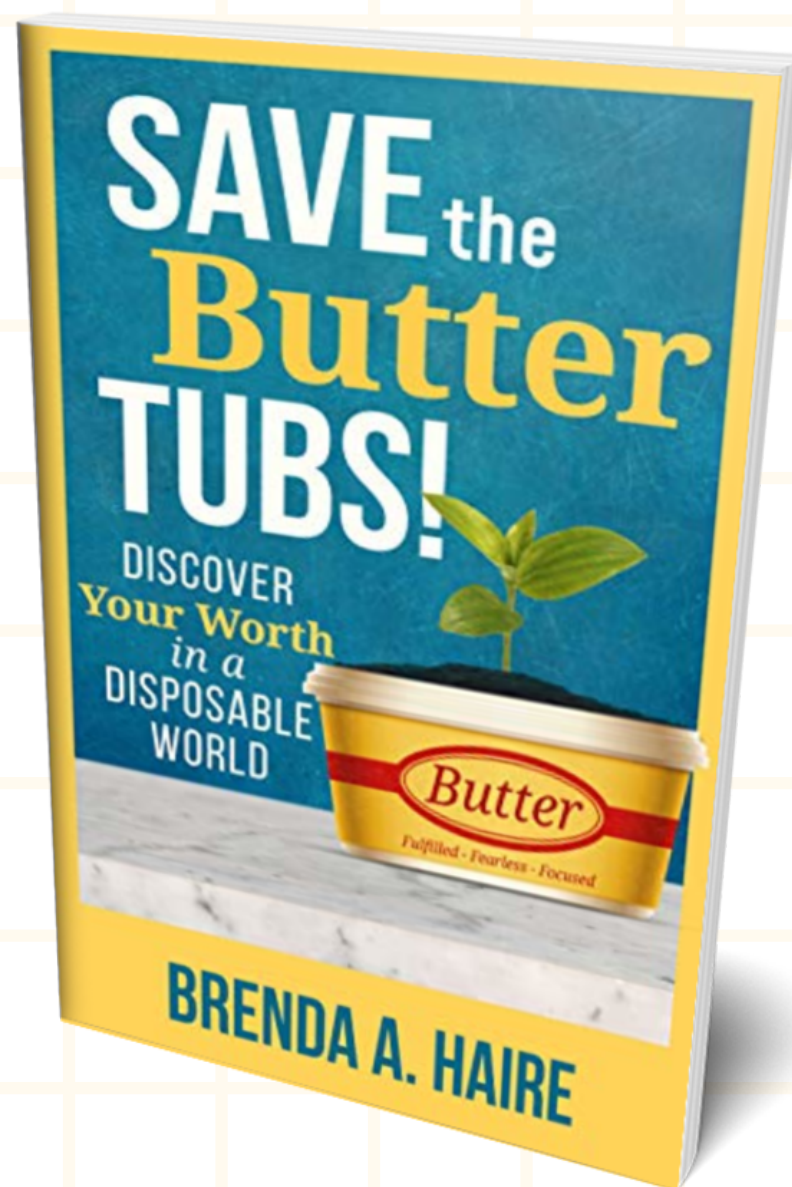


# Recipes from

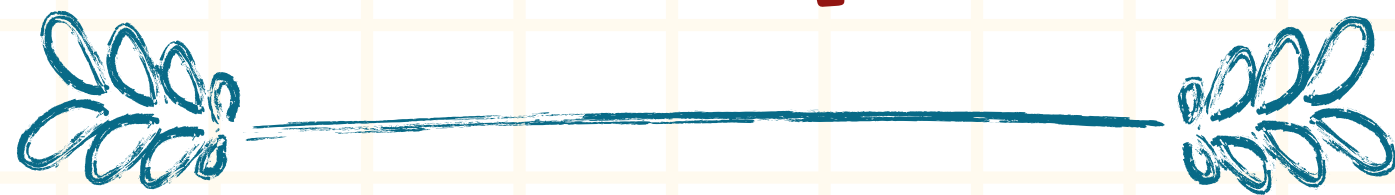


These recipes are from Grandma's memory and extensive knowledge of cooking. They may seem incomplete, but it was just second nature for her to whip something up. I'm sharing them to honor what she wrote and at the request of many family members, not necessarily to follow as written.

Get your copy of the book at:  
[BrendaHaire.com/stbt](http://BrendaHaire.com/stbt)



# Recipe



## Chicken Fried Steak

Take 1 or 2 beef or veal cutlets per person

Tenderize it by beating it

Dip in seasoned flour (salt and pepper)

Shake off excess

Dip in mixture of 1 cup buttermilk and whipped egg

Drain

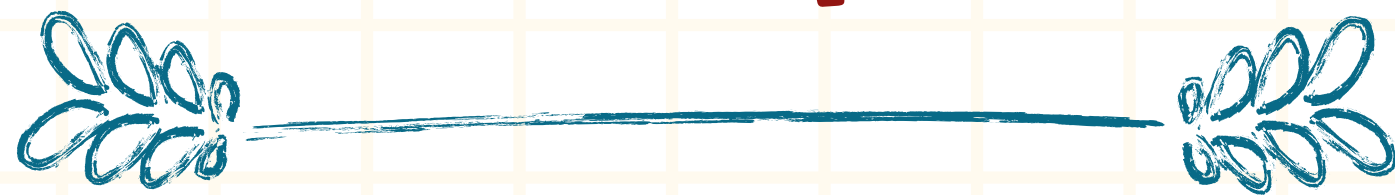
Then press into mixture of flour and crushed french-fried onion

Fry in fat, and brown all sides

Serve with cream gravy



# Recipe



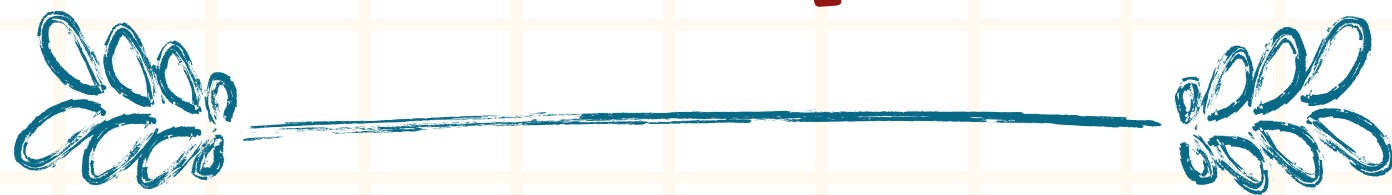
## Cream Gravy

1 cup flour mixed with 2 tablespoons of oil or oleo.

Add milk and boil, stirring constantly until done.



# Recipe



## Cornbread Dressing

Bake cornbread and let cool

Cook 1 pound crumbled sausage

Add 1 cup finely chopped onion

Add ½ cup chopped celery

Add 2 cups dry bread crumbs, 1  
teaspoon sage, 1 tablespoon black  
pepper, a small amount of salt

Add crumbled cornbread

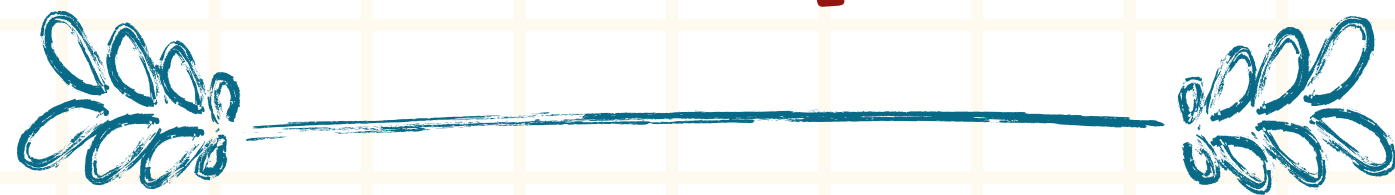
Mix in 4 eggs

Add chicken broth to make the  
consistency mushy

Bake in 350-degree oven, about an  
hour to 1 ½ hours



# Recipe



## Pot of Pinto Beans

Clean and rinse 2 cups pintos

Place in large pot and cover with 4 cups water

Add 2 cloves chopped garlic

Bring to boil

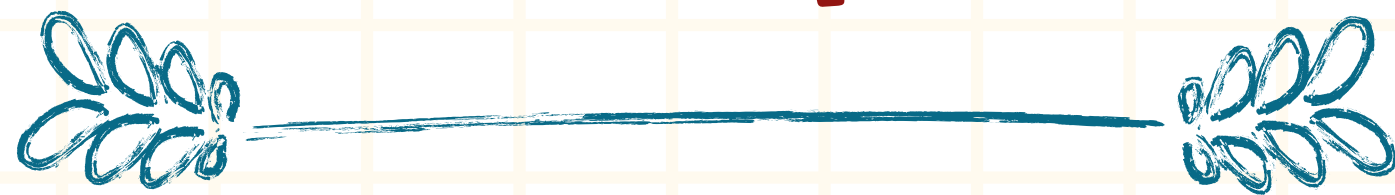
Add cooked bacon, hearty tomato, and chili sauce

Add 1 teaspoon cumin when done

Don't salt until done, so beans can get creamy



# Recipe

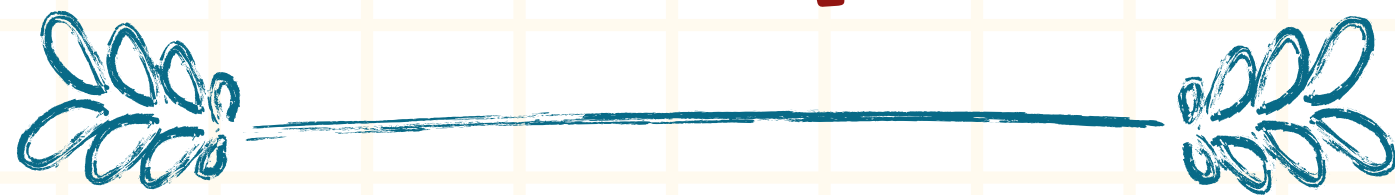


## Rice Pilaf

1 cup rice cooked in chicken broth  
4 green onions, cut fine with all the greens  
2 carrots, chopped fine  
Sauté in oleo  
Add to rice



# Recipe



## Spanish Rice

2 tablespoons cooking oil

2 cups long-grain brown rice

1 large onion, chopped

½ large bell pepper, diced

Sauté only until onions are clear

Add 8-ounce can diced tomatoes

2 cups chicken broth or water

Salt and pepper to taste

1 teaspoon cumin

Cover and simmer without stirring until all fluid is gone and rice is done

Enjoy

Makes 12 servings

