

We'd like to thank everyone in the YOTO Family who contributed a recipe to our first YOTO Family Cookbook. We've loved reading your stories about what your recipe means to you and are so happy to share it with the rest of our YOTO Family, especially YOTO students!

In the pages of this cookbook you will find a variety of dishes from go-to comfort foods like quick and easy meat balls and honey sesame chicken to international favorites like lumpia (Philippines), gallina pinta (Sonora, Mexico), calypso rice (Trinidad), and white bean shakshuka (North Africa and the Middle East). Many recipes are quick, easy and require only a few ingredients, while others are a bit more ingredient or time-intensive but definitely worth it! We've even included a healthy mix of vegetarian and vegan recipes to boot!

As chef and author Giada De Laurentiis put it, "Food brings people together on many different levels. It's nourishment of the soul and body; it's truly love." This cookbook really is a labor of love. We hope you enjoy bringing the recipes found inside to life and feel inspired to try something new. Above all, we hope that when you read through this cookbook you feel comfort in knowing that the YOTO Family will always be here with love, support, and a warm bowl of soup - or at least a yummy soup recipe! Happy cooking!

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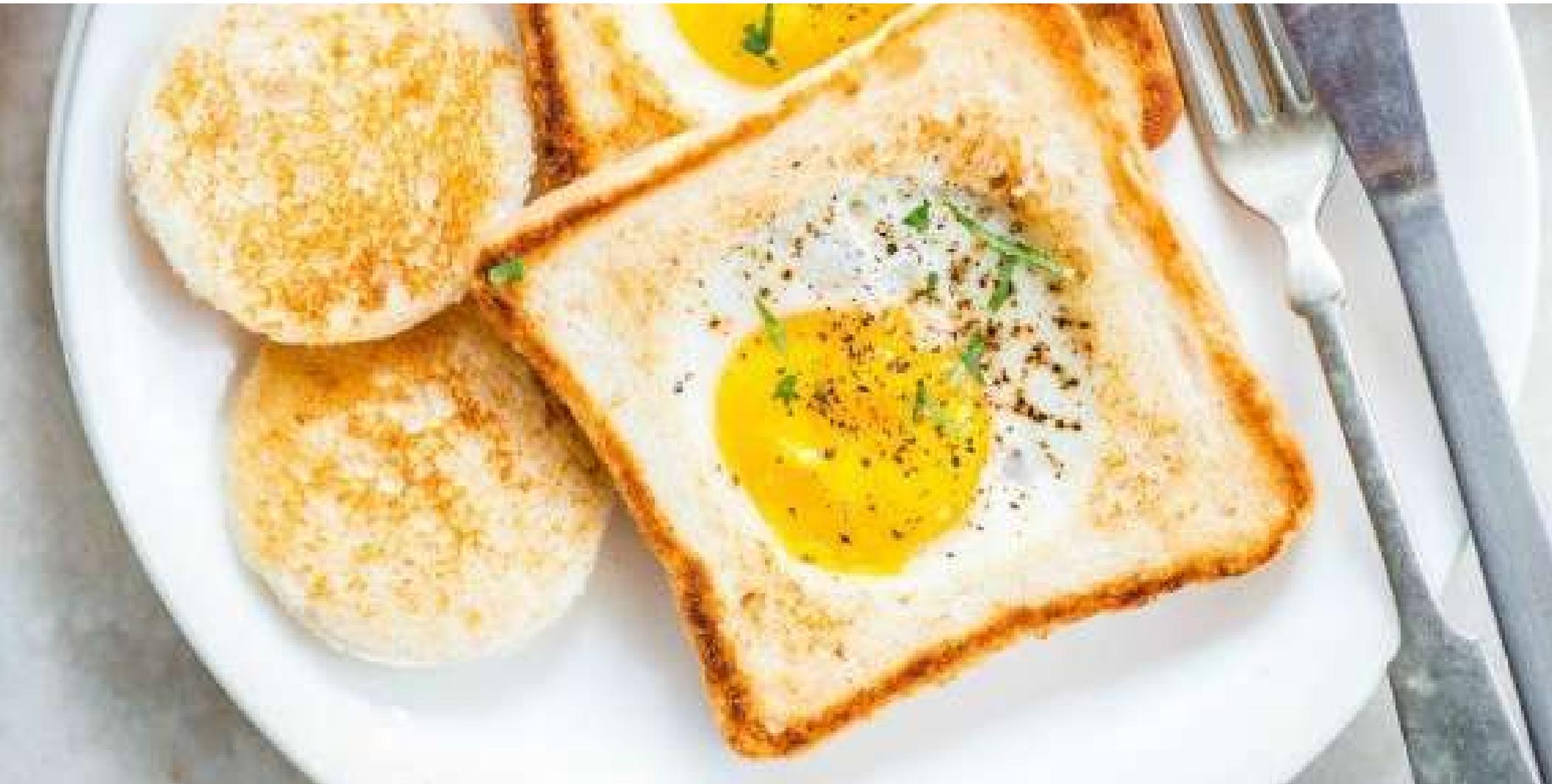
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BREAKFAST



MILLENNIAL'S DELIGHT

AVOCADO TOAST

Recipe submitted by Avery Lane
(YOTO Senior Database Coordinator)

Ingredients

- 2 slices fancy bread of your choosing (sourdough or rye work well)
- 1 ripe avocado
- ½ lemon
- Drizzle of olive oil (this can be cheap; no one really knows the difference)
- Salt, pepper, chili flake to your liking
- Optional toppings: over medium egg, crumbly cheese of some kind, sautéed cherry tomatoes/basil, hummus/cream cheese base layer, etc.

Directions

1. While bread is toasting, mash avocado, bit of olive oil, lemon juice, and seasonings in a bowl. Spread over your toast and top with whatever is left in your fridge that you need to get rid of. In this economy?! This is how we feel fancy. Best served with black coffee and a shot of cynicism as you listen to your morning podcasts.

EGGS IN A HOLE

Recipe submitted by Nita Choosingsh
(YOTO Development Manager, Annual Giving)

I love that this recipe has so few ingredients and it's easy-peasy!

Ingredients

- 2 slices bread
- 2 eggs
- 2 tbsps butter at room temperature
- Salt and pepper
- Shredded cheddar cheese

Directions

1. Using a sharp round cookie cutter or the open side of a coffee cup, cut out the center of the bread. Butter each side including the cutouts.
2. Heat a frying pan on medium-high heat.
3. Place the buttered bread including the cutout in the frying pan. Cook for 1-2 minutes until it is light golden brown and is crispy.
4. Flip the bread slice and the cutout.
5. Break one egg slowly into the hole. Sprinkle with a little salt, pepper, and shredded cheddar cheese. Cover and cook for a minute on medium heat just until cheese melts. Serve immediately.



BACON, EGGS, AND POTATO BREAKFAST SKILLET

Recipe submitted by Katrina Calderon (YOTO Marketing & Outreach Manager)

Ingredients

- 4 strips bacon cut into 1-inch pieces (can use turkey bacon if preferred)
- 6 cups (about 3/4 of 30 oz bag) frozen cubed southern style hash browns, fresh potatoes can also be used
- ½ cup white onion
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup water
- 1 clove minced garlic (this is optional)
- 4 large eggs
- 1 cup shredded cheddar cheese
- 2 tablespoons sliced green onions, (optional)

Directions

1. In a large skillet, cook bacon over medium-high heat until crisp. Remove bacon and drain on paper towels, leaving about 2 tablespoons of drippings in the skillet.
2. Add onion and potatoes to the pan stirring to coat in bacon drippings and cook for a couple of minutes. Add water and cover skillet. Cook for 15 minutes or until soft, only flipping once or twice. When you let the potatoes sit without flipping, they get nice and brown. Stir in garlic and cook for a minute. Add more salt and pepper to taste.
3. Make four wells in the potatoes, exposing the skillet underneath. Carefully, crack the egg in each spot. Cover skillet and let eggs cook over low heat until egg whites are set, about 8-10 minutes. Sprinkle cheese and bacon on top during the last couple of minutes of cooking. Sprinkle with green onions and serve.

OMELET IN A BAG

Recipe submitted by Lynne Aiken (YOTO Volunteer)

This recipe is great for a DIY breakfast party and it goes great with fresh fruit and coffee cake... everyone gets involved in the process and it's a great conversation piece!

Ingredients

- Eggs
- Cheese
- Ham
- Green onion
- Bell peppers
- Tomatoes
- Potatoes
- Salsa

Ingredients and quantities will vary based on the number of omelets you want to make and what you (and your guests) like in your eggs!

Directions

1. Have guests write their name on a quart-size Ziploc freezer bag with permanent marker.
2. Crack 2 large or extra-large eggs into each bag, shake to combine. Do not use more than 2 eggs per bag.
3. Allow guests to add any additional ingredients that they like into the bag, such as cheese, ham, green onion, bell peppers, tomatoes, potatoes, salsa, etc. Shake the bag to combine the ingredients with the egg.
4. Make sure to get the air out of the bag and zip it up.
5. Place the bags into rolling, boiling water for exactly 13 minutes. You can usually cook 6-8 omelets in a large pot.
6. Cut open each bag and the omelet will roll out easily. Be prepared for everyone to be amazed!



APPETIZERS



FILIPINO LUMPIA (LUMPIANG SHANGHAI)

Recipe submitted by Allyssa Del Rosario (YOTO Lead Data Coordinator)

Lumpia is a Filipino party staple, always the first thing to go. Lumpia is sort of like an egg roll, but how Filipinos do it. Lots of memories helping my nanay (mom) and lola (grandma) roll lumpia for hours. Also, I apologize in advance, Filipino nanays and lolas don't give exact amounts - measure with your heart for the ingredients that do not have an exact measurement. There are different types of lumpia, this one is lumpiang Shanghai.

Filling Ingredients

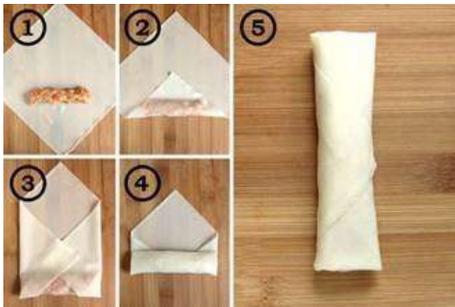
- 1 lb ground pork
- ½ of a jicama
- ¼ of a cabbage
- 2 carrots
- 2 green onion
- 1 small onion
- 1-2 tbsps minced garlic
- Salt and pepper
- 1 Knorr pork bouillon cube
- 1 tbsp soy sauce
- 2 eggs
- Black pepper

Other Ingredients

- Oil for frying
- Water for wrapping
- 50 pieces of rice spring roll wrapper or get Filipino lumpia wrapper
- Sweet chili sauce (if you're daring, pick up some Filipino banana ketchup)

Directions

1. Finely mince all of the vegetables. Mix all of the filling ingredients together in a large bowl: pork, jicama, carrot, cabbage, onion, garlic, salt and pepper, pork bouillon, soy sauce, eggs.
2. On high heat, sauté all of the ingredients together for 5 minutes. We are partially cooking, it will finish cooking when we fry it at the end. Wait for it to cool. (This is my mom's way of making it! Most Filipinos wrap it raw in the lumpia wrapper. We think it's easier this way so you just have to worry about raw filling when you fry it later.)
3. Get one lumpia wrapper, place it in front of you so it looks like a diamond. Place a 1 to 2 tablespoons of the filling towards the bottom in a horizontal line. Fold the bottom up towards the middle, so it hugs the filling. Then fold the left and right corners towards the middle, hugging the filling. Then roll it all the way up. As your rolling it, use water to "seal" the wrapper (follow the steps in the picture on the left).
4. Once you're done with all of the filling, put enough oil in a pot so that it will cover the lumpia. Heat your oil (medium heat). Fry your lumpia until they are golden brown on the outside (about 5-7 minutes). When it's golden brown, set it on a plate with some paper towels underneath to catch all of the extra oil.



You can also freeze any extras! You'll have lumpia ready to be fried later.

POTATO LATKES

Recipe submitted by Rachel Kahn
(YOTO Program Coordinator)

Ingredients

- 2 lbs potatoes (gold potatoes are best)
- 2 large eggs
- Salt
- Oil for frying

Latkes are a must during Hanukkah. Usually eaten as an appetizer, they are best with sour cream or apple sauce!

Directions

1. Peel and finely grate the potatoes. Put them straight into cold water, then drain and squeeze them as dry as you can by pressing them with your hands in a colander. This is to remove the starchy liquid, which could make the latkes soggy.
2. Beat the eggs lightly with salt, add to the potatoes and stir well. Film the bottom of a frying pan with oil and heat. Take serving-spoonful, or as much as 1/4 cup of the mixture and drop into the hot oil. Flatten a little and lower the heat so that the fritters cook through evenly. When one side is brown, turn over and brown the other. Lift out and serve very hot.

Variation

You may add black pepper, chopped parsley, and finely chopped onion to the egg and potato mixture.

Adding 4 tablespoons of potato flower binds the fritters into firmer, more compact cakes easier to handle but not quite as lovely to eat.

PIEROGI

Recipe submitted by Deb Ramsey
(YOTO Senior Executive Coordinator)

Filling Ingredients

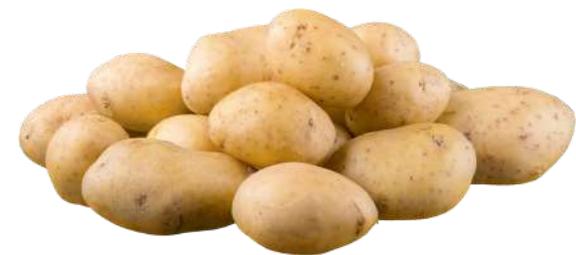
- 2 cups Farmers cheese
- 2 cups mashed potatoes
- 4-6 oz sharp cheese
- 2 large onions
- Egg
- Salt & Pepper
- Butter

Other Ingredients

- 4 cups flour
- 2 eggs
- ¼ tsp salt
- Water

Directions

1. Chop onions. Fry onions in butter. Boil potatoes. Mash potatoes, leaving small chunks. Filling: Add grated cheeses into large bowl containing potatoes. Add 1/4 cup of fried onions, egg, salt, and pepper. Stir with a spoon.
2. Dough: Make mound of 2 cups of flour with a depression at the top. Add one egg. Repeat with remaining flour and egg. Add salt and enough water to make a sticky dough (about 10 oz.). Mix with hands. Wash hands for about 5 minutes to get clean! Create pierogies using pierogi maker or an empanda maker. Boil 6-10 pierogies in a pot of boiling water until they float. Stir occasionally to prevent sticking. As you place cooked pierogies into a storage container, layer with fried onions. Eat "as is" or fry up in butter.



ALOO (POTATO) PIE

Recipe submitted by Nita Choos Singh (YOTO Development Manager, Annual Giving)

The Caribbean island of Trinidad - where I was born - has so much diversity and its foods are often a reflection of that. "Aloo" means potato in Hindi so there's a bit of an East Indian influence in this delicious "pie". In Trinidad, aloo pies can be eaten at breakfast or as a snack anytime of the day and pairs well with a mango or tamrind chutney!

Ingredients

- 2 cups flour
- 2 tsps baking powder
- 1¼ tsp salt
- ¾ cup water (approx.)
- 1 lb potatoes
- ½ tsp black pepper
- 1 tsp roasted ground cumin
- 1 tsp minced garlic
- Hot pepper to taste
- 1 cup oil for deep-frying



Directions

1. Mix flour, baking powder, ½ teaspoon salt and water; knead lightly, cover with damp cloth and allow to relax.
2. Boil potatoes in water until tender, peel and crush well.
3. Season the potatoes with the remaining salt, black pepper, ground cumin, garlic, and hot pepper. Mix well.
4. Divide dough in 9 equal balls and roll out each ball into a 4 inch circle with a rolling pin. Alternatively, if you don't have a rolling pin, you can flatten each ball out with your hands and fingers.
5. Place 2 tablespoons of the potato mixture on half of each flattened circle; fold over and seal well to form a crescent.
6. Fry in hot oil for a few seconds. Using a spoon, continuously pour hot oil over the upward side. Gently turn the pie over and cook the other side until golden brown.

Note: You can make the pies a little smaller if you'd like, just make sure you adjust the amount of filling you put in each pie to make sure you have enough!

JUSTIN'S FUN-TIME DIP

Recipe submitted by Justin Hopkins (YOTO Program Coordinator)

FYI- This dip is addicting!

Ingredients

- 2 packages (8 oz each) of cream cheese
- 2 cans (14.5 oz each) of diced tomatoes with chili peppers
- 1 roll of pork breakfast sausage
- ½ onion minced
- Garlic powder and onion powder and Italian seasoning to taste

Directions

1. Cook sausage and minced onions until done and put in strainer to drain.
2. Open cans of tomatoes with peppers and drain with cooked sausage.
3. Place in crockpot or pot on stove and place in slow cooker.
4. Add cream cheese and seasonings to your preference.
5. Let cook on Medium Low stirring occasionally to prevent sticking and burning.
6. BAM there you go! Enjoy with pita chips or tortilla chips.



BACON WRAPPED JALAPENO POPPERS

Recipe submitted by Doug (DJ) Plecity (YOTO Senior IT & Facilities Specialist)

Ingredients

- 5 jalapenos (makes 10 halves)
- 10 strips of bacon
- Cream cheese

Directions

1. Prep the jalapenos. Cut off the stems of the jalapenos. Cut them in half length-wise and remove the seeds.
2. Fill the jalapeno with cream cheese.
3. Wrap bacon around and tuck in the ends of the bacon to ensure that you have a tight wrap.
4. Place flat most side down on a frying pan on medium heat. Cook for 5-7 min then flip and cook for another 5-7 min.
5. Pat with paper towel to remove grease, let cool and enjoy.



CHARRO STEAK & DEL REY'S ESQUITES CON CREMA

Recipe submitted by Gary Hickey (YOTO Alumnus, Supporter, and Chef-Partner at Charro Steak & Del Rey)



Ingredients

- 2 cups roasted corn (can be either frozen corn or fresh corn on the cob)
- ½ cup sour cream
- 1 lime freshly squeezed
- 2 tbsps unsalted butter
- 1 tsp kosher salt
- ½ tsp Tajin or chili salt
- ½ oz queso fresco or grated parmesan

Directions

1. If frozen place the corn on a sheet pan under the broiler in your oven for a ten minutes, keep checking every minute or so; it can go from good to bad very quickly. If fresh corn is used take off the husk and place the corn stem side down in a large bowl, start at the top with a sharp knife and follow the kernels all the way to the bottom. Do this on all sides (should take two ears of corn to get two cups) once done repeat step one.
2. Place a two quart sauce pot on medium high heat and add the butter. Heat until the butter starts to bubble but doesn't brown.
3. After your corn is nice and golden brown on top (you might have a few darker ones, don't worry that's flavor) place the corn in the pot with butter mixing to ensure the corn is covered by the butter.
4. Next add the sour cream, fresh squeezed lime juice and salt to the pot. Stir often to ensure the sour cream doesn't burn.
5. Once the corn mixture has come to a boil remove from the heat. Place the Esquites in a small bowl and top with the Tajin and cheese.
6. Grab a spoon and dig in! Great a said dish or a light lunch.



SOUPS & STEWS



SOUTHWESTERN GAZPACHO

Recipe submitted by Lynne Aiken (YOTO Volunteer)

This gazpacho is deliciously refreshing. Great by itself for lunch, or paired with a sandwich for dinner.



Ingredients

- ½ cup fresh cilantro, chopped
- 3 Roma tomatoes, coarsely chopped
- 1 cucumber, peeled, seeded and coarsely chopped
- 1 red, yellow or orange bell pepper, seeded and coarsely chopped
- 1 medium red onion, coarsely chopped
- 1 jalapeno pepper (if desired), seeded and finely chopped
- 3 cups V-8 juice (can use low sodium version)
- 1 tbsp Tobasco sauce
- 1 tbsp balsamic vinegar
- 3 tbsps extra virgin olive oil
- 1 avocado, chopped, as topping/garnish if desired

Directions

1. Place all ingredients in a medium-size bowl and mix together.
2. Chill the soup for 2 or more hours in the refrigerator before serving for flavors to meld. Best served the day it's made!

GALLINA PINTA

Recipe submitted by Daniela Figueroa (YOTO Director of Programs)

This is a family favorite, a soup from the region of Sonora, with hominy, beans, and green chiles. Gallina Pinta means "Painted Chicken", though there is no chicken in this dish. You can find recipes that use other kinds of meat, like skirt steak or oxtail. This soup is versatile and delicious, perfect for fall, but really for any time. This recipe represents home for me. Love you ma.

Ingredients

- 1 - 1½ cups of dried pinto beans (the ones in the bin at Food City are nice)
- 1 green Anaheim chile
- large Roma tomatoes
- large green onions
- 1 - 1½ lbs of English cut ribs (a.k.a Flanked style ribs)
- 1 head of garlic
- 2 - 2½ tbs salt
- ¼ cup of chopped cilantro
- black pepper to taste
- 4 - 4½ cups of white hominy (Mexican style, Rosita's brand)

Variation

For a vegetarian version: omit the ribs, add in another green chile and essentially you can add any veggies you want. Use vegetable stock in place of the water. I also used "Better than bouillon" stock concentrate, but you can use any veggie stock you like.





Directions

1. The night before you want to make the Gallina Pinta, place the beans in water to soak overnight.
2. Bring 12 cups of water to a boil on high heat; add 2 - 2½ tbsp of salt
3. Dice the green chile, roma tomatoes, and green onions. Set aside.
4. Drain the beans and rinse.
5. When the water begins to boil add the beans. This is the part that is the most time consuming, you have to cook the beans until tender.
6. Add the head of garlic and the ribs.
7. Bring to a boil and then reduce to a simmer. Cover.
8. Periodically remove the bean scum.
9. Boil for about an hour or until the beans are tender. In the meantime: in a pan sauté the green chile, roma tomatoes, and green onions. Add three large spoonfuls (12 tbsp or so) of stock from the pot. Saute until the tomatoes are tender and have released their juices. Add pepper to taste.
10. When the beans are cooked, add the sautéed vegetables to the soup and ¼ cup of cilantro
11. Taste for salt. You may need to add another tbsp or so of salt.
12. Increase the temperature to medium heat
13. Add 4 - 4½ cups of hominy and bring to a boil to heat through (5-10min)
14. Taste for salt.

COLD CUCUMBER YOGURT SOUP

Recipes submitted by Marissa Washington
(YOTO Senior Grants Manager)

Ingredients

- 2 large containers plain yogurt
- 6-8 cucumbers, peeled and finely chopped
- 1 cups walnuts, finely crushed
- 2 of the yogurt containers filled with cold water
- ¼ cups olive oil
- 1/3 finely chopped fresh dill
- 1 tsp salt
- 8 garlic cloves, minced

Directions

1. Mix/whisk yogurt with water until smooth.
2. Add finely diced cucumbers, walnuts, garlic, oil, dill and mix. Serve cold.

*A super simple, refreshing summer
soup. Perfect use for all those
garden cukes!*

CREAMLESS (Lacto-vegetarian) ASPARAGUS SOUP

Ingredients

- 2 tbsps unsalted butter
- 1 large Spanish onion, chopped
- 2 celery stalks, chopped
- 2 carrots, peeled and chopped
- 3 tps salt
- 2 tpsps dried thyme leaves
- 2 bay leaves
- 2 tpsps mustard seeds
- ¼ tsp ground white pepper
- 6 cups vegetable stock
- 1 medium potato, peeled and grated
- 2 lbs fresh asparagus (stems sliced ½ inch thick; set stems aside)
- 1 tsp fresh garlic, minced
- 2 tbsps fresh dill, chopped

*A favorite soup recipe
from a coffee shop I
worked at while attending
college in Wisconsin. You
knew spring had finally
arrived when the
asparagus is ready and
this soup was on the menu.
A beloved patron regular
owned an organic
asparagus farm so we
were never in shortage of
the tasty vegetable in the
spring.*

Directions

1. Melt butter in large stockpot over medium heat. Add celery, onion, and carrots. Sweat 4 minutes until tender. Add salt, thyme, bay leaves, mustard seeds, and pepper. Stir to coat vegetables. Add stock, potato, and asparagus stems. Bring to boil. Reduce heat, partially cover, and simmer 30 minutes.
2. Remove bay leaves, puree half of soup in a blender or food processor. Return puree to pot. Add asparagus tips and simmer 4 minutes. Remove from heat and stir in garlic. To serve, garnish with fresh dill. Optional, serve with fresh croutons or rolls. Makes approximately 10 cups.

KEN'S CHILI

Recipe submitted by Marissa Washington (YOTO Senior Grants Manager)

Cinnamon is the secret ingredient in my husband's thicker Cincinnati-inspired chili. A football season staple in our household. Don't skip the Chili Cheese Fritos! Makes a very large batch - leftovers freeze well or halve the recipe for less yield.

Ingredients

- 1 lb ground beef
- 4 Italian sausages, chopped
- 1 hot chili seasoning pack
- ½ onion, diced
- 1 green pepper, chopped
- 1 red or yellow pepper, chopped
- ½ - 1 full can (14.5 oz) of sweet corn, drained
- 1 (29 oz) can + 1 (14.5 oz) can tomato sauce
- 1½ (14.5 oz) can diced spicy tomatoes
- 1 can (15.5 oz) red kidney beans, drained and rinsed
- 1 can (8 oz) jarred sweet and spicy jalapeños
- Salt and pepper
- 3 tbsps chili powder
- 4 tbsps garlic powder
- 1-2 tbsps cinnamon
- 2 tbsps brown sugar
- 2 tbsps oregano leaves
- Chili Cheese Fritos
- Shredded cheese
- Sour cream



Directions

1. Brown ground beef in large stockpot. Drain and set aside in a bowl. Mix with hot chili seasoning pack. In stockpot, brown chopped Italian sausages with onion. Once sausages are cooked, add to bowl with cooked ground beef. Sauté bell peppers for a few minutes in pot.
2. Once tender, add sausages and ground beef back into stockpot. Add corn, tomato sauce, diced tomatoes, beans, jalapeños, and seasonings plus 16-20 oz water to reach desired consistency. Simmer for an hour or so. Season to taste.
3. Serve with Chili Cheese Fritos, shredded cheese, and/or sour cream.

Alternately, you can brown meat and throw everything into the crockpot.

(Vegan)

LAZY VEGAN CHILI

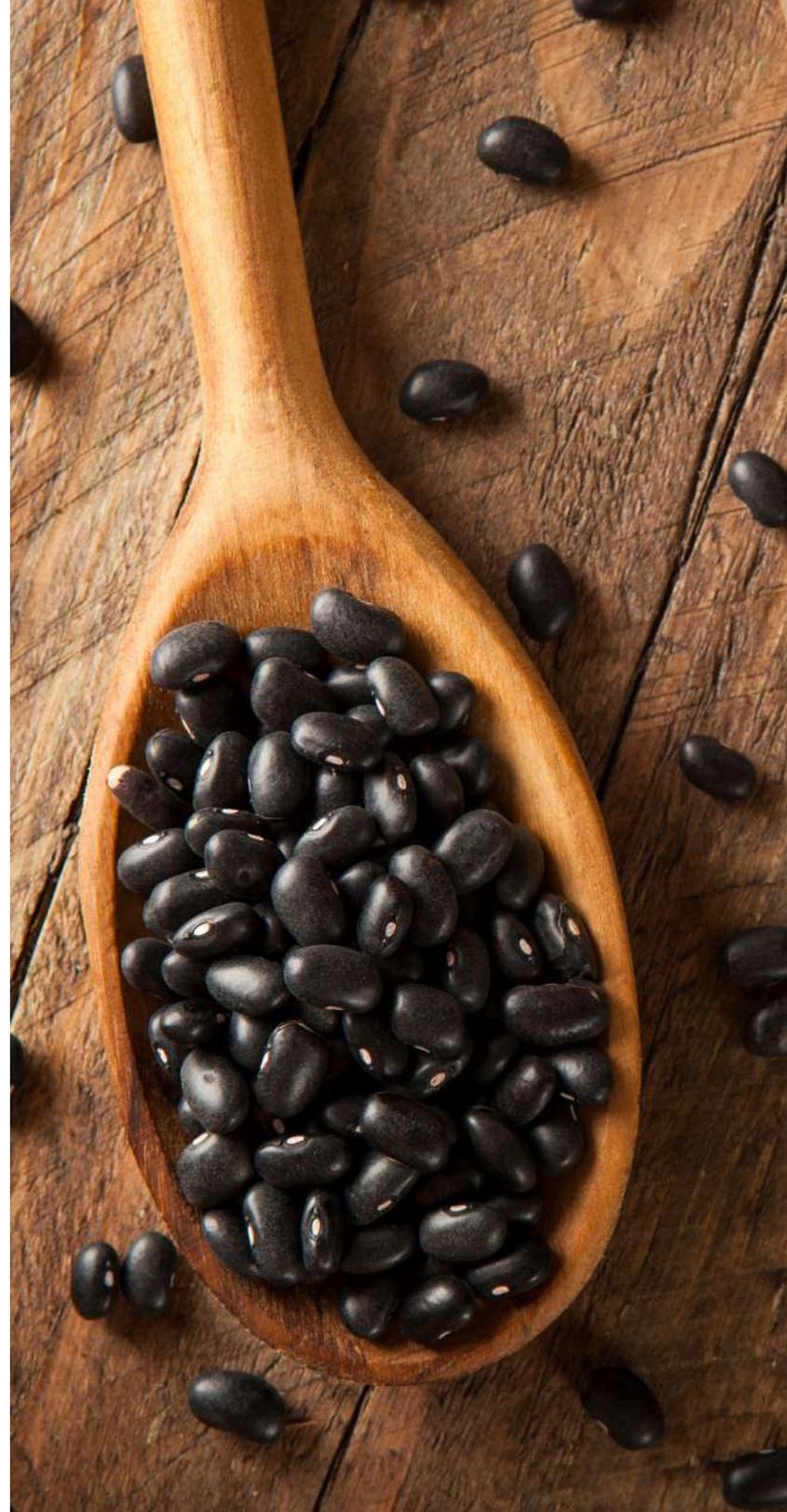
Recipe submitted by Avery Lane
(YOTO Senior Database Coordinator)

Ingredients

- ½ yellow or sweet onion, diced
- 1 bell pepper, diced (or a mix of red, green, yellow, orange for more fun!)
- 1 can diced tomatoes (don't drain)
- ½ package soyrito (~8 oz)
- 1 can black beans
- 1 can kidney beans
- 1 can corn
- 1 cup water
- 4 tbsps olive oil
- 1 small can mild green chilies
- Spices to your liking salt, pepper, chili powder, chili flake, garlic powder
- Optional: rice, lentils, or couscous for more substance! (this will take a little longer)

Directions

1. My favorite kind of recipe: put everything together in a large pot (give the onions, bell peppers, and olive oil a little time on their own first) over medium-high heat, and serve hot!



PAPAW'S CHILI

Recipe submitted by Kim Kean (YOTO Volunteer)

My husband created this recipe when our son was in school and we'd need to make a quick supper before his baseball games. This recipe has carried on with our son and his family. Our daughter-in-law adopted the recipe and she and our grandson look forward to colder temperatures so they can make the chili. Truthfully they make it even in warm weather as they crave the flavor.



Ingredients

- 1 lb ground beef
- 1 can (10 oz) Rotel diced tomatoes & green chili (or any brand)
- 1 can (10.75 oz) tomato soup
- 1 can (15 oz) chili beans
- Optional toppings: chopped onion, shredded cheese, sour cream, chili powder
- Variation: You can also add cooked macaroni to the chili and it tastes great!

Directions

1. Brown ground beef (easiest in microwave for approx. 5 minutes)
2. Drain fat from cooked ground beef
3. Add all other ingredients with the ground beef into a microwaveable bowl
4. Using the tomato soup can, fill halfway with water and add to bowl
5. Microwave chili approximately 5 minutes and serve

QUICK AND DELICIOUS SOUTHWESTERN SOUP

Recipe submitted by Pam Devine (YOTO Volunteer)

Ingredients

- 1 box (32 oz) chicken broth
- 1 jar (12 oz) chunky salsa
- 1 can cooked chicken breast (or 1.5 - 2 cups leftover chicken)
- 1 can of Mexicorn
- Some leftover rice or 1/2 cup instant rice
- 1 can (15 oz) black beans, rinsed
- Optional toppings: tortilla chips and shredded cheese

Directions

1. Combine all ingredients in large pot and cook on the stove until rice is cooked. Serve in a bowl with some crunched up tortilla chips and a sprinkle of shredded cheese.



EASY CHICKEN CHILI

Recipe submitted by Claudia Guymon (YOTO Volunteer)



Ingredients

- 1 tbsp vegetable oil
- 1 cup diced yellow onion
- 2 stalks celery, diced
- 4 cups diced chicken
- 3 cups chicken broth
- 1 can (15 oz) red kidney beans, undrained
- 1 can (15 oz) navy beans, undrained
- 2 cans (4 oz each) diced green chiles
- 3 tbsps chili powder
- 2 tbsps ground cumin
- 1 tbsp ground thyme
- 1 tbsp garlic and herb seasoning blend (such as Mrs. Dash)
- 1 tsp salt

Directions

1. Heat oil in a large stockpot over medium-high heat. Sauté onion and celery in the hot oil until soft, 5-7 minutes. Add chicken and cook until browned, 3-4 minutes. Add chicken broth, kidney beans, garbanzo beans, navy beans, chiles, chili powder, cumin, thyme, seasoning blend, and salt.
2. Bring mixture to a boil. Reduce heat and let simmer until chicken is no longer pink in the center, about 30 minutes.

CURRY ACORN SQUASH SOUP

Recipe submitted by Candice Treftz (YOTO Lead Finance & Operations Coordinator)

Ingredients

- 3 medium acorn squash
- 3 tsps chicken bouillon
- ½ medium yellow onion, chopped
- ½ cup half-and-half
- 3 tbsps yellow curry powder
- ½ tsp ginger
- 6 tbsps butter (for squash and sauté)
- 3 cups water
- Salt and pepper to taste
- Cooked bacon (optional for sprinkling on top)

Directions

1. Preheat Oven to 400°F.
2. Cut squash in half, remove seeds and score with knife. Place squash on baking sheet, cut side up, sprinkle with a little salt and place a small pad of butter in the center of each half. Bake for approx. 40 min, until soft. Remove and let cool.
3. In a large, deep frying pan, sauté onion and curry powder in butter until tender. Remove from heat.
4. Heat water to boil in microwave and add bouillon to it. Pour a third of the water into the onion pan.
5. Scoop out pulp of squash and add it to the onion pan and place over medium heat. Gradually add the rest of the water, while stirring mixture gently. Let cook for 10 minutes and remove from heat.
6. Once mixture is cooled a bit, use blender to puree it in batches.
7. Pour pureed squash mixture into a 3 quart saucepan, add half-and-half, ginger, salt, pepper. Mix well and return to low heat to simmer until hot.
8. Serve it as is or add bacon or cream to the top.



TACO SOUP

Recipe submitted by Kelly McLaughlin (YOTO Volunteer)

Ingredients

- 1 pound ground beef or turkey
- 1 large onion
- 1 can pinto beans with juice
- 1 can whole kernel corn with juice (or frozen)
- 1 can black beans with juice
- 1 can kidney beans with juice
- 1 can Rotel with juice
- 1 can diced green chilies (or jalapeños)
- 1 package taco seasoning mix
- 1 package Hidden Valley Original Ranch Salad Dressing & Seasoning Mix
- 1 can tomato sauce
- 2-3 cups chicken broth

Directions

1. Brown the meat.
2. Put all the ingredients and browned meat in a stovetop pot and simmer for 30 minutes. Alternatively, you can put all the ingredients and meat in a crock-pot and cook on low for a few hours.



CREAMY, NUTTY AFRICAN STEW

Recipe submitted by Elysa Mackie (YOTO Volunteer)

This vegan stew is very popular with my family, which includes meat lovers and grandkids! It's a terrific comfort food that I just know you'll enjoy!

Ingredients

- 1 tsp olive oil
- 1 medium diced sweet onion
- 3 cloves of garlic, mined
- 1 medium sweet potato, peeled and diced into small pieces
- 1 can diced tomatoes with juices
- Sea salt and pepper to taste
- 1/3 cup smooth almond butter
- 4 cups of vegetable broth
- 1½ tsp chili powder
- 1 can of garbanzo beans, drained and rinsed
- 2 handfuls of baby spinach
- Fresh cilantro (optional for serving)
- Almond slices (optional for serving)

Directions

1. Heat oil over medium heat in a large saucepan. Turn down the heat and add the onion and garlic, cook for about 5 minutes over a low heat. Add the sweet potato, and tomatoes with their juices. Raise the heat to medium and simmer for about 5 minutes. At this point, you can season the dish with salt and pepper.
2. Place the almond butter and 1 cup of vegetable broth in a medium bowl. Whisk together until the mixture is smooth. Stir this mixture into the sweet potato mixture along with the rest of the vegetable broth. Add in the chili powder. If the mixture becomes too thick, you can thin it out with additional vegetable broth. Reduce the heat and cover the pan with a lid. Simmer for about 15 minutes until the sweet potato is tender.
3. Stir in the chickpeas and spinach. Continue to cook until the spinach is wilted. Test for seasoning.
4. Spoon the stew into bowls and top with fresh cilantro and almond slices. Enjoy!

Serving Suggestions

Add cayenne pepper if you prefer a bit more spice. This stew is great with crusty bread or over rice.





TORTILLA SOUP

Recipe submitted by Mary Padgett (YOTO Volunteer)

This recipe is my go-to on a cold evening. I got it from my brother-in-law who is a great cook!

Ingredients

- 1 medium onion, chopped
- 3 garlic cloves, minced
- 1 tbsp olive oil
- 2 tsps chili powder
- 1 sp oregano or Italian seasoning
- 1 can (14.5 oz) corn, drained
- 1 can (14.5 oz) petite diced tomatoes
- 2-3 cans (14 oz each) chicken broth
- 1 can (14.5 oz) white or yellow hominy, drained
- 1 can (7 oz) diced mild green chili peppers, drained
- 1 can (14.5 oz) black beans or beans of choice
- ¼ cup cilantro or parsley
- 3 cups boneless, cooked, and chopped chicken or turkey breast
- 1 chopped avocado
- Shredded Monterey jack cheese
- Chopped green onion
- Crushed tortilla chips

Directions

1. In a medium stock pot, saute onion and garlic in oil. Stir chili powder, oregano/Italian seasoning, tomatoes, and broth. Bring to boil and simmer for 5-10 minutes.
2. Add corn, hominy, chili peppers, beans, cilantro/parsley, and chicken/turkey. Let simmer for 10 minutes.
3. Ladle soup into serving bowls. Garnish with avocado, Monterey jack cheese, green onions, and crushed tortilla chips.

GINA'S CHICKEN SOUP FOR YOUR SOUL

Recipe submitted by Lorenzo Gonzalez (YOTO Board of Directors Member)

Gina is an amazing mother of 3 kids who made this soup when the entire house was sick. Not only did it cure all the colds, but the LOVE included in the soup made it a soothing staple for all occasions.



Ingredients

- 1 pound of chicken
- 4 whole celery sticks (chopped)
- 4 whole carrots (chopped)
- ½ yellow onion (chopped)
- 1 cup rice
- Chicken
- Flavor Bouillon or salt
- Oregano
- Garlic
- Powder

Directions

1. Boil chicken in large pot to 165°F internal temperature.
2. Sauté vegetables in butter or oil.
3. Shred chicken.
4. Add all ingredients back to pot.
5. Add seasonings to desired taste.
6. Bring to a simmer. Cook for 10-15 minutes or until vegetables are tender.



MAIN DISHES



CARMEN'S ENCHILADAS

Recipe submitted by Kim Garcia (YOTO Program Coordinator)

My recipe belongs to my beautiful mother that is no longer on the earth.

This is my favorite comfort food and my family always reminds me how great my mother was at cooking her amazing sauce. Making this plate makes me feel at home. These Green Chile Enchiladas are ICONIC in my family. Every time I see my family they have to tell me how good they were. If I am not hungry, they make me hungry! Now, I see my cousin make this dish for her kids which gets me thrilled to be in that position one day!

Ingredients

- Cooked shredded chicken
- Corn tortillas
- Oil for frying
- 3-4 roasted green chiles* (Food City sells them ready to go!)
- 1 can of Nestle Media Crema
- Small piece of chopped onion
- Pinch of salt
- Chopped lettuce
- Served with white rice (adding corn in the rice is optional)

Directions

1. Blend your roasted green chiles with Media Crema, a bit of the onion and salt.
2. Fry your tortillas in a pan with enough oil that they will stay rolled.
3. When Tortillas are ready, add your shredded chicken, and roll them individually.
4. When enchiladas are rolled, top with shredded lettuce then the green chile sauce that was blended.
5. Add your rice. We like to make extra sauce for our rice.

Your enchiladas are ready to eat! ENJOY!

*Be sure to take off the burnt pieces of the chiles and seeds



FILIPINO CHICKEN ADOBO

Recipe submitted by Allyssa Del Rosario (YOTO Lead Data Coordinator)

Adobo is unofficially the Philippines' national dish. You can "adobo" any meat - my favorite is chicken. Every region, pamilya (family), and coworker (Matt) makes this dish differently. Although the main characteristics remain the same: soy sauce, vinegar, bay leaves, and black peppercorns. This is how my mom makes it.

Ingredients

- 2 lbs of bone-in chicken thighs or drumsticks
- 1 cup of vinegar
- ¼ cup of soy sauce
- 3 dry bay leaves
- 2-3 garlic cloves
- ½ cup of water
- 6-10 black peppercorns
- 1 yellow onion
- Salt and pepper to taste
- A pinch of sugar

Directions

1. In a plastic bowl, put the chicken, vinegar, soy sauce, and bay leaves together. Marinate in the fridge for at least 20 minutes, up to an hour.
2. After you marinate the chicken (don't throw out the marinade!), put some oil in a pan and brown the chicken. Cook for about 3 minutes on each side.
3. Smash the garlic cloves with the side of your knife. Slice the onion. Place the onion and garlic in the pan with the chicken. Sautee the chicken with the garlic and onion for a minute. Slowly pour the marinade in. Add the water, peppercorns, and sugar (optional). Bring to boil and then simmer on low heat for about 25-30 minutes.
4. Serve with jasmine white rice! Don't forget to pour some of the sauce over the rice.



QUICK MEAT BALLS

Recipes submitted by Kristin Ohman
(YOTO Volunteer Manager)

Ingredients

- 2 lbs of lean ground meat
- ½ lb sausage
- 1 box of Stove Top stuffing (6 oz)
- 3 eggs

Directions

1. Mix above ingredients and shape into balls.
2. Place on cooking sheet. Bake at 350°F for 30 minutes.



ZESTY CRISPY CHICKEN

*Both recipes have only four ingredients -
doesn't get any easier than that!*

Ingredients

- 4 chicken breasts (boneless and skinless)
- 1 egg, slightly beaten
- ¼ cup soy sauce
- 1¼ cups of corn flakes, crushed

Directions

1. Mix egg and soy sauce.
2. Dip chicken pieces into soy sauce mixture.
3. Coat chicken with corn flake crumbs.
4. Place on baking sheet and bake for 1 hour at 350°F.



HONEY SESAME CHICKEN IN THE INSTANT POT

Recipe submitted by Ashley Silvain (YOTO School Programs Manager)

Ingredients

- 4 boneless, skinless chicken breasts
- Salt and pepper 1 cup honey
- ½ cup soy sauce
- ½ cup diced onion
- ¼ cup ketchup
- 2 tbsps vegetable oil (could also use olive oil or canola oil)
- 2 cloves garlic, minced
- ¼ tsp red pepper flakes (optional)
- 4 tpsps cornstarch dissolved in 6 tbsps water
- Sesame seeds

I chose this recipe because it has been a delicious go-to for the family. It's become a comfort food to us!

Directions

1. Place chicken in the bottom of the Instant Pot.
2. In a small bowl, combine honey, soy sauce, onion, ketchup, oil, garlic and pepper flakes. Pour over chicken and put your instant pot lid on and seal.
3. Cook on medium setting for 20 minutes and then quick release once the 20 minutes is up. Remove chicken from pot, leave sauce.
4. Dissolve 4 teaspoons of cornstarch in 6 tablespoons of water in a small bowl and pour into your Instant Pot. Stir to combine with sauce. Push the Sauté button and cook sauce for about 5 minutes or until slightly thickened.
5. Cut the chicken into bite size pieces, then return to pot and toss with sauce before serving. Sprinkle with sesame seeds and serve over rice or noodles.

BUFFALO CHICKEN STUFFED SWEET POTATOES

Recipes submitted by Matt Schmidgall
(YOTO Program Operations Manager)

Ingredients

- 2 boneless, skinless chicken breasts
- 4 large sweet potatoes
- ½ to ¾ cup buffalo sauce of your choice
- Salt and pepper to taste
- Ranch or Blue Cheese Dressing (optional)

This is one of my go-to recipes that can easily be doubled or tripled without any extra work! The sweetness of the sweet potatoes balances out the buffalo sauce and goes great with a side of roasted veggies or fresh carrots and celery. Keep it healthy, or do as I do and top with plenty of creamy ranch dressing (or Blue Cheese if that's your thing).



Oven/Stovetop Directions

1. Preheat Oven to 425°F.
2. Scrub sweet potatoes and place on a foil lined baking tray. Pierce with fork a few times and sprinkle with salt.
3. Bake sweet potatoes for 40-50 minutes, or until a fork pierces through easily.
4. While potatoes are baking, boil chicken breasts until cooked through or internal temperature reaches 165°F, about 20-25 minutes. Set aside to cool.
5. When chicken is cool enough to handle, shred it using two forks. Sprinkle generously with salt and pepper.
6. Place shredded chicken in a bowl. Add the buffalo sauce and combine until the chicken is well coated and looking saucy!
7. Remove potatoes from oven and allow to cool for a few minutes. Cut lengthwise but not all the way through, so that the potatoes open up like a book.
8. Top with a generous heaping of the chicken mixture. Serve warm, with ranch or blue cheese dressing on the side. Enjoy!

Microwave Directions

1. Place chicken breasts in a microwave safe container. Sprinkle with salt and pepper and add enough water to cover the bottom of the dish and cover loosely with a lid or plastic wrap.
2. Microwave on high for 4-5 minutes or until chicken reaches 165°F. Drain and set aside to cool.
3. Microwave sweet potatoes two at a time on high for 4-5 minutes, or until they pass the fork test.
4. When chicken is cool enough to handle, shred it using two forks.
5. Place shredded chicken in a bowl. Add the buffalo sauce and combine until the chicken is well coated and looking saucy!
6. Cut lengthwise but not all the way through, so that the potatoes open up like a book.
7. Top with a generous heaping of the chicken mixture. Serve warm, with ranch or blue cheese dressing on the side. Enjoy!

PASTEL AZTECA

Recipe submitted by Enrique Aldana (YOTO Board of Directors Member)

Pastel Azteca is a Mexican dish, known in US as tortilla casserole or tortilla pie. This traditional dish is made by alternating layers of corn tortillas with layers of salsa de crema, jitomate, chipotle chiles in adobo (sour cream, tomatoes, chipotle chiles) and Oaxaca cheese or Chihuahua cheese. It is common to add a meat ingredient like coarsely shredded chicken or thinly sliced deli ham. The pastel Azteca is oven baked. This was one of my favorite meals that my mother would make. Now, as an adult, I enjoy making it too. The smell and taste evoke fond memories of my childhood and my mom. Her cooking traditions were passed on to me and it is my pleasure to share this one with you. De mi casa a su casa, Buen Provecho!

Ingredients

Chipotle Cream Sauce:

- 28 oz can crushed tomatoes
- 16 oz sour cream
- 2-3 (or more if you like spicy) Chipotles in Adobo
- 2 garlic cloves chopped
- Salt to taste

Pastel Azteca:

- 24 corn tortillas
- 2 lbs thinly sliced deli ham or shredded chicken (I make mine with deli ham more often)
- 1 lb. Shredded Chihuahua or Oaxaca cheese (I sometimes use Mozzarella)

Directions

1. Preheat oven to 350°F.
2. In a blender, mix the chipotle cream sauce ingredients. Taste for spice. If you want more heat, add more chipotles.
3. In a 9 x 13 inch Pyrex take a ½ cup of the prepared cream sauce to cover the bottom. Now layer 6 tortillas over the sauce to cover the bottom, add a ¼ of your deli sliced ham or shredded chicken on the tortillas to cover, sprinkle with cheese and add more sauce. You will want to repeat these steps 4 times. Tortillas, sauce, ham or chicken, cheese.
4. Once complete, place in oven for 30 minutes or until bubbling.
5. Remove from oven and let cool for 10 minutes.
6. Slice and enjoy!



WHITE BEAN SHAKSHUKA

Recipe submitted by Elizabeth Slater (YOTO CEO)

This is one of the first grown-up main dishes I learned how to make. It's delicious and super easy! What makes it special is the blend of spices (which are available for YOTO students in the Mini Mall!).

Ingredients

- 2 tbsps olive oil
- 4 cloves garlic
- 1 yellow onion
- 1 can (28 oz) crushed tomatoes
- ½ tbsp smoked paprika
- 1 tsp ground cumin
- ½ tsp dried oregano
- 1/8 tsp red pepper flakes
- 1 can (15 oz) cannellini beans
- 3-4 large eggs
- Black pepper
- Salt
- Handful fresh parsley, chopped
- 2 oz feta, crumbled
- Crusty bread

Directions

1. Mince the garlic and finely dice the onion. Cook both in a large deep skillet with olive oil over medium heat until the onions are soft and transparent (about 5 minutes).
2. Add the canned tomatoes and the smoked paprika, cumin, oregano, red pepper flakes, and black pepper. Stir to combine.
3. Allow the sauce to come to a simmer. Let the sauce simmer, stirring occasionally, for 5-7 minutes, or until it has thickened slightly. Add approximately 1/4 tsp salt, then taste the sauce and adjust the salt or other spices to your liking.
4. Drain the white beans, add them to the sauce, and stir to combine. Allow the skillet to return to a simmer. Simmer for 2-3 minutes more.
5. Crack three to four eggs into the skillet, then place a lid on top and let them simmer for 5 minutes, or until the whites are set but the yolks are still soft.



MUJADARA

Recipe submitted by Bethany Neumann (YOTO Director of Development)

Ingredients

- 1 cup brown lentils
- 1 cup rice
- 3 large onions
- Olive oil
- Salt

This dish is super simple and super inexpensive to make! I learned it from my high school French teacher, Mr. Fadel, who was from Lebanon. He was a great French teacher, but he also taught me some Arabic and apparently, a little bit about cooking.

Directions

1. Put the rice in a bowl. Add water to just barely cover it and leave to the side to soak.
2. Start the onions!
 - a) Cut all three onions into thin slices.
 - b) Put them in the saucepan with plenty of olive oil.
 - c) Start caramelizing like a boss! Cook the onions on high heat until they're nice and hot. Then reduce to medium and put a lid on it!
 - d) Check in every 5 minutes or so and give them a stir.
 - e) Your goal: dark brown, almost crispy onions. This takes 30 - 40 minutes.
3. Once your onions have started cooking, put the lentils in a pot with 5 cups of water.
4. Bring the lentils to a boil, then turn the stove down to medium, cover them, and cook for about 15 minutes. Check / stir periodically to make sure they aren't getting mushy.
5. Check your lentils to make sure they're close to done, then toss in your rice. Add salt to taste. Stir, cover, and cook for another 10 minutes. Stir occasionally.
6. By now, your onions should be getting close to done. Take about 1/3rd of them and add them to your lentils and rice in the pot. Keep cooking for another 10 minutes. Stir occasionally.
7. When your onions are almost done, add the remainder of the olive oil that's left in the saucepan to the lentils & rice pot.
8. Finish caramelizing the rest of the onions.



Serving Suggestions

Mujadara is really filling. Place about 1 cup on a small plate in a mound. Take some of the caramelized, crispy onions and add them on top. Some people put a LOT of onions on their mujadara. It's really up to you.

My cat also likes when I add yoghurt to our food. (It is "our" food because she will inevitably eat some of mine.) Greek yoghurt is the easiest to find and works well.

I also like to occasionally add raisins to mujadara. There's nothing normal about that, but who cares? Add whatever YOU want to make it tasty!



RUSTIC CHICKEN PICATTA

MEATBALLS

Recipe submitted by Rachel Pollack
(YOTO Development & Marketing Coordinator)

Meatball Ingredients

- ¼ cup grated parmesan
- 4 cloves minced garlic
- 1 tbsp lemon zest
- ¾ cup panko breadcrumbs
- 1 large egg
- 1/3 cup chopped parsley (plus more)
- 1¼ pounds ground chicken (or turkey)
- 1 teaspoon salt + ½ teaspoon pepper

Sauce Ingredients

- 4 tbsps cold butter, cubed
- 3 cloves minced garlic
- 1 tbsp all-purpose flour (scant)
- 1½ cups low sodium chicken broth
- ¼ cup capers (plus 2 tsp caper brine)
- ¼ cup fresh lemon juice



Directions

1. Make the meatballs. In a medium bowl, using a fork, mix together all the ingredients except the ground chicken. When the ingredients are combined, add the ground chicken and mix until *just* combined. Just be sure you don't overwork the meat. Roll into 20-22 meatballs using a cookie scoop or about 1½ tablespoons each.
2. Heat a large skillet over medium-high heat. Drizzle in a little oil. Add the meatballs to the skillet but do not overcrowd. Cook in batches if they don't all fit. Sear the meatballs for 4-5 minutes, flipping to brown all sides evenly. We'll finish cooking the meatballs through in the sauce later. Remove meatballs to a plate.
3. Let's make the sauce! Add 1 tablespoon of butter to the skillet along with the garlic and cook for 30 seconds or until fragrant. Add the flour and whisk. Once the flour cooks for 30 seconds, slowly drizzle in the chicken broth with one hand while you continue to whisk with the other hand. Add the caper brine, capers, lemon juice, and allow the sauce to reach a simmer. Then, add the meatballs reduce the heat to medium and let thicken, about 5-7 minutes. Lower the heat to low, add the remaining 3 tablespoons of butter and allow them to slowly melt into the sauce as you stir. The butter will help thicken the sauce further. Serve with additional chopped parsley on top if desired.

Serve over pasta or with a side of toasted bread like ciabatta. For a healthier option, serve over zoodles or zucchini slices.



CHICKEN RITZ

Recipe submitted by Candice Treftz (YOTO Lead Finance & Operations Coordinator)

Ingredients

- 1 small whole fryer or rotisserie chicken (or 2-3 large chicken breasts) cooked, deboned, and shredded)
- 1 regular can cream of chicken soup
- 1½ cup sour cream
- Garlic powder, salt and pepper to taste
- 1-2 sleeves of Ritz crackers
- 4-8 tbsps butter, melted



Directions

1. Preheat oven to 350°F.
2. Mix soup, sour cream and chicken in bowl and season to your liking. Pour mixture in bottom of 9 x 13 inch deep baking dish. Crush Ritz crackers and mix with melted butter (1 sleeve with 4 tbsps butter works, but for more crunch use 2 sleeves and 8 tbsps butter).
3. Cover chicken mix with Ritz crackers.
4. Bake for 30 min. Remove from oven and serve.



CALYPSO RICE

Recipe submitted by Nita Choosingsh
(YOTO Development Manager, Annual Giving)

Ingredients

- 2 tbsp vegetable oil
- 1 clove garlic, crushed
- ½ cup carrot, coarsely shredded or diced
- ½ cup celery, diced
- ½ cup sweet pepper, thinly sliced
- 2 cups parboiled rice
- 4 cups broth (vegetable or chicken)
- 1 tsp salt or to taste
- Black or hot pepper to taste

Directions

1. Heat oil in a heavy bottomed pot.
2. Add garlic, brown for about 1 minute or less until fragrant, and remove from oil.
3. Add carrot, stirring continuously for 2-3 minutes.
4. Add celery, sweet pepper and then rice; toss for 1 minute.
5. Add broth, salt, and pepper and bring to a boil.
6. Cover and allow to simmer for about 25-30 minutes or until rice is tender and liquid is absorbed. Fluff with fork before serving.

Pro-tip: Add about a tablespoon or two of butter to make it a little more delicious. Calypso rice can be eaten on it's own or accompanied with barbecue chicken..

Calypso Rice is a Trinidadian dish that we eat more often during the holidays. This particular recipe reminds me of the way my grand-aunt would make it. She is vegetarian so she'd use vegetable broth instead of chicken broth, but you can make it either way and it would still be yummy!

SCALLOPED CORN

Recipe submitted by Juliet Andreu (YOTO Volunteer)

I grew up on this recipe. I still make it for every Thanksgiving and Christmas. It's a great potluck dish. You can add a can of drained diced green chiles or some cheese as variations.

Ingredients

- 1 can whole kernel corn, 1 drained
- 1 can creamed corn
- 1 package Jiffy cornmeal muffin mix
- 1 egg
- ½ cup (1 stick) butter
- 8 oz sour cream
- Minced onion (fresh or dried) to taste

Directions

1. Mix all ingredients together and bake for 45 minutes to an hour at 350°F.
2. It's done when you can put a knife in the center of the dish and it comes out clean.



(Lacto-vegetarian)

TORTILLA BLACK BEAN CASSEROLE

Recipe submitted by Lynn Davis (YOTO Volunteer)

When I lived in Appleton WI, I took a turn as President of the board for a non-profit called A Better Chance. I attended a conference for leaders of public school programs in Boston. The leader served this recipe as a side dish to barbequed chicken. Luckily she shared! It has been one of my favs ever since! You can learn more about ABC at abetterchance.org.

Ingredients

- 2 cups chopped onion
- 1½ cups green pepper, chopped
- 1 can (14oz) chopped tomatoes
- ¾ cup enchilada sauce
- 2 cloves minced garlic
- 2 tsp ground cumin
- 2 cans (15oz each) black beans, drained
- 12 6" corn tortillas
- 2 cups shredded Monterey Jack Cheese
- 2 medium diced tomatoes
- Optional garnishes: olives, green onion, sour cream, lettuce

Directions

1. Simmer first 6 ingredients for 10 min; add beans.
2. In a 9×13 inch pan, layer:
 - 1/3 beans,
 - 1/2 tortillas,
 - all diced tomato
 - 1/2 cheese
 - 1/3 beans
 - 1/2 tortillas
 - 1/3 beans
 - remaining cheese
3. Bake at 350°F for 35 min; let rest 10 min.
4. Garnish and serve!

Variations I use:

- Picante or salsa sauce instead of enchilada sauce
- 10" Mission spinach tortillas instead of 6" corn tortillas.



KOLLAR'S TUNA CASSEROLE

Recipe submitted by Patricia Kollar (YOTO Volunteer, Supporter, & Legacy Donor)

Years ago, my late husband Pete and I created a cookbook of our own - the Kollar Collection - to share with friends and family. It was filled with recipes we loved. This recipe, of course, just had to be included as it was one of our own and was often requested by others.

I hope you enjoy it!

Ingredients

- 3 cups (6 oz) medium noodles, uncooked
- 1 can (7 oz) tuna, drained
- ½ cup Miracle Whip
- 1 cup celery, sliced
- 1/3 cup onion, chopped
- ¼ cup green pepper, chopped
- ¼ cup pimento, chopped
- ½ tsp salt
- 1 can (10.75 oz) cream of celery soup, undiluted
- ½ cup milk
- 1 cup cheddar cheese
- ½ cup slivered almonds or crushed potato chips

Directions

1. Cook and drain noodles.
2. Combine tuna, celery, Miracle Whip, onion, green pepper, pimento, and salt.
3. On the stove in a saucepan, mix cream of celery soup and milk and heat through. Add cheese; stir until melted. Add cooked noodles.
4. Pour into a greased 2-quart baking dish, top with almonds or crushed potato chips.
5. Bake uncovered at 425°F for 30 minutes.



BREADS



MONKEY BREAD

Recipes submitted by Marissa Washington (YOTO Senior Grants Manager)

Bread Ingredients

- 2 loaves frozen bread dough
- 1 box instant pudding (Butterscotch or Vanilla)
- 2 tbsps milk
- 1½ tps cinnamon
- ½ cup butter

Frosting Ingredients

- 2 tbsps milk
- 2 tbsps melted butter
- 1 drop of vanilla
- 1 cup or so of powdered sugar (to desired consistency)

Directions

1. Thaw bread partially – break off chunks and place into 9 x 13 inch pan. Mix remaining ingredients and pour over dough. Allow dough to rise approximately $\frac{3}{4}$ way up pan. (If your kitchen is cooler, you can allow dough to rise in the oven at a low-temp, e.g., 200°F, but watch it.)
2. Bake for 15-20 minutes at 350°F. Allow to cool in pan.
3. While bread is cooling, make frosting by mixing milk, butter, vanilla, and powdered sugar together. Once bread is cooled, frost and enjoy!



A breakfast treat my grandmother always had ready when us grandkids came to visit. Many Monkey Bread recipes are baked in a bundt pan, but our family always prepared in a rectangle pan. A weekend morning treat.

CHALLAH

Recipe submitted by Rachel Kahn
(YOTO Program Coordinator)

Challah is the bread that you can find at almost any Jewish holiday and during the Sabbath. Although Challah can come in different forms, the most common is braided Challah. Growing up, I would usually make challah for my family during the High Holidays (usually refers to Rosh Hashanah and Yom Kippur).

Ingredients

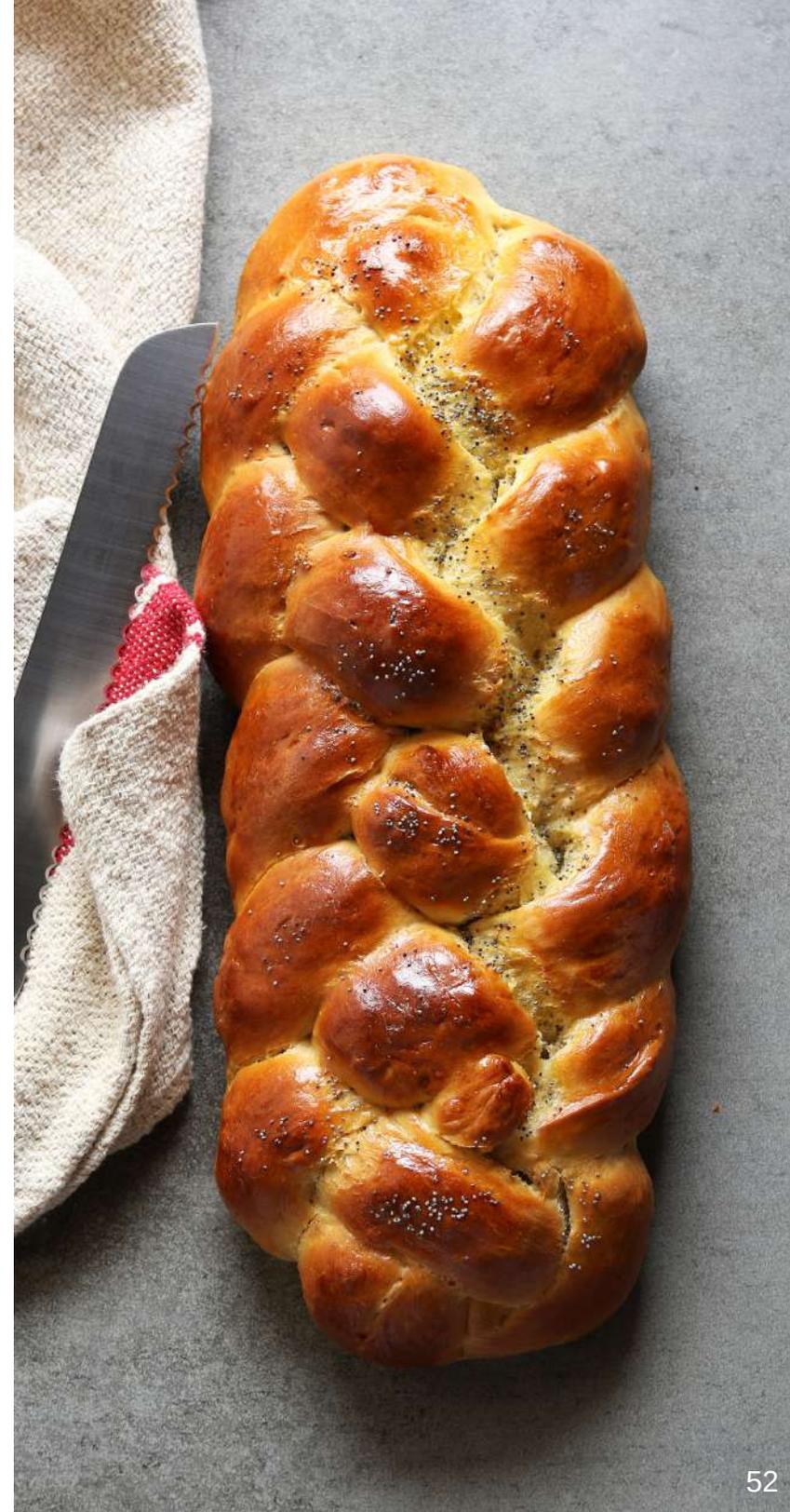
- ½ cup (118 ml) fresh orange juice at room temperature (from about 2 medium oranges)
- 1 packet active dry yeast (equivalent to 2¼ tsps, ¼ oz or 7 g)
- ⅓ cup (78 ml) olive oil
- 3 large eggs, at room temperature
- 1 large egg yolk, at room temperature
- 3 tbsps (37 g) sugar
- 1 tsp kosher salt
- ¼ to ½ tsp grated orange or lemon zest, to taste (optional)
- 3-3½ cups (360 to 420 g) bread flour, plus more for kneading dough

Directions

1. In the bowl of an electric mixer, combine orange juice and 1 tablespoon water. Sprinkle yeast over top and let sit until frothy, about 5 minutes.
2. Add oil, 2 eggs, 1 yolk, the sugar, the salt and the zest, if using, and beat with a dough hook until just combined. Add in flour, 1 cup/125 grams at a time, until dough comes together into a sticky mass. You may or may not use all of the flour, so at the end, add it gradually. The dough should come away from the sides of the bowl but not be at all stiff. You're looking for a slightly sticky, soft dough.
3. Transfer dough to floured work surface and knead until smooth, about 5 minutes. Transfer to an oiled bowl and turn the dough over. Cover bowl with a clean dish towel and let rise in a draft-free place until doubled, about 1½ to 3 hours, depending on the temperature in your kitchen. (It may take longer in colder kitchens.) Press down dough to expel all the air, cover bowl, and let rise for another 45 minutes.
4. In a small bowl, make egg wash by combining the remaining 1 egg with 1 teaspoon water. To make a classic braided challah, cut dough into three equal pieces and roll them each into ropes 12 inches long. Or, to make a braided round loaf, cut dough into six equal pieces and roll them each into thinner ropes 12 inches long.

5. Braid the challah: If you are making a classic challah with three ropes, just braid them into a loaf, tucking the edges under. To braid it into a round loaf, first lay three ropes parallel to one another on the work surface, leaving 1 inch between them. Take one of the remaining ropes and hold it perpendicular to the three ropes, across the center. Weave that rope through the three ropes, as if you were creating a lattice for a pie; leave the edges free. Repeat with remaining two ropes. The resulting shape should look somewhat like a pound or number sign, but with a woven center. Then, starting from the ends of the three ropes closest to you, braid the loose edges of the ropes and pinch the ends together. Repeat with the remaining ends of the ropes; you should end up with a lattice in the middle with 4 braids radiating out from it. Tuck the braids underneath the lattice to create a round loaf, place on a small rimmed baking sheet, then brush with egg wash. Let rise uncovered for 45 minutes.

6. Meanwhile, heat oven to 375°F with a rack in the middle. Gently brush a second coat of egg wash on the dough, then bake for 25 to 35 minutes, until challah is a deep rich brown and the bottom sounds hollow when tapped. (When it starts smelling like freshly baked bread, start checking.) Cool on a wire rack before serving.



PUMPKIN BREAD (MINI LOAVES)

Recipe submitted by Candice Treftz (YOTO Lead Finance & Operations Coordinator)

Ingredients

- 2 cups flour
- ½ cup oil
- 2 tsps cinnamon
- ½ cup sugar
- ½ tsp ginger
- ½ cup brown sugar (packed)
- ¼ tsp nutmeg
- 2 large eggs
- ¼ tsp cloves
- 2 tsps vanilla extract
- 1 tsp baking soda
- 2 medium overripe bananas, mashed
- ¼ tsp salt
- 1 cup pumpkin puree

Directions

1. Preheat Ove to 350°F.
2. Grease and flour (or use Baker's Joy) four mini loaf pans.
3. Mix together flour, cinnamon, ginger, nutmeg, cloves, baking soda, and salt in a medium bowl and set aside.
4. In mixer (or large bowl) whisk together oil, sugars, eggs and vanilla until smooth.
5. Mix/Stir mashed bananas and pumpkin into wet ingredients until well blended.
6. Slowly add in flour mixture to wet ingredients (If using a stand mixer, use slow speed until complete mixed in. If not, use a spatula to mix in the dry ingredients).
****You can add in nuts at this point if you like****
7. Pour mix evenly into 4 mini loaf pans. (You can use one large 9 x 5 inch loaf pan if you prefer, but it will take longer to bake and it is harder to share).
8. Bake for 25-30 minutes and check with toothpick. If toothpick is still wet, bake an additional 5 minutes at a time until toothpick is dry. Bread may stick to the toothpick because it is very moist, but shouldn't be runny!





DESSERT



CHEWY CHOCOLATE CHIP COOKIES

Recipe submitted by Nita Choonsingh (YOTO Development Manager, Annual Giving)

Ingredients

- 1½ cups flour
- 1 tsp baking powder
- ¼ tsp salt
- 1 stick of cold butter (½ cup)
- 1 cup brown sugar
- 1 tbsp maple syrup (avoid artificial table syrup)
- 1 egg
- 1 tsp vanilla
- 1 cup chocolate chips



Who doesn't love a freshly baked chocolate chip cookie? I'm so happy to share my favorite chewy chocolate chip recipe with a secret ingredient that reminds me of being back home in Canada where I grew up (after immigrating from Trinidad) - real maple syrup! It's a little unorthodox, but the syrup adds depth and warmth that you'd never get in a store-bought cookie. These are SO easy to make! Enjoy!

Directions

1. Preheat your oven to 375°F. In one bowl, whisk the flour, salt and baking powder together and set aside. Cut the cold butter into chunks, this will make the next step much easier. Cream the cold butter and sugar together by beating them until they are smooth either by hand (a firm silicone spatula is recommended), or with a hand mixer, or in a stand mixer. Add the maple syrup, egg and vanilla and continue beating until well combined. Scrape down the bowl and gradually add the flour mixture, beating just until combined. Stir in the chocolate chips with a spoon or your silicone spatula.

2. Using a spoon, scoop out a ball of the dough and drop onto a lightly greased cookie tray. Flatten slightly with your fingers. Repeat leaving lots of room in between the balls for the cookies to expand. Bake for exactly 12 minutes. Cool for two minutes on the cookie sheet then remove and cool further on a wire rack. Seal in an airtight container. Makes about 12-15 cookies depending on how big you choose to make them.

KRINGLA

Recipe submitted by Marissa Washington (YOTO Senior Grants Manager)



Always made at our annual cookie bake day, this Norwegian cookie celebrates our family's heritage and has always been one of my favorites. It's simple, bready, licorice-y, slightly sweet, and always reminds me of my family from afar.

Ingredients

- 1 cup sugar
- 1 cup buttermilk
- 2 tsps baking powder
- 3½ cups flour
- ½ cup shortening
- 1 egg
- 1 tsp soda
- Pinch of salt
- 2 tsps anise extract (or desired amount)

Directions

1. Mix all ingredients together and refrigerate 4 hours or overnight. Dough will be sticky. On a floured board, roll out into a log approximately ½ inch thick and 5 inches or so in length. Shape into a figure 8 or pretzel. Place on cookie sheet and bake for approximately 6 minutes at 375°F. Remove and immediately place under the broiler briefly to brown on top keeping an eye on them in the oven.

GOLD RUSH BROWNIES

Recipe submitted by Elizabeth Slater (YOTO CEO)

Ingredients

- ½ cup chocolate chips
- ½ cup chopped walnuts
- 2 cups graham cracker crumbs (crush graham crackers in a Ziploc bag)
- 1 can sweetened condensed milk

Directions

1. Grease an 8-inch square pan, line with parchment paper, and grease again.
2. Mix all four ingredients in a bowl and stir.
3. Spoon batter into the pan and pat it down flat.
4. Bake at 350 degrees for 30 minutes.
5. Cool for 30 minutes in pan, peel off paper, and cut into bars.
6. Optional: Dust with powdered sugar for a final touch!

I love baking! Desserts are so fun, and this is the easiest dessert I've ever made - there are only four ingredients! Plus it's super delicious.



TWIX BLONDIES

Recipe submitted by Diana Peel (YOTO Volunteer)

Ingredients

- ¾ cup butter, melted
- 2 cups light brown sugar
- 3 eggs
- 2 tsps vanilla
- 2 tsps baking powder
- 1 tsp flaked (or coarse) sea salt
- 2½ cups all purpose flour
- 30 mini Twix bars coarsely chopped
- 1 cup semi-sweet chocolate chips
- Optional – more flaked sea salt for sprinkling

Directions

1. Preheat oven to 350°. Line a 9 × 13 inch baking pan with foil or parchment paper and coat with nonstick spray. Set aside.
2. Combine the butter and brown sugar in a bowl either with a wooden spoon or in a stand mixer fitted with the paddle attachment on low speed. Add in the eggs, vanilla, baking powder and salt and mix until smooth.
3. Add the flour and mix until just combined either with wooden spoon or in the stand mixer on low.
4. Stir in the Twix and chocolate chips until evenly incorporated.
5. Spread batter into prepared pan and bake 25-30 minutes until the edges are set and the center is almost set.
6. Cool completely before cutting into bars. Sprinkle with additional flaked sea salt if desired.



CHINESE NEW YEAR COOKIES

Recipe submitted by Jeanine Clark Hixon (YOTO Volunteer)

Ingredients

- 2 pkg (12 oz) semi-sweet chocolate chips
- 1 pkg (12 oz) butterscotch chips
- 2 cans (5 oz) Chow Mein noodles (they are crispy)
- Optional: salted Spanish peanuts to taste

Directions

1. Slowly melt chips in medium sauce pan on medium low heat. Stir frequently.
2. When chips are all melted, slowly add noodles, stirring gently till all noodles are covered. (Add peanuts if desired)
3. Spread a piece of wax paper and using a tablespoon, drop the cookies on the wax paper. Stir occasionally so the chocolate doesn't drip to the bottom of the pan.
4. Let cool. Ok to use wax paper to separate layers if you want to put in refrigerator.



3-2-1 CAKE

Recipe submitted by Patricia Kollar (YOTO Volunteer, Supporter, & Legacy Donor)

Another recipe from the Kollar Collection. With just three ingredients, this is one of the quickest and easiest dessert recipes you'll ever make!



Ingredients

- 1 box angel food cake mix
- 1 box cake mix - any flavor
- 2 tbsps water
- Optional toppings: frosting, whipped cream, sprinkles, or fruit.

Directions for one serving

1. In a one-gallon size Ziploc or self-seal plastic bag, combine both cake mixes, seal and mix well.
2. To make a cake, mix 3 tablespoons of cake mix and 2 tablespoons of water. Put the batter into a small bowl or cup that has been sprayed with cooking spray. Heat in a microwave oven for 1 minute. Finish with optional toppings of your choice.
3. Store remaining dry cake mix in a sealed bag until additional cakes are desired.

Note: One of the cake mixes **must** be angel food because eggs in the angel food cake are required for the cake to bake properly.

ONE BOWL BANANA BREAD

Recipe submitted by Nancy Strauss (YOTO Supporter, Former Board Member, Donor)

Ingredients

- 6 ripe bananas
- 2/3 cup butter
- 1 cup light brown sugar
- A drizzle of maple syrup if so desired
- 2 large eggs
- 2 tsps vanilla extract
- 2 tsps baking soda
- 2½ cups flour
- ½ cup chocolate chips (mini)

Directions

1. Mash bananas. Add very soft butter. Add sugar, eggs, vanilla, baking soda, flour, and optional maple syrup. Mix until smooth. Add in the chocolate chips and combine.
2. Pour into three greased loaf pans, about 8" long. Bake at 350°F for about 50 minutes.
3. Cool completely and serve or freeze.







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