

# 2. Salads, Sauces, and Soups

- [Salads](#)

- [Pink Stuff](#)
- [Authentic Watergate Salad](#)
- [Strawberry Salad](#)
- [Blueberry Salad](#)
- [Cranberry Salad](#)
- [Mexican Salad](#)
- [Taco Salad](#)
- [Strawberry & Spinach Salad](#)
- [Oriental Spinach Salad](#)
- [Broccoli Salad](#)
- [Cauliflower and Broccoli Salad](#)
- [Bok Choy Salad](#)
- [Cherry Salad](#)
- [Cornbread Salad](#)
- [Macaroni Salad](#)
- [Fumi Salad](#)
- [Old Fashion Coleslaw](#)
- [Fruit Salad](#)
- [Waldorf Salad](#)

- [Sauces](#)

- [Tomato Sauce for Pasta](#)
- [Pesto Sauce](#)

- [Ceasar Dressing](#)
- [Jackson's Dressing](#)
- [Tomato and Mozzarella Salad Dressing](#)
- [Cheese and Garlic Dressing](#)
- [Blue Cheese Dressing](#)

- [Soups](#)

- [Mexicali Soup](#)
- [Taco Soup](#)
- [Broccoli Cheese Soup](#)
- [Cheese Soup](#)
- [Cream of Carrot Soup](#)
- [Taco Soup](#)
- [Taco Soup](#)

# Salads

Salads

# Pink Stuff

*Contributor: Janet Hert*

## Ingredients

- 1 can Eagle Brand milk
- 1 large Cool Whip
- 1 can cherry pie filling
- nuts
- 1 can crushed pineapple

## Directions

1. Mix together all ingredients.

# Authentic Watergate Salad

*Contributor: Jon Grose*

## Ingredients

- 1 pkg instant pistachio pudding mix (4 oz)
- 1 can crushed pineapple with juice (20 oz), undrained
- 1 cup miniature marshmallows
- 1/2 cup crushed pecans
- 1 3/4 cup non-dairy whipped topping

## Directions

1. Stir pudding mix, pineapple with juice, marshmallows, and nuts in a large bowl until well blended.
2. Gently stir in whipped topping.
3. Refrigerate one hour or until ready to serve.

Salads

# Strawberry Salad

*Contributor: Kim Hert*

## Ingredients

- 1 can strawberry pie filling
- 1 can coconut
- 1 can Eagle Brand milk
- 1 cup miniature marshmallows
- 1 Cool Whip (8 oz)
- 1 small can crushed pineapple, drained

## Directions

1. Mix all ingredients together in a bowl. Cover and refrigerate overnight.

# Blueberry Salad

*Contributor: Connie Hert Campbell*

Everyone's request at the holidays.

## Ingredients

- 1 pkg raspberry Jello, small
- 1 can crushed pineapple, small (drain, but save the juice)
- 1 can blueberries (drain, but save the juice)
- 1 cup boiling water
- 3/4 cup combined juices (from pineapple and blueberries)
- 1 envelope Dream Whip
- 1/2 cup chopped pecans

## Directions

1. Dissolve Jello in boiling water, then add juices. Set in refrigerator until soupy.
2. Add berries and pineapple. Cool in refrigerator until partially set.
3. Whip topping per directions and fold into mixture.
4. Fold in nuts.
5. Pour into mold or glass bowl and chill.

Salads

# Cranberry Salad

*Contributor: Ruby Buergey*

## Directions

1. 2 small, or 1 large, pkg raspberry Jello (mix with just one cup boiling water per package)
2. To this add these ingredients:
  1. 1 pkg cranberries (12 to 16 oz), run through blender
  2. 3 1/2 cups sugar (1 cup may be enough for some people)
  3. 1 can crushed pineapple (juice too)
  4. 1 cup nut meats
3. Stir occasionally while setting to keep ingredients mixed.



Salads

# Mexican Salad

*Contributor: Trudy Hert Duke*

## Ingredients

- 1 head lettuce
- 1 lb cheddar cheese, grated
- 1 can Ranch Style beans (15 oz)
- 2 tomatoes, diced
- 1/2 onion, finely chopped
- 1/4 bottle Kraft Catalina Dressing
- 1 large bag Fritos

## Directions

1. Add all ingredients in a large salad bowl.

# Taco Salad

*Contributor: Donna Jean Mercer, Dana Still*

Definitely a favorite, this recipe was submitted by two families.

## Directions

- Layer in the following order:
  - 1 - 1 can of drained Ranch Style Beans
  - 2 - 1 small onion (chopped)
  - 3 - 4 small tomatoes (chopped)
  - 4 - 1 head of lettuce (chopped)
  - 5 - 1/2 lb of grated cheddar cheese
  - 6 - 1 lb bacon (fried crisp and crumbled)
- Add the following right before serving:
  - 1 bottle of Catalina dressing
  - 1 pkg Fritos (small - 10 oz size)

# Strawberry & Spinach Salad

*Contributor: Donna Jean Mercer*

Very good and colorful too. Red and green, be sure to use a clear bowl.

## Ingredients

- 1 pkg fresh spinach (12 oz)
- 1 qt fresh strawberries
- 1 tbsp poppy seeds
- 2 tbsp sesame seeds
- 1/3 tsp paprika
- 1/2 cup sugar
- 1/4 cup vinegar
- 1/2 cup salad oil

## Directions

1. The last 6 ingredients can be mixed together and let chill in refrigerator for 2-3 hours.
2. Wash and dry spinach, tear into pieces.
3. Clean strawberries and slice.
4. Pour dressing (last 6 ingredients) over strawberries and spinach when ready to serve.

# Oriental Spinach Salad

*Contributor: Debra Hert Grose*

I got this recipe from the Home Economics class when I taught at Nichols Junior High.

## Ingredients

- 1 can bean sprouts (16 oz)
- 1 lb fresh spinach
- 1/2 cup salad oil
- 1/4 cup soy sauce
- 2 tbsp grated onion
- 2 tbsp sesame seeds (toasted in oven, 350 degrees)
- 2 tbsp lemon juice
- 1/2 tsp sugar
- 1/2 tsp pepper
- 1/4 to 1/2 cup water chestnuts, thinly sliced

## Directions

1. Soak bean sprouts, drained, in cold water for several hours. When crisp, drain thoroughly.
2. Wash spinach, dry leaves and chill.
3. In small bowl combine oil, soy sauce, onions, sesame seeds, lemon juice, sugar and pepper. Let dressing stand for 1 hour or more.
4. Tear spinach in large pieces and place in large salad bowl. Top with bean sprouts and water chestnuts. Pour dressing over the salad and toss thoroughly.

Salads

# Broccoli Salad

*Contributor: Evelyn Hert*

Yum! Yum! This is a Weight Watchers' recipe, each serving is 2 points.

## Ingredients

- 3/4 cup non fat mayonnaise
- 3 tbsp sugar
- 1 tbsp red wine vinegar
- 1 head broccoli, cut into florets
- 1 red bell pepper, chopped
- 1 red onion, chopped
- 6 slices bacon cooked and chopped
- 1/4 cup pecans

## Directions

1. Combine the first three ingredients in a bowl and mix well. Cover and refrigerate overnight.
2. Combine the remaining ingredients in a large bowl. Stir in dressing to combine and pour over salad. Toss to coat well.
3. Refrigerate 1-3 hours before serving.

Salads

# Cauliflower and Broccoli Salad

*Contributor: Rita Hallett*

## Directions

- 1 head cauliflower
- 2 bunches broccoli
- 1 bell pepper
- 1 red onion
- Dressing
  - 1 cup mayonnaise
  - 1/2 cup sour cream
  - 1/2 cup sugar
  - 1/2 cup wine vinegar
  - dash of Worcestershire sauce
  - salt to taste

# Bok Choy Salad

*Contributor: Lisa Buergey Taylor, Ruby Buergey*

Submitted by two family members... it must be really good!

## Ingredients

- 1 bunch bok choy, shredded
- 6 green onion, chopped
- 2 pkg ramen noodles (throw out flavor packets)
- 3 tbsp slivered almonds
- 1/4 cup sunflower seeds
- 1/4 cup olive oil
- 1/4 cup cider vinegar
- 1/2 cup sugar
- 2 tbsp soy sauce

## Directions

1. Mix cabbage and green onion - set aside.
2. Crumble ramen noodles, sunflower seeds and almonds - spread on cookie sheet and bake 8-10 at 350 degrees.
3. Bring sugar, oil, vinegar and soy sauce to boil in saucepan over medium heat. Remove from heat. Cool.
4. Serve bowl of greens, drizzle mixture, top with crunchy noodle mixture.

Salads

# Cherry Salad

*Contributor: Viola Carder*

## Ingredients

- 1 can cherry pie filling
- 1 can crushed pineapple, drained
- 1 can Eagle Brand milk
- 1 large Cool Whip
- 1 cup coconut
- pecan & red food coloring, optional

## Directions

1. Combine and serve.



Salads

# Cornbread Salad

*Contributor: Donna Jean Mercer*

Wonderful - doesn't sound like it, but it is!

## Ingredients

- 2 boxes Jiffy cornbread muffin mix - mix as directed on box
- 1 fresh tomato, cubed
- 2 green peppers, chopped
- 1 purple onion, chopped
- 2 stalks celery, chopped
- 1 cup mayonnaise
- 2 tbsp prepared mustard

## Directions

1. Mix mayonnaise and mustard together. Then mix with the above ingredients.
2. Mix well, serve. Tastes better if you let it set in the refrigerator overnight and serve good and cold.

Salads

# Macaroni Salad

*Contributor: Donna Jean Mercer*

Makes a large amount and is very good!

## Ingredients

- 1 lb large shell macaroni, cooked
- 1 cup mayonnaise
- 1 cup sugar
- 1 cup vinegar
- 2 cup cheddar cheese, grated
- 1 cup carrots, grated
- 1 bell pepper, chopped
- 1 bunch green onion, chopped
- 1 can Eagle Brand milk

## Directions

1. Mix together: mayonnaise, sugar, vinegar, and Eagle Brand milk.
2. Add other ingredients to macaroni and then mix all together. You can make this the day before.

# Fumi Salad

*Contributor: Debra Hert Grose*

## Ingredients

- Salad
  - 1 pkg premade cole slaw (16 oz)
  - 1 bunch green onion
  - 2 pkg Chicken Sesame Top Ramen
  - 1 pkg shaved almonds (roast)
  - 1/2 pkg sesame seeds
- Dressing
  - 1 cup oil
  - 4 tbsp sugar
  - 6 tbsp vinegar
  - salt
  - pepper
  - seasoning packets from Top Ramen

## Directions

1. Combine ingredients. Salad is best if prepared right before serving.

Salads

# Old Fashion Coleslaw

*Contributor: Evelyn Hert*

Recipe from restaurant in Marquette, Kansas.

## Ingredients

- 1 1/2 lbs cabbage
- 1 tbsp salt
- 2/3 cup sugar
- 1/3 cup cider vinegar
- 1 cup whipping cream (do not whip)

## Directions

1. Shred cabbage.
2. Mix up other ingredients 1/2 hour before serving. Pour over cabbage and serve.

Salads

# Fruit Salad

*Contributor: Trudy Hert Duke*

## Directions

- Add the following ingredients together:
  - 1 can mandarin oranges, drained
  - 1 can pineapple chunks, drained
  - 1 small can of cherries, drained
  - 1 cup shredded coconut
  - 1 cup marshmallows
  - 1 cup sour cream or Cool Whip
  - nuts

Salads

# Waldorf Salad

*Contributor: Debra Hert Grose*

## Ingredients

- 3 large apples, cored and cut in 1/2" chunks (5 1/2 cups)
- 1/2 cup plain lowfat yogurt
- 2 tbsp light mayonnaise
- 2 ribs celery, thinly sliced
- 2 scallions, thinly sliced
- 1/3 cup walnuts, coarsely chopped, toasted

## Directions

1. Put all ingredients into a large bowl; toss to mix and coat. Serves 4.

# Sauces

# Tomato Sauce for Pasta

*Contributor: Trudy Hert Duke*

## Ingredients

- 1/3 cup onion
- 2 tbsp celery
- 2 tbsp carrot
- 1 clove garlic
- 2 tbsp olive oil
- 1 can tomatoes (28 oz)
- 4 leaves fresh basil
- 1/4 cup red wine

## Directions

1. Simmer and puree.



Sauces

# Pesto Sauce

*Contributor: Trudy Hert Duke*

From James Rusk

## Ingredients

- 1 bunch fresh basil
- 3 to 4 oz olive oil
- 2 cloves garlic
- Parmesan cheese
- black pepper

## Directions

1. Puree in blender.

Sauces

# Ceasar Dressing

*Contributor: Trudy Hert Duke*

From Kathy Hicker.

## Ingredients

- 1 egg
- 1/2 cup fresh Parmesan, grated
- 2 small garlic cloves, chopped
- 1/4 cup lemon juice (approx. 1 lemon)
- 1 tsp Worcestershire sauce
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/2 cup olive oil

## Directions

1. Mix all ingredients but oil in blender.
2. Slowly add oil until thickened.
3. Pour over 1 1/2 heads of romaine lettuce and add croutons. Very good and no anchovies.

Sauces

# Jackson's Dressing

*Contributor: Trudy Hert Duke*

From Jackson Morris.

## Ingredients

- 2 parts red wine vinegar
- 1 part olive oil
- 1/2 packet Sweet & Low

## Directions

1. Combine ingredients.

Sauces

# Tomato and Mozzarella Salad Dressing

*Contributor: Trudy Hert Duke*

From Karen Cacapardo.

## Ingredients

- 3/4 cup oil
- 1 tbsp balsamic vinegar
- 1 garlic clove
- salad herbs
- 1/4 cup olive oil
- 2 tsp dry mustard
- 1/2 tsp sugar

## Directions

1. Mix in blender.

# Cheese and Garlic Dressing

*Contributor: Trudy Hert Duke*

## Directions

- Fill cruet to vinegar line with Spice Island Red Wine Vinegar. Add water to water line.
- Add 1 tsp of each:
  - Romano cheese
  - Parmesan cheese
  - garlic powder
  - black pepper
  - sugar
  - paprika
  - onion powder or flakes
- Fill to oil line with Crisco oil. Shake 2 or 3 minutes. Chill and serve.

Sauces

# Blue Cheese Dressing

*Contributor: Trudy Hert Duke*

## Directions

- 1 pint sour cream
- 1/2 wedge of blue cheese
- Add to taste:
  - garlic salt
  - Worcestershire sauce
  - lemon juice
  - pepper

# Soups

# Mexicali Soup

*Contributor: Dana Still, Yvonne Mercer Berry*

## Directions

1. Cook 4 chicken breasts and dice separately.
2. Begin with Knorr's mushroom soup. Prepare using instructions on box.
3. Pour in one can Rotel chopped green chilies/tomatoes. Pour in 2 cans chicken broth (16 oz at least). To this mixture you can add chopped onion, sliced black olives, or some chopped green onion. Salt and pepper to taste.
4. Cut 3 to 4 flour tortillas into bite size pieces and drop into this mixture. We use 1 small jar of jalapeno Cheese Whiz (this will be hot - you can use mild Mexican or regular Cheese Whiz). Add to mixture.
5. Put chicken in and you can then add more chicken broth or water to get the consistency you want.
6. Sprinkle crumbled tortilla chips on top - shredded cheese, black olives, green onions, etc.
7. We like sour cream on top of soup also.



Soups

# Taco Soup

*Contributor: Lisa Buergey Taylor*

Makes a large pot.

## Ingredients

- 2 lbs ground beef
- 1 can kidney beans
- 1 can pinto beans, with jalapenos optional
- 1 can Rotel
- 2 cans corn
- 2 cans diced tomatoes with green chilies
- 1 pkg taco mix
- 1 pkg ranch dressing mix

## Directions

1. Brown meat and drain.
2. Dump all canned items (including juices) and packaged mixes into large pot. Add meat.
3. Simmer 45 minutes.
4. Garnishes: Fritos or tortilla chips, salsa, sour cream, shredded cheese

Soups

# Broccoli Cheese Soup

*Contributor: Andrea Cummings*

Serves 10-12

## Directions

- Boil:
  - 7 oz wide egg noodles (do not drain)
  - 6 cups water
  - 6 chicken bouillon cubes
  - Don't overcook
- Add:
  - 6 cups milk
  - 2 pkg frozen chopped broccoli (10 oz), heat and drain
- Add:
  - 20 oz American cheese or Velveeta

Soups

# Cheese Soup

*Contributor: Evelyn Hert*

## Ingredients

- 6 cups water
- 6 chicken bouillon cubes
- 2 cups shredded carrots
- 1 large onion
- 1 1/2 cups celery
- 2 cups potatoes
- 1 cup cauliflower
- 1 cup broccoli

## Directions

1. Add carrots, onion, celery, and potatoes to bouillon liquid and cook until tender
2. Chop 1 cup cauliflower, 1 cup broccoli
3. Cook 5 minutes or until done.
4. Lower fire and add 2 cans Cream of Chicken Soup and 1 lb of Velveeta cheese.
5. Do not boil; stir until cheese is melted.

Soups

# Cream of Carrot Soup

*Contributor: Ann Hert Gay*

## Ingredients

- 4 carrots
- 1 small onion
- 1 small potato
- 1 can chicken broth
- 1 1/2 cup milk
- 1 slice ginger
- lemon peel

## Directions

1. Cook - puree - then add milk. Serve hot or cold.

# Taco Soup

*Contributor: Vana Hert Taylor*

## Ingredients

- 1 lb ground beef
- 1 onion
- 1/2 tbsp minced garlic
- 1 pkg Hidden Valley Ranch Dressing Mix
- 1 pkg taco seasoning mix
- 3 cans beans (chili beans, light or dark red kidney beans... I use one of each)
- 1 can whole kernel corn
- 1 can diced tomatoes
- 1 can diced green chilies (small can of El Paso brand works well)

## Directions

1. Brown the ground round and drain any excess grease.
2. Chop the onion and add it and all the other ingredients (including juices in the cans) to the ground round. Simmer until ready to eat... flavor is best after at least 30 minutes.
3. Can be frozen and reheated... it tastes great! Also can be done as a vegetarian meal... substitute one 12 oz package of Boca or Morningstar veggie crumbles and it's even easier... you just throw all the ingredients in at once. Also, Del Monte fiesta corn and Rotel diced tomatoes work well. This is one recipe that can't be messed up!!

Soups

# Taco Soup

*Contributor: Evelyn Hert*

Very good and satisfying. This is another Weight Watchers' recipe, each serving is 3 points.

## Ingredients

- 1/2 lb ground round or turkey
- 1 large onion, chopped
- 1 pkg taco seasoning mix
- 1 pkg dry ranch dressing mix
- 1 can diced tomatoes (16 oz)
- 1 can tomato sauce (8 oz)
- 1 can Rotel
- 2 can pinto beans (16 oz)
- 1 can hominy or corn (16 oz)
- 1 can water

## Directions

1. Brown meat and onion.
2. Add other ingredients. Simmer for 30 minutes.