.

RECIPE FOR

TACO SALAD

FROM THE KITCHEN OF

MARILEE NEUSCHWANDER

NORTHERN
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INGREDIENTS

TACO SALAD

- Chopped lettuce
- Fresh tomatoes - diced
- Onion - chopped
- Shredded cheese
- Doritos
- Canned kidney beans - drained and rinsed
- 1 lb cooked ground hamburger (may cook with taco seasoning for extra flavor)

DRESSING

- 1/3 cup (3oz) vinegar
- 1 cup (8oz) mayonnaise
- 1/4 cup sugar
- 2 teaspoons cumin
- 1 teaspoon garlic powder
- 2 teaspoons chili powder
- 4-6 Tablespoons (2-3oz) taco sauce

DIRECTIONS

1. Crush Doritos on plate.
2. Layer with lettuce, hamburger, beans, cheese and additional toppings.
3. Pour dressing on top and enjoy!
4. Refrigerate leftover dressing)



RECIPE FOR

APPLE CRISP

FROM THE KITCHEN OF

MARILEE NEUSCHWANDER

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INGREDIENTS

APPLE CRISP

- 10 cups sliced apples
- 1 Tablespoon all-purpose flour
- 1 teaspoon ground cinnamon
- 1 teaspoon all spice or nutmeg

TOPPING

- 1 Cup quick oats
- 1 Cup all-purpose flour
- 1 Cup packed brown sugar
- 1/4 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/2 Cup butter, melted

DIRECTIONS

1. Preheat oven to 350
2. Place sliced apples in a 9x13 baking pan.
3. Mix the flour, cinnamon and all spice together.
4. Sprinkle onto and then stir into the apples.
5. May add 1/4 cup water to the bottom of the pan.
6. Combine oats, flour, brown sugar, baking powder, baking soda and butter together.
7. Crumble evenly over apple mixture.
8. Bake at 350 for 45 minutes.

RECIPE FOR

SPICY APRICOT BABY FOOD CAKE

FROM THE KITCHEN OF

LISA GOVREAU

NORTHERN
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INGREDIENTS

CAKE

- 2 cups sugar
- 1 cup crisco oil
- 3 eggs
- 2 4-3/4 jars of apricot
tapioca (Gerber)
- 2 cups flour
- 1 tsp. salt
- 2 tsp baking powder
- 2 tsp. cinnamon
- 1/3 tsp powdered cloves
- 1/2 cup chopped raisins
- 1/2 cup chopped pecans

ICING

- 1/4 cup sifted
powdered sugar
- 1/2 tsp milk
- 1-2 drops of oil

DIRECTIONS

1. Combine all ingredients.
2. Grease and flour tube pan.
3. Bake 350 degrees for 1 hour, 10 minutes
4. Dribble icing onto the cake.

RECIPE FOR

SUGAR BALLS

FROM THE KITCHEN OF

JENNIFER SHIRLEY

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INGREDIENTS

- 2 Cup all-purpose flour
- 1 Cup butter
- 1/4 cup powdered sugar
- 2 teaspoons vanilla
- 1 tablespoon water
- 1 cup finely chopped pecans
- Red sugar or green sugar



DIRECTIONS

1. Cream butter, powdered sugar and vanilla.
2. Stir in water.
3. Add flour and mix.
4. Add nuts and stir until mass clings together.
5. Shape into 1" balls and roll in sugar.
6. Bake at 300 for 20 minutes.
7. Bottoms should be brown but don't overbake. Sometimes these crumble.

RECIPE FOR

SWEDISH PANCAKES

FROM THE KITCHEN OF

SHELBIANNE EVANS AND FAMILY

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My Great-Grammy was from Sweden and came to the United States when she was a teenager. Her heritage was Swedish and she used to make these pancakes for my Grammy and my Mommy. We now make them in our home at least once per month. They are so yummy we each can eat about 4-5 of them at a time. We like boysenberry syrup and Light Karo syrup on them.

INGREDIENTS

- 3 eggs (well-beaten)
- $\frac{1}{4}$ cup sugar
- 1 cup flour
- Pinch of salt
- Milk ($\frac{1}{3}$ to $\frac{1}{2}$ quart) to right consistency
- $\frac{1}{2}$ stick of Butter (not margarine)
- $\frac{1}{2}$ teaspoon Vanilla

DIRECTIONS

1. Mix together the eggs, sugar, flour and salt.
2. Add milk until mixture becomes a batter.
3. Melt butter and stir into mixture
4. Add vanilla
5. Heat a frying pan and melt butter to keep mixture from sticking. Add mixture and roll around in pan to make a thin pancake.
6. Flip it almost immediately as it will cook quickly.
7. When flipped, roll it up with your spatula, top with more butter, syrup and enjoy.

RECIPE FOR

TERRIFIC TEXAS SHEET CAKE BROWNIES

FROM THE KITCHEN OF

TARA, RACHEL & ZACHARY
SPIELBERGER

NORTHERN
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INGREDIENTS

- 2 eggs
- ½ cup sour cream 1 teaspoon baking soda
- 1 ½ cups butter (3 sticks) divided (use at 2 different times)
- 2 cups sugar
- 8 tablespoons cocoa divided (use at 2 different times)
- 2 cups flour
- 5 tablespoons evaporated milk apx.
- 1 ½ cups powder sugar sifted
- 1 cup water (nuts or sprinkles optional)

DIRECTIONS

1. Preheat oven to 375 degrees
2. To start melt in saucepan: 1 cup butter (2 sticks), 4 tablespoons cocoa
3. Add 1 cup water and heat until it boils
4. Then pour above into large bowl containing: 2 cups sugar, 2 cups flour
5. Next stir 1 teaspoon baking soda into ½ cup sour cream.
6. When soda is dissolved add 2 eggs and mix well add to above and mix. Then pour into jelly roll pan and bake for 20 minutes at 375 degrees.
7. While cake bakes make icing: Heat in saucepan: ½ cup butter (1 stick) and 3-4 teaspoons cocoa
8. Add evaporated milk. When all is heated add sifted powdered sugar (apx. 1 ½C) until right consi

RECIPE FOR

VOLCANO PANCAKE

FROM THE KITCHEN OF

MARILEE NEUSCHWANDER

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INGREDIENTS

- 6 eggs
- 1 Cup all-purpose flour
- 1 Cup milk
- 1/2 Cup butter



DIRECTIONS

1. Preheat oven to 400
2. Place butter in 9x13 baking pan and put in oven.
3. Mix egg, flour and milk until smooth using a blender or
4. whisk. Pour batter into pan once the butter is melted.
5. Bake for 20 to 25 minutes until puffy and golden brown.
6. Top with berry jam or a mixture of lemon juice and powdered sugar.