



plus stories from
the kitchen and beyond.

Amish Yumazuti

Prep Time: 30 Minutes

Cook time : 1 hour

Servings: Feeds 4 with leftovers for the next day

- 1 pound ground beef
- 1 onion chopped
- 3/4 cup chopped celery
- 1 tablespoon minced garlic
- 1/4 cup shredded Cheddar cheese
- 1 (14.5 ounce) can stewed, diced tomatoes
- 1 (12 ounce) package uncooked egg noodles
- 1 (10.75 ounce) can condensed cream of chicken soup

Directions

1. Preheat the oven to 350 degrees F (175 degrees C).
2. Place noodles in a pot of lightly salted boiling water, and cook until al dente - about 8 minutes. Drain and set aside.
3. Cook ground beef, onion, celery and garlic in a skillet over medium heat until meat is evenly browned. Drain off excess grease.
4. Butter a 9x13 inch baking dish. Place half of the cooked noodles in the bottom of the dish. Cover them with half of the meat mixture, then half of the tomatoes. Spoon half of the cream of chicken soup over the tomatoes, then sprinkle half of the shredded cheese. Repeat layers, ending with cheese on top.
5. Bake for 1 hour in the preheated oven, or until cheese is browned and bubbly. Let stand for 10 minutes to set before serving.

About This Recipe

I was looking for something to feed the family and thought I would try this recipe.

It turned out to be so good and such a hit that it has become a family favourite and a regular on the table.

It was so well received that my daughter who is a picky eater asked when I am going to make it again.

Old Fashioned Homemade Baked Beans

Our Thompsons classic homemade baked beans recipe is back by popular demand!

This easy recipe made from scratch is delicious, nutritious and will soon become your family favorite.

Make a batch or two and freeze the rest for quick summer bbq meals.

Serves: 8

Ingredients

2 cups (454 g) Thompsons White Pea Beans
5 cups (1.18 L) cold water
1 medium onion, sliced
1½ tsp. (7 ml) salt
2 tsp. (10 ml) cider vinegar
1 tbsp. (15 ml) brown sugar
½ tsp. (2ml) prepared mustard
¼ cup (60 ml) Crosbys/Grandma Fancy Molasses
½ cup (125 ml) tomato ketchup (no salt added ketchup)
Pinch black pepper
¼ lb. (100 g) lean pork or low salt bacon, sliced

Directions

Sort and rinse beans. SOAK BEANS OVERNIGHT in cold water. Drain. Add 5 cups cold water, cover, heat to boiling, then simmer 30 minutes or until nearly tender. Drain. Place onion slices on bottom of 6-cup flameproof casserole dish. Add remaining 7 ingredients in with the beans, stirring gently to combine, then pour entire mixture into casserole dish. Add enough water to cover mixture, and place sliced lean pork on top. Cover with lid and bake in oven at 250°F for 7 hours. When beans are tender, remove 1 cup of beans, mash, then stir back into pot carefully. Cover and continue to bake. Add water as needed to keep beans covered. One hour before serving, remove cover to darken up the beans. Salt to taste.

Good
Wholesome
dinners

About This Recipe

My husband loves baked beans (the rest of the family isn't as happy when he eats them) but to satisfy his craving I will make a batch and these are the best tasting ones ever.

They are an especially nice thing to cook on a cold fall day.

Nutrition

Energy 354 kcal, Fat 13 g, Carbohydrates 47 g, Protein 13 g, Fibre 9.5 g
(per serving)

Custom Suggestions for Diabetics

Mine is the same as the (original) Thompsons Old Fashioned Baked Bean recipe without the molasses and ketchup.

I add 2 tbsp. of brown sugar OR 1/2 cup maple syrup to my recipe.

I add all the same ingredients such as a medium onion, cider vinegar, dry mustard, salt and pepper; and a small piece of lean salted pork and 1/2 cup water.

Mix and pour into a roasting pan and add water up to bean level and bake at 250-300°F until soft. 6-7 hours.

My husband is diabetic and my recipe is not as sweet and we get the fibre we like from homemade baked beans.

Pat in New Brunswick

Chocolate Chip Cookies

Prep Time: 5 Minutes

Servings: 4 Dozen Cookies

- 1 1/2 cups brown sugar, firmly packed
- 1 cup granulated sugar
- 2 sticks butter
- 2 teaspoons vanilla
- 2 eggs
- 3 cups flour
- 1 teaspoon salt
- 1/2 teaspoon baking soda
- 1 1/2 ounce package semi-sweet choc. chips

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