

9 FREE RECIPES FROM

# *The Farm Wife*

In the Kitchen



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# Homemade Bread



# Instant Rolls

Want a quick and easy way to have homemade bread each evening? I have your answer!

## **Ingredients:**

3 pkgs. Yeast  
5 cups self-rising Flour  
1 teaspoon Soda  
2 cups lukewarm Buttermilk  
1/2 cup Warm Water  
1/4 cup Sugar  
1 cup Shortening

## **Directions:**

Dissolve yeast in warm water. In a medium bowl, mix flour, sugar and soda. Cut in shortening. Add buttermilk and yeast mixture.

Place desired amount of dough on floured board. Roll out to desired thickness (approximately 1/4" – 1/2"). Using a round cookie cutter, cut out rolls. Bake at 350 degrees for 10 to 15 minutes, or until golden brown.

## **Note:**

- 1) These are a cross between a roll and a biscuit, but still delicious!
- 2) You can store these in a covered container in the refrigerator several days. (Separate each layer with waxed paper.)



## Paradise Muffins

There is just something about cold rainy days that screams soup! We can't wait to put a big pot of it on the stove, then spend the rest of the day smelling that delicious aroma and anticipating the flavor. But what to serve with it? As far as I am concerned, you can only eat just so many crackers, and some days you just don't have enough time to make a loaf of homemade bread.

In that case, I usually turn to one of my favorites, Paradise Muffins. These are a savory muffin, chock full of bacon and cheddar cheese – perfect to either slather with butter or use to soak up that last bit of soup in the bowl.

### **Ingredients:**

1/4 cup Butter or Margarine  
2 Tablespoon Sugar  
1 large Egg  
2 cups Flour  
4 teaspoons Baking Powder  
1/2 teaspoon Salt  
1 cup Milk  
4 slices Bacon, cooked and crumbled  
1/2 cup Cheddar Cheese, grated

### **Directions:**

Beat butter and sugar until creamy: add egg, beating just until mixture is blended. In a separate bowl, combine flour, baking powder and salt. Add to butter mixture alternately with milk. Stir in cheese and bacon. Bake at 375 degrees for 25 minutes, or until golden brown and cooked through.

Yield: 12 muffins.



# Main Dishes



# Hamburger Soup

One of the ways we save money is to remove ourselves from the temptation of eating out. But some days, we just don't have time to cook at home.

Well, here is a 'Get Out of Temptation Free' card. It serves all three areas: it is inexpensive to make (you probably have most, if not all, of the ingredients at home); it is time saving, and it is delicious.

The best part is, you can make a double batch and freeze the leftovers for another one of those 'too busy to cook' days!

## **Ingredients:**

- 1 pound Hamburger (you can use venison burger, if you have it)
- 1 large Onion, diced
- 2 cloves of Garlic, minced
- 1 Bell Pepper, diced
- 2 Potatoes, diced
- Assorted diced Vegetables (corn, green beans, lima beans, carrots, etc.)
- 1 can diced Tomatoes (for an added kick, make it Ro-Tel type tomatoes)
- 1 can Tomato Sauce
- 1 teaspoon Tony Chachere's or other seasoning, according to preference

## **Directions:**

Brown the hamburger and drain. Add the onion, bell pepper and garlic, and cook until the vegetables are soft. Add the potatoes, and cover the pot; allow to simmer until they begin to soften (about 10 to 15 minutes). Add the remaining ingredients. Cover and allow to simmer for 20 to 30 minutes. Serve with garlic toast, or if you have been ambitious this week, with a loaf of homemade bread.



# Chicken Enchiladas

When I crave Mexican food, I grab this recipe. It is a recipe shared with me by my friend Rebecca, but I adapted it by using chicken instead of hamburger. Either way, they are delicious and easy to make. Grab a bag of chips and a jar of salsa, and you will have created a Mexican Restaurant right in your own kitchen!

## Ingredients:

- 2 Chicken breasts, cubed in small pieces
- 3 cloves Garlic, minced
- 1 Onion, chopped fine
- 1 Bell Pepper, chopped fine
- Tony Chachere's, to taste (or Cajun Seasoning)
- 1 can Tomatoes and Green Chilies (Ro-Tel)
- 1 large container Sour Cream
- 1 can Cream of Mushroom Soup
- Flour Tortillas
- 2 cups (or more, if desired) Monterey Jack and Cheddar Cheese blend, grated

## Directions:

Cube the chicken and put in a medium bowl. Season with Tony's, and mix well. In a large skillet, sauté the chicken, garlic, onions and bell pepper, until chicken is cooked through. Remove from heat.

Place chicken mix by spoonful in the center of a flour tortilla, spreading it in a line, but stopping short of the ends. Roll up and place in a greased casserole dish, seam side down.

In a separate bowl, mix sour cream and soup until well blended. Pour half sour cream mix over enchiladas. Sprinkle with ½ of the cheese. Pour remaining sour cream mix over cheese, then top with remaining cheese. Spread tomatoes and green chilies on top of the cheese.

Bake at 350 degrees for approximately 20 to 30 minutes, until bubbly.



# **Salads, Sides & Vegetables**



# Corn Salad

This is such a simple recipe, but so good to eat. It is perfect for grilling out with friends, family get-togethers, or a Ladies' Salad Luncheon. You just have to try it to believe it!

## **Ingredients:**

2 cans (or two heaping cups) whole-kernel Corn  
1 can green Chilies  
1 heaping cup grated Cheddar Cheese  
Mayonnaise to moisten  
Approximately 1 to 2 cups crushed Frito Corn Chips

## **Directions:**

Mix the corn, green chilies, cheese and mayonnaise together until well blended. Refrigerate until ready to serve. Right before serving, stir in the Frito Corn Chips.



# Italian Potatoes

This is a 'hand-me-down' recipe – given to me from a friend of a friend of a... Which means it is one of the best recipes you can get! Over the years, I have made these potatoes many times, and every time I do, folks love it!

Need something to take to a dinner party? Or do you just need something different to serve your family? Either way, you just cannot go wrong with this one!

## **Ingredients:**

6 to 8 big red Potatoes, peeled and sliced thin  
1 pkg. Italian Salad Dressing (the powdered kind)  
1 cup cheddar Cheese, grated  
Water

## **Directions:**

Place potatoes in a greased casserole dish. Sprinkle salad dressing over the top. Fill empty envelope with water and pour over the potatoes. Do this twice. Bake at 350 degrees for one hour. Sprinkle cheese over the top and bake for an additional 10 minutes, until cheese is melted.



# Squash Dressing

This is the recipe that put me on my journey to collecting family recipes and writing them down. When Dot passed away in 2001, so many people asked me for her recipes. When I realized I had very few of them, I began the search through her notebooks.

This one was often on the table for Thanksgiving, but it is delicious anytime. My favorite is serving it with chicken or turkey, but any main dish will do!

## **Ingredients:**

1 pkg. Mexican Cornbread Mix  
1 small Onion, sautéed in 1 stick Butter  
2 cups cooked Squash, drained  
1 can Cream of Chicken Soup  
2 Eggs, lightly beaten  
Garlic Powder, Salt and Pepper to taste

## **Directions:**

Cook cornbread according to directions. Crumble and mix with cooked squash, onions, soup and spices. Add eggs and mix well.

Pour into a casserole dish. Bake for 20 to 25 minutes at 350 degrees.



# Desserts



# Orange Sherbet

When my dad was a young man, he worked as a Soda Jerk (a person who made the ice cream treats - which is what they were called in the late 40's) at a drug store. He learned to make all kinds of ice cream treats, from true malts, shakes, banana splits and ice cream sundaes, complete with the nuts and cherries. One of my best memories is of him making Coke Floats and Black Cows (that's Root Beer with a scoop of ice cream in it).

Frozen treats were a fun part of our childhood. My Aunt Dot took it a step further and learned to make Orange Sherbet – a treat we kids couldn't get enough of.

For your next gathering, or just to treat your family to something cool, try making your own Orange Sherbet. It's quick. It's easy. You can make it in the morning and have it ready to serve by late afternoon or for dessert. It just doesn't get any simpler than this!

## **Ingredients:**

- 1 – 2 liter Orange Soda
- 1 small can crushed Pineapple
- 1 can Eagle Brand Condensed Milk

## **Directions:**

Mix well. Freeze.

*Just how easy is that?*



# Lemon Icebox Pie

If you ever needed to get on Daddy's good side, this was the best way to do it. Cool. Refreshing. Absolutely delicious. It's also a perfect dessert for those hot summer days!

## **Ingredients:**

1 – 8" Graham Cracker Pie Crust  
1 can (14 oz.) Eagle Brand Sweetened Condensed Milk  
1/2 cup Real-Lemon lemon juice  
1 teaspoon grated Lemon peel  
2 Egg yolks

## **Directions:**

In a medium-sized mixing bowl, blend together the Eagle Brand, lemon juice, lemon peel and yolks until thickened. Turn into pie shell. Refrigerate until ready to serve. Top with meringue or whipped cream.