

# The Ketchup Cookbook

916 Recipes

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# KGEMINIGRL's SPAM® Casserole

## Ingredients

1 (16 ounce) package tri-color  
rotini pasta  
1 (10.5 ounce) can cream of  
mushroom soup  
3/4 cup ketchup  
1 (3 ounce) can chopped green  
chile peppers  
1/2 onion, chopped  
1 (12 ounce) can fully cooked  
luncheon meat (such as SPAM®),  
cubed  
2 cups shredded Cheddar cheese

## Directions

Preheat an oven to 350 degrees F (175 degrees C).

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the rotini, and return to a boil. Cook uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes. Drain well in a colander set in the sink.

Place the cooked pasta into a large mixing bowl, and add the cream of mushroom soup, ketchup, green chiles, onion, and luncheon meat. Pour into a 9x13 inch baking dish, and evenly sprinkle with the Cheddar cheese.

Bake in the preheated oven until the casserole is hot and the Cheddar cheese has melted, about 10 minutes.

# Uncle Mike's Vinegar Pepper Sauce

## Ingredients

1 1/2 cups cider vinegar  
10 tablespoons ketchup  
1/2 teaspoon cayenne pepper, or  
to taste  
1 pinch red pepper flakes  
1 tablespoon white sugar  
1/2 cup water  
salt and black pepper to taste

## Directions

In a small saucepan over medium heat, stir together the vinegar, ketchup, cayenne pepper, red pepper flakes, sugar, and water.

Simmer for 15 minutes, or until all the sugar dissolves. Season to taste with salt and pepper. Remove from heat, and let cool. Use to baste your favorite meat while grilling.

# Meatloaf...a Little Southwest Style

## Ingredients

1 1/2 pounds ground beef  
2 eggs  
1/2 cup chopped onion  
1/2 cup Italian bread crumbs  
1/2 cup salsa  
1/4 cup ketchup  
1/4 cup barbeque sauce  
1 teaspoon salt  
1 teaspoon ground black pepper  
1/2 teaspoon celery salt

## Directions

Preheat an oven to 350 degrees F (175 degrees C).

Mix the ground beef, eggs, onion, bread crumbs, salsa, ketchup, barbeque sauce, salt, pepper, and celery salt together in a bowl; transfer to a loaf pan.

Bake in the preheated oven until golden brown on top, about 1 hour.

# All-Day Meatballs

## Ingredients

1 cup milk  
3/4 cup quick-cooking oats  
3 tablespoons finely chopped onion  
1 1/2 teaspoons salt  
1 1/2 pounds ground beef  
1 cup ketchup  
1/2 cup water  
3 tablespoons vinegar  
2 tablespoons sugar

## Directions

In a bowl, combine the first four ingredients. Crumble beef over the mixture and mix well. Shape into 1-in. balls. Place in a slow cooker. In a bowl, combine the ketchup, water, vinegar and sugar; mix well. Pour over meatballs. Cover and cook on low for 6-8 hours or until the meat is no longer pink.



# Mom's Barbeque Style Turkey

## Ingredients

1/4 cup butter  
1/2 cup chopped onion  
1 cup chopped celery  
1/2 cup chopped green bell pepper  
1 cup ketchup  
3 tablespoons brown sugar  
1 1/2 teaspoons chili powder  
1 tablespoon Worcestershire sauce  
salt to taste  
4 cups chopped cooked turkey

## Directions

Melt the butter in a skillet over medium heat. Place onion, celery, and green pepper in the skillet, and cook 5 minutes. Mix in the ketchup, brown sugar, chili powder, and Worcestershire sauce. Season with salt. Cook over low heat until bubbly. Stir in the turkey, cover, and simmer 30 minutes.

# Soupy Joes

## Ingredients

1 pound ground beef  
1 medium onion, chopped  
1 (10.5 ounce) can condensed vegetable soup, undiluted  
1 tablespoon ketchup  
1 teaspoon prepared mustard  
1/2 teaspoon salt  
1/4 teaspoon pepper  
6 hamburger buns, split and toasted

## Directions

In a saucepan over medium heat, cook beef and onion until beef is no longer pink; drain. Add soup, ketchup, mustard, salt and pepper; mix well. Simmer, uncovered, for 5-10 minutes. Serve on buns.

# Chicken Diablo

## Ingredients

1/2 cup hot pepper sauce  
1 cup reduced fat sour cream  
1/2 cup ketchup  
1/4 cup honey  
1/4 teaspoon paprika  
1/4 teaspoon cumin  
8 skinless, boneless chicken breast halves  
1/4 cup vegetable oil  
2 cloves garlic, minced

## Directions

In a medium bowl, mix together the hot pepper sauce, sour cream, ketchup and honey until smooth. Season with paprika and cumin. Set aside half of the sauce for serving later, then place chicken breasts in the remaining sauce to marinate. Cover and refrigerate for at least 2 hours.

Heat vegetable oil in a large skillet over medium heat. Add garlic and cook until fragrant. Place chicken breasts coated with marinade into the skillet, and cook until nicely browned on each side, and meat is cooked through, about 20 minutes.

Meanwhile, heat reserved marinade in a small saucepan or in the microwave. Serve chicken breasts over white rice, or over salad greens with sauce spooned over the top.

# Dad's Pad Thai

## Ingredients

3/4 pound bean sprouts  
6 ounces pad thai rice noodles  
4 eggs  
salt  
3 tablespoons lime juice  
3 tablespoons ketchup  
1 tablespoon brown sugar  
1/4 cup fish sauce  
3 tablespoons peanut oil  
1 tablespoon minced garlic  
1 1/2 teaspoons red pepper flakes  
2 cups grated carrots  
2/3 cup chopped peanuts  
1 cup green onions cut into 1-inch pieces

## Directions

Bring a pot of water to a boil. Blanch the bean sprouts in boiling water for approximately 30 seconds, remove, and drain well. When the water returns to a boil, add noodles. Cook for 3 to 5 minutes until tender but firm; drain and rinse under cold water

Beat the eggs with a pinch of salt in a small bowl. Stir together the lime juice, ketchup, brown sugar, and fish sauce in a separate bowl; set aside.

Heat the oil in a wok or large skillet over medium-high heat. Fry the garlic for a few seconds. Add the pepper flakes and carrot, and cook for one minute, then remove. Add the beaten egg, and gently scramble. When the eggs have set, pour in the carrots, sauce, bean sprouts, noodles, peanuts, and green onion; toss together.

# Slow Cooker Baked Beans

## Ingredients

24 ounces dry white beans  
1 pound ham hocks  
1 onion, chopped  
1/2 cup packed brown sugar  
1/2 cup maple syrup  
1 teaspoon salt  
1 cup water  
1/2 cup ketchup  
2 tablespoons prepared mustard

## Directions

In a large pot over high heat, combine the beans with water to cover and bring to a boil for 10 minutes. Remove from heat but let sit for 1 hour. Drain beans and place them in a slow cooker. Add the ham hocks, onion, brown sugar, maple syrup, salt and water.

Mix well, cover and cook on high setting for 4 to 5 hours, stirring occasionally. During the final hour of cooking, add the ketchup and mustard, remove the ham from the hocks and discard the hocks. Mix well and serve.

# Trinidad Stewed Chicken

## Ingredients

1 (4 pound) whole chicken, cut into pieces  
3 tablespoons finely chopped green onion  
3 tablespoons chopped fresh cilantro  
1 teaspoon minced garlic  
1 teaspoon chopped onion  
1 teaspoon salt  
1/2 teaspoon ground black pepper  
1 tablespoon vegetable oil  
1/4 cup brown sugar  
1 cup water  
1/2 cup canned coconut milk (optional)  
1 teaspoon red pepper flakes (optional)  
2 tablespoons ketchup  
1 tablespoon butter

## Directions

Place chicken on a plate. Sprinkle the green onion, cilantro, garlic, onion, salt and pepper over it. Cover, and marinate for 30 minutes.

Heat the vegetable oil in a deep pot over medium heat. Stir in the sugar, and cook until the sugar has melted into a nice golden brown syrup. Add the chicken pieces, and brown quickly while turning continuously. Cover the pot, and let it cook for 2 minutes.

Pour in 1 cup of water, coconut milk and pepper flakes. Replace the lid, and cook over medium heat for 10 minutes. Stir in the ketchup and butter. Continue cooking until chicken is fork tender, 20 to 30 minutes. Taste and season with additional salt and pepper if needed. Serve chicken with the sauce in the pot as a gravy.

# Filipino Spaghetti

## Ingredients

2 pounds spaghetti  
1 tablespoon vegetable oil  
1 head garlic, minced  
1 onion, chopped  
1 pound ground beef  
1 pound ground pork  
salt and pepper to taste  
1 (26.5 ounce) can spaghetti sauce  
1 (14 ounce) jar banana ketchup  
1/4 cup white sugar  
1/2 cup water  
1 pound hot dogs, sliced diagonally  
1/2 cup shredded Cheddar cheese

## Directions

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the spaghetti, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 12 minutes. Drain well in a colander set in the sink.

Heat the vegetable oil in a skillet over medium heat. Stir in the garlic and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the beef and pork; season with salt and pepper. Cook and stir until the meat has browned. Pour in the spaghetti sauce, banana ketchup, sugar, and water. Simmer until the sauce has thickened, about 15 minutes. Stir in hot dog slices and continue to cook until hot dogs are heated through. Serve over spaghetti with Cheddar cheese sprinkled on top.

# Bacon-Wrapped Hamburgers

## Ingredients

1/2 cup shredded Cheddar cheese  
1 small onion, chopped  
1 egg  
2 tablespoons ketchup  
1 tablespoon grated Parmesan cheese  
1 tablespoon Worcestershire sauce  
1/2 teaspoon salt  
1/8 teaspoon pepper  
1 pound ground beef  
6 bacon strips, diced  
6 hamburger buns, split

## Directions

In a bowl, combine the first eight ingredients. Crumble beef over mixture and mix well. Shape into six patties. Wrap a bacon strip around each; secure with a toothpick. Grill until beef is no longer pink. Discard toothpicks. Serve on buns.



# Zippy Barbecue Sauce

## Ingredients

1/2 cup ketchup  
1/2 cup water  
2 tablespoons molasses  
2 tablespoons Worcestershire sauce  
1 tablespoon white wine vinegar  
1 tablespoon Dijon mustard  
1 tablespoon light brown sugar  
1/2 teaspoon kosher salt  
1/4 teaspoon hot pepper sauce (such as Tabasco®)  
1/4 teaspoon granulated garlic  
1/4 teaspoon freshly ground black pepper

## Directions

Whisk the ketchup, water, molasses, Worcestershire sauce, white wine vinegar, Dijon mustard, brown sugar, salt, hot pepper sauce, granulated garlic, and black pepper together in a small heavy-bottomed saucepan and place over medium heat. Bring to a boil, reduce heat to low, and continue cooking at a simmer, stirring together, another 10 minutes. Remove from heat and allow to cool completely. Pour into a glass jar and store uncovered in the refrigerator for 8 hours or overnight. This allows the flavors to blend and reduce any sharpness from the vinegar.

# IndoCook's Indonesian-Style Ketchup

## Ingredients

1 1/4 cups soy sauce  
1 cup molasses (such as Grandma'sB®)  
2 tablespoons brown sugar  
1 cube chicken bouillon (such as KnorrB®)

## Directions

Combine soy sauce, molasses, brown sugar, and chicken bouillon in a saucepan. Slowly heat until a slow boil is reached. Remove from heat and cool completely. Store, refrigerated, in an airtight container.

# Grilled Pork Tenderloins

## Ingredients

1/3 cup honey  
1/3 cup soy sauce  
1/3 cup teriyaki sauce  
3 tablespoons brown sugar  
1 tablespoon minced fresh ginger root  
3 garlic cloves, minced  
4 teaspoons ketchup  
1/2 teaspoon onion powder  
1/2 teaspoon ground cinnamon  
1/4 teaspoon cayenne pepper  
2 (1 pound) pork tenderloins  
Hot cooked rice

## Directions

In a bowl, combine the first 10 ingredients; mix well. Pour half of the marinade into a large resealable plastic bag; add tenderloins. Seal bag and turn to coat; refrigerate for 8 hours, turning occasionally. Cover and refrigerate remaining marinade.

Drain and discard marinade from meat. Grill, uncovered, over indirect medium-hot heat for 8-10 minutes on each side, basting with reserved marinade, until a meat thermometer reads 160 degrees F and juices run clear. Let stand for 5 minutes. Serve with rice.

# Special Spicy Seafood Sauce

## Ingredients

1 1/2 cups ketchup  
2 tablespoons finely chopped celery  
2 tablespoons white wine vinegar  
2 teaspoons finely chopped green onion  
2 teaspoons water  
2 teaspoons Worcestershire sauce  
1 teaspoon prepared horseradish  
1/2 teaspoon seasoned salt  
1/2 teaspoon ground mustard  
1/4 teaspoon cayenne pepper

## Directions

In a small bowl, combine all ingredients. Cover and refrigerate for at least 1 hour before serving. Refrigerate leftovers.

# Hawaiian Beef Casserole

## Ingredients

2 tablespoons cooking oil  
1 onion, chopped  
1 pound ground beef  
1 (19 ounce) can kidney beans with liquid  
1 (19 ounce) can pineapple chunks with juice  
1 cup ketchup  
1/2 cup brown sugar  
1 tablespoon cornstarch  
2 teaspoons ground mustard  
1 teaspoon salt

## Directions

Preheat an oven to 350 degrees F (175 degrees C).

Heat the oil in a skillet over medium heat; cook the onion in the hot oil until softened, about 5 minutes. Crumble the ground beef into the skillet and cook and stir until completely browned, 5 to 7 minutes. Drain.

Stir the kidney beans with liquid, pineapple with juice, ketchup, brown sugar, cornstarch, mustard, and salt together in a large bowl. Add the ground beef and onions to the mixture and stir to coat. Pour into a large casserole dish.

Bake in the preheated oven until completely heated through, about 45 minutes.

# Best Bourbon Chicken

## Ingredients

4 tablespoons olive oil  
3 pounds skinless, boneless  
chicken breast halves - cut into 1  
inch pieces  
1 cup water  
1 cup packed light brown sugar  
3/4 cup apple-grape-cherry juice  
2/3 cup soy sauce  
1/4 cup ketchup  
1/4 cup peach-flavored bourbon  
liqueur (such as Southern Comfort  
®)  
2 tablespoons apple cider vinegar  
2 cloves garlic, minced  
1 tablespoon dried minced onion  
3/4 teaspoon crushed red pepper  
flakes, or to taste  
1/2 teaspoon ground ginger  
1/4 cup apple-grape-cherry juice  
2 tablespoons cornstarch

## Directions

Heat the oil in a large heavy pan or Dutch oven, and brown the chicken pieces until lightly golden on all sides, about 10 minutes. Transfer the chicken to a bowl.

In the same dutch oven, whisk the water, brown sugar, 3/4 cup of fruit juice cocktail, soy sauce, ketchup, bourbon liqueur, apple cider vinegar, garlic, dried onion, red pepper flakes, and ground ginger into the Dutch oven. Bring the sauce to a boil while scraping the browned bits of food off of the bottom of the pan with a wooden spoon.

Stir the chicken back into the sauce, and bring to a full boil over medium-high heat. Reduce the heat to medium-low, and simmer until the sauce is reduced and thickened and the chicken pieces are no longer pink in the middle, about 20 minutes.

Remove the chicken pieces to a bowl with a slotted spoon. Stir together 1/4 cup of fruit juice cocktail with the cornstarch until smooth, and whisk the cornstarch mixture into the sauce, stirring constantly to avoid lumps. Bring the sauce back to a simmer, let thicken for about 1 minute, and return the chicken pieces to the sauce. Stir to combine, and serve.

# Mom's Meatloaf

## Ingredients

2 pounds lean ground beef  
1/2 cup crushed saltine crackers  
1 (8 ounce) can tomato sauce  
2 eggs, beaten  
1/4 cup finely chopped onion  
2 tablespoons finely chopped green bell pepper  
1 teaspoon salt  
1/4 teaspoon ground thyme  
1/4 teaspoon ground marjoram  
1/4 cup ketchup  
2 tablespoons light corn syrup

## Directions

Preheat an oven to 350 degrees F (175 degrees C).

Combine ground beef, cracker crumbs, tomato sauce, eggs, onion, bell pepper, salt, thyme, and marjoram in a large bowl and mix well. Shape beef mixture into two equally sized loaves. Place both loaves in a 9x13 inch baking dish. Cover with foil and bake in the preheated oven for 1 hour. Meanwhile, mix ketchup and corn syrup in a small bowl to make a glaze.

Remove baking dish from the oven and remove foil. Brush glaze onto the loaves. Return baking dish to the oven uncovered, and continue baking until loaves are no longer pink in the center, 15 to 20 minutes. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C).

# Seattle Fire Station 25 Meatloaf

## Ingredients

1 pound bacon, cut into 1 inch pieces  
2 onions, chopped  
5 pounds ground beef  
5 pounds spicy ground pork sausage  
3 (10 ounce) packages frozen chopped spinach , thawed, drained and squeezed dry  
3 (4 ounce) cans sliced black olives, drained  
3 cups pistachio nuts, chopped  
1 cup ketchup  
3 eggs  
1 (1.25 ounce) packet meatloaf seasoning mix  
1 pound pepper jack cheese, cubed  
1/2 cup ketchup, or as needed

## Directions

Preheat the oven to 350 degrees F (175 degrees C).

Place bacon in a large deep skillet over medium-high heat. Add onions, and cook, stirring frequently, until bacon is crisp and onions are transparent. Drain off excess grease, and set aside to cool.

In a large bowl, mix together the ground beef, pork sausage, bacon and onions, spinach, olives, pistachio nuts, 1 cup of ketchup, eggs, and meatloaf seasoning until well blended. Pat meat into a loaf shape, and place in a large baking pan. A roasting pan will work well. Poke cheese cubes into the top of the loaf so they are completely covered. Brush remaining ketchup generously over the top.

Bake for 1 1/2 hours in the preheated oven, or until the internal temperature of the loaf is 180 degrees F (82 degrees C).



# Hot Bean Dish

## Ingredients

1 (16 ounce) can baked beans  
1 (16 ounce) can kidney beans,  
rinsed and drained  
1 (15.5 ounce) can butter beans,  
rinsed and drained  
1 (15 ounce) can lima beans,  
rinsed and drained  
1 (2 ounce) jar diced pimientos,  
drained  
8 bacon strips, cooked and  
crumbled  
1/2 cup ketchup  
1/4 cup chopped onion  
2 tablespoons chopped green  
pepper  
1 tablespoon Worcestershire  
sauce  
1 teaspoon ground mustard  
1 (3 ounce) package cream  
cheese, cut into cubes

## Directions

In a bowl, combine the first 11 ingredients; pour into a greased 2 -1/2-qt. baking dish. Cover and bake at 350 degrees F for 40 minutes. Stir in cream cheese. Bake, uncovered, 10-15 minutes longer, stirring several times, or until cheese is melted.

# Thousand Island Dressing II

## Ingredients

1 cup mayonnaise  
1/2 cup ketchup  
1 cup sweet pickle relish  
1 pinch salt  
1 pinch ground black pepper

## Directions

In a small bowl, mix together the mayonnaise, ketchup, relish, salt and pepper until thoroughly combined, and serve.

# Sweet Barbeque Beans

## Ingredients

- 6 slices bacon, chopped
- 1 pound ground beef
- 2 (16 ounce) cans baked beans with pork
- 1 (15.5 ounce) can navy beans, rinsed and drained
- 1 (15 ounce) can kidney beans, rinsed and drained
- 3/4 cup ketchup
- 3/4 cup packed brown sugar
- 3 tablespoons distilled white vinegar
- 2 tablespoons honey garlic sauce
- 2 tablespoons sweet and sour sauce
- 1 teaspoon onion powder
- 1 teaspoon garlic salt
- 1 teaspoon ground mustard
- 1 teaspoon Worcestershire sauce

## Directions

Fry the bacon pieces in a large skillet until browned and crisp, remove from the pan and set aside. Crumble the ground beef into the pan; cook and stir until no longer pink, then drain off grease. Transfer the ground beef and bacon to a slow cooker.

Pour the baked beans, navy beans, kidney beans, ketchup, brown sugar and vinegar into the slow cooker. Season with honey garlic sauce, sweet and sour sauce, onion powder, garlic salt, mustard powder and Worcestershire sauce. Stir until everything is distributed evenly. Cover, and cook on High heat for 1 hour before serving.

# Easy Chicken Balls

## Ingredients

1 1/2 pounds ground chicken  
2 tablespoons minced onion  
2 teaspoons whole cloves, ground  
1/4 cup ricotta cheese  
1/4 cup shredded mozzarella cheese  
1/2 cup freshly grated Parmesan cheese  
3 tablespoons ketchup  
1 tablespoon fresh basil  
2 teaspoons dried parsley  
2 eggs, beaten  
1/8 cup crushed buttery round cracker crumbs

## Directions

In a large bowl combine the chicken, onion, cloves, ricotta cheese, mozzarella cheese, Parmesan cheese, ketchup, basil, parsley and eggs. Mix well and form about 30 balls out of the mixture, using hands.

Roll balls in extra Parmesan cheese and cracker crumbs. Heat oil in a large skillet over medium high heat and fry chicken balls until golden brown, 15 to 20 minutes.

# Grandpa Bob's Spicy Barbeque Sauce

## Ingredients

2/3 cup distilled white vinegar  
1/4 cup Worcestershire sauce  
1/4 cup soy sauce  
1 teaspoon hot pepper sauce  
1/2 cup barbeque sauce  
1 tablespoon ketchup

## Directions

In a medium bowl, mix distilled white vinegar, Worcestershire sauce, soy sauce, hot pepper sauce, barbeque sauce and ketchup. Place desired meat in the marinade, and marinate in the refrigerator at least 1/2 hour before grilling as desired.

# Mini Meatloaves

## Ingredients

1 egg  
3/4 cup milk  
1 cup shredded Cheddar cheese  
1/2 cup quick cooking oats  
1 teaspoon salt  
1 pound ground beef  
2/3 cup ketchup  
1/4 cup packed brown sugar  
1 1/2 teaspoons prepared mustard

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl, combine the egg, milk, cheese, oats and salt. Add the ground beef, mixing well, and form this mixture into eight miniature meatloaves. Place these in a lightly greased 9x13 inch baking dish.

In a separate small bowl, combine the ketchup, brown sugar and mustard. Stir thoroughly and spread over each meatloaf.

Bake, uncovered, at 350 degrees F (175 degrees C) for 45 minutes.

# Smoky Barbecue Sauce

## Ingredients

2 1/2 cups ketchup  
1/4 cup packed brown sugar  
1/4 cup chopped onion  
2 tablespoons Worcestershire sauce  
2 teaspoons liquid smoke  
1 teaspoon garlic powder  
1 teaspoon hot pepper sauce  
1/2 teaspoon pepper

## Directions

In a large saucepan, combine all ingredients. Bring to a boil over medium heat, stirring often. Reduce heat; simmer, uncovered, for 10-15 minutes or until heated through.

# Italian Meat Loaves

## Ingredients

2 eggs, beaten  
3/4 cup cracker or bread crumbs  
1/2 cup milk  
10 tablespoons grated Parmesan cheese, divided  
1/4 cup finely chopped onion  
1 teaspoon Worcestershire sauce  
1 teaspoon garlic salt  
1 teaspoon Italian seasoning, divided  
2 pounds ground pork  
1/4 cup ketchup

## Directions

In a large bowl, combine eggs, crumbs, milk, 1/2 cup cheese, onion, Worcestershire sauce, garlic salt and 1/2 teaspoon Italian seasoning. Add pork and mix well. shape into 10 individual loaves; place on a rack in a greased large shallow baking pan. Spread ketchup over loaves; sprinkle with remaining cheese and Italian seasoning. Bake at 350 degrees F for 45-55 minutes or until no pink remains.



# Maple-Bourbon Glazed Chicken Wings with Real

## Ingredients

36 chicken wings  
1 tablespoon vegetable oil  
1/2 cup chopped onion  
1/2 cup pure maple or pancake  
syrup  
1/2 cup ketchup  
1/4 cup bourbon or whiskey  
1 teaspoon hot pepper sauce\*  
(optional)  
1/2 cup Hellmann's® or Best  
Foods® Real Mayonnaise

## Directions

Cut tips off wings; cut wings in half at joint.

In medium saucepan, heat oil over medium-high heat and cook onion, stirring occasionally, 5 minutes or until golden. Add syrup, ketchup, bourbon and hot pepper sauce. Bring to a boil over high heat. Reduce heat to low and simmer, stirring occasionally, 5 minutes or until sauce thickens slightly. Remove from heat. With wire whisk, stir in Hellmann's® or Best Foods® Real Mayonnaise until smooth.

Grill or broil chicken wings, turning occasionally and brushing frequently with sauce, 15 minutes or until chicken is thoroughly cooked.

# Doreen's Superbowl Sandwiches

## Ingredients

1 1/2 pounds ground beef  
1 cup chopped onion  
2 cups shredded cabbage  
1/4 cup chopped fresh parsley  
1/2 teaspoon salt  
1/2 teaspoon pepper  
2 teaspoons finely chopped fresh garlic  
1 pinch crushed red pepper  
1/2 cup ketchup  
2 cups shredded sharp Cheddar cheese  
2 (1 pound) loaves frozen bread dough, thawed  
1 egg  
1 tablespoon milk  
coarse salt and cracked black pepper

## Directions

Preheat the oven to 350 degrees F (175 degrees C).

In a skillet over medium-high heat, brown ground beef, and drain excess fat. Reduce heat to medium, and stir in onions, cabbage, parsley, garlic, red pepper, salt and black pepper. Cook until cabbage has wilted. Remove from heat, and stir in Cheddar cheese and ketchup.

Divide each loaf of thawed bread dough into four equal pieces. On a lightly floured surface, roll each piece into a 6 inch circle. Place about 1/2 cup of the beef mixture onto the center of each one. Carefully pinch together the edges to seal. Place buns seam side down on a lightly greased or nonstick cookie sheet. Whisk together egg and milk with a fork. Brush the tops of the buns with the egg mixture and sprinkle with coarse salt and cracked black pepper.

Bake for 25 to 30 minutes in the preheated oven, until nicely browned. Serve hot with condiments of choice.

# Zippy Beef Casserole

## Ingredients

1 cup uncooked elbow macaroni  
1 pound ground beef  
1 (10.75 ounce) can condensed cream of mushroom soup  
3/4 cup milk  
2/3 cup ketchup  
1/2 cup shredded Cheddar cheese  
1/4 cup chopped green bell pepper  
1 cup dried minced onion  
1 teaspoon salt, or to taste  
1 cup crushed potato chips

## Directions

Preheat the oven to 350 degrees F (175 degrees C). Bring a saucepan of lightly salted water to a boil. Add pasta, and cook for 8 to 10 minutes or until al dente; drain.

Cook ground beef in a skillet over medium heat, stirring until evenly browned; drain. Stir in cooked macaroni, condensed soup, milk, and ketchup until well blended. Mix in the Cheddar cheese, green pepper, and minced onion. Season with salt, and pour into a 2 quart baking dish.

Cover, and bake for 40 minutes in the preheated oven. Uncover, sprinkle the top with potato chips, and bake for another 5 to 10 minutes, until chips are toasted.

# Uncle Earl's NC BBQ Sauce

## Ingredients

1 (46 fluid ounce) bottle ketchup  
2 cups apple cider vinegar  
1 cup white sugar  
1/2 cup butter  
1 tablespoon red pepper flakes  
1/4 cup Texas style hot sauce

## Directions

In a large saucepan or soup pot, stir together the ketchup, cider vinegar, sugar, butter, red pepper flakes and hot sauce. Cook over medium heat until the butter is melted and the sauce is heated through. Use right away, or store in the refrigerator for up to a month.

# Simmered Smoked Links

## Ingredients

2 (16 ounce) packages miniature  
smoked sausage links  
1 cup packed brown sugar  
1/2 cup ketchup  
1/4 cup prepared horseradish

## Directions

Place sausages in a slow cooker. Combine brown sugar, ketchup and horseradish; pour over sausages. Cover and cook on low for 4 hours.

# Bob's BBQ Sauce

## Ingredients

1/2 cup brown sugar  
2 tablespoons cider vinegar  
1/4 cup ketchup  
1 teaspoon ground dry mustard  
1 teaspoon Worcestershire sauce  
1 teaspoon horseradish sauce

## Directions

In a bowl, mix the brown sugar, cider vinegar, ketchup, dry mustard, Worcestershire sauce, and horseradish sauce. Refrigerate until ready to use.

# Maple Glazed Ribs

## Ingredients

3 pounds baby back pork ribs  
3/4 cup maple syrup  
2 tablespoons packed brown sugar  
2 tablespoons ketchup  
1 tablespoon cider vinegar  
1 tablespoon Worcestershire sauce  
1/2 teaspoon salt  
1/2 teaspoon mustard powder

## Directions

Place ribs in a large pot, and cover with water. Cover, and simmer for 1 hour, or until meat is tender. Drain, and transfer ribs to a shallow dish.

In a small saucepan, stir together the maple syrup, brown sugar, ketchup, vinegar, Worcestershire sauce, salt, and mustard powder. Bring to a low boil, and cook for 5 minutes, stirring frequently. Cool slightly, then pour over ribs, and marinate in the refrigerator for 2 hours.

Prepare grill for cooking with indirect heat. Remove ribs from marinade. Transfer marinade to a small saucepan, and boil for several minutes.

Lightly oil grate. Cook for about 20 minutes, basting with the cooked marinade frequently, until nicely glazed.

# Mini Cheeseburgers

## Ingredients

1 pound lean ground beef  
1/2 cup ketchup  
1/2 cup shredded Cheddar cheese  
1 egg  
1 pinch garlic powder  
1/4 cup shredded Cheddar cheese  
1/4 cup ketchup

## Directions

Preheat an oven to 350 degrees F (175 degrees C). Line a baking sheet with aluminum foil.

Mix ground beef, 1/2 cup ketchup, 1/2 cup shredded cheese, egg, and garlic powder in a large bowl. Form mixture into 1 inch balls, and gently press onto prepared baking sheet to form mini-burgers.

Bake in preheated oven for 20 minutes. Spread remaining ketchup on burgers, and sprinkle with remaining cheese. Return burgers to the oven, and bake until cheese is melted and bubbly, about 5 minutes.



# Easy, Crunchy Hot Dogs

## Ingredients

1/2 cup ketchup  
1/4 cup prepared yellow mustard  
1 cup cornflake crumbs  
1 (16 ounce) package all-beef hot dogs

## Directions

Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with a sheet of aluminum foil.

Stir together ketchup and mustard on a plate until mixed. Place the cornflake crumbs in a shallow bowl. Roll each hot dog in the ketchup mixture, then roll in the cornflake crumbs to coat. Place onto prepared baking sheet.

Bake in preheated oven until the hot dogs are hot on the inside, and crispy on the outside, 15 to 20 minutes.

# Marinated Chicken Barbecue

## Ingredients

8 skinless, boneless chicken  
breasts  
1 cup ketchup  
2 tablespoons prepared  
horseradish  
1/4 cup lemon juice  
1/2 cup vegetable oil

## Directions

Mix together ketchup, horseradish, lemon juice, and oil.

Place chicken breasts in a dish, and pour marinade over.  
Refrigerate overnight.

Bake at 350 degrees F (175 degrees C) for 45 minutes, basting  
every 15 minutes and turning once.

# Pittsburgh Ham Barbecues

## Ingredients

1/2 cup butter  
1 small onion, finely chopped  
2 cups ketchup  
1/3 cup distilled white vinegar  
1/2 cup water  
3 tablespoons brown sugar  
2 teaspoons prepared yellow mustard  
2 tablespoons Worcestershire sauce  
1 1/2 pounds chipped chopped ham  
8 kaiser rolls, split  
1 cup pickle relish (optional)

## Directions

Preheat an oven to 275 degrees F (135 degrees C).

Melt the butter in a large skillet over medium-high heat; cook and stir the onions in the butter until translucent, about 5 minutes. Stir the ketchup, vinegar, water, brown sugar, mustard, and Worcestershire sauce into the skillet with the onions; simmer about 10 minutes. Stir in the ham; cook until heated through and the sauce is bubbling, 5 to 7 minutes more.

While the ham simmers, heat the kaiser rolls in the preheated oven until toasted, 5 to 7 minutes.

Assemble the sandwiches by dividing the ham mixture among the toasted kaiser rolls, topping the ham with pickle relish. Serve hot.

# Sweet and Sour Fish

## Ingredients

1 pound halibut  
1 tablespoon soy sauce  
1 tablespoon all-purpose flour  
2 cups oil for deep frying

1 green bell pepper, diced  
1 onion, diced  
1 (8 ounce) can pineapple chunks,  
juice reserved  
1 1/2 tablespoons white sugar  
salt to taste  
3 tablespoons ketchup  
1 tablespoon water  
1 teaspoon sesame oil  
2 teaspoons all-purpose flour

## Directions

Cut halibut into bite-size pieces. Place in a mixing bowl and combine with soy sauce and 1 tablespoon of flour. Let stand for 30 minutes. Meanwhile, heat oil in deep-fryer or heavy saucepan to 375 degrees F (190 degrees C).

Deep fry halibut pieces until golden brown. Drain on paper towels; set aside.

For the Sauce, saute green pepper, onion and pineapple in a medium skillet for 1 minute. Stir in reserved pineapple juice, sugar, ketchup, water, remaining 2 teaspoons of flour, sesame oil, and salt to taste. Cook until thickened, stirring occasionally.

Serve, by dipping fried halibut pieces into sauce, or pour the sauce over the fish.

# Raspberry Hot Barbecue Sauce

## Ingredients

1 (36 ounce) bottle ketchup  
1 1/4 cups raspberry preserves  
1 (8 ounce) jar honey  
1 cup dill pickle juice  
2 tablespoons prepared spicy mustard  
1/4 cup brown sugar  
1/3 cup red wine vinegar  
1 tablespoon red pepper flakes  
1 tablespoon dried minced onion flakes  
2 teaspoons garlic powder  
ground black pepper to taste  
1 dash hot pepper sauce, or to taste

## Directions

Stir together the ketchup, raspberry preserves, honey, pickle juice, mustard, brown sugar, vinegar, red pepper flakes, onion flakes, garlic powder, and black pepper in a saucepan over medium heat. Bring to a boil while stirring. Reduce heat to low and stir in the hot sauce; allow to simmer about 1 hour.

# Ann's Sister's Meatloaf Recipe

## Ingredients

2 pounds lean ground beef  
2 eggs  
1 1/2 cups dry bread crumbs  
1/4 cup ketchup  
1 teaspoon monosodium  
glutamate (MSG)  
1/2 cup warm water  
1 (1 ounce) package dry onion  
soup mix  
2 slices bacon  
1 (8 ounce) can tomato sauce

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl combine the beef, eggs, crumbs, ketchup, MSG, water and soup mix. Mix well and spoon mixture into loaf pan. Cover with 2 strips of bacon, then cover with tomato sauce.

Bake in preheated oven for 1 hour.

# Country Rib Delight

## Ingredients

3 pounds pork spareribs  
1 cup applesauce  
1 cup pure maple syrup  
6 tablespoons lemon juice  
1/2 cup ketchup  
1/4 teaspoon paprika  
1/4 teaspoon ground cinnamon  
1/4 teaspoon garlic powder  
1/4 teaspoon salt  
1/4 teaspoon ground black pepper

## Directions

Place ribs in a large pot with enough water to cover, and bring to a boil. Reduce heat to low, and simmer 10 minutes.

Preheat oven to 325 degrees F (165 degrees C). Grease a baking dish.

In a bowl, mix the applesauce, syrup, lemon juice, ketchup, paprika, cinnamon, garlic powder, salt, and pepper.

Place ribs in the prepared baking dish, and brush with 1/2 the sauce. Bake uncovered, basting frequently with remaining sauce, for 1 1/2 hours, until done.

# Beef and Bean Pot

## Ingredients

- 1 pound lean ground beef
- 1 onion, chopped
- 6 slices bacon, diced
- 1 tablespoon distilled white vinegar
- 1 tablespoon prepared mustard
- 1/2 cup ketchup
- 1/2 cup brown sugar
- 1 green bell pepper, chopped
- 1 (15 ounce) can kidney beans
- 1 (16 ounce) can chili beans
- 1 (15 ounce) can pork and beans
- 6 slices American cheese
- 1 cup crushed tortilla chips

## Directions

Preheat oven to 375 degrees F (190 degrees C).

In a large skillet over medium high heat, saute the ground beef, onion and bacon for 5 to 10 minutes, or until the meat is browned and the onion is translucent; drain excess fat.

In a 3 quart casserole dish, combine the vinegar, mustard, ketchup, brown sugar, green bell pepper, kidney beans, chili beans, pork and beans and the meat mixture. Stir together until well blended.

Bake at 375 degrees F (190 degrees C) for 45 to 50 minutes, remove from oven and top with the cheese and crushed tortilla chips. Return to oven and bake for 5 to 6 more minutes, or until the cheese is melted and bubbly.



# Cheeseburger-Topped Scrambled Eggs

## Ingredients

4 fully-cooked turkey breakfast  
sausage patties  
4 eggs  
4 tablespoons milk  
Salt and pepper  
2 teaspoons butter  
2 slices American cheese, halved  
Ketchup  
Pickles

## Directions

Heat sausage according to package directions; keep warm.

Beat eggs, milk, salt and pepper in bowl until blended.

Heat butter in nonstick skillet over medium heat until hot. Pour in egg mixture. As eggs begin to set, gently pull the eggs across the pan with an inverted turner, forming large soft curds.

Continue cooking--pulling, lifting and folding eggs--until thickened and no visible liquid egg remains. Do not stir constantly. Remove from heat.

Place sausage patties on microwave-safe plate. Top evenly with eggs, then with cheese. Microwave on High a few seconds, just to melt cheese. Top with ketchup and pickles. Serve immediately.

# Jackie's Special Meatloaf

## Ingredients

1 pound ground beef  
2 eggs, beaten  
1 cup panko bread crumbs  
3/4 cup ketchup, divided  
1 tablespoon salt-free seasoning blend  
1 tablespoon garlic powder  
1 tablespoon onion powder  
salt to taste  
ground black pepper to taste

## Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking pan.

Place the ground beef, eggs, panko, and 1/2 cup ketchup in a large bowl. Mix by hand, and season with salt-free seasoning blend, garlic powder, onion powder, salt, and pepper. Form into a loaf shape, and place on the prepared baking pan. Drizzle with remaining 1/4 cup ketchup.

Bake 1 hour in the preheated oven, to an internal temperature of 160 degrees F (70 degrees C).

# Coney Island Sauce

## Ingredients

- 1 pound ground beef
- 1 onion, chopped
- 2 tablespoons prepared mustard
- 2 tablespoons cider vinegar
- 2 tablespoons white sugar
- 1 tablespoon water
- 1 teaspoon Worcestershire sauce
- 1/4 teaspoon celery seed
- 1/4 teaspoon hot pepper sauce
- 1/4 cup ketchup

## Directions

In a large skillet over medium high heat, saute the ground beef and onion for 5 to 10 minutes, or until meat is well browned. Crumble meat to a fine texture with a fork, if necessary; drain excess fat.

Stir in the mustard, vinegar, sugar, water, Worcestershire sauce, celery seed, hot pepper sauce and ketchup. Mix well reduce heat to low and simmer, uncovered, for 35 to 40 minutes.

# Ting-Town Barbeque Beef Sandwich

## Ingredients

3 stalks celery, sliced thin  
1 large onion, coarsely chopped  
4 cloves garlic, minced  
1 cup ketchup  
1 cup barbeque sauce  
1 tablespoon prepared yellow mustard  
1 cup beer  
2 tablespoons cider vinegar  
2 tablespoons Worcestershire sauce  
2 tablespoons brown sugar, packed  
1 teaspoon chili powder  
1 teaspoon salt  
1 teaspoon ground black pepper  
4 pounds boneless beef chuck roast, trimmed of fat  
16 hamburger buns, split

## Directions

To make the sauce, combine the celery, onion, garlic, ketchup, barbeque sauce, mustard, beer, cider vinegar, Worcestershire sauce, brown sugar, chili powder, salt, and pepper in a bowl; stir until well blended.

Place the chuck roast in a slow cooker. Pour the sauce evenly over the meat. Cover and cook the roast on HIGH for 3 hours. Reduce heat to LOW, and continue cooking until very tender, about 4 hours more.

About 1/2 hour before serving, remove the chuck roast from the slow cooker and shred the meat with a large fork. Return the meat to the slow cooker, and cook uncovered so the sauce thickens, on LOW for 20 minutes.

To serve, dip the flat sides of hamburger buns into the sauce and top with meat.

# Saucy Chops II

## Ingredients

2 tablespoons butter  
6 boneless pork chops  
1 to taste salt and pepper to taste  
1 onion, thinly sliced  
1 (10.75 ounce) can condensed cream of chicken soup  
1/4 cup ketchup  
2 1/2 teaspoons Worcestershire sauce

## Directions

Over medium-high heat, melt butter in a large saucepan. Add pork chops and cook until browned on both sides. Season with salt and pepper. Top with onion slices.

In a bowl, stir together soup, ketchup and Worcestershire sauce. Pour soup mixture over pork chops.

Cover pan and simmer until meat is no longer pink inside and thermometer reads 160 to 170 degrees F (71 to 77 degrees C), about 40 to 60 minutes.

# Easy BBQ Bake

## Ingredients

3/4 cup barbecue sauce  
3/4 cup honey  
1/2 cup ketchup  
1 onion, chopped  
4 skinless, boneless chicken  
breast halves

## Directions

Preheat oven to 400 degrees F (200 degrees C).

In a medium bowl, combine the barbecue sauce, honey, ketchup and onion and mix well. Place chicken in a 9x13 inch baking dish. Pour sauce over the chicken and cover dish with foil.

Bake at 400 degrees F (200 degrees C) for 45 minutes to 1 hour, or until chicken juices run clear.

# Farmhouse Barbecue Muffins

## Ingredients

1 (10 ounce) can refrigerated  
buttermilk biscuits  
1 pound ground beef  
1/2 cup ketchup  
3 tablespoons brown sugar  
1 tablespoon cider vinegar  
1/2 teaspoon chili powder  
1 cup shredded Cheddar cheese

## Directions

Separate dough into 10 biscuits; flatten into 5-in. circles. Press each into the bottom and up the sides of a greased muffin cup; set aside. In a skillet, brown ground beef; drain. In a small bowl, mix ketchup, brown sugar, vinegar and chili powder; stir until smooth. Add to meat and mix well. Divide the meat mixture among biscuit-lined muffins cups, using about 1/4 cup for each. Sprinkle with cheese. Bake at 375 degrees F for 18-20 minutes or until golden brown. Cool for 5 minutes before removing from tin and serving.

# Filipino Lumpia

## Ingredients

- 1 lumpia wrappers
- 1 pound ground beef
- 1/2 pound ground pork
- 1/3 cup finely chopped onion
- 1/3 cup finely chopped green bell pepper
- 1/3 cup finely chopped carrot
- 1 quart oil for frying

## Directions

Make sure the lumpia wrappers are completely thawed. Lay several out on a clean dry surface and cover with a damp towel. The wrappers are very thin and the edges will dry out quickly.

In a medium bowl, blend together the ground beef and pork, onion, green pepper and carrot. Place about 2 tablespoons of the meat mixture along the center of the wrapper. The filling should be no bigger around than your thumb or the wrapper will burn before the meat is cooked. Fold one edge of the wrapper over to the other. Fold the outer edges in slightly, then continue to roll into a cylinder. Wet your finger, and moisten the edge to seal. Repeat with the remaining wrappers and filling, keeping finished lumpias covered to prevent drying. This is a good time to recruit a friend or loved one to make the job less repetitive!!

Heat oil in a 9 inch skillet at medium to medium high heat until oil is 365 to 375 degrees F (170 to 175 degrees C) Fry 3-4 lumpia at a time. It should only take about 2-3 minutes for each side. The lumpia will be nicely browned when done. Drain on paper towels.

You can cut each lumpia into thirds for parties, if you like. In the Philippines, lumpia was eaten with banana ketchup, but I've never seen it sold in America.



# Spicy Noodles - Malay Style

## Ingredients

1 (12 ounce) package uncooked egg noodles  
3 tablespoons olive oil  
1 teaspoon finely chopped garlic  
1/2 bunch fresh spinach, stems removed, chopped  
1/4 cup chile paste  
3 tablespoons ketchup  
1 egg  
1/2 teaspoon white sugar  
1/4 cup water  
salt and pepper to taste  
1/2 cup fresh bean sprouts  
1/2 cup green peas

## Directions

Bring a large pot of water to a boil, cook the egg noodles 6 to 8 minutes, until al dente, and drain.

Heat the oil in a skillet over medium heat, and saute the garlic about 1 minute. Stir in the spinach, and cook about 1 minute. Mix in the cooked egg noodles, chile paste, and ketchup, and toss until well coated.

Make a hole in the center of the noodle mixture. Place the egg in the center, and scramble, tossing with the noodles just before egg is finished cooking.

Mix the sugar and enough water to keep the mixture moist into the skillet. Season with salt and pepper. Continue to cook, stirring constantly, about 6 minutes. Toss in the sprouts and peas, and cook and stir about 4 minutes, until heated through.

# Old Style BBQ Sauce

## Ingredients

- 1 (28 ounce) bottle ketchup
- 1 (12 fluid ounce) can beer
- 1 small onion, diced
- 1 1/2 cups dark brown sugar
- 1/2 cup prepared mustard
- 3 tablespoons barbeque seasoning
- 2 tablespoons distilled white vinegar
- 1 teaspoon black pepper
- 1 teaspoon garlic powder

## Directions

In a slow cooker, combine ketchup, beer, onion, brown sugar, mustard, barbecue seasoning, vinegar, pepper, and garlic powder. Simmer on low setting for 12 hours or overnight.

# Slow Roasted Rabbit

## Ingredients

1 (3 pound) rabbit, cleaned and cut into pieces  
1 3/4 teaspoons salt  
1 tablespoon ground black pepper  
1/4 cup vegetable oil  
4 teaspoons white sugar  
1 onion, chopped  
3/4 cup ketchup  
1 clove garlic, chopped  
1 tablespoon paprika  
1 1/2 tablespoons Worcestershire sauce  
1 cup water

## Directions

Preheat the oven to 350 degrees F (175 degrees C).

Season the rabbit with salt and pepper. Heat the vegetable oil in a large skillet over medium-high heat. Add the rabbit pieces and brown on all sides. Place in a 9x13 inch baking dish. In a medium bowl, combine the sugar, onion, ketchup, garlic, paprika, Worcestershire sauce and water; pour over the rabbit.

Bake uncovered for 90 minutes in the preheated oven, basting frequently. Meat should be very tender when done.

# Barbecued Round Steak

## Ingredients

2 pounds beef round steak, 1 inch thick, cut into strips  
2 tablespoons vegetable oil  
1/2 cup tomato juice  
1/2 cup ketchup  
1/4 cup water  
1/4 cup cider vinegar  
2 tablespoons Worcestershire sauce  
2 tablespoons brown sugar  
2 teaspoons paprika  
1 teaspoon salt  
1 teaspoon ground mustard  
1 garlic clove, minced  
1/4 teaspoon chili powder  
1/4 teaspoon pepper  
4 teaspoons cornstarch  
2 tablespoons cold water  
Hot cooked rice

## Directions

In a large skillet, brown beef in oil over medium-high heat; drain. In a bowl, combine the tomato juice, ketchup, water, vinegar, Worcestershire sauce, brown sugar and seasonings; pour over the beef. bring to a boil. Reduce heat; cover and simmer for 1-1/2 to 2 hours or until the meat is tender.

Combine cornstarch and cold water until smooth; stir into meat mixture. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Serve over rice if desired.

# Wonderful Meatloaf

## Ingredients

1 pound ground beef  
3/4 cup cooked rice  
1 tablespoon brown sugar  
3/4 cup chopped onion  
1 tablespoon ketchup  
1/2 cup ketchup

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl, combine the beef, rice, brown sugar, onion and 1 tablespoon ketchup. Mix well and place in a 5x9 inch loaf pan.

Bake at 350 degrees F (175 degrees C) for 30 minutes. Spread remaining 1/2 cup ketchup over the top of the loaf. Bake for 15 more minutes.

# Cheeseburger Salad

## Ingredients

2 hamburger buns, split and cut into 3/4 inch strips\*  
1/2 small red onion, chopped  
1 pound lean ground beef  
1 cup ketchup  
1/2 cup finely chopped dill pickle  
1 tablespoon prepared yellow mustard  
1/2 small red onion, sliced  
8 cups chopped lettuce  
2 plum tomatoes, chopped  
1 cup shredded Cheddar cheese

## Directions

Preheat an oven to 425 degrees F (220 degrees C).

Arrange the strips in a single layer on a baking sheet, and bake for 8 to 10 minutes, until the strips are lightly toasted. Set the strips aside.

Place the ground beef into a skillet over medium heat, and brown the meat for about 10 to 12 minutes, breaking the beef apart as it cooks, until the meat is well browned and no longer pink inside. Stir the chopped onion, ketchup, dill pickle, and mustard into the beef mixture and mix well.

Arrange the chopped lettuce on a large serving platter, and spoon the beef mixture over the lettuce. Top the salad with the sliced onion, plum tomatoes, and shredded cheese, and arrange the hamburger bun croutons around the platter.

# Heavenly Hot Dog Sauce

## Ingredients

2 1/2 pounds lean ground beef  
1 cup water  
1/2 cup tomato sauce  
1/3 cup ketchup  
1/2 tablespoon salt  
1/2 tablespoon pepper  
1 tablespoon white sugar  
1 tablespoon chili powder  
crushed red pepper flakes to taste

## Directions

Crumble ground beef into a Dutch oven over medium heat. Stir in water, and mash ground beef thoroughly with a potato masher. Stir in tomato sauce, ketchup, salt, pepper, sugar, and chili powder; bring to a boil. Reduce heat to low; simmer, 60 to 90 minutes, until the sauce reaches a medium consistency that is not too soupy.

# Riverboat Barbecue Sauce

## Ingredients

1/2 cup maple syrup  
1/2 cup ketchup  
1/4 cup orange juice  
1 tablespoon dried minced onion  
1 tablespoon white vinegar  
1 tablespoon steak sauce  
1 teaspoon grated orange peel  
1 teaspoon prepared mustard  
1/2 teaspoon Worcestershire sauce  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1/4 teaspoon hot pepper sauce  
3 whole cloves

## Directions

In a small saucepan, combine all the ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes or until the flavors are blended. Remove from the heat. Discard cloves. Cool. Store in the refrigerator.



# Sloppy Joes II

## Ingredients

1 pound lean ground beef  
1/4 cup chopped onion  
1/4 cup chopped green bell pepper  
1/2 teaspoon garlic powder  
1 teaspoon prepared yellow mustard  
3/4 cup ketchup  
3 teaspoons brown sugar  
salt to taste  
ground black pepper to taste

## Directions

In a medium skillet over medium heat, brown the ground beef, onion, and green pepper; drain off liquids.

Stir in the garlic powder, mustard, ketchup, and brown sugar; mix thoroughly. Reduce heat, and simmer for 30 minutes. Season with salt and pepper.

# Sweet Sausage 'n' Beans

## Ingredients

1/2 cup thinly sliced carrots  
1/2 cup chopped onion  
2 cups frozen lima beans, thawed  
2 cups frozen cut green beans  
1 pound smoked sausage, cut into  
1/4 inch slices  
1 (16 ounce) can baked beans  
1/2 cup ketchup  
1/3 cup packed brown sugar  
1 tablespoon cider vinegar  
1 teaspoon prepared mustard

## Directions

In a slow cooker, layer carrots, onion, lima beans, green beans, sausage and baked beans. Combine ketchup, brown sugar, vinegar and mustard; pour over beans. Cover and cook on high for 4 hours or until vegetables are tender. Stir before serving.

# Sweet and Sour Pepper Pork

## Ingredients

2 tablespoons vegetable oil  
2 pounds pork loin, cut into 1 inch cubes  
1 teaspoon Kosher salt  
2 tablespoons butter  
1 green bell pepper, sliced  
1/2 onion, sliced  
4 cloves garlic, minced  
2 tablespoons all-purpose flour  
1/2 cup white sugar  
1/4 cup white wine  
1/4 cup red wine vinegar  
1/4 cup water  
3 tablespoons soy sauce  
2 1/2 tablespoons ketchup  
1 teaspoon ground black pepper

## Directions

Heat oil in a large skillet over high heat. Place the pork in the oil and sprinkle with salt. Fry for 5 to 10 minutes, or until brown on all sides. Remove the pork from the oil, cover with foil to keep warm, and set aside.

In the same skillet over medium heat melt the butter. Mix in the bell pepper, onion, and garlic and saute for 5 minutes. Stir in the flour and sugar and cook for 1 minute. Stir in the wine, vinegar, and water. Mix in the soy sauce, ketchup, and black pepper. Reduce heat to low and let simmer for 5 minutes, or until the sauce has thickened. Return the pork pieces to the skillet and stir until well combined.

# Sunday Meat Loaf

## Ingredients

1 cup stewed tomatoes, chopped  
1 egg, beaten  
3/4 cup quick-cooking oats  
1 medium carrot, grated  
1 celery rib, diced  
2 bacon strips, cooked and crumbled  
1 envelope onion soup mix  
2 1/2 pounds lean ground beef  
Ketchup

## Directions

In a large bowl, combine the first seven ingredients. Crumble beef over mixture and mix well. Shape into a loaf in a greased 13-in. x 9-in. x 2-in. baking dish. Drizzle with ketchup. Bake, uncovered, at 350 degrees F for 1-1/2 hours or until meat is no longer pink and a meat thermometer reads 160 degrees F. Using two large spatulas, carefully transfer meat loaf to a serving platter.

# Traditional Salisbury Steak

## Ingredients

- 1 egg
- 2 tablespoons dry bread crumbs
- 1/2 teaspoon garlic powder
- 1/4 teaspoon pepper
- 3/4 pound lean ground beef
- 3 tablespoons all-purpose flour, divided
- 2 teaspoons olive oil
- 3/4 cup water
- 2 tablespoons ketchup
- 2 teaspoons Worcestershire sauce
- 1 teaspoon beef bouillon granules
- 1 medium onion, quartered and sliced
- 1 (4 ounce) can mushroom stems and pieces, drained

## Directions

In a small bowl, combine the egg, bread crumbs, garlic powder and pepper. Crumble beef over mixture; mix well. Shape into two patties; dredge in 2 tablespoons flour. In a small skillet, brown patties on both sides in oil; drain. Set patties aside.

Add the remaining flour to the skillet; whisk in water until smooth. Stir in the ketchup, Worcestershire sauce and bouillon. Add the onion and mushrooms. Bring to a boil. Return patties to the pan. Reduce heat; cover and simmer for 15-20 minutes or until beef is no longer pink. Serve gravy over patties.

# Quick and Spicy Salsa

## Ingredients

1 (6 ounce) can tomato paste  
1/3 cup chile paste  
2 teaspoons ketchup  
3 tablespoons hot sauce  
2 teaspoons strawberry jam, or to taste  
1 pinch white sugar, or to taste  
1 pinch salt  
1 pinch dried oregano

## Directions

Stir together the tomato paste, chili paste, ketchup, hot sauce, jam, sugar, salt, and oregano in a bowl. Chill until ready to serve.

# Oven BBQ

## Ingredients

1 pound hardwood chips  
1 1/2 cups ketchup  
1/2 cup brown sugar  
1 (12 fluid ounce) can or bottle beer  
1/4 cup distilled white vinegar  
1/2 cup red wine  
1/2 medium onion, diced  
1 cup diced green bell pepper  
1 tablespoon black pepper  
1 (4 pound) whole chicken, cut into 4 pieces

## Directions

Place wood chips in warm water, and soak for 2 to 3 hours.

Preheat oven to 350 degrees F (175 degrees C).

In a small saucepan, blend the ketchup, brown sugar, beer, vinegar, and wine. Mix in the onion, bell pepper, and black pepper. Simmer until thickened, approximately 10 minutes.

Spread wet wood chips evenly in the bottom of a broiler pan, adding enough water to ensure chips remain moist while cooking. Cover with broiler pan grate, and arrange chicken pieces on top. Coat chicken with the sauce, and cook approximately 1 hour, basting regularly.

In a small saucepan over medium heat, simmer any remaining sauce to be used additionally for dipping when served.

# Mom's Little Smokies

## Ingredients

1 (14 ounce) bottle ketchup  
3 tablespoons dark brown sugar  
2 tablespoons white vinegar  
1 teaspoon prepared yellow mustard (such as French's ®)  
1/4 teaspoon ground cinnamon  
1/8 teaspoon ground cloves  
2 (16 ounce) packages cocktail-size smoked link sausages (such as Hillshire Farm Lit'l Smokies ®)

## Directions

Stir the ketchup, brown sugar, vinegar, mustard, cinnamon, and cloves together in a saucepan over low heat; cook until completely warmed, about 5 minutes. Add the sausages and continue cooking until the sausages are heated through, stirring occasionally, about 25 minutes.



# Becki's Oven Barbecue Chicken

## Ingredients

10 chicken wings  
3 tablespoons butter  
1 tablespoon onion powder  
5 tablespoons brown sugar  
2 tablespoons Worcestershire  
sauce  
1 cup ketchup  
1/2 cup water  
2 tablespoons prepared mustard

## Directions

Preheat oven to 425 degrees F (220 degrees C).

In a small saucepan, melt butter or margarine. Add onion powder, sugar, Worcestershire sauce and mustard; mix well. Dilute ketchup with water and add to saucepan mixture. Let simmer for 15 minutes.

Place chicken wings in a 9x13 inch baking dish. Pour saucepan mixture over chicken. Bake, uncovered, in the preheated oven for about 45 minutes.

# Snowman Party Stew

## Ingredients

1 pound ground beef  
1 (16 ounce) package frozen stew vegetables, divided  
1 (10.25 ounce) can beef gravy  
2 cups hot mashed potatoes (prepared with a small amount of milk)  
16 whole black peppercorns  
1/4 cup ketchup

## Directions

In a skillet, brown beef; drain. Remove 24 peas and one carrot chunk from the stew vegetables; set aside. Add the remaining vegetables to beef. Cook until vegetables are thawed. Add gravy; mix well. Pour into an ungreased 9-in. pie plate. Top with eight mashed potato snowmen, using 1 tablespoon of potatoes for each head and 3 tablespoons for each body. Bake, uncovered, at 350 degrees F for 20 minutes. Meanwhile, with a sharp knife, cut the reserved carrot into eight strips. Insert one strip into each snowman for a nose. Place three reserved peas on each for buttons. Add peppercorns for eyes. Drizzle ketchup between head and body to form a scarf.

# Bourbon Glaze

## Ingredients

1 cup bourbon whiskey  
1/2 cup brown sugar  
1 cup ketchup  
2 teaspoons Worcestershire sauce  
1/4 cup white vinegar  
1 tablespoon lemon juice  
1/2 teaspoon minced garlic  
1 pinch dry mustard  
salt and pepper to taste

## Directions

In a medium bowl, combine bourbon, brown sugar, ketchup, Worcestershire sauce, vinegar, lemon juice, garlic, and mustard. Season with salt and pepper to taste.

Use to baste meat, especially chicken or salmon, while cooking.

# Tough Buck Barbecue

## Ingredients

4 pounds venison ribs  
2 bay leaves

2 tablespoons butter  
1 onion, chopped  
1 stalk celery, chopped  
2 cups water  
2 cups ketchup  
1 lemon, juiced  
1/2 cup white vinegar  
1/4 cup Worcestershire sauce  
2 tablespoons brown sugar  
2 tablespoons dark molasses  
1 teaspoon chili powder  
1 teaspoon black pepper  
salt to taste

## Directions

Bring a large pot of lightly salted water to a boil. Add ribs and bay leaves, reduce heat, and simmer for 2 hours.

To prepare the barbecue sauce: While meat is simmering, heat butter in a large heavy skillet over medium high heat. Saute onion and celery until tender. Stir in water, ketchup, lemon juice, vinegar, Worcestershire sauce, brown sugar and molasses. Season with chili powder and black pepper. Reduce heat, and simmer for 2 hours.

Preheat oven to 250 degrees F (120 degrees C). Drain meat, and arrange in a roasting pan. Sprinkle with salt, and cover with barbecue sauce. Roast in preheated oven for 2 hours, basting every 1/2 hour.

# Turkey Burgers with Brie, Cranberries, and Fresh

## Ingredients

1 slice white bread, torn into small pieces  
1 clove garlic, minced  
3 tablespoons boiling water  
1 pound ground turkey  
1/2 medium red onion, chopped  
1/4 cup dried cranberries, chopped  
2 ounces Brie cheese, cubed  
2 tablespoons tomato ketchup  
2 sprigs fresh rosemary, chopped  
salt and pepper to taste

## Directions

Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.

Combine the white bread, garlic, and boiling water in a mixing bowl; mash with a fork to combine. Add the turkey, red onion, cranberries, Brie, rosemary, ketchup, salt, and pepper; mix thoroughly with your hands. Shape the mixture into 6 patties.

Cook under the preheated broiler until no longer pink in the center and the juices run clear, about 6 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

# Caramelized Baked Chicken

## Ingredients

3 pounds chicken wings  
2 tablespoons olive oil  
1/2 cup soy sauce  
2 tablespoons ketchup  
1 cup honey  
1 clove garlic, minced  
salt and pepper to taste

## Directions

Preheat oven to 375 degrees F (190 degrees C).

Place chicken in a 9x13 inch baking dish. Mix together the oil, soy sauce, ketchup, honey, garlic, salt and pepper. Pour over the chicken.

Bake in preheated oven for one hour, or until sauce is caramelized.

# Beans and Franks Applesauce Bake

## Ingredients

1 tablespoon vegetable oil  
1/4 cup chopped onion  
6 hot dogs, sliced  
1 (28 ounce) can baked beans with pork  
1 cup applesauce  
1 tablespoon prepared mustard  
2 tablespoons ketchup  
1/4 teaspoon ground ginger  
3/4 cup shredded Cheddar cheese

## Directions

Preheat the oven to 350 degrees F (175 degrees C).

Heat the oil in a skillet over medium-high heat. Add the onion; cook and stir until starting to brown, then mix in the hot dogs. Fry until browned, then transfer hot dogs and onions to a 2 quart casserole dish. Stir in the baked beans, applesauce, mustard, ketchup and ginger. Top with shredded cheese.

Bake uncovered for 30 minutes in the preheated oven, until heated through and cheese is melted and browned.

# Tortellini Minestrone

## Ingredients

1 1/4 pounds Italian turkey  
sausage links, casings removed  
1 large onion, chopped  
2 garlic cloves, minced  
6 1/2 cups reduced-sodium beef  
broth  
1 (14.5 ounce) can diced  
tomatoes, undrained  
2 cups thinly sliced carrots  
1 cup thinly sliced celery  
1 cup ketchup  
1 teaspoon Italian seasoning  
2 cups sliced zucchini  
1 medium green pepper, chopped  
2 cups frozen cheese tortellini  
1/4 cup minced fresh parsley  
2 tablespoons grated Parmesan  
cheese

## Directions

In a Dutch oven or large saucepan, cook the sausage, onion and garlic over medium heat until meat is no longer pink; drain. Add the broth, tomatoes, carrots, celery, ketchup and Italian seasoning. Bring to a boil. Reduce heat; simmer, uncovered, for 20-25 minutes or until vegetables are tender.

Add the zucchini and green pepper; cook 5-7 minutes longer or until green pepper is tender. Stir in tortellini and parsley. Bring to a boil. Reduce heat to medium; cook, uncovered, for 5 minutes or until tortellini is tender. Sprinkle with Parmesan cheese just before serving.



# Marinated Orange Roughy

## Ingredients

1 1/2 pounds orange roughy or other whitefish fillets  
1/2 cup orange juice  
1/4 cup ketchup  
2 tablespoons canola oil  
2 tablespoons reduced-sodium soy sauce  
2 tablespoons lemon juice  
1/4 teaspoon pepper  
1 tablespoon sesame seeds, toasted

## Directions

Cut fillets into four pieces if necessary; set side. In a bowl, combine the orange juice, ketchup, oil, soy sauce, lemon juice and pepper; mix well. Remove 1/4 cup for basting; cover and refrigerate. Pour remaining marinade into a large resealable plastic bag; add fillets. Seal bag and turn to coat; refrigerate for 2 hours, turning once or twice.

Drain and discard marinade. Place fillets on a broiler pan coated with nonstick cooking spray. Broil 4-6 in. from the heat for 5-6 minutes on each side or until fish flakes easily with a fork, basting occasionally with reserved marinade. Sprinkle with sesame seeds.

# Shrimp Remoulde Galatoire's

## Ingredients

4 stalks celery, coarsely chopped  
4 green onions, chopped  
1 small onion, chopped  
3/4 cup Italian flat leaf parsley  
1/2 cup red wine vinegar  
1/2 cup ketchup  
1/2 cup tomato puree  
1/2 cup Creole mustard  
1 teaspoon Worcestershire sauce  
1 1/8 cups vegetable oil  
2 teaspoons paprika  
2 pounds large cooked shrimp,  
peeled and deveined  
12 lettuce leaves

## Directions

In the container of a food processor, combine the celery, green onions, onion and parsley. Pulse until finely chopped. Add the vinegar, ketchup, tomato puree, mustard and Worcestershire sauce. Process until well blended, stopping to scrape down the sides a couple of times. With the food processor running, drizzle the oil in a steady stream, processing until blended. Stir in paprika. Transfer to a bowl, cover and refrigerate for 6 to 8 hours, or overnight.

When ready to serve, stir the sauce, then pour over the shrimp and toss to coat. Serve on top of lettuce leaves.

# Soy Garlic Steak

## Ingredients

1/4 cup vegetable oil  
1/4 cup soy sauce  
2 tablespoons distilled white vinegar  
2 tablespoons ketchup  
2 tablespoons crushed garlic  
1 1/2 pounds flank steak

## Directions

In a small bowl, mix vegetable oil, soy sauce, vinegar, ketchup, and crushed garlic. Place flank steak in a large resealable plastic bag. Pour the marinade over steak. Seal, and marinate in the refrigerator at least 3 hours.

Preheat grill for high heat.

Oil the grill grate. Place steaks on the grill, and discard marinade. Cook for 5 minutes per side, or to desired doneness.

# Marinated Chuck Roast

## Ingredients

2 tablespoons ketchup  
2 tablespoons red wine vinegar or  
cider vinegar  
2 teaspoons vegetable oil  
2 teaspoons soy sauce  
1 teaspoon Worcestershire sauce  
1/4 teaspoon prepared mustard  
1/4 teaspoon garlic powder  
1/4 teaspoon salt  
1/4 teaspoon pepper  
3/4 pound boneless beef chuck  
steak (3/4 inch thick)

## Directions

In a resealable plastic bag, combine the ketchup, vinegar, oil, soy sauce, Worcestershire sauce, mustard, garlic powder, salt and pepper; add meat. Seal bag and turn to coat; refrigerate 8 hours or overnight.

Drain and discard marinade. Grill, covered, over medium heat or broil 4 in. from heat for 6-8 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F).

# Greens and Sprouts Salad

## Ingredients

1 (10 ounce) package fresh baby spinach  
3 cups torn leaf lettuce  
2 hard cooked eggs, chopped  
5 bacon strips, cooked and crumbled  
2 (14.5 ounce) cans bean sprouts, drained  
1 (8 ounce) can sliced water chestnuts, drained  
1/2 cup chow mein noodles  
FRENCH DRESSING:  
1/2 cup vegetable oil  
1/2 cup sugar  
1/3 cup ketchup  
2 tablespoons cider vinegar  
1 1/2 teaspoons Worcestershire sauce  
1/8 teaspoon salt  
1 small onion, cut into wedges

## Directions

In a large salad bowl, toss the spinach, lettuce, eggs, bacon, bean sprouts and water chestnuts. Sprinkle with chow mein noodles. In a blender, combine the dressing ingredients; cover and process until blended. Serve with salad.

# Michigan Beans and Sausage

## Ingredients

1 pound fully cooked kielbasa or Polish sausage, halved lengthwise and thinly sliced  
1 medium onion, chopped  
1 cup ketchup  
3/4 cup packed brown sugar  
1/2 cup sugar  
2 tablespoons vinegar  
2 tablespoons molasses  
2 tablespoons prepared mustard  
3 (15.5 ounce) cans great Northern beans, rinsed and drained

## Directions

In a saucepan, cook sausage and onion in boiling water for 2 minutes; drain. In a bowl, combine the ketchup, sugars, vinegar, molasses and mustard. Stir in beans and sausage mixture. Transfer to a greased 2-1/2-qt. baking dish. Cover and bake at 350 degrees F for 1-1/2 hours or until bean mixture reaches desired thickness.

# Oven BBQ Ribs

## Ingredients

1 (12 fluid ounce) can or bottle beer  
1 1/2 cups water  
1 tablespoon salt  
3 tablespoons vegetable oil  
5 pounds pork spareribs

1 tablespoon butter  
1 cup thinly sliced onions  
2 cloves garlic, pressed  
2 (8 ounce) cans diced tomatoes with juice  
1 cup ketchup  
3 tablespoons molasses  
1 tablespoon Worcestershire sauce  
1 tablespoon prepared mustard  
1/4 teaspoon salt  
1/2 tablespoon hot pepper sauce  
1 tablespoon white vinegar  
1/2 lemon, sliced into rounds

## Directions

Pour beer and water into a large stock pot. Add salt and stir to dissolve. Bring mixture to a boil over medium high heat.

In a large skillet or frying pan, heat vegetable oil over high heat. Sear ribs on both sides. Place on paper towels to briefly drain. Add seared ribs to the beer/water mixture. Add more water as needed to cover the ribs. Cover pot and simmer for 2 hours.

While the ribs are simmering, melt the butter in a sauce pan and saute the onions and garlic until onions are translucent. Stir in tomatoes, ketchup, molasses, Worcestershire, mustard, salt, hot pepper sauce and vinegar. Bring to a slow boil, stirring constantly. Reduce heat to low and leave it simmering until the ribs are finished.

Preheat oven to 350 degrees F (175 degrees C).

Drain ribs and arrange them in a shallow roasting pan, or pans. Ladle the sauce over the ribs evenly, slice each slice of lemon in half, and distribute the half slices on top of the sauce. Cover with foil loosely, and place in the oven for 15 minutes, and then uncover for the last 10, a total of 25 minutes oven time. Remove rind from lemon slices, discard rind, returning lemon "meat" to sauce on top of the ribs, and serve ribs covering each with sauce on the plate.

# Hot Dogs 'n' Rice

## Ingredients

1/2 cup chopped onion  
1/2 cup chopped green pepper  
2 tablespoons vegetable oil  
1 cup uncooked long grain rice  
1 1/2 cups water, divided  
5 hot dogs, cut into pieces  
1 (14.5 ounce) can stewed tomatoes, undrained  
3 tablespoons ketchup

## Directions

In a large skillet, saute onion and green pepper in oil until tender. Add rice; cook and stir for 2-3 minutes. Add 1-1/4 cups water and hot dogs. Bring to a boil. Reduce heat; cover and simmer for 20-25 minutes. Add the tomatoes, ketchup and remaining water. Cover and cook until rice is tender.



# Shepherd's Pie VI

## Ingredients

4 large potatoes, peeled and cubed  
1 tablespoon butter  
1 tablespoon finely chopped onion  
1/4 cup shredded Cheddar cheese  
salt and pepper to taste  
5 carrots, chopped  
1 tablespoon vegetable oil  
1 onion, chopped  
1 pound lean ground beef  
2 tablespoons all-purpose flour  
1 tablespoon ketchup  
3/4 cup beef broth  
1/4 cup shredded Cheddar cheese

## Directions

Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain and mash. Mix in butter, finely chopped onion and 1/4 cup shredded cheese. Season with salt and pepper to taste; set aside.

Bring a large pot of salted water to a boil. Add carrots and cook until tender but still firm, about 15 minutes. Drain, mash and set aside. Preheat oven to 375 degrees F (190 degrees C.)

Heat oil in a large frying pan. Add onion and cook until clear. Add ground beef and cook until well browned. Pour off excess fat, then stir in flour and cook 1 minute. Add ketchup and beef broth. Bring to a boil, reduce heat and simmer for 5 minutes.

Spread the ground beef in an even layer on the bottom of a 2 quart casserole dish. Next, spread a layer of mashed carrots. Top with the mashed potato mixture and sprinkle with remaining shredded cheese.

Bake in the preheated oven for 20 minutes, or until golden brown.

# Bacon Wrapped Water Chestnuts II

## Ingredients

1 cup ketchup  
1 cup brown sugar  
1 teaspoon Worcestershire sauce  
  
16 ounces sliced bacon  
2 (8 ounce) cans water chestnuts,  
drained

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a saucepan, combine ketchup, brown sugar and Worcestershire sauce; heat just to boiling. Pour sauce over bacon and water chestnuts.

Cut bacon slices into thirds. Cut some of the bigger water chestnuts in half. Wrap chestnuts in bacon and secure with toothpicks; place in a 9x13 pan.

Bake in preheated oven until bacon is completely cooked, about 45 to 50 minutes.

# Best Stovetop BBQ Ribs

## Ingredients

1/4 cup steak sauce (such as A1B®)  
1/4 cup ketchup  
1 tablespoon Worcestershire sauce  
1 tablespoon soy sauce  
1 tablespoon minced garlic  
1/4 cup water  
4 (6 ounce) country style pork ribs  
1 onion, cut into rings (optional)

## Directions

Whisk together steak sauce, ketchup, Worcestershire sauce, soy sauce, garlic, and water in a bowl until smooth.

Place the pork ribs in a saucepan with a lid, and pour the sauce over the ribs. Spread raw onion rings over the ribs, and cover the pan. Bring to a boil over medium heat, and simmer the ribs in the sauce for 45 minutes, or until tender.

# Baked Hot Dog Sandwiches

## Ingredients

8 hot dogs, chopped  
2/3 cup shredded Cheddar cheese  
3 tablespoons pickle relish  
3 tablespoons ketchup  
2 teaspoons prepared mustard  
3 tablespoons chopped onion  
8 hot dog buns

## Directions

Preheat an oven to 325 degrees F (165 degrees C).

Stir the hot dogs, Cheddar cheese, relish, ketchup, mustard, and onion together in a bowl; spoon into the hot dog buns. Wrap each sandwich in aluminum foil.

Bake in the preheated oven until hot, about 20 minutes. Serve immediately.

# Tomato and Bean Soup

## Ingredients

2 tablespoons butter  
1 tablespoon vegetable oil  
2 onions, chopped  
1 cup water  
1 (15 ounce) can baked beans  
1 (16 ounce) can whole peeled tomatoes  
1 dash hot pepper sauce  
1 teaspoon ketchup  
salt and pepper to taste

## Directions

In a small skillet over medium heat, cook onions in butter and oil until tender.

Meanwhile, in a medium saucepan, bring water to a boil. Pour beans and tomatoes into water. Stir cooked onions into mixture and simmer 5 minutes. Puree with the pepper sauce and ketchup in a blender or food processor, or using an immersion blender. Return to heat, season with salt and pepper, and heat through.

# Owen's BBQ Chicken

## Ingredients

2 tablespoons vegetable oil  
1 onion, finely chopped  
2 cloves crushed garlic  
3/4 cup ketchup  
2 tablespoons Worcestershire sauce  
2 tablespoons white wine vinegar  
2 tablespoons brown sugar  
1/2 cup water  
salt and pepper to taste  
10 chicken legs

## Directions

Heat oil in a medium saucepan over medium heat. Add the onion and garlic and saute for 5 to 10 minutes, or until onion is tender. Then add the ketchup, Worcestershire sauce, vinegar, brown sugar and water. Mix together well and season with salt and pepper to taste. Reduce heat to low, cover and simmer for 20 minutes. Set aside, covered, and let cool.

Place chicken in a shallow, nonporous dish and pour sauce over chicken, reserving some sauce in a separate container for basting. Cover chicken and marinate in the refrigerator for at least one hour, or overnight. Cover reserved sauce, if any, and keep in the refrigerator.

Preheat an outdoor grill for medium high heat and lightly oil grate.

Grill chicken over medium high heat for 8 to 12 minutes per side, basting occasionally with the sauce, if any, until internal temperature reaches 180 degrees F (80 degrees C).

# Quick and Easy Pad Thai

## Ingredients

1 (6.75 ounce) package dried rice vermicelli  
3 cups ketchup  
1/2 cup soy sauce  
3 tablespoons lime juice  
2 teaspoons white sugar  
1 teaspoon curry powder  
2 teaspoons smooth peanut butter  
hot chile paste (optional)

1 tablespoon vegetable oil  
2 skinless, boneless chicken breast halves - diced  
1/2 pound shrimp, peeled and deveined  
4 cups bean sprouts  
2 green bell peppers, sliced  
2 eggs, beaten  
1 cup chopped green onions  
1 tablespoon chopped unsalted peanuts

## Directions

Soak rice noodles in warm water for 20 minutes. Drain, and set aside.

In a medium bowl, stir together the ketchup, soy sauce, lime juice, sugar, curry powder, peanut butter and chile paste. Set aside.

Heat oil in a wok or large skillet over medium-high heat. Add chicken, and cook for about 5 minutes, or until juices run clear. Add the green peppers, and saute for a minute. Move the chicken and pepper to one side of the pan, and pour in the eggs. Cook eggs, stirring constantly until firm and scrambled, stir in the chicken and peppers. Add shrimp and pour in 1/4 of the ketchup mixture along with bean sprouts and noodles. Mix and cook for a few minutes until shrimp are pink. Add the remaining sauce, and cook until heated through. Garnish with green onions and chopped peanuts, and serve.

# Big Daddy's Barbeque Sauce

## Ingredients

1 cup ketchup  
1/4 cup water  
1 tablespoon liquid smoke  
flavoring  
2 tablespoons Worcestershire  
sauce  
3 tablespoons butter  
1/2 teaspoon celery salt  
salt and pepper to taste

## Directions

Bring the ketchup, water, liquid smoke, Worcestershire sauce, butter, and celery salt to a simmer in a small saucepan over medium heat. Season to taste with salt and pepper before serving.



# Maple Baked Pork Loin Roast

## Ingredients

1 tablespoon canola oil  
1 (4 pound) boneless pork loin  
roast  
salt and pepper to taste  
all-purpose flour for dredging  
3/4 cup maple syrup  
3/4 cup ketchup  
1/3 cup water  
1 tablespoon minced garlic

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Heat the oil in a large skillet over medium-high heat until smoking. Meanwhile, season the pork roast with salt and pepper, then dredge in flour, and shake off excess. Sear in hot oil until browned on all sides, about 1 minute per side.

Place onto a large sheet of aluminum foil set on top of a baking sheet; set aside. Stir together the maple syrup, ketchup, water, and garlic. Pour 3/4 of this sauce over the pork. Fold the foil over the pork, and seal to form a packet.

Bake in preheated oven until the internal temperature reaches 170 degrees F (75 degrees C), about 2 hours. Carefully open up the foil packet, and broil for a few minutes until the sauce glazes the meat. Serve with remaining sauce.

# General Tao Chicken

## Ingredients

2 pounds skinless, boneless chicken breast halves - cut into bite-size pieces  
1/4 cup cornstarch  
2 eggs  
1 teaspoon salt  
1/2 teaspoon ground black pepper  
6 tablespoons all-purpose flour  
1 teaspoon baking powder  
1/2 cup vegetable oil  
  
4 teaspoons sesame oil  
2 tablespoons grated fresh ginger root  
1/2 cup chopped green onion  
1/2 cup water  
1/4 cup distilled white vinegar  
1/2 cup white sugar  
2 tablespoons cornstarch  
2 tablespoons soy sauce  
1/4 cup oyster sauce  
1/4 cup ketchup

## Directions

Coat the chicken pieces with 1/4 cup of cornstarch; set aside.

Beat the eggs, salt, and pepper in a mixing bowl until smooth. Stir in the flour and baking powder until no large lumps remain. Mix in the chicken until evenly coated.

Heat the vegetable oil in a wok or large skillet over high heat. Drop in the chicken pieces; cook until golden brown and no longer pink on the inside, about 12 minutes. Set the chicken aside; keep warm.

Reduce the heat to medium-high and stir in the sesame oil, ginger, and green onion. Cook and stir until the onion is limp and the ginger begins to brown, about 1 minute. Pour in the water, vinegar, and sugar; bring to a boil. Dissolve the cornstarch in the soy sauce and add to the simmering vinegar along with the oyster sauce and ketchup. Stir until the sauce has thickened and is no longer cloudy. Stir in the chicken and simmer until hot.

# Smoky Mountain Chipotle Chicken

## Ingredients

1 teaspoon olive oil  
4 cloves garlic, minced  
1/2 onion, grated  
1/2 cup bourbon  
1/4 cup cider vinegar  
2 cups ketchup  
1/4 cup Worcestershire sauce  
1 tablespoon liquid smoke  
flavoring  
1 chipotle pepper in adobo sauce,  
minced  
1 teaspoon adobo sauce from  
canned chipotle peppers  
1/4 cup brown sugar  
4 (6 ounce) skinless, boneless  
chicken breast halves  
2 tablespoons grill seasoning, or  
to taste  
4 slices bacon, cut in half  
4 thick slices red onion  
1 teaspoon olive oil  
4 slices provolone cheese

## Directions

Heat 1 teaspoon olive oil in a large skillet over medium heat. Add garlic and onion; cook and stir until the onion softens and turns translucent, about 5 minutes. Pour in the bourbon, and simmer for 10 minutes. Have a lid ready to cover the skillet in case the bourbon catches fire.

Pour in the cider vinegar, ketchup, Worcestershire sauce, liquid smoke, minced chipotle pepper, adobo sauce, and brown sugar. Bring to a boil, then reduce heat to medium-low, and simmer 15 minutes. Pour sauce into a bowl, and refrigerate until no longer hot, about 30 minutes.

Season chicken breasts with grill seasoning, and place into a shallow glass dish. Pour all but 1 cup of the cooled sauce over the chicken breasts, and turn to coat. Refrigerate remaining sauce. Cover the chicken and refrigerate 2 hours. Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown and crispy. Drain on a paper towel-lined plate, and set aside.

Preheat an outdoor grill for medium-high heat.

Drain marinade from the chicken and discard. Cook chicken on preheated grill, basting with reserved sauce, until the chicken is no longer pink in the center, and the juices run clear, about 10 minutes per side. Meanwhile, brush onion slices with 1 teaspoon olive oil. Secure the rings with toothpicks to keep them from falling apart. Grill over indirect heat until soft, about 15 minutes.

To serve, place chicken onto serving plates and top with a slice grilled onion, 2 slices of bacon and then a slice of provolone cheese. Remove toothpicks before serving.

# Tangy Spare Ribs

## Ingredients

4 pounds pork spareribs  
1 medium onion, finely chopped  
1/2 cup finely chopped celery  
2 tablespoons butter or margarine  
1 cup ketchup  
1 cup water  
1/3 cup lemon juice  
2 tablespoons vinegar  
2 tablespoons brown sugar  
1 tablespoon Worcestershire  
sauce  
1/2 teaspoon dry mustard  
1/8 teaspoon pepper  
1/8 teaspoon chili powder

## Directions

Cut ribs into serving-size pieces; place on a rack in a shallow roasting pan. Bake, uncovered, at 350 degrees F for 1 hour.

Meanwhile in a medium saucepan, saute onion and celery in butter for 4-5 minutes or until tender. Add remaining ingredients; mix well. Bring to a boil reduce heat. Cook and stir until slightly thickened, about 10 minutes. Remove from the heat. Drain fat from roasting pan. Pour sauce over ribs. Bake 1-1/2 hours longer or until meat is tender.

# Michelle's Roast Chicken

## Ingredients

1 (4 pound) whole chicken  
3 cloves garlic, chopped  
6 tablespoons minced shallots  
1 cup onion, chopped  
2 slices fresh ginger root, chopped  
3 tablespoons oyster sauce  
1 tablespoon dark soy sauce  
2 tablespoons light soy sauce  
1 tablespoon ketchup  
1 tablespoon hot chile sauce  
1 teaspoon chili powder  
1/4 cup cucumber slices, for garnish

## Directions

Prick chicken all over with a fork to create openings for the seasonings to penetrate. In a small bowl combine the garlic, shallots, onion, ginger, oyster sauce, dark soy sauce, light soy sauce, ketchup, chili sauce and chili powder. Mix together.

Place chicken in a 9x13 inch baking dish and rub the sauce mixture into the chicken. Cover and refrigerate. Marinate for at least 4 hours or overnight if possible.

Preheat oven to 425 degrees F (220 degrees C).

Remove cover and roast chicken in preheated oven for 30 minutes. Turn to the other side and roast for another 30 minutes, or until chicken is cooked through, golden in colour and juices run clear. Baste frequently with marinade while roasting. Serve with sliced cucumbers.

# Oven-Baked Beans

## Ingredients

2 bacon strips, diced  
1 small onion, diced  
2 tablespoons brown sugar  
2 tablespoons ketchup  
1 teaspoon Worcestershire sauce  
1/2 teaspoon prepared mustard  
1 (15 ounce) can pork and beans

## Directions

In a skillet, cook bacon over medium heat until crisp. Using a slotted spoon, remove to paper towels to drain. Saute onion in drippings until tender; drain. Stir in the brown sugar, ketchup, Worcestershire sauce and mustard until blended. Stir in pork and beans; heat through.

Transfer to a greased 3-cup baking dish. Bake, uncovered, at 350 degrees F for 40-45 minutes or until bubbly and mixture reaches desired thickness.

# Potato and Bean Enchiladas

## Ingredients

1 pound potatoes, peeled and diced  
1 teaspoon cumin  
1 teaspoon chili powder  
1 teaspoon salt  
1 tablespoon ketchup  
1 pound fresh tomatillos, husks removed  
1 large onion, chopped  
1 bunch fresh cilantro, coarsely chopped, divided  
2 (12 ounce) packages corn tortilla  
1 (15.5 ounce) can pinto beans, drained  
1 (12 ounce) package queso fresco  
oil for frying

## Directions

Preheat oven to 400 degrees F (205 degrees C). In a bowl, toss diced potatoes together with cumin, chili powder, salt, and ketchup, and place in an oiled baking dish. Bake in the preheated oven for 20 to 25 minutes, or until tender.

Meanwhile, boil tomatillos and chopped onion in water to cover for 10 minutes. Set aside to cool. Once cooled, puree with half of the cilantro until smooth.

Fry tortillas individually in a small amount of hot oil until soft.

Mix potatoes together with pinto beans, 1/2 cheese, and 1/2 cilantro. Fill tortillas with potato mixture, and roll up. Place seam side down in an oiled 9x13 inch baking dish. Spoon tomatillo sauce over enchiladas, and spread remaining cheese over sauce. Bake for 20 minutes, or until hot and bubbly.

# Piquant Meatballs

## Ingredients

- 1 (16 ounce) can jellied cranberry sauce
- 1 (12 ounce) bottle chili sauce
- 1 tablespoon lemon juice
- 2 eggs, lightly beaten
- 1 cup crushed cornflakes
- 1/3 cup ketchup
- 1/3 cup dried parsley flakes
- 3 tablespoons soy sauce
- 2 tablespoons dried minced onion
- 3/4 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon garlic powder
- 2 pounds lean ground beef

## Directions

In a saucepan, combine cranberry sauce, chili sauce and lemon juice. Bring to a boil over medium heat; cook and stir until smooth. Set aside. In a bowl, combine the next nine ingredients; add beef and mix well. Shape into 1-in. balls. Place in a greased 13-in. x 9-in. x 2-in. baking dish. Pour sauce over meatballs. Bake, uncovered, at 350 degrees F for 40-50 minutes or until the meatballs are no longer pink and sauce is bubbly.



# Sausage Balls I

## Ingredients

1 pound fresh, ground pork  
sausage  
1 egg, beaten  
1/3 cup cracker meal  
1/2 teaspoon dried sage  
1/2 cup ketchup  
1 tablespoon white vinegar  
1 1/2 teaspoons brown sugar  
1 tablespoon soy sauce

## Directions

In a medium-sized mixing bowl, combine sausage, egg, crushed crackers and sage. Separate the mixture into two balls.

Heat a skillet to a high heat and brown the sausage balls. Drain on paper towels. Transfer the balls to a container with a lid.

Combine ketchup, vinegar, brown sugar and soy sauce in a small pot. Stir while heating the sauce. Let the sauce come to a boil, then reduce the heat to simmer. Let the sauce simmer for 20 minutes before pouring the sauce over the balls.

Allow to cool, then cover the balls and sauce, and refrigerate overnight. Reheat before serving.

# Baked Round Steak in Barbeque Sauce

## Ingredients

5 pounds round steak - cut into 1 inch strips  
2 tablespoons vegetable oil  
1 clove garlic, minced  
3/4 cup distilled white vinegar  
1 tablespoon white sugar  
1/2 cup ketchup  
1 teaspoon dry mustard  
1 teaspoon paprika  
1 teaspoon salt  
1/8 teaspoon black pepper

## Directions

Preheat oven to 325 degrees F (165 degrees C).

Heat oil in a large skillet over medium heat. Brown steak strips on all sides. With a slotted spoon, transfer steak strips to a baking dish. Stir garlic into skillet; cook 5 minutes. Add vinegar, sugar, and ketchup. Then stir in mustard, paprika, salt, and pepper; and simmer 3 minutes. Pour sauce over steak strips.

Cover baking dish, and bake in a preheated oven for 1 hour. Uncover, and bake for 30 minutes more.

# Grandma's Sloppy Joes

## Ingredients

- 1 pound ground beef
- 1 cup chopped onion
- 1 cup chopped green bell pepper
- 1 tablespoon brown sugar
- 1 tablespoon vinegar
- 1 cup ketchup
- 2 tablespoons prepared mustard
- 1/2 teaspoon ground cloves
- 1 teaspoon salt
- 4 hamburger buns, split

## Directions

In a large skillet over medium heat, combine the ground beef, onion, and green pepper. Cook until beef is browned, and drain off excess grease. Stir in the brown sugar, vinegar, ketchup and mustard, and season with cloves and salt. Simmer for 30 minutes on low. Serve on hamburger buns.

# Ginger Meatballs

## Ingredients

1 egg  
1/2 cup finely crushed  
gingersnaps  
1 teaspoon salt  
1 1/2 pounds ground beef  
1 cup ketchup  
1/4 cup packed brown sugar  
2 tablespoons Dijon mustard  
1/2 teaspoon ground ginger

## Directions

In a large bowl, combine egg, cookie crumbs and salt. Crumble beef over mixture and mix well. Shape into 1-in. balls. Place 1 in. apart in ungreased 15-in. x 10-in. x 1-in. baking pans. Bake, uncovered, at 350 degrees F for 15-20 minutes or until no longer pink; drain.

In a large skillet, combine ketchup, brown sugar, mustard and ginger. Add meatballs. Simmer, uncovered, for 15-20 minutes or until heated through, gently stirring several times.

# Sweet Potato-Turkey Meatloaf

## Ingredients

- 1 large sweet potato, peeled and cubed
- 1 pound ground turkey breast
- 1 large egg
- 1 small sweet onion, finely chopped
- 2 cloves garlic, minced
- 1/4 cup honey barbecue sauce
- 1/4 cup ketchup
- 2 tablespoons Dijon mustard
- 2 slices whole-wheat bread, torn into small crumbs
- 1 tablespoon freshly ground black pepper, or to taste
- 1 tablespoon salt, or to taste

## Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 2 quart baking dish.

Bring a pot of lightly salted water to a boil. Add the sweet potato, and cook until soft, about 10 minutes. Drain the sweet potatoes, and mash or whip until smooth.

Mix the ground turkey together with the egg, sweet onion, garlic, barbecue sauce, ketchup, Dijon mustard, and whole wheat bread crumbs in a large mixing bowl. Season to taste with salt and pepper. Add the sweet potatoes, and stir until evenly combined. If the mixture seems too wet, add more bread crumbs. Use your hands to form the turkey mixture into a loaf shape and place in the prepared baking dish.

Bake in the preheated oven 1 hour. Slice the loaf to serve.

# Sharkey's Barbequed Trout

## Ingredients

1/2 cup soy sauce  
2 tablespoons vegetable oil  
1 teaspoon dried rosemary  
2/3 cup ketchup  
2 tablespoons lemon juice  
6 (6 ounce) fillets rainbow trout

## Directions

In a medium bowl, mix together soy sauce, vegetable oil, dried rosemary, ketchup and lemon juice. Set marinade aside.

Place rainbow trout in a medium baking dish, and pour marinade over the fish. Refrigerate for approximately 1 hour, turning trout once.

Preheat an outdoor grill for medium high heat and lightly oil grate. Drain excess marinade from fish, and transfer to a small saucepan. Bring marinade to a boil, and than remove from heat.

Place trout on the prepared grill. Baste fish with remaining marinade sauce while grilling. Cook approximately 5 minutes on each side, or until tender and easily flaked.

# Best Chilled Beets

## Ingredients

3 (15 ounce) cans sliced beets  
2 tablespoons cornstarch  
1 cup vinegar  
12 teaspoons salt  
3 tablespoons vegetable oil  
3 tablespoons ketchup  
1 teaspoon vanilla extract  
25 whole cloves, tied in a  
cheesecloth bag

## Directions

Drain the beets, reserving 1-1/2 cups of juice in a large saucepan. Add cornstarch to juice and mix well. Add beets and remaining ingredients; bring to a boil. Reduce heat and simmer until the sauce is slightly thickened, stirring often. Remove the spice bag. Cover and refrigerate overnight.

# English Baked Potatoes

## Ingredients

4 large potatoes, cut into wedges  
salt and pepper to taste  
2 tablespoons olive oil

## Directions

Preheat the oven to 350 degrees F (175 degrees C).

In a large bowl, toss potato wedges and olive oil until the potatoes are coated. Spread the wedges out on a large baking sheet. Season with salt and pepper to taste.

Bake for 20 minutes in the preheated oven, turn over, and bake for an additional 10 to 15 minutes, or until tender. Serve plain, with vinegar, or dip in ketchup.



# Memorial Day Best BBQ Chicken Ever!

## Ingredients

1/2 cup Worcestershire sauce  
1 teaspoon Cajun seasoning  
1 teaspoon garlic powder  
2 1/2 tablespoons brown sugar  
1 1/2 tablespoons ketchup  
6 skinless, boneless chicken  
breast halves

## Directions

In a large bowl, blend the Worcestershire sauce, Cajun seasoning, garlic powder, brown sugar, and ketchup. Place the chicken in the bowl, and coat thoroughly with the sauce mixture. Cover, and refrigerate 8 hours or overnight.

Heat an outdoor grill for medium heat, and lightly oil grate.

Discard the marinade, and grill chicken 6 to 8 minutes per side on the prepared grill, or until no longer pink and juices run clear.

# Kielbasa Hash With Carrots & Caraway

## Ingredients

2 tablespoons vegetable or olive oil  
1 large onion, cut into 1/2-inch dice  
1 pound kielbasa sausage, cut into 1/2-inch dice  
1 pound starchy potatoes (such as Idaho), cut into 1/2-inch dice  
1/2 pound carrots, cut into 1/2-inch dice  
2 tablespoons vegetable or olive oil  
2 tablespoons ketchup  
1 tablespoon Dijon mustard  
1/2 teaspoon caraway seeds  
2 tablespoons chopped fresh parsley  
2 tablespoons water  
Salt and freshly ground black pepper

## Directions

Heat 2 Tbs. oil over low heat in a 12-inch non-stick skillet (so potatoes don't stick). While skillet heats, prepare onion and kielbasa sausage. A few minutes before cooking, increase heat to medium-high. When oil starts to send up wisps of smoke, add onion and kielbasa sausage; cook, stirring often, until golden brown, 7 to 8 minutes. Meanwhile, dice potatoes and carrots, and toss with remaining oil. Transfer onion and kielbasa mixture to a bowl and reserve.

Add potato and carrot mixture to empty skillet; cook, stirring only occasionally so they form a golden-brown crust, about 10 minutes. As potatoes cook, mix ketchup, mustard, caraway seeds, parsley and 2 Tbs. of water. (Recipe can be prepared to this point up to 2 hours ahead. Spread hot potatoes on a large lipped cookie sheet; cover when cool. Return skillet to medium-high; add potatoes and re-crisp.)

Return reserved kielbasa mixture to skillet; stir in ketchup mixture, then season with salt and pepper. Cook, stirring frequently, until hash has nicely browned, about 5 minutes longer.

# Rye Bread Party Pizzas

## Ingredients

1 pound ground beef  
1 pound ground pork sausage  
1 pound processed cheese food  
1 teaspoon Worcestershire sauce  
1 tablespoon ketchup  
1 (1 pound) loaf cocktail rye bread

## Directions

Preheat oven to 350 degrees F (175 degrees C). Line a medium baking sheet with aluminum foil.

Place ground beef and ground pork sausage in a large, deep skillet. Cook over medium high heat until evenly brown. Drain and set aside.

Place processed cheese food in a large, microwave safe bowl. Microwave on high 3 to 4 minutes, or until processed cheese food is melted.

Into the bowl with melted processed cheese food, mix Worcestershire sauce and ketchup. When thoroughly blended, mix in beef and pork.

Place approximately 2 tablespoons of the mixture on each slice of cocktail rye bread.

Arrange cocktail rye bread slices in a single layer on the prepared baking sheet. Bake in the preheated oven 10 to 15 minutes, or until lightly browned and crisp.

# Beef Peach Pie

## Ingredients

- 1 pound ground beef
- 1 egg
- 1/2 cup milk
- 1/4 cup chopped onion
- 1 cup soft bread crumbs
- 1 teaspoon salt
- 1 pinch pepper
- 1 (15 ounce) can sliced peaches, drained
- 1 tablespoon vinegar
- 1 tablespoon ketchup
- 1/4 cup brown sugar

## Directions

Preheat the oven to 350 degrees F (175 degrees C).

In a medium bowl, mix together the ground beef, egg, milk, onion, bread crumbs, salt and pepper. Press into a 9 inch pie pan like a crust. Prick meat all over using a fork.

Bake for 25 to 30 minutes in the preheated oven. Remove from the oven, and pour off any excess fat. Arrange the sliced peaches over the beef. Mix together the vinegar, ketchup and brown sugar, and spoon over the top of the peaches.

Bake for an additional 20 minutes. Let stand for at least 10 minutes before serving.

# Zesty Hot Sausage and Beans

## Ingredients

1 pound Bob Evans® Zesty Hot Roll Sausage  
1 small onion, diced  
2 (28 ounce) cans baked beans  
1/2 cup brown sugar  
1/2 cup ketchup  
2 tablespoons prepared mustard

## Directions

In 3 quart Dutch oven, crumble and brown sausage with onions over medium heat. Drain. Add beans, sugar, ketchup and mustard to sausage. Bake at 350 degrees F for 1 1/2 hours or until hot.

# Grilled Thighs and Drumsticks

## Ingredients

2 1/2 cups packed brown sugar  
2 cups water  
2 cups cider vinegar  
2 cups ketchup  
1 cup vegetable oil  
4 tablespoons salt  
3 tablespoons prepared mustard  
4 1/2 teaspoons Worcestershire sauce  
1 tablespoon soy sauce  
1 teaspoon pepper  
1/8 teaspoon liquid smoke (optional)  
10 pounds chicken thighs and drumsticks  
1/2 teaspoon seasoned salt

## Directions

In a large bowl, combine the first 11 ingredients. Pour into two large resealable plastic bags; add chicken. Seal bags and turn to coat; refrigerate overnight.

Prepare grill for indirect heat. Drain and discard marinade. Sprinkle chicken with seasoned salt. Grill chicken skin side down, covered, over indirect medium heat for 15 minutes. Turn; grill 15-20 minutes longer or until juices run clear.

# Stir-Fry Spinach Salad

## Ingredients

1 (8 ounce) can pineapple chunks  
1 pound skinless, boneless  
chicken breast halves - julienned  
2 tablespoons cooking oil  
1 medium green pepper, julienned  
3 tablespoons brown sugar  
1 tablespoon cornstarch  
1/4 cup ketchup  
3 tablespoons soy sauce  
6 cups torn fresh spinach  
1 cup cherry tomato halves

## Directions

Drain pineapple, reserving 3 tablespoons juice in a small bowl; set pineapple aside. (Discard remaining juice or save for another use.) In a skillet or wok, stir-fry chicken in oil for 5 minutes or until no longer pink. Add green pepper; stir-fry for 2-4 minutes or until crisp-tender. Meanwhile, add brown sugar and cornstarch to pineapple juice; mix well. Stir in ketchup, vinegar and soy sauce until smooth; add to skillet and cook until thickened. On a large serving platter, arrange spinach, pineapple and tomatoes. Top with chicken and green pepper; serve immediately.

# Makeover Creamy French Dressing

## Ingredients

2 teaspoons cornstarch  
1/2 cup water  
1/2 cup lemon juice  
1/2 cup ketchup  
1/3 cup sugar  
2 tablespoons chopped onion  
1 1/2 teaspoons Worcestershire sauce  
1/2 teaspoon salt  
1/2 teaspoon prepared mustard  
1/8 teaspoon onion powder  
1/8 teaspoon garlic powder  
1/2 cup canola oil

## Directions

In a small saucepan, combine the cornstarch and water. Bring to a boil; cook and stir for 1-2 minutes or until thickened.

In a blender or food processor, combine the lemon juice, ketchup, sugar, onion, Worcestershire sauce, salt, mustard, onion powder and garlic powder; cover and process until smooth. While processing, gradually add oil in a steady stream. Process until thickened. Transfer to a bowl; stir in cornstarch mixture. Cover and store in the refrigerator.



# Classic American Burgers

## Ingredients

2 Morningstar Farms®  
Grillers® Prime Veggie Burgers  
2 (1 ounce) slices reduced-fat  
Cheddar cheese, mozzarella, or  
Swiss cheese  
2 leaves lettuce  
2 hamburger buns, split and  
toasted  
6 slices dill pickle  
2 slices tomato  
1 thin slice red onion, separated  
into rings  
Ketchup and mustard

## Directions

Cook Morningstar® Farms Grillers Prime® Veggie Burgers according to package directions. Immediately top each burger with one slice of cheese, if desired. Let stand for 1 minute to allow cheese to melt.

Place one lettuce leaf on each bun bottom. Top with burgers, pickles, tomato slices, onion rings and bun tops. Serve with ketchup and mustard, if desired.

**ON THE GRILL:** Preheat grill. Use a food thermometer to be sure patties reach minimum internal temperature of 160 degrees F.

# Midwestern Pork Tenderloin Sandwich

## Ingredients

1 pound boneless pork loin  
1 cup flour  
1/2 cup yellow cornmeal  
1 teaspoon salt  
1/2 teaspoon black pepper  
4 large sandwich buns

## Directions

Cut 4 1-inch slices of pork. Trim any exterior fat from edges and butterfly each slice by cutting horizontally through the middle almost to the edge so that the halves are connected by only a think piece of meat. Put each butterflied slice between pieces of plastic wrap. Using a wooden meat mallet, or the side of a cleaver, pound vigorously until the slice is about 10 inches across. Mix together flour, cornmeal, salt and black pepper.

Heat 1/2 inch of oil in a deep, wide skillet to 365 degrees F. Dip each slice of pork in water, then in flour mixture. Fry tenderloin, turning once, until golden brown on both sides, about 5 minutes total. Drain on paper towels and season to taste with salt and pepper.

Serve on buns with desired condiments (mustard, mayonnaise, dill pickle chips, ketchup, sliced onion, lettuce).

# Barbecued Pot Roast

## Ingredients

1/4 teaspoon salt  
1/8 teaspoon pepper  
1 pound boneless beef chuck  
shoulder steak, cut 3/4 inch thick  
1 tablespoon canola oil  
3/4 cup water  
3/4 cup tomato sauce  
1 medium onion, sliced  
1 garlic clove, minced  
3 tablespoons lemon juice  
3 tablespoons ketchup  
4 teaspoons brown sugar  
2 teaspoons Worcestershire sauce  
1/4 teaspoon ground mustard

## Directions

Combine salt and pepper; rub over steak. In a Dutch oven, brown steak in oil on both sides. Add the water, tomato sauce, onion and garlic. Cover and simmer for 30 minutes.

Combine the remaining ingredients; pour over the meat. Cover and simmer for 1 to 1-1/4 hours or until meat is tender.

# Easy Egg and Avocado Breakfast Burrito

## Ingredients

6 eggs  
1/3 cup milk  
1/4 cup shredded Cheddar cheese  
salt to taste  
2 avocados - peeled, pitted, and mashed  
4 (10 inch) flour tortillas, warmed  
2/3 cup dry curd cottage cheese  
1/4 cup ketchup

## Directions

In a bowl, beat together the eggs, milk, and cheese. Season with salt. Pour into a skillet over medium heat. Cook and stir until scrambled.

Season mashed avocados with salt. Place tortillas one at a time in a separate skillet over medium heat, and cook just until warm. Spread equal amounts of the avocado mixture on one side of each warmed tortilla. Layer with equal amounts cottage cheese and scrambled eggs. Roll into burritos and serve with ketchup.

# Sweet and Sour Kielbasa

## Ingredients

2 cups ketchup  
1/2 cup packed brown sugar  
2 tablespoons Worcestershire sauce  
6 tablespoons butter  
1/2 cup chopped onion  
4 tablespoons lemon juice  
1/2 cup water  
salt and pepper to taste  
1 pound kielbasa sausage

## Directions

In a slow cooker set for low heat, mix the ketchup, brown sugar, Worcestershire sauce, butter, onion, lemon juice, water, salt and pepper. Place the kielbasa sausage in the mixture. Cook 30 minutes, until the onions are soft, or as desired.

# Brisket with BBQ Sauce

## Ingredients

4 pounds lean beef brisket  
2 tablespoons liquid smoke  
flavoring  
1 tablespoon onion salt  
1 tablespoon garlic salt  
  
1 1/2 tablespoons brown sugar  
1 cup ketchup  
3 tablespoons butter  
1/4 cup water  
1/2 teaspoon celery salt  
1 tablespoon liquid smoke  
flavoring  
2 tablespoons Worcestershire  
sauce  
1 1/2 teaspoons mustard powder  
salt and pepper to taste

## Directions

Pour liquid smoke over brisket. Rub with onion salt and garlic salt. Roll brisket in foil and refrigerate overnight.

Preheat oven to 300 degrees F (150 degrees C). Place brisket in a large roasting pan. Cover and bake for 5 to 6 hours. Remove from oven, cool, and then slice. Put slices back into pan.

In a medium saucepan, combine brown sugar, ketchup, butter, water, celery salt, liquid smoke, Worcestershire sauce, mustard, salt and pepper. Stir, and cook until boiling.

Pour sauce over meat slices in pan. Cover and bake for 1 more hour.

# Olive Lovers Dip

## Ingredients

2 (8 ounce) packages cream cheese, softened  
1 (5 ounce) jar green olives, drained and chopped  
3 tablespoons ketchup, or as needed

## Directions

In a medium bowl, mix together the cream cheese and ketchup, adding ketchup as needed to make the mixture a light pink color. Stir in olives. Cover, and chill for at least one hour before serving.

# Tender Beef Brisket

## Ingredients

1 (3 pound) beef brisket\*, trimmed and cut in half  
1 cup ketchup  
1 small onion, chopped  
2 tablespoons cider vinegar  
1 tablespoon prepared horseradish  
1 tablespoon prepared mustard  
1 teaspoon sugar  
1/2 teaspoon pepper

## Directions

Place the brisket in a 3-qt. slow cooker. In a bowl, combine the remaining ingredients. Pour over brisket. Cover and cook on low for 6 hours or until tender.

Remove the beef; set aside. Pour the sauce into a saucepan; cook, uncovered, over low heat for 13-15 minutes or until reduced and thickened, stirring occasionally. Slice the meat across the grain; serve with sauce.



# Ham with Pineapple Sauce

## Ingredients

1 (4 pound) boneless fully-cooked ham  
3/4 cup water, divided  
1 cup packed brown sugar  
4 1/2 teaspoons soy sauce  
4 1/2 teaspoons ketchup  
1 1/2 teaspoons ground mustard  
1 1/2 cups undrained crushed pineapple  
2 1/3 tablespoons cornstarch

## Directions

Place ham on a rack in a shallow roasting pan. Bake at 325 degrees F for 1-1/4 to 2 hours or until a meat thermometer reads 140 degrees F and ham is heated through.

Meanwhile, in a saucepan, combine 1/4 cup water, brown sugar, soy sauce, ketchup, mustard and pineapple. Bring to a boil. Reduce heat; cover and simmer for 10 minutes. Combine cornstarch and remaining water until smooth; stir into pineapple sauce. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve with the ham.

# Japanese Shrimp Sauce II

## Ingredients

2 cups mayonnaise  
6 1/2 fluid ounces water  
1 1/2 tablespoons ketchup  
2 tablespoons sugar  
1 dash hot pepper sauce  
2 teaspoons garlic powder  
3/4 teaspoon paprika  
1/4 teaspoon white pepper  
1/4 teaspoon black pepper  
1 pinch salt

## Directions

In a blender or food processor, combine mayonnaise, water, ketchup, sugar, and hot pepper sauce. Season with garlic powder, paprika, white pepper, and black pepper, and salt. Blend until smooth.

# Mock Filets

## Ingredients

1 pound ground beef  
3/4 cup bread crumbs  
2 eggs, beaten  
2 tablespoons chopped onion  
1 1/2 teaspoons salt  
1/8 teaspoon pepper  
6 slices bacon  
1/2 cup ketchup  
2 tablespoons brown sugar  
1/4 teaspoon dry mustard

## Directions

Preheat your oven's broiler.

In a medium bowl, mix ground beef and bread crumbs. Add eggs, onion, salt and pepper; mix well. Shape into 6 thick patties. Wrap bacon around the outside rim of each patty, and secure with a toothpick or kitchen string.

Place on rack in broiler pan or casserole dish and broil 5 inches from heat source for 10 minutes. Take out of oven and turn patties over.

Mix ketchup, brown sugar and mustard in small bowl. Spoon over patties, and return to broil for 5 minutes longer or until meat is firm, and no longer pink in the center.

# Jbird's Authentic Sweet Vinegar BBQ Sauce

## Ingredients

3 cups apple cider vinegar  
1/4 cup red pepper flakes  
1/4 cup ground black pepper  
1/2 cup salt  
1/2 cup ketchup  
1 cup honey

## Directions

In a saucepan, stir together the vinegar, red pepper flakes, pepper and salt. Bring to a boil. Stir in the ketchup and honey; reduce heat to low, and simmer for 30 minutes.

# Neat Sloppy Joes

## Ingredients

2 pounds lean ground beef  
1/2 cup chopped onion  
1 cup chopped celery  
1 (10.75 ounce) can condensed tomato soup  
1/4 cup ketchup  
1 tablespoon white vinegar  
1/4 cup packed brown sugar  
1 1/2 teaspoons Worcestershire sauce  
1/2 teaspoon salt  
1/4 teaspoon garlic powder  
8 hamburger buns

## Directions

Place ground beef in a large skillet over medium heat. Cook until evenly browned, stirring to crumble. I like to use a potato masher to even out the lumps. Add onion and celery, cover the pan, and cook until tender and transparent, about 5 minutes. Drain off any grease.

Stir the tomato soup (undiluted), ketchup, vinegar, brown sugar and Worcestershire sauce into the beef mixture. Season with salt and garlic powder. Heat to a simmer over low heat, and cook until thoroughly heated, stirring frequently to prevent it from burning on the bottom.

Spoon the hot beef mixture onto buns, which may be toasted first, and serve.

# Super Al's Cocktail Sauce

## Ingredients

2 tablespoons finely grated raw horseradish  
1 teaspoon dark brown sugar  
1/8 teaspoon fresh lemon juice  
6 tablespoons ketchup

## Directions

In a small bowl combine horseradish, brown sugar, lemon juice and ketchup. Mix well. Chill in refrigerator.

# Sausage Plait

## Ingredients

3/4 cup all-purpose flour  
2 tablespoons water  
10 tablespoons butter  
12 ounces pork sausage  
2 tablespoons ketchup  
2 tomatoes, peeled and sliced  
1 yellow onion  
2 hard-cooked eggs, chopped  
1 pinch Italian seasoning

## Directions

Preheat oven to 375 degrees F (190 degrees C)

In a large bowl, mix flour, margarine and water to a firm dough, and knead until smooth and silky. Roll dough out to a 12 inch square, and place on a greased cookie sheet.

Mix meat, ketchup and herbs. Place filling in the center of pastry, and spread so that there are 4 inches of dough on each side.

Place tomatoes, chopped onion and eggs on top of the filling. Cut 1 inch strips from the sides of the pastry, and lace over the top. bake 30 to 40 minutes at 375 degrees F (190 degrees C).

# Sweet and Sour Pork III

## Ingredients

1 pound pork butt, cut into 1 inch cubes  
1 teaspoon salt  
1/4 teaspoon white sugar  
1 teaspoon soy sauce  
1 egg white  
2 green onions, chopped  
1 quart vegetable oil for frying  
1/2 cup cornstarch

1 tablespoon vegetable oil  
3 stalks celery, cut into 1/2 inch pieces  
1 medium green bell pepper, cut into 1 inch pieces  
1 medium onion, cut into wedges  
white sugar to taste  
salt to taste

1 cup water  
1/4 teaspoon salt  
3/4 cup white sugar  
1/3 cup apple cider vinegar  
1/4 cup ketchup  
1/2 teaspoon soy sauce  
1 (8 ounce) can pineapple chunks, undrained  
2 tablespoons cornstarch  
1/4 cup water

## Directions

Place cubed pork in a medium bowl, and season with 1 teaspoon salt, 1/4 teaspoon sugar, and 1 teaspoon soy sauce. Mix in the egg white and green onions. Cover, and place in the refrigerator at least 1 hour.

Heat 1 quart oil to 365 degrees F (185 degrees C) in a large, heavy saucepan or deep fryer.

Coat the pork with 1/2 cup cornstarch, and fry in the heated oil about 10 minutes, until evenly browned. Drain on paper towels.

Heat 1 tablespoon oil in a wok over medium heat. Stir in the celery, green bell pepper, and onion, and cook until tender. Season with salt and sugar. Remove from heat, and set aside.

In a large saucepan, mix 1 cup water, 1/4 teaspoon salt, 3/4 cup sugar, apple cider vinegar, ketchup, and 1/2 teaspoon soy sauce. Bring to a boil, and stir in the cooked pork, celery mixture, and the pineapple chunks with juice. Return to boil, and mix in 2 tablespoons cornstarch and 1/4 cup water to thicken. Cook until well blended.



# Italian Style Meatloaf I

## Ingredients

1 1/2 pounds ground beef  
2 eggs, beaten  
3/4 cup dry bread crumbs  
1/4 cup ketchup  
1 teaspoon Italian-style seasoning  
1 teaspoon dried oregano  
1 teaspoon dried basil  
1 teaspoon garlic salt  
1 (14.5 ounce) can diced tomatoes, drained  
1 1/2 cups shredded mozzarella cheese

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl, mix together ground beef, eggs, bread crumbs and ketchup. Season with Italian-style seasoning, oregano, basil, garlic salt, diced tomatoes and cheese. Press into a 9x5 inch loaf pan, and cover loosely with foil.

Bake in the preheated oven approximately 1 hour, or until internal temperature reaches 160 degrees F (70 degrees C).

# Barbecue Chicken Wings

## Ingredients

3 pounds whole chicken wings  
2 cups ketchup  
1/2 cup honey  
2 tablespoons lemon juice  
2 tablespoons vegetable oil  
2 tablespoons soy sauce  
2 tablespoons Worcestershire sauce  
1 tablespoon paprika  
4 garlic cloves, minced  
1 1/2 teaspoons curry powder  
1/2 teaspoon pepper  
1/8 teaspoon hot pepper sauce

## Directions

Cut chicken wings into three sections; discard wing tips. Place wings in a greased 15-in. x 10-in. x 1-in. baking pan. Bake at 350 degrees F for 35-40 minutes or until juices run clear.

In a bowl, combine the remaining ingredients. Pour 1/2 cup into a 3-qt. slow cooker. Drain chicken wings; add to slow cooker. Drizzle with remaining sauce. Cover and cook on low for 1 hour, basting occasionally.

# Take-Out Fake-Out Pollo Con Crema

## Ingredients

4 large skinless, boneless chicken breast halves - cubed  
salt and pepper to taste  
2 tablespoons extra virgin olive oil, divided  
1 (8 ounce) package sliced fresh mushrooms  
2 large red bell peppers, cut into chunks  
1 large yellow onion, sliced  
2 cloves garlic, minced  
1/4 cup butter  
1/4 cup all-purpose flour  
1 1/2 cups low-sodium chicken broth  
1 1/2 cups heavy cream  
1/4 cup sour cream  
3 tablespoons ketchup, or to taste  
2 dashes hot pepper sauce (such as Frank's RedHot®), or to taste  
1 teaspoon ground cumin  
1/2 teaspoon ground dried Anaheim or California chiles (optional)  
12 (6 inch) flour tortillas

## Directions

Sprinkle chicken cubes with salt and pepper. Heat 1 tablespoon olive oil in a large skillet over medium heat, and cook and stir the chicken until the juices run clear, 5 to 10 minutes. Transfer the chicken to a bowl, and heat 1 more tablespoon olive oil in skillet over medium heat. Cook and stir the mushrooms, bell peppers, onion, and garlic until the vegetables are beginning to brown, about 10 minutes. Transfer the vegetables into the bowl with the chicken.

Melt butter over medium-high heat in the same skillet, and whisk in the flour. Cook the mixture, whisking constantly, until the roux is lightly browned and gives off a toasted fragrance, about 2 minutes. Whisk in the broth, bring to a simmer, and whisk until thickened. Reduce heat to low, and whisk in the cream, sour cream, ketchup, hot sauce, cumin, and ground dried chiles. Cover the skillet, and simmer until thick and the flavors have blended, about 15 minutes, stirring occasionally. Gently stir in the chicken and vegetables. Serve rolled in flour tortillas.

# Kathy's Award Winning Barbeque Sauce

## Ingredients

1 cup ketchup  
1 tablespoon Worcestershire sauce  
1 cup molasses  
2 tablespoons brown sugar  
1/4 cup chopped onion  
1 tablespoon garlic powder  
1 teaspoon ground black pepper  
1 teaspoon cayenne pepper  
2 tablespoons lemon juice  
1 (5.5 ounce) can tomato juice  
2 tablespoons liquid smoke flavoring

## Directions

In a blender or food processor, combine the ketchup, Worcestershire sauce, molasses, brown sugar, onion, garlic powder, ground black pepper, cayenne pepper, lemon juice, tomato juice, and liquid smoke flavoring. Puree until smooth, and transfer to a saucepan.

Place saucepan on the stove over medium heat. Bring mixture to a boil, reduce heat to low, and simmer for about 1 hour, or to desired thickness.

# Pork Chops for the Slow Cooker

## Ingredients

6 boneless pork chops  
1/4 cup brown sugar  
1 teaspoon ground ginger  
1/2 cup soy sauce  
1/4 cup ketchup  
2 cloves garlic, crushed  
salt and pepper to taste

## Directions

Place pork chops in slow cooker. Combine remaining ingredients and pour over pork chops.

Cook on Low setting for 6 hours, until internal temperature of pork has reached 160 degrees F (70 degrees C).

# Steve's Bodacious Barbecue Rib Sauce

## Ingredients

2 tablespoons butter  
1 red onion, diced  
1 clove garlic, crushed  
6 tomatoes, diced  
1/4 cup ketchup  
2 tablespoons prepared Dijon-style mustard  
2 tablespoons brown sugar  
2 tablespoons honey  
1 teaspoon cayenne pepper  
1 tablespoon ground New Mexico chile powder  
1 tablespoon Worcestershire sauce

## Directions

Melt the butter in a medium saucepan over medium heat. Stir in the onion and garlic and saute for 5 minutes. Add the tomatoes, reduce heat to medium low and simmer for 15 minutes. Then add the ketchup, mustard, brown sugar, honey, cayenne pepper, chili powder and Worcestershire sauce.

Simmer for 60 more minutes, then transfer mixture to a blender or food processor and puree until smooth.

# Oven Meatballs

## Ingredients

1 1/2 pounds ground beef  
1/2 cup ketchup  
1 tablespoon cornstarch  
3/4 cup water  
1/2 cup white sugar  
1 teaspoon vinegar  
1 teaspoon dry mustard powder  
3/4 teaspoon salt  
3 tablespoons soy sauce

## Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x9 inch baking dish and set aside.

Form ground beef into 20 meatballs. Brown them on all sides in a large skillet over medium heat, about 15 minutes.

Whisk together the ketchup, cornstarch, water, sugar, vinegar, dry mustard, salt, and soy sauce in a bowl until the sugar is dissolved and the cornstarch is smooth.

Place the browned meatballs in the prepared baking dish, and pour the sauce over them. Bake 30 to 40 minutes in the preheated oven, until the sauce is thickened and the meatballs are cooked through.

# Grilled Country Ribs

## Ingredients

4 pounds country style pork ribs  
1 medium onion, chopped  
2 garlic cloves, minced  
1/4 cup vegetable oil  
1 cup ketchup  
1/4 cup packed brown sugar  
1/4 cup cider vinegar  
1/4 cup hot pepper sauce  
2 tablespoons Worcestershire sauce  
2 tablespoons prepared mustard

## Directions

Place ribs in a greased 13-in. x 9-in. x 2-in. baking dish. Cover and bake at 350 degrees F for 1-1/2 hours or until no longer pink. Meanwhile, in a large saucepan, saute the onion and garlic in oil until tender. Stir in the remaining ingredients; bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes, stirring occasionally. Set aside.

Drain ribs. Grill, covered, over indirect low heat for 45 minutes, turning once. Baste with barbecue sauce. Grill 15 minutes longer or until meat is tender, turning and basting frequently.



# Kickin' Dippin' Fry Sauce

## Ingredients

1/4 cup ketchup  
2 tablespoons steak sauce  
1 tablespoon cream-style  
horseradish sauce  
1 pinch salt  
1 pinch ground black pepper

## Directions

In a small bowl, mix together the ketchup, steak sauce, horseradish, salt and pepper. Serve with homemade fries or onion rings.

# Stuffed Acorn Squash

## Ingredients

1 cup shredded zucchini  
1/2 cup crushed saltines  
1/3 cup ketchup  
1 egg  
1 1/2 teaspoons dried minced onion  
1/2 teaspoon garlic salt  
1/2 teaspoon dried oregano  
1/2 teaspoon salt  
1/4 teaspoon pepper  
3/4 pound ground beef  
2 large acorn squash

## Directions

In a medium bowl, combine the first nine ingredients. Add beef; mix well. Cut squash in half; remove and discard the seeds. Fill with meat mixture. Place in a greased 13-in. x 9-in. x 2-in. baking dish. Cover and bake at 400 degrees F for 1 hour or until squash is tender. Uncover and bake for 10 minutes.

# Perry Family Barbeque Sauce

## Ingredients

1 quart apple cider vinegar  
1/2 cup margarine  
1 teaspoon cayenne pepper  
1 teaspoon Worcestershire sauce  
1/2 cup ketchup  
1/4 cup brown sugar  
salt and pepper to taste

## Directions

In a large saucepan, mix together apple cider vinegar, margarine, cayenne pepper, Worcestershire sauce, ketchup, brown sugar, salt and pepper. Bring to a boil. Reduce heat and simmer 1 hour.

# Magpie's Barbeque Sauce

## Ingredients

1 tablespoon bacon drippings  
1/3 cup minced onion  
2 cloves garlic, minced  
1 tablespoon minced fresh ginger  
1 1/2 cups ketchup  
1/4 cup Worcestershire sauce  
1/4 cup soy sauce  
1 cup brown sugar, firmly packed  
1 cup balsamic vinegar  
1/4 cup fresh lemon juice  
1 teaspoon bottled chipotle chile sauce  
2 tablespoons ground mustard  
1/2 teaspoon crushed dried chile pepper  
1 teaspoon fresh-ground black pepper  
1/8 teaspoon kosher salt  
1/2 teaspoon ground cumin  
1 teaspoon ground coriander  
1/2 teaspoon Spanish paprika

## Directions

Heat the bacon drippings in a saucepan over medium heat. Cook the onion in the bacon drippings until soft, about 7 minutes. Stir in the garlic and ginger. Cook and stir another 30 seconds. Reduce heat to low.

Stir together the ketchup, Worcestershire sauce, soy sauce, brown sugar, balsamic vinegar, lemon juice, chipotle sauce, mustard, ground chile pepper, pepper, salt, cumin, coriander, and paprika in a bowl. Stir sauce into the onion mixture, and simmer for 20 minutes, stirring frequently.

# Reunion Meatballs

## Ingredients

1/2 cup milk  
1 egg  
1 medium onion, chopped  
3 bacon strips, cooked and crumbled  
1/2 cup crushed saltines  
2 teaspoons salt  
1 1/2 pounds lean ground beef  
1/2 pound bulk pork sausage  
SAUCE:  
1 (14 ounce) bottle ketchup  
1 1/4 cups water  
1/2 cup white vinegar  
1/2 cup packed brown sugar  
1 medium onion, chopped  
1 tablespoon chili powder  
1 1/2 teaspoons Worcestershire sauce  
Dash salt

## Directions

In a large bowl, combine the first six ingredients. Crumble beef and sausage over mixture and mix well. Shape into 1-1/2-in. balls. Place in a greased 13-in. x 9-in. x 2-in. baking dish.

In a large saucepan, combine the sauce ingredients. Bring to a boil; reduce heat. Simmer, uncovered, for 5 minutes.

Pour over meatballs. Bake, uncovered, at 350 degrees F for 1-1/2 hours or until meat is no longer pink.

# Ground Beef Bar-b-que

## Ingredients

1 pound lean ground beef  
1 1/2 tablespoons ketchup  
1 tablespoon prepared mustard  
1 tablespoon Worcestershire sauce  
1 tablespoon distilled white vinegar  
1 small onion, grated  
1/2 small green bell pepper, finely chopped

## Directions

Preheat an outdoor grill for medium-high heat and lightly oil grate.

In a large bowl, combine ground beef, ketchup, mustard, Worcestershire sauce, vinegar, grated onion and bell pepper. Mix well and shape into patties.

Place burgers on grill and cook for 3 to 4 minutes per side, or until done.

# Mom's Shrimp Macaroni Salad

## Ingredients

1 cup uncooked elbow macaroni  
1 tablespoon finely diced onion  
1 tablespoon chopped green bell pepper  
1/2 cup diced celery  
3/4 cup mayonnaise  
1/4 cup sweet pickle relish  
2 tablespoons ketchup  
2 tablespoons white wine vinegar  
1 teaspoon prepared horseradish  
1/4 teaspoon hot pepper sauce  
1 tablespoon chopped fresh parsley  
1/2 teaspoon celery seed  
1/8 teaspoon chili powder  
ground black pepper to taste  
2 ounces cooked salad shrimp

## Directions

Bring a large pot of salted water to a boil, add the macaroni and let it cook until al dente; drain well.

In a medium-size mixing bowl, combine onion, bell pepper, celery, mayonnaise, sweet pickle relish, ketchup, pickle juices, horseradish, hot pepper sauce, parsley, celery seed, chili powder, salt, black pepper and shrimp. Fold the macaroni into the mixture. Cover and chill at least 3 hours before serving.

# Barbecued Sticky Ribs

## Ingredients

3/4 teaspoon garlic powder

1 teaspoon salt

1/2 teaspoon pepper

4 pounds pork spareribs

SAUCE:

1 (10.75 ounce) can condensed  
tomato soup, undiluted

1 small onion, chopped

1 cup water

1/2 cup light corn syrup

1/2 cup ketchup

1/4 cup cider vinegar

2 tablespoons Worcestershire  
sauce

2 teaspoons chili powder

1 teaspoon hot pepper sauce

1/2 teaspoon ground cinnamon

## Directions

Combine garlic powder, salt and pepper; rub onto both sides of ribs. Place in a single layer in a 15-in. x 10-in. x 1-in. baking pan. Bake at 325 degrees F for 30-35 minutes; drain off fat. Combine sauce ingredients; pour over ribs. Bake 50-60 minutes longer, basting occasionally. Cut into serving-size pieces.



# Springtime Spinach Salad

## Ingredients

2 eggs  
4 slices bacon  
5 cups fresh spinach, rinsed and torn into bite-size pieces  
1/2 cup sliced fresh mushrooms  
1 cup sliced fresh strawberries  
1/2 cup thinly sliced onion  
1 kiwi, sliced  
1/2 mandarin orange, peeled and segmented

1/4 cup ketchup  
1/4 cup water  
1/4 cup olive oil  
1/4 cup brown sugar  
2 tablespoons cider vinegar  
1/2 teaspoon spicy brown mustard  
1 dash garlic powder  
salt and pepper to taste  
1 cup seasoned croutons

## Directions

Place the eggs in a saucepan with enough cold water to cover. Bring to a boil and immediately remove from heat. Cover, and let eggs stand in hot water for 12 to 15 minutes. Remove from hot water and cool. Peel, chop, and set aside.

Cook the bacon in a skillet over medium high heat until crisp and evenly brown. Drain, crumble and set aside.

In a large bowl, toss together the eggs, bacon, spinach, mushrooms, strawberries, onion, kiwi, and orange.

In a separate bowl, mix the ketchup, water, olive oil, brown sugar, cider vinegar, and brown mustard. Season with garlic powder, salt, and pepper. Pour over the salad mixture, and top the salad with croutons.

# Boston Baked Beans

## Ingredients

2 cups navy beans  
1/2 pound bacon  
1 onion, finely diced  
3 tablespoons molasses  
2 teaspoons salt  
1/4 teaspoon ground black pepper  
1/4 teaspoon dry mustard  
1/2 cup ketchup  
1 tablespoon Worcestershire sauce  
1/4 cup brown sugar

## Directions

Soak beans overnight in cold water. Simmer the beans in the same water until tender, approximately 1 to 2 hours. Drain and reserve the liquid.

Preheat oven to 325 degrees F (165 degrees C).

Arrange the beans in a 2 quart bean pot or casserole dish by placing a portion of the beans in the bottom of dish, and layering them with bacon and onion.

In a saucepan, combine molasses, salt, pepper, dry mustard, ketchup, Worcestershire sauce and brown sugar. Bring the mixture to a boil and pour over beans. Pour in just enough of the reserved bean water to cover the beans. Cover the dish with a lid or aluminum foil.

Bake for 3 to 4 hours in the preheated oven, until beans are tender. Remove the lid about halfway through cooking, and add more liquid if necessary to prevent the beans from getting too dry.

# Barbecued Corn Muffins

## Ingredients

1/2 pound ground beef  
1/4 cup packed brown sugar  
1/4 cup ketchup  
1 tablespoon Worcestershire sauce  
1 teaspoon prepared mustard  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1/4 teaspoon garlic powder  
1 (8.5 ounce) package corn bread/muffin mix  
2/3 cup shredded Cheddar cheese

## Directions

In a skillet, cook beef over medium heat until no longer pink; drain and place in a bowl. Add brown sugar, ketchup, Worcestershire sauce, mustard, salt, pepper and garlic powder. Prepare corn bread mix according to package directions. Fill greased muffin cups with a scant 2 tablespoons of batter. Top each with 2 tablespoons beef mixture; sprinkle with cheese. Top with remaining corn bread mix. Bake at 400 degrees F for 12-15 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pan to a wire rack. Serve warm. Refrigerate leftovers.

# Sloppy Joe Pockets

## Ingredients

1 pound ground beef  
1/4 cup chopped onion  
1/4 cup sour cream  
1/2 cup ketchup  
1/2 teaspoon salt  
1/4 teaspoon garlic powder  
1 (12 ounce) can refrigerated flaky  
biscuit dough  
2 tablespoons butter, melted

## Directions

Cook and stir the ground beef and onion in a skillet over medium heat, breaking the meat up into crumbles as it cooks, until the meat is well browned, about 10 minutes. Drain the fat from the beef in a colander. Return beef to skillet, and stir in sour cream, ketchup, salt, and garlic powder. Bring the mixture to a simmer, reduce heat, and simmer while you make the pockets.

Preheat oven to 375 degrees F (190 degrees C).

Unroll the biscuits on a floured work surface, and lightly roll each biscuit out to a square about 4 inches on a side. Arrange the squares on a baking sheet. Spoon 2 to 3 tablespoons of the beef mixture into the center of each square, and fold a corner over to meet its opposite corner, making a triangle. Seal the edges with a fork, and cut three small slits into the top of each pocket.

Bake in the preheated oven until golden brown, 15 to 20 minutes. Brush each pocket with melted butter.

# Baked Beans II

## Ingredients

1/2 pound bacon, chopped  
1 onion, finely chopped  
2 (15 ounce) cans baked beans  
1/4 cup brown sugar  
1/4 cup ketchup  
1/4 cup prepared mustard

## Directions

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Add the onion and saute until tender. Drain excess oil, if desired. Stir in the beans, brown sugar, ketchup and mustard. Cook, stirring occasionally, until bubbly.

# Sherry's Hot Slaw

## Ingredients

1 medium head cabbage, chopped  
1/2 head iceberg lettuce - rinsed, dried, and chopped  
1 green bell pepper, chopped  
1 onion, chopped  
2 tomatoes, chopped  
1 (20 ounce) bottle ketchup  
1 cup white wine vinegar  
1 cup white sugar  
1 tablespoon ground cayenne pepper  
1 tablespoon hot pepper sauce

## Directions

In a saucepan, combine the vinegar and sugar; cook over medium heat until sugar is dissolved. Remove from heat and refrigerate until chilled.

In a large bowl, combine cabbage, lettuce, bell pepper, onion, tomatoes, ketchup, cayenne pepper and hot sauce. Mix and pour cooled vinegar and sugar mixture over slaw. Toss and serve chilled.

# Chinese Spareribs

## Ingredients

- 3 tablespoons hoisin sauce
- 1 tablespoon ketchup
- 1 tablespoon honey
- 1 tablespoon soy sauce
- 1 tablespoon sake
- 1 teaspoon rice vinegar
- 1 teaspoon lemon juice
- 1 teaspoon grated fresh ginger
- 1/2 teaspoon grated fresh garlic
- 1/4 teaspoon Chinese five-spice powder
- 1 pound pork spareribs

## Directions

In a shallow glass dish, mix together the hoisin sauce, ketchup, honey, soy sauce, sake, rice vinegar, lemon juice, ginger, garlic and five-spice powder. Place the ribs in the dish, and turn to coat. Cover and marinate in the refrigerator for 2 hours, or as long as overnight.

Preheat the oven to 325 degrees F (165 degrees C). Fill a broiler tray with enough water to cover the bottom. Place the grate or rack over the tray. Arrange the ribs on the grate.

Place the broiler rack in the center of the oven. Cook for 40 minutes, turning and brushing with the marinade every 10 minutes. Let the marinade cook on for the final 10 minutes to make a glaze. Finish under the broiler if desired. Discard any remaining marinade.

# BBQ Glazed Homemade Meatballs

## Ingredients

1 1/2 pounds ground beef  
1 egg, lightly beaten  
1 cup quick cooking oats  
6 1/2 ounces evaporated milk  
1 teaspoon salt  
1/4 teaspoon pepper  
1/2 teaspoon garlic powder  
1 tablespoon chili powder  
1/2 cup chopped onion

1 cup ketchup  
1/4 teaspoon minced garlic  
1 cup brown sugar  
1/4 cup chopped onion  
1 tablespoon liquid smoke  
flavoring

## Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking dish.

In a bowl, mix beef, egg, oats, evaporated milk, salt, pepper, garlic powder, chili powder, and 1/2 cup onion. Form into 1 1/2 inch balls and arrange in a single layer in the baking dish.

In a separate bowl, mix ketchup, garlic, sugar, 1/4 cup onion, and liquid smoke. Pour evenly over the meatballs.

Bake uncovered 1 hour in the preheated oven, until the minimum internal temperature of a meatball reaches 160 degrees F (72 degrees C).



# Lyndsie's Dr. Pepper® Meatballs

## Ingredients

1 1/2 pounds lean ground turkey  
1 egg  
1 1/4 cups dry bread crumbs  
1 (1 ounce) package ranch dressing mix  
1 tablespoon Worcestershire sauce  
1 onion, minced  
1 green bell pepper, minced  
  
1 (12 fl oz) can Dr. Pepper®  
1 tablespoon Worcestershire sauce  
1 cup ketchup  
1 cup diced tomatoes in juice  
1 teaspoon salt  
1/2 teaspoon ground black pepper  
1/2 teaspoon garlic powder

## Directions

Preheat an oven to 375 degrees F (190 degrees C).

Place the turkey, egg, bread crumbs, ranch dressing mix, and 1 tablespoon of the Worcestershire sauce into a mixing bowl along with 3 tablespoons of the minced onion, and 3 tablespoons of the minced bell pepper. Set the remaining onion and bell pepper aside. Form the turkey mixture into 2 inch meatballs, and place into a 9x13 inch baking dish.

Bake uncovered in the preheated oven for 15 minutes. While the meatballs are baking, stir the remaining onion and bell pepper in a bowl along with the Dr. Pepper®, 1 tablespoon Worcestershire sauce, ketchup, diced tomatoes, salt, black pepper, and garlic powder. Once the meatballs have cooked for 15 minutes, remove them from the oven and pour the sauce overtop. Cover the dish with aluminum foil and return to the oven.

Bake for 30 minutes, then remove the foil and continue baking 15 minutes more. Remove from the oven and allow to stand 15 minutes before serving.

# BBQ Chicken Sandwiches

## Ingredients

2 (4 pound) whole chickens, cut up  
1 1/2 cups ketchup  
3/4 cup prepared mustard  
5 tablespoons brown sugar  
5 tablespoons minced garlic  
5 tablespoons honey  
1/4 cup steak sauce  
4 tablespoons lemon juice  
3 tablespoons liquid smoke  
flavoring  
salt and pepper to taste  
8 hamburger buns  
4 cups prepared coleslaw  
(optional)

## Directions

Place chicken in a large pot with enough water to cover. Bring to a boil, and cook until chicken comes off the bone easily, about 3 hours. Make sauce while the chicken cooks.

In a saucepan over medium heat, mix together the ketchup, mustard, brown sugar, garlic, honey, steak sauce, lemon juice, and liquid smoke. Season with salt and pepper. Bring to a gentle boil, and simmer for about 10 minutes. Set aside to allow flavors to mingle.

When the chicken is done, remove all meat from the bones, and chop or shred into small pieces. Place in a pan with the sauce, and cook for about 15 minutes to let the flavor of the sauce soak into the chicken. Spoon barbequed chicken onto buns, and top with coleslaw if you like.

# Island Kielbasa in a Slow Cooker

## Ingredients

2 pounds kielbasa sausage, sliced  
into 1/2 inch pieces  
2 cups ketchup  
2 cups brown sugar  
1 (15 ounce) can pineapple  
chunks, undrained

## Directions

Place the sausage, ketchup, sugar and pineapple in the slow cooker and mix together.

Cook on low setting for 5 to 6 hours, until sausage is cooked through.

# Best Teriyaki Sauce

## Ingredients

1 cup soy sauce  
1 cup ruby red grapefruit juice  
1/3 cup hoisin sauce  
1/4 cup ketchup  
3 tablespoons rice wine vinegar  
1/4 cup brown sugar, packed  
1 tablespoon ground ginger  
1 habanero pepper, halved and seeded  
4 cloves garlic, smashed

## Directions

Combine soy sauce, grapefruit juice, hoisin sauce, ketchup, rice wine vinegar, brown sugar, ginger, habanero pepper, and garlic in a saucepan over medium high heat. Bring to a boil, then reduce heat to medium-low, and simmer 10 minutes, or until thick, stirring occasionally. Strain sauce to remove pepper and garlic. Refrigerate in a covered container until ready to use.

# London Broil Sauce

## Ingredients

1 (10.25 ounce) can beef gravy  
1 (8 ounce) bottle Italian-style  
salad dressing  
1/2 cup ketchup  
1 (1 ounce) package dry onion  
soup mix

## Directions

In a medium bowl, mix together the beef gravy, Italian-style salad dressing, ketchup and dry onion soup mix. Pour over London Broil before roasting.

# Cantonese Barbecued Pork

## Ingredients

2 tablespoons dry sherry  
2 slices fresh ginger root  
1 tablespoon oyster sauce  
1/2 teaspoon Chinese five-spice powder  
4 1/2 teaspoons soy sauce  
1 tablespoon white sugar  
2 tablespoons hoisin sauce  
2 tablespoons ketchup  
1/2 teaspoon ground cinnamon  
1 1/2 pounds pork shoulder roast  
1 tablespoon honey

## Directions

In bowl, stir together sherry, ginger root, oyster sauce, five-spice powder, soy sauce, white sugar, sugar, hoisin sauce, ketchup and cinnamon.

Cut pork into 5x2 inch strips. Place strips flat in a shallow baking dish. Pour marinade over pork strips. Let pork marinate at least 6 hours in refrigerator.

Drain, reserving marinade. Mix honey and 3 tablespoon reserved marinade in a small bowl; set aside. Preheat oven to 350 degrees F (175 degrees C).

Fill a shallow roasting pan with water and place in bottom of oven. Carefully place pork strips on a roasting rack above roasting pan so all sides are exposed to heat. If you don't have a roasting rack, insert the curved end of an S-shaped hook, paper clip, or drapery hook in pork strips and hang them from the top shelf.

Roast for 30 minutes. Baste pork strips with honey mixture. Roast 15 minutes and baste again. Roast 10 minutes longer or until pork strips are crisp and golden brown. Remove from oven and let cool.

# Russian Salad Dressing

## Ingredients

1/2 cup mayonnaise  
1/3 cup ketchup  
1 tablespoon red wine vinegar  
1 tablespoon finely chopped onion  
salt and pepper to taste

## Directions

In a small bowl, whisk together the mayonnaise, ketchup, vinegar, onion, salt and pepper until thoroughly combined. Refrigerate until ready to use.

# Hearty Beans with Beef

## Ingredients

1 pound ground beef  
1 medium onion, chopped  
1 (16 ounce) can baked beans,  
undrained  
1 (15.5 ounce) can butter beans,  
rinsed and drained  
1/2 cup ketchup  
1/3 cup packed brown sugar  
1 tablespoon barbecue sauce  
1/4 teaspoon Worcestershire  
sauce

## Directions

In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Transfer to slow cooker. Stir in the remaining ingredients. Cover and cook on high for 3-4 hours or until heated through.



# Famous Japanese Restaurant-Style Salad

## Ingredients

1/2 cup minced onion  
1/2 cup peanut oil  
1/3 cup rice wine vinegar  
2 tablespoons water  
2 tablespoons minced fresh ginger root  
2 tablespoons minced celery  
2 tablespoons ketchup  
4 teaspoons soy sauce  
2 teaspoons white sugar  
2 teaspoons lemon juice  
1/2 teaspoon minced garlic  
1/2 teaspoon salt  
1/4 teaspoon ground black pepper

## Directions

In a blender, combine the minced onion, peanut oil, rice vinegar, water, ginger, celery, ketchup, soy sauce, sugar, lemon juice, garlic, salt and pepper . Blend on high speed for about 30 seconds or until all of the ingredients are well-pureed.

# Barbecued Bean Salad

## Ingredients

1 pound dry pinto beans, rinsed  
1 medium onion, chopped  
1 medium green pepper, diced  
1 medium sweet red pepper, diced

1 (16 ounce) can whole kernel corn, drained

### DRESSING:

1/4 cup ketchup  
1/4 cup cider vinegar  
1/4 cup olive oil  
3 tablespoons brown sugar  
1 tablespoon Worcestershire sauce  
1 tablespoon chili powder  
5 teaspoons Dijon mustard  
1 teaspoon ground cumin  
1 teaspoon salt  
1/4 teaspoon pepper

## Directions

In a large kettle, cover beans with water; bring to a boil. Boil for 2 minutes. Remove from the heat and let stand 1 hour. Drain and rinse beans; return to the kettle. Cover with water again and bring to a boil. Reduce heat; cover and simmer for 1-1/2 hours or until beans are tender. Drain and rinse beans; place in a large bowl and cool to room temperature. Add the onion, peppers and corn; toss. In a saucepan, combine all dressing ingredients; simmer for 10 minutes. Pour over vegetables and mix well. Cover and chill.

# Adrienne's Overnight Barbecued Beef Sandwiches

## Ingredients

- 1 large onion, chopped
- 1/2 cup brown sugar
- 1 teaspoon ground black pepper
- 1/4 teaspoon salt
- 1 teaspoon chili powder
- 1 teaspoon paprika
- 1 teaspoon dried oregano
- 2 cloves garlic, minced
- 1 cup ketchup
- 1/2 cup water
- 1/2 cup white vinegar
- 2 tablespoons canola oil
- 2 tablespoons Worcestershire sauce
- 3 drops liquid smoke flavoring
- 1 (3 pound) beef brisket
- 2 teaspoons cornstarch
- 10 whole-wheat buns

## Directions

Combine the onion, brown sugar, pepper, salt, chili powder, paprika, oregano, garlic, ketchup, water, white vinegar, canola oil, Worcestershire sauce, and liquid smoke in a slow cooker; stir. Lay the beef pieces into the sauce. Cook on LOW for 10 hours.

Remove the beef from the sauce, keeping the sauce in the slow cooker, and shred with two forks. Remove 1/4 cup of the sauce from the slow cooker and pour into a bowl. Whisk the cornstarch into the sauce; stir the mixture back into the slow cooker. Add the shredded beef; stir. Serve hot on the whole-wheat buns.

# Chile Prawns

## Ingredients

3 tablespoons peanut oil  
1 pound tiger prawns, peeled and deveined  
3/4 cup all-purpose flour  
1/2 cup tomato-based chili sauce  
1/3 cup pomegranate juice  
3 tablespoons sriracha hot pepper sauce  
1/4 cup hot ketchup  
3/4 cup ketchup  
3 tablespoons soy sauce  
2 lemons, juiced and zested  
2 teaspoons crushed red pepper flakes

## Directions

Heat oil in a large skillet or wok over medium-high heat. Dredge prawns in flour, then fry in the hot oil until golden. Remove to paper towels to drain.

In a medium bowl, whisk together the chile sauce, pomegranate juice, sriracha hot sauce, hot ketchup, regular ketchup, soy sauce, lemon juice and lemon zest. Pour the sauce into a wok, and bring to a boil over medium-high heat. Cook until the sauce has reduced by about 10 percent and has thickened slightly. Mix the prawns into the sauce, and toss to coat. Serve immediately.

# Basic Bean Soup

## Ingredients

1 pound dry great Northern beans  
8 cups water  
12 baby carrots  
1 cup chopped onion  
1/2 pound chopped ham  
1/4 cup ketchup  
salt and pepper to taste

## Directions

In a large bowl, combine the beans with the water, cover and let soak overnight.

In a large pot over medium high heat, combine the soaked beans with water, carrots, onion and ham. Add more water to cover all, if necessary. Bring to a boil, then reduce heat to low and let simmer for 4 to 6 hours. Add ketchup just to get desired color. Season with salt and pepper to taste.

# Sticky Chicken

## Ingredients

13 cut up chicken pieces  
1/4 cup vegetable oil  
1/2 cup ketchup  
1/2 cup chutney  
2 teaspoons minced garlic  
1 teaspoon salt  
1 teaspoon coarse ground black pepper  
2 teaspoons hot pepper sauce  
1/2 lemon, juiced

## Directions

Place chicken pieces in a shallow casserole dish.

Mix together oil, ketchup, chutney, garlic, salt, black pepper, pepper sauce, and lemon juice. Pour over chicken pieces.

Bake at 400 degrees F (205 degrees C) for 20 minutes. Reduce heat to 325 degrees F (165 degrees C). Bake a further 30 minutes, or until pieces are tender and cooked through.

# Barbecue Ribs

## Ingredients

4 pounds pork spareribs  
1 cup brown sugar  
1/4 cup ketchup  
1/4 cup soy sauce  
1/4 cup Worcestershire sauce  
1/4 cup rum  
1/2 cup chile sauce  
2 cloves garlic, crushed  
1 teaspoon dry mustard  
1 dash ground black pepper

## Directions

Preheat oven to 350 degrees F (175 degrees C). Cut spareribs into serving size portions, wrap in double thickness of foil, and bake for 1 1/2 hours. Unwrap, and drain drippings. (I usually freeze the drippings to use later in soups.) Place ribs in a large roasting pan.

In a bowl, mix together brown sugar, ketchup, soy sauce, Worcestershire sauce, rum, chile sauce, garlic, mustard, and pepper. Coat ribs with sauce and marinate at room temperature for 1 hour, or refrigerate overnight.

Preheat grill for medium heat. Position grate four inches above heat source.

Brush grill grate with oil. Place ribs on grill, and cook for 30 minutes, basting with marinade.

# Australian BBQ Meatballs

## Ingredients

1 pound ground beef  
1/2 cup bread crumbs  
2 small onions, chopped  
1 tablespoon curry powder  
1 tablespoon dried Italian seasoning  
1 egg, beaten  
1 clove garlic, minced  
1/2 cup milk  
1/2 teaspoon salt  
1/2 teaspoon ground black pepper

1 tablespoon margarine  
2 small onions, chopped  
3/4 cup ketchup  
1/2 cup beef stock  
1/4 cup steak sauce  
1/2 cup Worcestershire sauce  
2 tablespoons white vinegar  
2 tablespoons instant coffee granules  
1/2 cup packed brown sugar  
3 tablespoons lemon juice

## Directions

Preheat the oven to 375 degrees F (190 degrees C). In a medium bowl, mix together the ground beef, bread crumbs, 2 onions, curry powder, Italian seasoning, egg, garlic, salt and pepper. Gradually mix in the milk until you have a nice texture for forming meatballs. You may not need all of the milk. Form the meat into balls slightly smaller than golf balls. Place them in a greased baking dish.

Bake the meatballs for 30 minutes in the preheated oven. Once the meatballs are in the oven, start making the sauce straight away.

Melt the margarine in a saucepan over medium heat. Add the remaining onions, and cook until browned. Stir in the ketchup, beef stock, steak sauce, Worcestershire sauce, vinegar, instant coffee, brown sugar and lemon juice. Bring to a boil over medium heat, and simmer, stirring occasionally, until the meatballs are done.

Remove the meatballs from the oven, and drain any excess grease. Pour the sauce over them, and return to the oven. Bake for an additional 30 minutes.

These meatballs taste even better after they have been left to rest for a while to soak up the sauce. I usually make the recipe at lunchtime and let it cool. I put it back in the oven at about 200 degrees for approximately 15 minutes to reheat for dinner. This is not necessary but it makes it taste even better!



# Flowering Vidalia Onion

## Ingredients

1 cup all-purpose flour  
1 teaspoon salt  
1/2 teaspoon black pepper  
1 teaspoon cayenne pepper  
1/4 teaspoon dried thyme  
1 egg, beaten  
1 cup milk  
1 large Vidalia or other sweet onion, peeled  
1/2 cup creamy salad dressing (such as Miracle Whip<sup>®</sup>)  
2 tablespoons prepared horseradish  
2 teaspoons ketchup  
1/4 teaspoon paprika  
1/4 teaspoon salt  
1/4 teaspoon cayenne pepper  
1/8 teaspoon dried oregano  
1/4 teaspoon black pepper  
1 quart vegetable oil for frying

## Directions

Whisk together the flour, 1 teaspoon salt, 1/2 teaspoon black pepper, 1 teaspoon cayenne pepper, and thyme in a bowl, and set aside. Whisk together the egg and milk in a separate small bowl, and set aside.

"Flower" the onion by cutting 1 inch off of the top of the onion, leaving the root intact. Make slices in the onion from top to bottom, 1/2 inch apart, making sure not to cut the roots. Gently separate the pieces of the onion making it look like a blossom. Dip the onion flower into the milk mixture, making sure to moisten all of the "petals". Coat the flower with the seasoned flour, and gently shake off any excess flour. Place the onion onto a plate, and refrigerate for 45 minutes.

Stir together the creamy salad dressing, horseradish, ketchup, paprika, 1/4 teaspoon salt, 1/4 teaspoon cayenne pepper, oregano, and 1/4 teaspoon black pepper to make the dipping sauce for the onion.

Heat the frying oil in deep-fryer to 350 degrees F (175 degrees C).

Fry the onion in the hot oil until the onion is tender on the inside, and crispy golden brown on the outside, 10 to 12 minutes. Drain upside down on a paper towel-lined plate for several minutes before serving with the sauce.

# Funky Cholent

## Ingredients

- 2 teaspoons vegetable oil
- 1 large onion, chopped
- 2 cloves garlic, chopped
- 1 pound beef stew meat, cubed
- 5 large potatoes, cubed
- 1 sweet potato, cubed
- 1 (16 ounce) can baked beans
- 1 tablespoon ketchup
- 1 tablespoon barbecue sauce
- 1 tablespoon prepared yellow mustard
- 2 teaspoons dry onion soup mix
- 2 teaspoons seasoned salt
- 1 teaspoon steak seasoning
- 1/2 cup pearl barley

## Directions

Heat the oil in a large soup pot over medium heat; cook and stir the onion and garlic until the onion is translucent, about 5 minutes. Add the beef stew meat, and quickly brown the pieces on all sides. Stir in the potatoes, sweet potato, baked beans, ketchup, barbecue sauce, mustard, onion soup mix, seasoned salt, and steak seasoning, and pour in enough water to cover. Bring the mixture to a boil, reduce to a simmer, and cook on low heat until the beef is tender, 1 1/2 to 2 hours, stirring occasionally.

Stir in the pearl barley, and transfer the stew to a slow cooker set on Low until the barley is tender, about 12 hours.

# Catalina Spinach Salad

## Ingredients

1/2 cup vegetable oil  
1/4 cup ketchup  
1/4 cup red wine vinegar  
1/4 cup finely chopped onion  
3 tablespoons sugar  
2 teaspoons Worcestershire sauce  
1/2 teaspoon salt  
2 (10 ounce) packages fresh spinach, torn  
2 large tomatoes, diced  
2 (8 ounce) cans sliced water chestnuts, drained  
2 cups chow mein noodles  
2 hard-cooked eggs, chopped  
12 bacon strips, cooked and crumbled

## Directions

Combine the first seven ingredients in a jar with tight-fitting lid; shake well. Combine remaining ingredients in a large salad bowl; add dressing and toss. Serve immediately.

## Ingredients

2 large Spanish onions, sliced  
1 large ripe tomato  
1/2 cup olive oil  
3/4 cup fresh lemon juice  
4 (8 ounce) cans oysters  
1 large ripe tomato, diced  
3 green onions, chopped  
3/8 cup ketchup  
1/2 teaspoon soy sauce  
1/2 teaspoon garlic salt  
2 tablespoons chopped fresh parsley  
1/2 teaspoon granulated sugar  
salt to taste

## Directions

In a saucepan over medium heat, add the sliced onions and add just enough water to cover. Bring to a simmer and cook just enough to soften. Remove from heat and drain. Rinse with cold water and drain.

Take one 1 large tomato and score an 'X' , skin deep, on the top and bottom. Place in the same saucepan used for the onions and add enough water to cover. Bring to a simmer and cook until soft and the skin starts to peel, about 5 minutes. Remove the tomato and rinse under cold water until it's cool enough to hold in your hand. Using your fingers or the blade of a knife, gently peel off the skin. Place the peeled tomato in a blender and puree.

In a large glass dish or bowl, combine the onions, olive oil and lemon juice. Stir in the oysters, pureed tomato, diced tomato, green onions, ketchup and soy sauce. Season with garlic salt, parsley, sugar, and salt to taste.

# Sweet 'n' Spicy BBQ Sauce

## Ingredients

- 2 cups packed brown sugar
- 2 cups ketchup
- 1 cup water
- 1 cup cider vinegar
- 1 cup finely chopped onion
- 1 (8 ounce) can tomato sauce
- 1 cup corn syrup
- 1 cup molasses
- 1 (6 ounce) can tomato paste
- 2 tablespoons Worcestershire sauce
- 1 tablespoon garlic pepper blend
- 1 tablespoon liquid smoke flavoring (optional)
- 1 tablespoon prepared mustard
- 1 teaspoon onion salt
- 1 teaspoon celery salt

## Directions

In a large saucepan, combine all ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes or until the flavors are blended. Remove from the heat; cool.

# Smoked Beef Brisket

## Ingredients

2 1/2 pounds beef brisket  
1 tablespoon liquid smoke  
flavoring  
1 teaspoon salt  
1/2 teaspoon pepper  
1/2 cup chopped onion  
1/2 cup ketchup  
2 teaspoons Dijon mustard  
1/2 teaspoon celery seed

## Directions

Cut the brisket in half; rub with Liquid Smoke, salt and pepper. Place in a 3-qt. slow cooker. Top with onion. Combine the ketchup, mustard and celery seed; spread over meat. Cover and cook on low for 8-9 hours. Remove brisket and keep warm. Transfer cooking juices to a blender; cover and process until smooth. Serve with brisket.

# Steak Sauce

## Ingredients

1 1/4 cups ketchup  
2 tablespoons prepared yellow mustard  
2 tablespoons Worcestershire sauce  
1 1/2 tablespoons apple cider vinegar  
4 drops hot pepper sauce (e.g. Tabasco<sup>®</sup>)  
1/2 teaspoon salt  
1/2 teaspoon ground black pepper

## Directions

In a medium bowl, mix together the ketchup, mustard, Worcestershire sauce, vinegar, hot pepper sauce, salt and pepper. Transfer to a jar and refrigerate until needed.

# Beef Paprika

## Ingredients

1/4 cup shortening  
2 pounds lean beef chuck,  
trimmed and cut into 1 inch cubes  
1 cup chopped onion  
1 clove garlic, minced  
3/4 cup ketchup  
2 tablespoons Worcestershire  
sauce  
1 tablespoon brown sugar  
2 teaspoons salt  
1/2 teaspoon mustard powder  
2 teaspoons paprika  
1 1/2 cups water  
2 tablespoons all-purpose flour  
1/4 cup water

## Directions

Melt shortening in large skillet over medium high heat. Add meat, onion, and garlic; cook and stir until meat is browned.

Stir in ketchup, Worcestershire sauce, brown sugar, salt, paprika, mustard and 1 1/2 cup water. Reduce heat, cover, and simmer 2 to 2 1/2 hours.

Blend flour and 1/4 cup water. Stir into meat. Heat to boiling, stirring constantly. Serve hot.



# Mushroom Round Steak

## Ingredients

1/2 cup all-purpose flour  
1 teaspoon salt  
1/4 teaspoon pepper  
2 pounds boneless beef round steak, cut into serving-size pieces  
2 tablespoons vegetable oil  
1 (10.5 ounce) can condensed French onion soup, undiluted  
1 (8 ounce) can mushroom stems and pieces, drained  
3/4 cup water  
1/4 cup ketchup  
1 tablespoon Worcestershire sauce  
2 tablespoons cornstarch  
1/4 cup cold water  
1 cup sour cream

## Directions

In a large resealable plastic bag, combine the flour, salt and pepper. Add beef, a few pieces at a time, and shake to coat. In a large skillet, brown the beef in batches in oil. Transfer meat to a slow cooker with a slotted spoon. In a bowl, combine the soup, mushrooms, water, ketchup and Worcestershire sauce. Pour over meat. Cover and cook on low for 8 hours or until meat is tender.

Remove beef with a slotted spoon; keep warm. Transfer cooking liquid to a saucepan. Combine cornstarch and cold water until smooth; gradually stir into cooking liquid. bring to a boil; cook and store for 1-2 minutes or until thickened. Stir a small amount of hot liquid into sour cream. Return all to the pan; cook on low until heated through. Serve over meat.

## Ingredients

3 pounds lean ground beef  
1 (10.75 ounce) can condensed tomato soup  
1 (10.5 ounce) can condensed French onion soup  
1/2 cup ketchup  
1/2 cup packed brown sugar  
10 hamburger buns

## Directions

In a large skillet over medium heat, brown the ground beef; drain fat.

Pour in tomato and French onion soups. Fill each can a quarter full with water to rinse the cans out. Pour into meat mixture. Add ketchup and brown sugar. Mix thoroughly.

Let simmer for 30 minutes. Serve on hamburger buns.

# Simple Sloppy Joes

## Ingredients

2 pounds ground beef  
1 large onion, chopped  
2 garlic cloves, minced  
1 (8 ounce) can tomato sauce  
1 (6 ounce) can tomato paste  
1/2 cup ketchup  
1/3 cup packed brown sugar  
3 tablespoons soy sauce  
12 hamburger buns, split and  
toasted

## Directions

In a skillet, cook beef, onion and garlic over medium heat until meat is no longer pink; drain. Stir in tomato sauce and paste, ketchup, brown sugar and soy sauce; mix well. Bring to a boil. Reduce heat; cover and simmer for 15-20 minutes, stirring occasionally. spoon about 1/2 cup meat mixture onto each bun.

# Creamy Black Bean Dip

## Ingredients

1 (15.5 ounce) can black beans,  
rinsed and drained  
2 1/2 teaspoons balsamic vinegar  
1 1/2 tablespoons ketchup  
1/2 teaspoon apple cider vinegar  
1/2 teaspoon salt  
1/4 teaspoon onion powder  
1/4 teaspoon chili powder

## Directions

Combine the black beans, balsamic vinegar, ketchup, apple cider vinegar, salt, onion powder, and chili powder in a food processor; pulse until creamy. Serve at room temperature.

# Sweet Chili Thai Sauce

## Ingredients

1 cup water  
1 cup rice vinegar  
1 cup sugar  
2 teaspoons fresh ginger root,  
minced  
1 teaspoon garlic, minced  
2 teaspoons hot chile pepper,  
minced  
2 teaspoons ketchup  
2 teaspoons cornstarch

## Directions

Pour water and vinegar into a saucepan, and bring to a boil over high heat. Stir in sugar, ginger, garlic, chile pepper, and ketchup; simmer for 5 minutes. Stir in cornstarch. Remove saucepan from stove to cool. Then transfer to a bowl, cover, and refrigerate until needed.

# Oven-Barbecued Spareribs

## Ingredients

3/4 pound country-style pork ribs  
1/4 cup chopped onion  
2 teaspoons butter or margarine  
1/4 cup ketchup  
2 tablespoons chopped celery  
1 tablespoon lemon juice  
2 teaspoons brown sugar  
2 teaspoons cider vinegar  
3/4 teaspoon Worcestershire  
sauce  
1/4 teaspoon salt  
1/4 teaspoon prepared mustard  
1/8 teaspoon pepper  
1/8 teaspoon chili powder

## Directions

Place ribs in a shallow baking pan. Bake, uncovered, at 350 degrees F for 1-1/2 hours. In a saucepan, saute onion in butter until tender. Add remaining ingredients; bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes.

Pour sauce over ribs. Bake, uncovered, 30-45 minutes longer or until meat is tender.

# Mile High Shredded Beef

## Ingredients

1 (3 pound) boneless beef chuck roast  
1 (14.5 ounce) can beef broth  
1 medium onion, chopped  
1 celery rib, chopped  
3/4 cup ketchup  
1/4 cup packed brown sugar  
2 tablespoons white vinegar  
1 teaspoon salt  
1 teaspoon ground mustard  
1 teaspoon Worcestershire sauce  
1 garlic clove, minced  
1 bay leaf  
1/4 teaspoon garlic powder  
1/4 teaspoon paprika  
3 drops hot pepper sauce  
12 hoagie buns

## Directions

Place the roast in a Dutch oven; add broth, onion and celery. Bring to a boil. Reduce heat; cover and simmer for 2-1/2 to 3 hours or until the meat is tender.

Remove roast and cool slightly; shred meat with two forks. Strain vegetables and set aside. Skim fat from cooking liquid and reserve 1-1/2 cups. return the meat, vegetables and reserved cooking liquid to the pan.

Stir in the ketchup, brown sugar, vinegar, salt, mustard, Worcestershire sauce, garlic, bay leaf, garlic powder, paprika and hot pepper sauce. Bring to a boil. Reduce heat; cover and simmer for 30 minutes. Discard bay leaf. Serve beef on buns.

# Mushroom Meatloaf

## Ingredients

2 pounds lean ground beef  
1/2 pound fresh mushrooms, all  
minced except for 6  
3/4 cup fresh bread crumbs  
1/2 cup minced onion  
1/2 cup ketchup  
2 eggs, beaten  
1 1/2 teaspoons salt  
1/2 teaspoon ground black  
pepper

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large mixing bowl, combine ground meat, minced mushrooms, bread crumbs, onion, ketchup, eggs, and salt and pepper. Mix well. Spread 1/2 of the mixture into the bottom of a loaf pan. Arrange 6 whole mushrooms stem down into meat. Top with rest of meat, patting to combine both halves.

Bake for 1 hour and 45 minutes, or until done. Internal temperature should measure 160 degrees F (70 degrees C) when done.



# Pittsburgh Chipped Ham Barbecues

## Ingredients

- 1 cup ketchup
- 1 cup water
- 1 tablespoon brown sugar
- 1 tablespoon cider vinegar
- 1/4 cup sweet pickle relish
- 1 tablespoon Worcestershire sauce
- 1/4 teaspoon ground cinnamon
- 1 pinch ground black pepper
- 1 pinch garlic salt
- 1/2 teaspoon liquid smoke flavoring
- 1 pound chipped ham
- 6 hamburger buns

## Directions

In a large saucepan, combine the ketchup, water, brown sugar, cider vinegar, sweet pickle relish and Worcestershire sauce. Season with cinnamon, black pepper, garlic salt and liquid smoke. Bring to a simmer over low heat and simmer for 20 minutes.

Shred the ham and stir into the mixture. Simmer longer if desired, then serve hot on hamburger buns. The mixture can also be frozen.

# Southern-Style Barbecue Sauce

## Ingredients

2 quarts white vinegar  
2 cups SLENDA® No Calorie  
Sweetener, Granulated  
1 1/2 cups ketchup  
1/2 cup Worcestershire sauce  
1/4 cup hot sauce  
1/4 cup salt  
1/4 cup ground black pepper

## Directions

Combine vinegar, SLENDA® Granulated Sweetener, ketchup, Worcestershire sauce, hot sauce, salt and pepper in a large jar and shake well.

# Meaty Barbeque Sandwiches

## Ingredients

1/3 cup shortening  
1 pound chopped onion  
2 tablespoons white sugar  
salt to taste  
2 tablespoons all-purpose flour  
1/2 teaspoon dry mustard  
1/2 teaspoon chili powder  
1/4 teaspoon ground black pepper  
1/4 cup distilled white vinegar  
1/4 cup water  
1 pound cooked pork meat, finely chopped  
2 tablespoons Worcestershire sauce  
1/2 teaspoon hot pepper sauce  
1 cup ketchup

## Directions

Heat shortening in a large skillet over medium high heat. Saute onion until brown; then add the sugar, salt, flour, dry mustard, chile powder, pepper, vinegar and water. Mix and cook together until mixture is thick.

Stir in chopped meat, Worcestershire sauce, hot pepper sauce and ketchup. Heat through, then serve on buns.

# Ham Hash With Sweet Potatoes & Thyme

## Ingredients

2 tablespoons vegetable or olive oil  
1 large onion, cut into 1/2-inch dice  
1 pound ham cut into 1/2-inch dice  
1 pound potatoes, cut into 1/2-inch dice  
1/2 pound sweet potatoes, cut into 1/2-inch dice  
2 tablespoons vegetable or olive oil  
2 tablespoons ketchup  
1 tablespoon Dijon mustard  
1/2 teaspoon dried thyme leaves  
2 tablespoons chopped fresh parsley  
Salt and freshly ground black pepper

## Directions

Heat 2 Tbs. oil over low heat in a 12-inch non-stick skillet (so potatoes don't stick). While skillet heats, prepare onion and ham as directed above. A few minutes before cooking, increase heat to medium-high. When oil starts to send up wisps of smoke, add onion and ham; cook, stirring often, until golden brown, 7 to 8 minutes. Meanwhile, dice potatoes and toss with remaining oil. Transfer ham mixture to a bowl and reserve.

Add potatoes to empty skillet; cook, stirring only occasionally so they form a golden-brown crust, about 10 minutes. As potatoes cook, mix ketchup, mustard, dried thyme, fresh parsley and 2 Tbs. of water. (Recipe can be prepared to this point up to 2 hours ahead. Spread hot potatoes on a large lipped cookie sheet; cover when cool. Return skillet to medium-high; add potatoes and re-crisp.)

Return reserved ham mixture to skillet; stir in ketchup mixture, then season with salt and pepper. Cook, stirring frequently, until hash has nicely browned, about 5 minutes longer.

# Sweet And Sour Chicken Meatballs

## Ingredients

2 tablespoons olive oil  
1 onion, chopped  
1 green bell pepper, chopped  
1 large carrots, chopped  
1 (14.5 ounce) can chicken broth  
1 (15 ounce) can tomato sauce  
1/4 cup packed brown sugar  
1/4 cup distilled white vinegar  
1 (8 ounce) can crushed pineapple with juice  
1/4 cup ketchup  
1 slice white bread  
2 tablespoons milk  
3/4 pound ground chicken  
1/2 zucchini, shredded  
1 egg, beaten  
1 teaspoon salt  
1/2 teaspoon ground black pepper  
1/2 teaspoon garlic powder  
2 cups instant rice

## Directions

Heat oil in a large skillet. Add onion, green pepper, and carrot. Cook for 5 minutes, until onion is softened. Stir in broth, tomato sauce, brown sugar, white vinegar, pineapple with juice, and ketchup. Simmer for 10 minutes, or until vegetables are tender.

Meanwhile, soak bread in milk in a large bowl until milk is absorbed. Mix together with ground chicken, shredded zucchini, egg, salt, black pepper, and garlic powder. Shape into 12 meatballs, about 2 tablespoons each.

Drop meatballs into simmering sauce. Cook 15 minutes, or until cooked through, turn over once during cooking.

Remove skillet from heat. Stir in rice. Cover, and let stand 5 minutes. Fluff rice with fork before serving.

# The Best Sweet and Sour Meatballs

## Ingredients

5 pounds bulk Italian sausage  
2 (8 ounce) cans water chestnuts,  
drained and chopped  
2 bunches green onion, chopped  
1/2 cup soy sauce  
3 eggs, beaten  
2 teaspoons garlic powder  
2 1/2 cups fine dry bread crumbs

### Sweet and Sour Sauce

1 1/4 cups white sugar  
6 tablespoons cornstarch  
2 cups white vinegar  
1 cup pineapple juice  
1 cup ketchup  
soy sauce to taste

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Place the sausage in a large bowl and mix in the chestnuts, green onion, 1/2 cup of soy sauce, eggs, garlic powder, and breadcrumbs. Roll the mixture into 1 to 1 1/2 inch balls and place on a broiler pan. Bake in the oven for 1 hour. When done, place the meatballs in a slow cooker.

While meatballs are cooking, prepare the sweet and sour sauce by stirring together the sugar and cornstarch in a large saucepan. Pour in vinegar, pineapple juice, ketchup, and soy sauce to taste. Bring to a boil over medium-high heat, then reduce heat to low, and simmer until thickened. Pour sauce over meatballs, and keep warm in the slow cooker.

# Onion Meat Loaf

## Ingredients

2 eggs  
1/2 cup ketchup  
3/4 cup quick-cooking oats  
1 envelope onion soup mix  
2 pounds ground beef

## Directions

In a large bowl, combine the eggs, ketchup, oats and soup mix. Crumble beef over mixture; mix well. Shape into a round loaf.

Cut three 20-in. x 3-in. strips of heavy-duty aluminum foil. Crisscross the strips so they resemble the spokes of a wheel. Place meat loaf in the center of the strips; pull the strips up and bend the edges to form handles. Grasp the foil handles to transfer loaf to a 3-qt. slow cooker. (Leave the foil in while meat loaf cooks.)

Cover and cook on low for 5-6 hours or until a meat thermometer reaches 160 degrees F. Using foil strips, lift meat loaf out of slow cooker.

# Roast Beef Sandwich Spread

## Ingredients

4 cups cubed cooked beef  
1 cup sweet pickle relish  
1 small onion, quartered  
1/2 cup ketchup  
1/4 cup mayonnaise  
1 tablespoon sweet pickle juice  
1 teaspoon seasoned salt  
1/8 teaspoon pepper  
18 slices bread

## Directions

In a food processor, combine the beef, pickle relish and onion; cover and process until coarsely chopped.

In a large bowl, combine the ketchup, mayonnaise, pickle juice, seasoned salt and pepper. Stir in the beef mixture. Cover and refrigerate for at least 1 hour. Spread on nine slices of bread; top with remaining bread.



# Liz's Pickled Shrimp

## Ingredients

3 pounds large shrimp - peeled and deveined  
1 large onion, thinly sliced  
1 green bell pepper, cut into thin strips  
1 cup vegetable oil  
2 cups ketchup  
1 cup apple cider vinegar  
2 tablespoons white sugar  
2 (8 ounce) jars prepared yellow mustard  
2 tablespoons capers  
1 teaspoon garlic powder  
2 tablespoons Worcestershire sauce  
1 teaspoon salt  
1 teaspoon ground black pepper  
2 dashes hot pepper sauce (e.g. Tabasco<sup>®</sup>), or to taste

## Directions

Bring a large pot of lightly salted water to a boil. Add shrimp, and cook for about 5 minutes, until pink. Drain and set aside.

Place the onion and green pepper in a large bowl. Add vegetable oil, ketchup, cider vinegar, sugar, mustard, and capers. Season with garlic powder, Worcestershire sauce, salt, pepper and hot sauce, and mix until well blended. Place shrimp into the bowl with the sauce, cover, and refrigerate until thoroughly chilled. Serve cold.

# Oriental Chicken Salad

## Ingredients

1/2 cup sugar  
1 tablespoon cornstarch  
1/4 cup water  
1/4 cup vegetable oil  
1/4 cup ketchup  
3 tablespoons cider vinegar  
1 tablespoon soy sauce  
1 head iceberg lettuce, torn  
2 cups cubed, cooked chicken  
1 cup salted cashews  
1 (8 ounce) can sliced water chestnuts, drained  
1 (6 ounce) package frozen peas, thawed  
1 (3 ounce) can chow mein noodles  
1/4 cup chopped green onions

## Directions

In a small saucepan, combine the first seven ingredients. Bring to a boil; cook and stir for 2 minutes or until thickened. Cool. In a large salad bowl, combine the remaining ingredients; add dressing and toss to coat. Serve immediately.

# Bourbon Whiskey BBQ Sauce

## Ingredients

1/2 onion, minced  
4 cloves garlic, minced  
3/4 cup bourbon whiskey  
1/2 teaspoon ground black pepper  
1/2 tablespoon salt  
2 cups ketchup  
1/4 cup tomato paste  
1/3 cup cider vinegar  
2 tablespoons liquid smoke flavoring  
1/4 cup Worcestershire sauce  
1/2 cup packed brown sugar  
1/3 teaspoon hot pepper sauce, or to taste

## Directions

In a large skillet over medium heat, combine the onion, garlic, and whiskey. Simmer for 10 minutes, or until onion is translucent. Mix in the ground black pepper, salt, ketchup, tomato paste, vinegar, liquid smoke, Worcestershire sauce, brown sugar, and hot pepper sauce.

Bring to a boil. Reduce heat to medium-low, and simmer for 20 minutes. Run sauce through a strainer if you prefer a smooth sauce.

# Bacon Wrapped Water Chestnuts III

## Ingredients

1 cup packed brown sugar  
2 tablespoons Worcestershire sauce  
2 cups ketchup  
1 pound bacon  
2 (8 ounce) cans water chestnuts

## Directions

Preheat oven to 375 degrees F (190 degrees C).

In a medium-size mixing bowl, combine brown sugar, Worcestershire sauce, and ketchup.

Cut bacon in half. Wrap one slice of bacon around each chestnut. Secure the bacon with a toothpick. Arrange the water chestnut wraps in a 9x13 inch baking dish.

Bake the water chestnut wraps for 10 to 15 minutes.

Remove from water chestnut wraps from the oven and drain some of the grease out of the pan. Pour the sauce over the wraps.

Bake for 30 to 35 more minutes.

# Best Ever Saucy Beef Kabobs

## Ingredients

2 cups tomato juice  
1/2 cup butter  
1/4 cup finely chopped onion  
1/3 cup ketchup  
1 teaspoon dry mustard  
1 teaspoon salt  
1/2 teaspoon paprika  
1/2 teaspoon ground black pepper  
1 clove garlic, minced  
1 tablespoon Worcestershire sauce  
1 dash hot sauce  
2 pounds beef sirloin, cut into 1 inch cubes  
1/2 pound fresh mushrooms, stems removed  
1 pint cherry tomatoes  
1 large onion, quartered  
1 large green bell pepper, cut into 1 inch pieces  
skewers

## Directions

In a saucepan over low heat, mix the tomato juice, butter, onion, ketchup, mustard, salt, paprika, pepper, garlic, Worcestershire sauce, and hot sauce. Simmer for 30 minutes, remove from heat, and allow to cool.

Preheat grill for medium heat.

Thread the sirloin cubes, mushrooms, cherry tomatoes, onion quarters, and green pepper pieces onto skewers, alternating as desired. Drizzle some of the sauce over the kabobs.

Oil the grill grate. Arrange kabobs on the grill. Grill 10 minutes, or until meat is cooked through, occasionally turning kabobs. Baste with sauce during the last 5 minutes.

# Incredibly Cheesy Turkey Meatloaf

## Ingredients

2 pounds ground turkey  
1 cup milk  
1 cup Italian seasoned bread crumbs  
2 eggs  
1 teaspoon salt  
1/4 teaspoon pepper  
3/4 pound Colby cheese, cut into 1/2-inch cubes  
1/2 cup ketchup (optional)

## Directions

Preheat oven to 400 degrees F (200 degrees C).

In a bowl, mix the turkey, milk, bread crumbs, and eggs by hand. Season with salt and pepper. Fold the cheese cubes into the mixture. Transfer to a loaf pan, and top with ketchup.

Bake 1 hour in the preheated oven, to an internal temperature of 180 degrees F (85 degrees C).

# Tequila Cocktail Sauce

## Ingredients

6 cups ketchup  
6 cups chili sauce  
2 cups prepared horseradish  
1 cup Worcestershire sauce  
3/4 cup lemon juice  
4 tablespoons hot pepper sauce  
2 cups tequila  
salt and pepper to taste

## Directions

In a large bowl, blend ketchup, chili sauce, horseradish, Worcestershire sauce, lemon juice, hot pepper sauce, tequila, salt and pepper. Chill until ready to serve.

# Skillet Chicken Pasta

## Ingredients

1/2 (8 ounce) package spaghetti  
2 tablespoons olive oil  
8 roma (plum) tomatoes, halved and sliced  
1 teaspoon garlic powder  
1/2 teaspoon dried oregano  
2 teaspoons dried basil  
1 pinch salt  
1 teaspoon ground black pepper  
1 1/2 teaspoons white sugar  
1 tablespoon ketchup  
3 tablespoons olive oil  
2 skinless, boneless chicken breasts, cut into thin strips  
2 garlic cloves, crushed  
1 green bell pepper, chopped  
1 red bell pepper, chopped  
1 red onion, chopped  
1 cup sliced fresh mushrooms (optional)  
1/4 cup grated Parmesan cheese

## Directions

Bring a large pot of water to a boil over high heat. Stir in the spaghetti, and return to a boil. Cook the pasta until it has cooked through, but is still firm to the bite, about 6-8 minutes. Drain well and keep warm.

Heat 2 tablespoons oil in a large skillet over medium heat. Stir in the tomatoes; cook until they soften and begin to break down. Stir in the garlic powder, oregano, basil, salt, pepper, sugar, and ketchup. Heat sauce through and reserve.

Heat the remaining 3 tablespoons oil in a separate cast iron skillet over medium heat. Stir in chicken; cook until browned. Stir in crushed garlic cloves; cook for 1 additional minute.

Remove chicken from skillet and reserve. Turn heat to high. Stir the green pepper, red pepper, onion, and mushrooms into the skillet and cook until they begin to soften. Stir in browned chicken. Turn heat to medium and cook until chicken is no longer pink in the center, and the vegetables are cooked through, about 5 minutes.

Toss the chicken and vegetables with the tomato sauce and the hot pasta. Serve sprinkled with Parmesan cheese.



# Glazed Sausage Bites Appetizer

## Ingredients

- 1 pound bulk pork sausage
- 1 egg
- 1/2 cup saltine cracker crumbs
- 2 tablespoons milk
- 1/2 teaspoon rubbed sage
- 1/2 cup water
- 1/4 cup ketchup
- 2 tablespoons brown sugar
- 1 tablespoon soy sauce
- 1 tablespoon vinegar

## Directions

In a bowl, combine the sausage, egg, crumbs, milk and sage; mix well. Shape into 1-in. balls. In a skillet over medium heat, brown meatballs; drain. Combine remaining ingredients; mix well. Add to skillet; bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until centers of meatballs are no longer pink.

# This and That BBQ Sauce

## Ingredients

1/2 cup ketchup  
1/2 cup brown sauce  
6 tablespoons lemon juice  
1/4 cup balsamic vinegar  
1/4 cup white vinegar  
1/4 cup Worcestershire sauce  
2 tablespoons brown sugar  
1/2 teaspoon dry mustard

## Directions

In a medium saucepan over low heat, mix the ketchup, brown sauce, lemon juice, balsamic vinegar, white vinegar, and Worcestershire sauce. Blend in the brown sugar and dry mustard until dissolved. Simmer 10 minutes, until thickened. Remove from heat, and allow to cool before using on meats as desired.

# Baked Chicken

## Ingredients

1 (3 pound) broiler-fryer chicken,  
cut up  
1 tablespoon all-purpose flour  
1/4 cup water  
1/4 cup packed brown sugar  
1/4 cup ketchup  
2 tablespoons white vinegar  
2 tablespoons lemon juice  
2 tablespoons Worcestershire  
sauce  
1 small onion, chopped  
1 teaspoon ground mustard  
1 teaspoon paprika  
1 teaspoon chili powder  
1/2 teaspoon salt  
1/8 teaspoon pepper

## Directions

Place chicken in a greased 13-in. x 9-in. x 2-in. baking dish. In a saucepan, whisk flour and water until smooth. Stir in brown sugar, ketchup, vinegar, lemon juice and Worcestershire sauce. Bring to a boil; cook and stir for 2 minutes or until thickened. Cool.

Stir in the remaining ingredients. Pour over chicken. Cover and refrigerate for 2-4 hours. Remove from the refrigerator 30 minutes before baking. Bake, uncovered, at 350 degrees F for 35-45 minutes or until chicken juices run clear.

# Easy Skillet Beef and Hash Browns

## Ingredients

1 pound ground beef  
1 (10.75 ounce) can Campbell's®  
Condensed Cream of Celery Soup  
(Regular or 98% Fat Free)  
1/2 cup water  
1/4 cup ketchup  
1 tablespoon Worcestershire  
sauce  
2 cups frozen hash-brown  
potatoes  
3 slices process American cheese

## Directions

Cook the beef in a 10-inch skillet over medium-high heat until well browned, stirring often to separate meat. Pour off any fat.

Stir the soup, water, ketchup and Worcestershire in the skillet and heat to a boil. Stir in the potatoes. Reduce the heat to low. Cover and cook for 10 minutes or until the potatoes are tender. Top with the cheese.

# Mark's Nearly Famous Sloppy Joes

## Ingredients

2 1/2 pounds ground beef  
1 large onion, chopped  
1/4 green bell pepper, chopped  
2 stalks celery, chopped  
1 (10.75 ounce) can condensed chicken gumbo soup  
1 (6 ounce) can tomato paste  
2 tablespoons brown sugar  
4 tablespoons lemon juice  
1 1/2 tablespoons yellow mustard  
1/2 cup ketchup  
1/2 cup barbecue sauce  
6 tablespoons white vinegar  
2 tablespoons Worcestershire sauce  
1 teaspoon liquid smoke flavoring  
1/2 teaspoon dried parsley  
1/2 teaspoon black pepper  
1 teaspoon salt

## Directions

In a large heavy skillet, cook ground beef until evenly brown; drain well.

In a slow cooker, combine onion, bell pepper, celery, condensed gumbo soup, tomato paste and brown sugar. Stir in lemon juice, mustard, ketchup, barbeque sauce and vinegar. season with Worcestershire sauce, liquid smoke, parsley, black pepper and salt. Stir in browned beef.

Cover, and cook on low for 4 to 6 hours, stirring occasionally. Skim off excess fat.

# Baked Beans II

## Ingredients

2 (15 ounce) cans baked beans  
with pork  
1/2 cup packed brown sugar  
1/2 onion, chopped  
1/2 cup ketchup  
1 tablespoon prepared mustard  
1 teaspoon Worcestershire sauce  
1 teaspoon red wine vinegar  
salt and pepper to taste  
2 slices bacon

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a 9x9 inch baking dish, combine the pork and beans, brown sugar, onion, ketchup, mustard, Worcestershire sauce and vinegar and season with salt and pepper to taste. Top with the bacon slices.

Bake at 350 degrees F (175 degrees C) for 1 hour, or until sauce is thickened and bacon is cooked.

# Easy BBQ Sauce

## Ingredients

1 tablespoon olive oil  
1 small onion, chopped  
3 cloves garlic, crushed  
1 fresh red chile pepper, finely chopped  
1/4 cup dark brown sugar  
1 teaspoon fennel seed, crushed  
1 cup ketchup  
2 tablespoons dark soy sauce  
salt and pepper to taste

## Directions

Heat the oil in a saucepan over medium heat. Stir in the onion, garlic, red chile pepper, brown sugar, and fennel seeds, and cook until onion is tender and sugar has melted. Mix in ketchup and soy sauce. Bring to a boil. Reduce heat to low, and simmer 10 minutes.

# Slow Cooker Veggie-Beef Soup with Okra

## Ingredients

1 pound ground beef  
1/4 cup onion, chopped  
1 (14.5 ounce) can diced tomatoes, drained  
1 (14.5 ounce) can Italian diced tomatoes, drained  
1 (16 ounce) package frozen mixed vegetables  
1 cup sliced fresh or frozen okra  
2 potatoes, peeled and chopped  
1 tablespoon ketchup  
salt and pepper to taste

## Directions

In a skillet over medium heat, cook the ground beef and onion until beef is evenly brown and onion is tender. Drain grease.

In a slow cooker, mix the beef and onion, diced tomatoes, Italian diced tomatoes, vegetables, okra, potatoes, ketchup, salt, and pepper. Pour in enough water to cover.

Cover slow cooker, and cook 4 hours on Low.



# Aussie Breakfast Egg Mess

## Ingredients

1 tablespoon butter  
1/2 cup diced onion  
1/2 cup diced green bell pepper  
1/2 cup sliced fresh mushrooms  
1/2 cup diced bacon  
4 eggs, lightly beaten  
salt and ground black pepper to taste  
1/2 cup diced ripe tomato  
1/2 cup freshly grated Parmesan cheese  
1 tablespoon ketchup (optional)

## Directions

Melt the butter over medium heat in a large skillet. Add the onion and bell pepper; cook and stir until the onion is transparent, 5 to 7 minutes. Stir in the mushrooms and bacon, and cook 2 minutes more. Remove skillet from heat, and place the vegetable-bacon mixture in a bowl.

Pour the eggs into the same skillet. Cook and stir gently just until the eggs are soft. Stir the vegetable-bacon mixture into the eggs. Season with salt and pepper. Cook the eggs until firm. Remove skillet from heat and stir in the tomato and cheese. If desired, stir in the ketchup.

# Orange Garlic Spareribs

## Ingredients

4 pounds pork spareribs  
Salt and pepper  
1 cup orange juice  
1 cup red wine vinegar  
2/3 cup ketchup  
2/3 cup soy sauce  
1/2 cup honey  
1 teaspoon ground mustard  
1 teaspoon paprika  
1/2 teaspoon hot pepper sauce  
1 garlic clove, minced

## Directions

Place ribs in a 13-in. x 9-in. x 2-in. baking pan; season with salt and pepper. Cover tightly with foil; bake at 350 degrees F for 45 minutes. Drain off any fat. In a saucepan, combine the remaining ingredients; bring to a boil. Pour over ribs. Bake, uncovered, for 45-60 minutes or until ribs are tender, basting frequently.

# Spinach Salad Supreme

## Ingredients

1/4 cup vegetable oil  
2 tablespoons red wine vinegar or  
cider vinegar  
1 teaspoon sugar  
1 teaspoon finely chopped onion  
1 teaspoon finely chopped green  
pepper  
1 teaspoon minced fresh parsley  
1 teaspoon ketchup  
1/4 teaspoon salt  
1/4 teaspoon ground mustard  
1/4 teaspoon paprika  
2 cups torn fresh spinach  
1 hard-cooked egg, sliced  
3 bacon strips, cooked and  
crumbled

## Directions

In a jar with a tight-fitting lid, combine the first 10 ingredients; shake well. Divide spinach between two serving bowls or plates; top with egg and bacon. Drizzle with dressing. Serve immediately.

# Craig's Cocktail Sauce

## Ingredients

1 (36 ounce) bottle ketchup  
3 tablespoons steak sauce  
3 tablespoons Worcestershire sauce  
6 tablespoons lemon juice concentrate  
3 tablespoons prepared horseradish  
15 drops hot pepper sauce, or to taste  
1 teaspoon salt

## Directions

Squeeze ketchup into a bowl. Pour in steak sauce, Worcestershire sauce, and lemon juice. Stir in horseradish, hot pepper sauce, and salt, and mix well.

# Bar-B-Que Sauce

## Ingredients

1/2 cup ketchup  
2 tablespoons brown sugar  
2 tablespoons Worcestershire sauce  
1 tablespoon cider vinegar  
1 dash hot pepper sauce  
1 teaspoon garlic powder  
1/4 teaspoon mustard powder  
1/4 teaspoon salt

## Directions

In a small saucepan over medium heat, stir together the ketchup, brown sugar, Worcestershire sauce, vinegar, hot pepper sauce, garlic powder, mustard powder, and salt. Bring to a simmer, then remove from heat and allow to cool slightly before brushing on your favorite meat.

# Hearty Bean Casserole

## Ingredients

- 1 1/4 pounds ground beef
- 1 large onion, chopped
- 1 large green pepper, diced
- 1 garlic clove, minced
- 1 (16 ounce) can pork and beans, undrained
- 1 (16 ounce) can kidney beans, rinsed and drained
- 1 (15 ounce) can garbanzo beans, rinsed and drained
- 1 cup ketchup
- 3 tablespoons brown sugar
- 3 tablespoons vinegar
- 2 tablespoons prepared mustard
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 3 bacon strips, cooked and crumbled

## Directions

In a Dutch oven, brown ground beef; drain. Add onion, green pepper and garlic; cook until tender. Stir in all of the beans. Combine ketchup, brown sugar, vinegar, mustard, salt and pepper; add to bean mixture and mix well. Pour into a greased 2-1/2-qt. casserole. Top with bacon. Bake, uncovered, at 350 degrees F for 45 minutes or until heated through.

# Slam Dunk Sauce

## Ingredients

3 tablespoons mustard powder  
1/4 cup wasabi powder  
1 teaspoon salt, or to taste  
1/2 teaspoon cayenne pepper  
1/2 teaspoon ground black pepper  
1/4 cup honey  
1 (12 fluid ounce) can or bottle beer  
3 cups ketchup  
1/2 cup Worcestershire sauce  
2 tablespoons lemon juice  
1/2 cup finely chopped onion  
1/2 cup chopped fresh cilantro

## Directions

In a medium saucepan, combine the mustard powder, wasabi powder, salt, cayenne pepper, ground black pepper, honey and 1/4 cup beer. Mix well, then stir in the ketchup, Worcestershire sauce, lemon juice, onion and cilantro.

Place saucepan on the stovetop and bring to a boil over medium high heat. Reduce heat to low and let simmer for at least 1 to 1 1/2 hours. Pour in beer as needed to keep a consistency slightly thinner than ketchup.

# Applesauce Barbeque Sauce

## Ingredients

1 cup applesauce  
1/2 cup ketchup  
2 cups unpacked brown sugar  
6 tablespoons lemon juice  
1/2 teaspoon salt  
1/2 teaspoon ground black pepper  
1/2 teaspoon paprika  
1/2 teaspoon garlic powder  
1/2 teaspoon ground cinnamon

## Directions

In a saucepan over medium heat, mix applesauce, ketchup, brown sugar, lemon juice, salt, pepper, paprika, garlic powder, and cinnamon. Bring mixture to a boil. Remove from heat, and cool completely. Use to baste the meat of your choice.



# Favorite Barbecue Chicken

## Ingredients

1 1/2 tablespoons olive oil  
1/4 cup diced onion  
2 cloves garlic, minced  
5 tablespoons ketchup  
3 tablespoons honey  
3 tablespoons brown sugar  
2 tablespoons apple cider vinegar  
1 tablespoon Worcestershire sauce  
salt and pepper to taste  
2 skinless, boneless chicken breast halves

## Directions

Preheat grill for medium-high heat.

Heat olive oil in a skillet over medium heat. Saute onion and garlic until tender. Stir in ketchup, honey, brown sugar, apple cider vinegar, Worcestershire sauce, salt, and pepper. Cook for a few minutes to thicken sauce. Remove from heat, and allow to cool.

Lightly oil the grill grate. Dip chicken in sauce, and turn to coat. Cook on grill for 10 to 15 minutes, turning once. Move chicken to the skillet with sauce. Simmer over medium heat for about 5 minutes on each side.

# Shredded Steak Sandwiches

## Ingredients

3 pounds boneless beef round steak, cut into large pieces  
2 large onions, chopped  
3/4 cup thinly sliced celery  
1 1/2 cups ketchup  
1/2 cup water  
1/3 cup lemon juice  
1/3 cup Worcestershire sauce  
3 tablespoons brown sugar  
3 tablespoons cider vinegar  
2 teaspoons salt  
2 teaspoons prepared mustard  
1 1/2 teaspoons paprika  
1 teaspoon chili powder  
1/2 teaspoon pepper  
1/8 teaspoon hot pepper sauce  
12 sandwich rolls, split

## Directions

Place meat in a 5-qt. slow cooker. Add onions and celery. In a bowl, combine the ketchup, water, lemon juice, Worcestershire sauce, brown sugar, vinegar, salt, mustard, paprika, chili powder, pepper and hot pepper sauce. Pour over meat. Cover and cook on high for 6-8 hours.

Remove meat; cool slightly. Shred with a fork. Return to the sauce and heat through. Serve on rolls.

# Spinach Salad with Oranges

## Ingredients

1 (10 ounce) package fresh spinach, torn  
1 (11 ounce) can mandarin oranges, drained  
1 cup sliced fresh mushrooms  
3 bacon strips, cooked and crumbled  
DRESSING:  
3 tablespoons ketchup  
2 tablespoons cider vinegar  
1 1/2 teaspoons Worcestershire sauce  
1/4 cup sugar  
2 tablespoons chopped onion  
1/8 teaspoon salt  
Dash pepper  
1/2 cup vegetable oil

## Directions

In a large salad bowl, toss the spinach, oranges, mushrooms and bacon; set aside. In a blender or food processor, combine the ketchup, vinegar, Worcestershire sauce, sugar, onion, salt and pepper; cover and process until smooth. While processing, gradually add oil in a steady stream. Serve with salad.

# Make-Ahead Sandwiches

## Ingredients

1 1/2 pounds ground beef  
3/4 cup chopped onion  
3/4 cup ketchup  
3/4 cup chopped dill or sweet pickles  
1 1/2 teaspoons salt  
1/4 teaspoon pepper  
1/4 teaspoon garlic powder  
1/8 teaspoon hot pepper sauce  
1 1/2 cups shredded mozzarella cheese  
12 hot dog buns, split

## Directions

In a saucepan, cook the beef and onion until meat is no longer pink; drain. Stir in ketchup, pickles, salt, pepper, garlic powder and hot pepper sauce; heat through. Stir in cheese. Place about 1/3 cupful on six buns; serve immediately. Cover and refrigerate remaining meat mixture until cool. Fill the remaining buns; wrap individually in heavy-duty foil and seal tightly. Freeze for up to 3 months. To use frozen sandwiches: Bake in foil at 400 degrees F for 30-35 minutes or until heated through.

# Marinated Pork Loin

## Ingredients

1/2 cup reduced-sodium chicken broth  
1/2 cup ketchup  
2 tablespoons cider vinegar  
2 tablespoons Worcestershire sauce  
2 tablespoons brown sugar  
2 garlic cloves, minced  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1/8 teaspoon cayenne pepper  
1 (2 pound) boneless pork loin roast

## Directions

In a saucepan, combine the first nine ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes. Remove from the heat; cool slightly. Place 2/3 cup marinade in a bowl for basting; cover and chill. Pour remaining marinade into a large resealable plastic bag. Cut pork into five slices, about 1 in. each; add to bag. Seal and turn to coat; refrigerate overnight.

Drain and discard marinade. Place pork on a broiler pan coated with nonstick cooking spray. Broil 4 in. from the heat for 10 minutes on each side or until juices run clear, brushing with reserved marinade and turning occasionally.

# Venison Meatballs

## Ingredients

1 medium onion, finely chopped  
1/2 cup uncooked instant rice  
1 teaspoon salt  
1/4 teaspoon pepper  
1 pound ground venison  
3/4 cup water  
1/3 cup packed brown sugar  
1/3 cup ketchup  
1/3 cup condensed tomato soup,  
undiluted  
1 tablespoon ground mustard  
2 teaspoons paprika

## Directions

In a bowl, combine the first four ingredients. Crumble venison over mixture and mix well. Shape into 1-1/2-in. balls. Place in a greased 8-in. square baking dish. Combine the remaining ingredients; pour over meatballs.

Bake, uncovered, at 375 degrees F for 35-45 minutes or until meat is no longer pink.

# Bacon-Wrapped Water Chestnuts

## Ingredients

1 1/2 pounds sliced bacon  
3 (8 ounce) cans whole water chestnuts, drained and halved  
1 1/2 cups packed brown sugar  
3/4 cup ketchup  
3/4 cup mayonnaise\*

## Directions

Cut bacon strips into thirds. Wrap each strip around a water chestnut and secure with a toothpick. Place in an ungreased 13-in. x 9-in. x 2-in. baking dish. Bake, uncovered, at 400 degrees F for 30-35 minutes or until bacon is crisp, turning once; drain. Meanwhile, combine the remaining ingredients; pour over water chestnuts. Bake 6-8 minutes longer or until hot and bubbly.

# Rempel Family Meatloaf

## Ingredients

1 1/2 pounds lean ground beef  
1/2 cup crushed buttery round  
crackers  
3/4 cup shredded Cheddar  
cheese  
1 (1 ounce) package dry onion  
soup mix  
2 eggs, beaten  
1/4 cup ketchup  
2 tablespoons steak sauce

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Stir the ground beef, crushed crackers, Cheddar cheese, and onion soup mix in a large bowl until well combined. Whisk the eggs, ketchup, and steak sauce in a separate bowl until smooth. Mix the eggs into the meat until evenly combined, if the mixture seems too dry, add a little water. Press into a 9x5 inch loaf pan.

Bake in preheated oven until the meatloaf reaches 160 degrees F (71 degrees C) and is no longer pink in the center, 45 to 60 minutes.



# Blame the Dog Bean Casserole (Kielbasa and

## Ingredients

1 pound fully cooked kielbasa or Polish sausage, cut into 1/4-inch slices  
1 pound smoked sausage, sliced  
1 (28 ounce) can baked beans  
1 (15.5 ounce) can kidney beans, rinsed and drained  
1 (8 ounce) can tomato sauce  
1/2 cup ketchup  
1/2 cup red wine  
1/2 cup chopped onion  
1/4 cup chopped celery  
1 teaspoon minced garlic  
1 teaspoon dry mustard powder  
1 dash Worcestershire sauce

## Directions

Preheat an oven to 350 degrees F (175 degrees C).

Combine sausages, baked beans, kidney beans, tomato sauce, ketchup, red wine, onion, celery, garlic, mustard, and Worcestershire sauce in a 3-quart baking dish. Bake in preheated oven until hot and bubbly, about 1 hour.

# Elegant Lemon Pork Chop Bake

## Ingredients

6 (4 ounce) (1/2-inch thick) pork chops  
1 lemon  
3/4 cup ketchup  
1/4 cup packed brown sugar  
1 teaspoon white wine vinegar

## Directions

Preheat oven to 325 degrees F (165 degrees C).

In a large skillet over medium heat, brown pork chops on both sides. Remove chops and place them in a shallow baking dish.

Combine the ketchup, brown sugar, and vinegar. Pour mixture over chops, spreading to cover evenly. Cut 6 slices from the lemon, and lay one slice on top of each chop. Squeeze the juice from the remaining portion of lemon over the chops.

Cover and bake for 30 minutes at 325 degrees F (165 degrees C). Uncover and bake for 10 minutes more.

# Little Meat Loaves

## Ingredients

2 eggs, beaten  
3/4 cup crushed buttery round  
crackers  
1/2 cup milk  
1/2 cup grated Parmesan cheese  
1/2 cup chopped onion  
1 teaspoon Worcestershire sauce  
1 teaspoon dried Italian-style  
seasoning  
1 teaspoon garlic salt  
1 pound lean ground beef  
1 pound ground sausage  
1 cup ketchup  
1/2 cup packed brown sugar  
1 tablespoon Worcestershire  
sauce

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl, combine the eggs, cracker crumbs, milk, cheese, onion, Worcestershire sauce, Italian-style seasoning, garlic salt, ground beef and ground sausage. Mix this together well and form into individual loaves. Place the loaves in a 9x13 inch baking dish.

In a separate small bowl, combine the ketchup, brown sugar and Worcestershire sauce. Mix this together well and spoon some of this sauce over each loaf. Garnish each loaf with some Parmesan cheese and seasoning to taste.

Bake at 350 degrees F (175 degrees C) for 45 to 60 minutes.

# Easy Peanut Pasta Twists

## Ingredients

1 cup JIFB® Creamy Peanut Butter  
1/2 cup warm water  
1/2 cup ketchup  
1 tablespoon soy sauce  
1 teaspoon garlic powder  
1/2 tablespoon rice wine vinegar  
1 pound uncooked pasta twists  
1/2 cup chopped red bell pepper

## Directions

In a medium bowl, combine JIFB®, water, ketchup, soy sauce, garlic powder, and vinegar. Whisk until smooth and well blended. Set aside.

Cook the pasta twists according to the package directions. Drain well. Put the drained pasta back in the pot it was cooked in and add the sauce.

Gently toss until the pasta twists are evenly coated. Serve and sprinkle with the red bell pepper. Enjoy!

# Spiral Pasta Salad

## Ingredients

3 cups cooked spiral pasta  
1/2 cup chopped green pepper  
1/2 cup sliced celery  
1/2 cup chopped tomato  
1/2 cup shredded carrot

### DRESSING:

1/4 cup vegetable oil  
1/4 cup cider vinegar  
1/4 cup chopped onion  
2 tablespoons ketchup  
4 teaspoons sugar  
1/2 teaspoon salt  
1/4 teaspoon ground mustard  
1/4 teaspoon paprika  
1/4 teaspoon garlic powder  
1/4 teaspoon dried oregano

## Directions

In a large bowl, combine pasta, green pepper, celery, tomato and carrot. In a jar with tight-fitting lid, combine dressing ingredients; shake well. Pour over salad and toss. Chill.

# Creamy Garlic French Dressing

## Ingredients

1 cup plain yogurt  
1/4 cup ketchup  
4 teaspoons honey  
2 teaspoons Dijon mustard  
2 garlic cloves, minced  
1/2 teaspoon pepper  
mixed salad greens

## Directions

In a blender or food processor, combine the first six ingredients. Cover and process until smooth. Pour into a jar or bowl; chill for 20 minutes before serving. Serve over salad greens. Store in the refrigerator.

# Whimpies

## Ingredients

- 1/4 cup vegetable oil
- 1 cup chopped celery
- 1 cup chopped onion
- 1 cup chopped green bell pepper
- 2 cloves garlic, minced
- 2 pounds ground beef
- 1 cup ketchup
- 1 cup chili sauce
- 1/2 cup water
- 2 tablespoons chopped fresh parsley
- 1 tablespoon white vinegar
- 2 teaspoons brown sugar
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon dry mustard powder
- 1 teaspoon chili powder
- 1/2 teaspoon paprika
- 2 teaspoons Worcestershire sauce

## Directions

Heat the oil in a large pot over medium heat. Stir in the celery, onion, green bell pepper, and garlic. Cook and stir until the vegetables have softened, about 5 minutes. Add the ground beef, increase the heat to medium-high, and stir until crumbly and browned, about 10 minutes.

Stir in the ketchup, chili sauce, water, parsley, vinegar, brown sugar, salt, pepper, mustard powder, chili powder, paprika, and Worcestershire sauce. Bring to a simmer, then reduce heat to medium-low, cover, and simmer 30 minutes, stirring occasionally.

# Russian Dipping Sauce

## Ingredients

1 cup mayonnaise  
1/4 cup ketchup  
1 teaspoon onion powder  
1 small green bell pepper,  
chopped  
salt to taste

## Directions

In a medium-size mixing bowl, combine mayonnaise, ketchup, onion powder, green pepper, and salt to taste. Chill before serving.



# Honey Garlic BBQ Sauce

## Ingredients

1 cube vegetable bouillon  
1 cup boiling water  
1/2 cup ketchup  
2 tablespoons vegetarian  
Worcestershire sauce  
1 teaspoon dry mustard  
1 teaspoon dried minced onion  
flakes  
1 1/2 teaspoons salt  
1 tablespoon white sugar  
1/8 teaspoon cayenne pepper, or  
to taste  
2 tablespoons vegetable oil  
1 slice lemon  
1/4 cup honey  
4 cloves garlic, minced

## Directions

Dissolve vegetable bouillon in boiling water.

In a large saucepan over medium heat combine vegetable broth, ketchup, Worcestershire sauce, mustard, onion flakes, salt, sugar, cayenne pepper, oil, lemon, honey and garlic. Bring to a boil; reduce heat and simmer for 10 minutes.

# Phi Sig Chicken

## Ingredients

1 tablespoon ketchup  
1 tablespoon mustard  
1/4 cup soy sauce  
1/4 cup Worcestershire sauce  
1 tablespoon maple syrup  
3 cloves garlic, minced  
onion powder to taste  
4 boneless, skinless chicken breast halves  
2 tablespoons cooking oil  
1/4 large onion, coarsely chopped  
1/2 large green bell pepper, coarsely chopped

## Directions

In a bowl, stir together ketchup, mustard, soy sauce, Worcestershire sauce, and maple syrup. Stir in garlic and onion powder. Place chicken in a large resealable freezer bag. Pour in marinade, seal, and refrigerate at least 1 hour.

Remove chicken from bag, and reserve marinade. Cut the chicken into thin slices.

Warm oil in a skillet over medium-high heat. Stir in onions, bell pepper, and chicken. Cook 2 minutes, stirring constantly. Reduce heat to medium, and stir in reserved marinade. Cook about 10 minutes, stirring occasionally.

# Slow Cooker Homemade Beans

## Ingredients

3 cups dry navy beans, soaked overnight or boiled for one hour  
1 1/2 cups ketchup  
1 1/2 cups water  
1/4 cup molasses  
1 large onion, chopped  
1 tablespoon dry mustard  
1 tablespoon salt  
6 slices thick cut bacon, cut into 1 inch pieces  
1 cup brown sugar

## Directions

Drain soaking liquid from beans, and place them in a Slow Cooker.

Stir ketchup, water, molasses, onion, mustard, salt, bacon, and brown sugar into the beans until well mixed.

Cover, and cook on LOW for 8 to 10 hours, stirring occasionally if possible, though not necessary.

# Barbecue Bean Salad

## Ingredients

1 pound dried pinto beans  
1/4 cup cider vinegar  
1/4 cup vegetable oil  
1/4 cup ketchup  
1/4 cup packed brown sugar  
1 tablespoon Dijon mustard  
1 tablespoon Worcestershire sauce  
2 teaspoons chili powder  
3/4 teaspoon ground cumin  
1 teaspoon salt  
1/4 teaspoon pepper  
1/4 teaspoon hot pepper sauce  
1 (15.25 ounce) can whole kernel corn, drained  
1 medium sweet red pepper, chopped  
1 medium green pepper, chopped  
1 medium onion, chopped  
2 cups tortilla chips, coarsely crushed, divided

## Directions

Place beans in a Dutch oven or soup kettle; add water to cover by 2 in. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 hour. Drain and discard liquid. Add water to cover beans by 2 in. Bring to a boil. Reduce heat; cover and simmer for 1 to 1-1/2 hours or until tender. Rinse, drain and set aside. For dressing, in a saucepan, combine the vinegar, oil, ketchup, brown sugar, mustard, Worcestershire sauce, chili powder, cumin, salt, pepper and hot pepper sauce. Bring to a boil. Reduce heat; cover and simmer for 10 minutes. Cool slightly. In a large salad bowl, combine the beans, corn, peppers and onion. Just before serving, stir in dressing and half of the chips. Sprinkle with remaining chips.

# Tomato Tang Salad Dressing

## Ingredients

1 cup chopped fresh tomato  
1/3 cup red wine vinegar  
1 dash Worcestershire sauce  
1 teaspoon ketchup  
2 teaspoons Dijon mustard  
1 tablespoon minced fresh basil  
1 tablespoon minced fresh thyme

## Directions

Place tomato, vinegar, Worcestershire sauce, ketchup, mustard, basil, and thyme in a small bowl. Mix thoroughly, cover, and refrigerate until serving.

# North Carolina-Style Pulled Pork

## Ingredients

1 tablespoon mild paprika  
2 teaspoons light brown sugar  
1 1/2 teaspoons hot paprika  
1/2 teaspoon celery salt  
1/2 teaspoon garlic salt  
1/2 teaspoon dry mustard  
1/2 teaspoon ground black pepper  
1/2 teaspoon onion powder  
1/4 teaspoon salt  
8 pounds pork butt roast  
2 cups cider vinegar  
1 1/3 cups water  
5/8 cup ketchup  
1/4 cup firmly packed brown sugar  
5 teaspoons salt  
4 teaspoons crushed red pepper flakes  
1 teaspoon ground black pepper  
1 teaspoon ground white pepper  
2 pounds hickory wood chips, soaked

## Directions

In a small bowl, mix mild paprika, light brown sugar, hot paprika, celery salt, garlic salt, dry mustard, ground black pepper, onion powder, and salt. Rub spice mixture into the roast on all sides. Wrap in plastic wrap, and refrigerate 8 hours, or overnight.

Prepare a grill for indirect heat.

Sprinkle a handful of soaked wood over coals, or place in the smoker box of a gas grill. Place pork butt roast on the grate over a drip pan. Cover grill, and cook pork at least 6 hours, or until the internal temperature reaches a minimum of 160 degrees F (71 degrees C). Check hourly, adding fresh coals and hickory chips as necessary to maintain heat and smoke.

Remove pork from heat and place on a cutting board. Allow the meat to cool approximately 15 minutes, then shred into bite-sized pieces using two forks. This requires patience.

In a medium bowl, whisk together cider vinegar, water, ketchup, brown sugar, salt, red pepper flakes, black pepper, and white pepper. Continue whisking until brown sugar and salt have dissolved. Place shredded pork and vinegar sauce in a large roasting pan, and stir to coat pork. Serve immediately, or cover and keep warm on the grill for up to one hour until serving.

# Supreme Pork Chops

## Ingredients

4 (1 1/4 inch) thick pork chops  
4 slices onion  
4 slices lemon  
1/4 cup packed brown sugar  
1/4 cup ketchup

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Place chops in a 9x13 inch baking dish and top each one with an onion slice and a lemon slice. Add 1 tablespoon brown sugar and 1 tablespoon ketchup on top of each pork chop.

Cover dish with aluminum foil and bake in the preheated oven for 30 minutes. Remove cover and bake another 30 minutes or until internal temperature of meat has reached 160 degrees F (70 degrees C). While baking, baste occasionally with pan juices.

# Baked Beans I

## Ingredients

1 (29 ounce) can baked beans  
with pork  
1/2 cup packed brown sugar  
1/2 cup ketchup  
1 tablespoon Worcestershire  
sauce

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a casserole dish, combine beans, brown sugar, ketchup, and Worcestershire sauce.

Bake, covered, for 45 minutes or until bubbly.



# Cola Chicken

## Ingredients

6 bone-in chicken breast halves  
2 cups ketchup  
2 liters cola-flavored carbonated  
beverage

## Directions

Place chicken breast halves into a 2 quart or slightly larger pot. Pour in ketchup and cola. Simmer over medium heat until the sauce is thick and sticky, about 2 hours. Eat chicken plain, or shred and serve on buns.

# Baked Meaty Beans

## Ingredients

1 pound thick cut bacon  
1 pound lean ground beef  
1/2 pound sage pork sausage  
1 clove garlic, crushed  
1 large onion, cut into 1/2-inch pieces  
1 cup dark brown sugar  
1 cup real maple syrup  
1 cup ketchup  
1/4 cup prepared yellow mustard  
1/2 cup chipotle sauce  
1 (16 ounce) can baked beans  
1 (16 ounce) can kidney beans  
1 (16 ounce) can black beans  
1 (16 ounce) can pinto beans  
1 (16 ounce) can great Northern beans  
1 (16 ounce) can cannellini beans  
1 tablespoon chili powder  
salt to taste

## Directions

Place bacon in a Dutch oven over medium-high heat and cook until evenly brown. Drain, crumble and set aside.

Place beef, sausage and garlic in Dutch oven and cook over medium-high heat until well done. Drain grease. Mix in onion and cook until tender. Stir in brown sugar, syrup, ketchup, mustard and chipotle sauce. Reduce heat to medium-low. Bring to a boil and cook 20 minutes, stirring often.

Mix bacon, baked beans, kidney beans, black beans, pinto beans, great Northern beans and cannellini beans into Dutch oven. Continue cooking 20 minutes.

Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with aluminum foil. Season beans with chili powder and salt.

Place Dutch oven on prepared baking sheet on lowest rack of preheated oven. Bake 30 minutes. Let stand 10 minutes before serving.

# Fancy Hamburgers

## Ingredients

1 pound ground beef  
1/2 cup diced onion  
2/3 cup chunky salsa  
1/2 cup ketchup  
1/2 cup packed brown sugar  
1 egg  
1/2 cup quick cooking oats  
salt and pepper to taste

## Directions

In a medium bowl, mix ground beef, diced onion, chunky salsa, ketchup, brown sugar, egg, oats, salt and pepper. Form the mixture into patties.

In a medium skillet over medium heat, fry patties 4 to 5 minutes per side, or to desired doneness.

# Lunch Box Hot Hot Dogs

## Ingredients

- 1 all-beef hot dog
- 1 hot dog bun
- 1 packet ketchup
- 1 packet prepared yellow mustard
- 2 tablespoons shredded Cheddar cheese

## Directions

Prepare your child's lunch box by packing the hot dog bun, ketchup, mustard and Cheddar cheese.

Preheat your child's insulated beverage container by filling with boiling water. Let stand for 15 to 20 minutes. I put the kettle on when I get up and let it heat while the kids get ready for school. Right before they leave, dump out that water and replace with more boiling water. The preheating keeps it hot for a longer time. Place a hot dog into the water and close the lid.

When your child is ready for lunch, they can take the hot hot dog out of the container and place it on the bun. Top with ketchup, mustard and cheese to make a hot lunch from home.

# Dave's BBQ Sauce

## Ingredients

2 cups ketchup  
2 tablespoons brown sugar  
1 tablespoon Worcestershire sauce  
1 tablespoon soy sauce  
1/2 teaspoon hot pepper sauce  
1 lemon, juiced  
1 small onion, finely chopped  
1/2 teaspoon garlic powder  
salt and pepper to taste

## Directions

In a small bowl combine ketchup, brown sugar, Worcestershire sauce, soy sauce, hot sauce and lemon juice. Add the finely chopped onion, season with garlic powder, salt and pepper. Mix well.

Apply to meat around 5 minutes before you remove meat from the barbecue.

# Lobster Cocktail With Continental Sauce

## Ingredients

1/2 gallon water  
1 onion, chopped  
1 lemon, sliced  
3 bay leaves  
6 whole black peppercorns  
1/2 tablespoon salt  
2 whole lobsters

1/2 cup mayonnaise  
3 tablespoons ketchup  
1 tablespoon brandy

## Directions

Fill a large pot with water, and mix in the onion, lemon, bay leaves, peppercorns, and salt. Bring to a boil. Place the lobsters in the boiling water, and cook until bright red, about 12 minutes for 1 pound, and about 5 more minutes for each additional pound.

Remove the cooked lobsters from the pot, and rinse under cold water. Chill in the refrigerator, and serve cold.

In a small bowl, mix the mayonnaise, ketchup, and brandy. Serve as a dipping sauce with the lobster.

# Currywurst

## Ingredients

- 1 tablespoon vegetable oil
- 1 onion, minced
- 1 (6 ounce) can tomato paste
- 3 tablespoons water
- 1/4 cup brown sugar
- 1/2 teaspoon salt
- 1/4 teaspoon ground cumin
- 1/4 teaspoon dry mustard
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground cloves
- 2 tablespoons cider vinegar
- 1 tablespoon vegetable oil
- 3 tablespoons curry powder
- 1 tablespoon sweet Hungarian paprika
- 2 cups ketchup
- 1 cup water
- 4 beer bratwursts

## Directions

Heat the oil in a skillet over medium heat. Cook the onion in the hot oil until soft, but do not brown.

Combine the tomato paste, 3 tablespoons water, brown sugar, salt, cumin, mustard, cinnamon, cloves, and vinegar in a pot over medium heat; simmer 2 minutes; stir in the cooked onion. Mix together 1 tablespoon vegetable oil, curry powder, Hungarian paprika, ketchup, and 1 cup water in a bowl; stir into tomato paste mixture; simmer another 2 minutes.

Cook the bratwurst in a large skillet over medium heat until browned. Pour the sauce into the skillet with the bratwurst. Reduce heat to low and cook until sausages reach an internal temperature of 165 degrees F (75 degrees C), about 10 minutes.

# Chicken Chili Hash With Peppers & Cilantro

## Ingredients

2 tablespoons vegetable or olive oil  
1 medium-large onion, cut into 1/2-inch dice  
1 small bell pepper (any color), cut into 1/2-inch dice  
1 pound Rotisserie chicken meat, pulled into bite-sized pieces  
1 1/2 pounds starchy potatoes (such as Idaho), cut into 1/2-inch dice  
2 tablespoons vegetable or olive oil  
2 tablespoons ketchup  
1 tablespoon Dijon mustard  
1/2 teaspoon dried chili powder  
2 tablespoons chopped fresh cilantro (or parsley)  
2 tablespoons water  
Salt and freshly ground black pepper

## Directions

Heat 2 tablespoons oil over low heat in a 12-inch non-stick skillet (so potatoes don't stick). While skillet heats, prepare onion, bell pepper, and chicken. A few minutes before cooking, increase heat to medium-high. When oil starts to send up wisps of smoke, add onion, pepper and chicken; cook, stirring often, until golden 7 to 8 minutes. Meanwhile, dice potatoes and toss with remaining oil. Transfer chicken mixture to a bowl and reserve.

Add potatoes to empty skillet; cook, stirring only occasionally so they form a golden-brown crust, about 10 minutes. As potatoes cook, mix ketchup, mustard, chili powder, chopped fresh cilantro, and 2 tablespoons of water. (Recipe can be prepared to this point up to 2 hours ahead. Spread hot potatoes on a large lipped cookie sheet; cover when cool. Return skillet to medium-high; add potatoes and re-crisp.)

Return reserved chicken mixture to skillet; stir in ketchup mixture, then season with salt and pepper. Cook, stirring frequently, until hash has nicely browned, about 5 minutes longer.



# Tickety-Tock BBQ Sauce

## Ingredients

1 (12 ounce) bottle barbeque sauce  
1/2 cup apple cider vinegar  
1/4 cup ketchup  
2 tablespoons stone ground horseradish mustard

## Directions

In a saucepan, combine the barbeque sauce, cider vinegar, ketchup, and horseradish mustard. Bring to a boil and cook for 1 minute. Use with your favorite barbequed meat.

# Sadie's Longboy Cheeseburgers

## Ingredients

- 1 pound lean ground beef
- 1 teaspoon salt
- 1 teaspoon pepper
- 1/4 cup ketchup
- 1/4 cup chopped onion
- 3 tablespoons Worcestershire sauce
- 3/4 cup crushed cornflakes cereal
- 1/2 cup evaporated milk
- 1 (1 pound) loaf Italian bread, cut in half lengthwise
- 6 American cheese

## Directions

Preheat the oven to 375 degrees F (190 degrees C).

In a medium bowl, mix together the ground beef, salt, pepper, ketchup, onion, Worcestershire sauce, cornflakes, and evaporated milk until evenly blended. Divide the mixture in half, and spread onto the cut side of each half of the loaf of bread. Place them crust side down onto a baking sheet.

Bake for 30 to 35 minutes in the preheated oven, until meat is no longer pink. During the last 5 minutes of baking, place the slices of cheese over the top to melt. Depending on how many you are cooking for, you can cut into smaller pieces or serve in larger sections. Enjoy.

# Sweet and Sour Pork I

## Ingredients

- 1 pound pork medallions
- 1 teaspoon salt
- 1/2 teaspoon baking soda
- 1 tablespoon water
- 1 egg
- 1/4 cup tapioca starch
- 2 tablespoons vegetable oil
- 1 green bell pepper, chopped
- 1 red chile pepper - chopped (optional)
- 1/2 cup crushed pineapple
- 1 onion, chopped
- 1 tomato, chopped
- 4 tablespoons white sugar
- 1/2 teaspoon salt
- 1 1/2 tablespoons cornstarch
- 4 tablespoons white vinegar
- 3 tablespoons ketchup
- 2 tablespoons plum sauce
- 5 tablespoons water

## Directions

Arrange pork medallions on a cutting board and cover with a sheet of plastic wrap. Using a mallet or the back of a knife, pound the pork until each medallion is fairly flat, about 1/4 inch thick.

Cut each medallion into 1 inch square pieces. In a medium bowl, combine the salt, baking soda and water. Place the pork pieces in the bowl and turn to coat.

Place the tapioca flour in a large, resealable plastic bag. Place the pork pieces in the bag with the flour and shake the meat around until all the pieces are coated with the flour.

Heat the oil in a large skillet over medium high heat. Place the pork pieces in the oil and fry for 5 to 10 minutes, or until golden brown. Remove the pork from the oil and set aside.

In the same skillet over medium high heat, combine the green bell pepper, red chile pepper, pineapple, onion and tomato and saute for 5 minutes.

To Make Gravy: In a separate small bowl, combine the white sugar, salt, corn flour, vinegar, ketchup, plum sauce and water. Mix well and pour this into the skillet with the vegetables.

Reduce heat to low and let simmer for 5 to 10 minutes, allowing the gravy to thicken. Return the pork pieces to the skillet, mix all together well and serve.

# Grandma Slattery's Michigan Sauce

## Ingredients

1 tablespoon butter  
1 onion, chopped  
2 tablespoons white vinegar  
2 tablespoons brown sugar  
3 tablespoons lemon juice  
1/2 tablespoon prepared mustard  
3 tablespoons Worcestershire sauce  
1 pound lean ground beef  
1 cup ketchup  
1 (8 ounce) can tomato sauce  
1 (6 ounce) can tomato paste  
salt and pepper to taste

## Directions

Melt butter in a saucepan over medium heat. Saute the onion in butter until soft. Stir in the vinegar, brown sugar, lemon juice, mustard, Worcestershire sauce, ketchup, tomato sauce, and tomato paste. Stir to blend.

When the mixture begins to simmer, add the raw ground beef breaking it into pieces with a wooden spoon. Simmer for 20 to 30 minutes. Serve over steamed hot dogs. Of course you can add some raw onions if you want.

# Creamy French Dressing

## Ingredients

1/2 cup lemon juice  
1/2 cup sugar  
1/2 cup ketchup  
1/4 cup chopped onion  
1 1/2 teaspoons salt  
1 1/2 teaspoons Worcestershire  
sauce  
1/8 teaspoon garlic powder  
1 cup canola oil

## Directions

In a blender or food processor, combine the first seven ingredients; cover and process until smooth. While processing, gradually add oil in a steady stream. Process until thickened. Transfer to a bowl or jar; cover and store in the refrigerator.

# Jack N Jill Burgers

## Ingredients

1 medium onion  
1/2 cup finely crushed seasoned croutons  
1/4 cup dill pickle relish  
2 tablespoons ketchup  
1 1/2 pounds ground beef  
6 slices Monterey Jack cheese  
6 hamburger buns, split  
6 lettuce leaves  
6 slices tomato

## Directions

In a large bowl, combine the first four ingredients. Crumble beef over the mixture and mix well. Shape into six 1/2-in. thick patties; place on an ungreased broiler pan. broil 4 in. from the heat for 7-9 minutes on each side or until no longer pink. Top each with a cheese slice. Broil 1-2 minutes longer or until cheese is melted. Serve on buns with lettuce and tomato slices.

# Beef Asado

## Ingredients

1 (4 pound) beef chuck roast, quartered  
salt and pepper to taste  
2 tablespoons cooking oil  
1 onion, diced  
2 cloves garlic, crushed  
2 large tomatoes, chopped  
1 tablespoon whole peppercorns, crushed  
1 (5 ounce) jar pitted Manzanilla olives  
1 onion, quartered  
2 bay leaves  
2 beef bouillon cubes  
1/2 cup ketchup  
1 large red bell pepper, sliced  
4 small potatoes, peeled and quartered  
1 tablespoon corn flour (optional)  
1 teaspoon water (optional)

## Directions

Season the beef with salt and pepper; set aside.

Heat the oil in a skillet over medium heat; cook the diced onion and garlic in the hot oil until softened, about 5 minutes. Transfer the onion and garlic to a 6-quart pot. Individually brown the beef chunks on all sides in the skillet and place in the pot. Add the tomatoes, crushed peppercorns, olives with their juice, quartered onion, bay leaves, and bouillon cubes to the pot; bring to a boil. Stir the ketchup into the mixture, reduce heat to medium-low, and simmer 1 hour.

Remove the beef from the pot and set aside. Add the red bell pepper to the mixture and continue simmering another 30 minutes.

While the mixture continues to simmer, heat 2 tablespoons oil in the skillet. Cook the potatoes in the oil until golden brown; immediately add to the simmering mixture.

Slice the meat against the grain and add to the pot; stir. Cook together another 5 minutes before serving. If the sauce is too thin, mix the corn flour and water together and stir into the sauce to thicken.

# Portuguese Fresh Tuna (Sauce and Marinade)

## Ingredients

3 tablespoons pimenta moida  
1/4 cup cider vinegar  
1/2 teaspoon salt  
1/3 teaspoon pepper  
1 tablespoon garlic powder  
2 tablespoons hot paprika  
4 large fresh tuna steaks

1/2 cup butter  
1 cup olive oil

1/4 cup pimenta moida  
1/2 cup ketchup  
1/4 cup cider vinegar  
1/4 cup water  
2 tablespoons hot paprika  
1/2 teaspoon salt  
1/3 teaspoon pepper  
1 tablespoon garlic powder

## Directions

In a large resealable plastic bag, mix 3 tablespoons pimenta moida, 1/4 cup cider vinegar, 1/2 teaspoon salt, 1/3 teaspoon pepper, 1 tablespoon garlic powder, and 2 tablespoons hot paprika. Place tuna steaks in the bag, seal, and gently shake to coat. Marinate in the refrigerator 1 1/2 to 3 hours.

Melt the butter and heat the olive oil in a large, heavy cast iron skillet over medium-high heat. Discard marinade, and place tuna steaks in the skillet. Fry 2 1/2 minutes on each side, or until fish is easily flaked with a fork. Remove from skillet and drain on paper towels.

Mix 1/4 cup pimenta moida, ketchup, 1/4 cup cider vinegar, water, 2 tablespoons hot paprika, 1/2 teaspoon salt, 1/3 teaspoon pepper, and 1 tablespoon garlic powder into the skillet. Scrape up browned bits, and cook sauce 3 minutes, or until slightly thickened. Scoop a portion of the sauce over the cooked fish to serve, and serve remaining sauce as a gravy for rice and potatoes.



# Spanish Chicken

## Ingredients

2 pounds boneless chicken thighs  
1 quart boiling water  
1/2 teaspoon salt  
5 onions, cut into 2 inch pieces  
5 large green bell peppers, cut into 2 inch pieces  
1 (8 ounce) jar chili sauce  
1 (15 ounce) can tomato sauce  
1 cup ketchup

## Directions

Place chicken in a large slow cooker. Pour in enough boiling water to completely cover the chicken, and add 1/2 teaspoon salt. Cover, and set slow cooker to HIGH. Cook until the chicken meat turns white.

Add the peppers and onions. Simmer until peppers and onions get a little tender, about 10 minutes. Stir in tomato sauce, chili sauce, and ketchup. Cover, set slow cooker to LOW, and cook for about 6 hours.

# Pink Dipping Sauce

## Ingredients

1/4 cup SLENDA® No Calorie  
Sweetener, Granulated  
1/4 cup mustard powder  
1/2 cup vegetable oil  
1/2 cup mayonnaise  
1/4 cup ketchup  
1/4 cup water

## Directions

In a medium bowl, stir together the SLENDA® Granulated Sweetener and mustard powder. Whisk in the oil, mayonnaise and ketchup until well blended. Gradually whisk in water. Cover and refrigerate for 4 hours before serving. Use within 5 days.

# Slower Cooker Meatloaf

## Ingredients

2 pounds lean ground beef  
2 eggs, beaten  
3 tablespoons ketchup  
3 tablespoons dry onion soup mix  
3 tablespoons steak seasoning  
3 tablespoons ketchup

## Directions

In a medium bowl, mix together the ground beef, eggs, 3 tablespoons ketchup, onion soup mix and steak seasoning using your hands. Pat lightly into the bottom of a slow cooker. Spread remaining ketchup over the top. Cover, and cook for 6 to 8 hours on Low, or 4 hours on High.

# Barbecued Beef Brisket

## Ingredients

1 teaspoon salt  
1 teaspoon chili powder  
1/2 teaspoon garlic powder  
1/4 teaspoon onion powder  
1/4 teaspoon celery seed  
1/4 teaspoon pepper  
2 1/2 pounds fresh beef brisket\*,  
trimmed  
SAUCE:  
1/2 cup ketchup  
1/2 cup chili sauce  
1/4 cup packed brown sugar  
2 tablespoons cider vinegar  
2 tablespoons Worcestershire  
sauce  
1 teaspoon liquid smoke flavoring  
1/2 teaspoon ground mustard

## Directions

Combine the first six ingredients; rub over brisket. Place in a slow cooker. In a bowl, combine the sauce ingredients. Pour half over the brisket; set the remaining sauce aside. Cover and cook on high for 4-5 hours or until meat is tender. Serve with the reserved sauce.

# Fiesta Conch

## Ingredients

8 fresh conch, shells removed  
1/2 lemon, juiced  
2 tablespoons olive oil  
2 cloves garlic, minced  
1 medium onion, diced  
1 green bell pepper, chopped  
1 red bell pepper, chopped  
3/4 cup diced celery  
1 1/2 cups chopped mushrooms  
1 (28 ounce) can stewed tomatoes  
1 tablespoon Worcestershire sauce  
1/3 cup ketchup  
1/4 teaspoon white sugar  
1 teaspoon red pepper flakes, or to taste  
salt and pepper to taste

## Directions

Pound the conch meat with a mallet until tender. Chop into bite-size pieces. Place in a bowl, sprinkle with lemon juice, and set aside.

Heat the oil in a skillet over medium heat, and cook the garlic, onion, green bell pepper, red bell pepper, celery, and mushrooms until tender. Mix in the tomatoes, Worcestershire sauce, ketchup, and sugar. Season with red pepper, salt, and pepper. Bring to a boil. Reduce heat to low, and simmer uncovered 20 minutes, stirring occasionally.

Mix the conch meat into the skillet, and continue to cook 10 minutes. Do not overcook, or the conch will become tough.

# Sweet and Sour Dipping Sauce

## Ingredients

1 teaspoon cornstarch  
1/3 cup distilled white vinegar  
2 teaspoons vegetable oil  
2/3 cup unsweetened pineapple juice  
2 tablespoons ketchup  
3 tablespoons brown sugar  
salt to taste

## Directions

In a small saucepan over a medium-low heat, whisk (using a metal whisk) together vinegar and cornstarch. Add oil, pineapple juice, ketchup, brown sugar, and salt; whisking constantly until the mixture is heated through.

# Zippy Carrots

## Ingredients

1 tablespoon butter  
1 1/2 cups sliced carrots  
1 garlic clove, minced  
1 tablespoon water  
2 tablespoons diced green bell pepper  
2 teaspoons ketchup  
1 pinch chili powder

## Directions

In a small saucepan, brown butter over medium heat. Add carrots and garlic; cook and stir for 1 minute. Add water; cover and cook for 6 minutes or until carrots are crisp-tender. Add green pepper; cook 2 minutes longer. Remove from the heat; stir in ketchup and chili powder.

# Hamburgers and Ketchup Gravy

## Ingredients

1 pound ground beef  
1/2 cup ketchup  
1/2 cup bread crumbs  
1 teaspoon onion powder  
1/2 teaspoon steak seasoning, or  
to taste  
salt and pepper to taste  
2 teaspoons vegetable oil  
1 large onion, cut into chunks  
1 cup ketchup  
1/2 cup water, or as needed

## Directions

In a medium bowl, mix together the ground beef, 1/2 cup ketchup, bread crumbs, onion powder, steak seasoning, salt, and pepper. Form into small fat hamburger patties, or meatballs.

Heat oil in a large heavy skillet over medium-high heat. Place the patties in the skillet, and cook until browned on both sides. Remove patties to a plate, and drain grease from the skillet.

In the same pan, slowly stir together the remaining ketchup and water if the mixture seems thin, add a bit more ketchup, or if it is thick, add more water. Add the onion, and bring to a boil. Reduce heat to medium-low. Return the patties to the pan, cover, and simmer for 30 minutes. Stir after the 30 minutes, and if the gravy is still thin, continue simmering with the lid off until gravy thickens.



# Spicy Chicken Spaghetti II

## Ingredients

1 (16 ounce) package uncooked spaghetti  
1 cup Worcestershire sauce  
1 cup ketchup  
1 cup tomato sauce  
1 cup chopped green bell pepper  
1 cup chopped onion  
1/2 cup brown sugar  
1 teaspoon chili powder  
1 whole cooked chicken, deboned and chopped

## Directions

Bring a large pot of lightly salted water to a boil. Place spaghetti in the pot, cook 8 to 10 minutes, until al dente, and drain.

In a separate pot, mix the Worcestershire sauce, ketchup, tomato sauce, green bell pepper, onion, brown sugar, and chili powder. Bring to a boil. Mix in the chicken, reduce heat to low, and simmer 10 minutes, or until chicken is heated through. Mix in the cooked spaghetti, and serve warm.

# Nuggets with Chili Sauce

## Ingredients

1 cup chicken broth  
2 (4 ounce) cans chopped green chilies  
2 medium onions, diced  
3 tablespoons butter or margarine  
1 tablespoon chili powder  
2 teaspoons ground cumin  
2 garlic cloves, minced  
1/4 cup packed brown sugar  
1/4 cup orange juice  
1/4 cup ketchup  
2 tablespoons lemon juice  
CHICKEN NUGGETS:  
1/2 cup cornmeal  
1 tablespoon chili powder  
2 teaspoons ground cumin  
1/4 teaspoon salt  
1 1/2 pounds boneless skinless chicken breast halves , cut into 1-1/2-inch pieces  
3 tablespoons vegetable oil

## Directions

In blender or food processor, combine broth and chilies; cover and process until pureed. Set aside. In a large skillet, saute onions in butter until tender. Stir in the chili powder, cumin, garlic and pureed mixture. Bring to a boil. Reduce heat to low; simmer, uncovered, for 20 minutes, stirring occasionally.

Add the brown sugar, orange juice, ketchup and lemon juice. Cook and stir over low heat for 15 minutes or until thickened; keep warm.

For nuggets, combine the cornmeal, chili powder, cumin and salt in a large resealable plastic bag. Add chicken pieces a few at a time, to bag; shake to coat. Heat oil in skillet; cook chicken for 6-8 minutes or until juices run clear, turning frequently. Serve with sauce.

# Rosy Raisin Nut Cookies

## Ingredients

1 cup shortening  
1/2 cup white sugar  
1/2 cup packed brown sugar  
2 eggs  
1 teaspoon vanilla extract  
2 3/4 cups all-purpose flour  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
1/4 cup ketchup  
1/2 cup chopped walnuts  
1/2 cup golden raisins

## Directions

Preheat oven to 375 degrees F (190 degrees C). Grease cookie sheets.

In a medium bowl, cream together the shortening, brown sugar and white sugar until smooth. Beat in the eggs, one at a time then stir in the vanilla. Combine the flour baking soda and salt, stir into the creamed mixture along with the ketchup. Fold in the walnuts and raisins last. Drop by rounded spoonfuls onto the prepared cookie sheets.

Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

# Bacon Baked Beans

## Ingredients

6 slices bacon  
2 (16 ounce) cans baked beans  
1 onion, diced  
1/4 cup yellow mustard  
3/4 cup ketchup  
1 cup packed brown sugar  
1 Granny Smith apple - peeled,  
cored and diced

## Directions

Preheat the oven to 350 degrees F (175 degrees C). Cook bacon in a large skillet or in the microwave until much of the grease has been released, but the bacon is still flexible. Drain on paper towels and set aside.

In a 9 inch square baking dish, stir together the baked beans, onion, mustard, ketchup, brown sugar and apple. Top with slices of bacon.

Bake uncovered for 45 minutes in the preheated oven, until the bacon is crisp and beans are bubbling hot.

# Pareve Cholent

## Ingredients

1 cup dry kidney beans  
1/2 cup dry white beans  
1/2 cup barley  
2 large potatoes, peeled and cubed  
1 large sweet potato, peeled and cubed  
1 large onion, cut into chunks  
2 cloves garlic, minced  
2/3 cup ketchup  
1/4 cup barbeque sauce  
1/4 cup soy sauce  
1/4 cup brown sugar  
2 teaspoons garlic powder  
2 teaspoons onion powder  
2 teaspoons paprika  
2 teaspoons ground black pepper  
1 tablespoon salt  
4 cups water, or more as needed to cover

## Directions

Place kidney beans, white beans, barley, potatoes, sweet potato, onion, garlic, ketchup, barbeque sauce, soy sauce, brown sugar, garlic powder, onion powder, paprika, pepper, salt, and water in a slow cooker. Mix well. Cook on High for 3 hours, then reduce heat to Low and continue cooking overnight until the beans are tender.

# Meatloaf Muffins

## Ingredients

2 pounds lean ground beef  
1 (10.5 ounce) can condensed vegetable soup  
1/2 cup chopped onion  
1 cup dry bread crumbs  
2 eggs  
1 teaspoon salt  
1 pinch ground black pepper  
3/4 cup ketchup (optional)

## Directions

Preheat an oven to 350 degrees F (175 degrees C). Lightly grease a 12 cup muffin pan.

Mix ground beef, soup, onion, bread crumbs, eggs, salt, and pepper in a bowl. Scoop mixture evenly into prepared muffin cups.

Bake 1 hour in the preheated oven to a minimum temperature of 160 degrees F (70 degrees C). If desired, remove from oven after 50 minutes, drizzle ketchup on the top of each muffin, and return to oven for an additional 10 minutes.

# Red Salad Dressing

## Ingredients

1 cup ketchup  
3/4 cup vegetable oil  
3/4 cup white sugar  
1 1/2 teaspoons distilled white vinegar  
1 teaspoon minced onion  
1/4 teaspoon minced garlic  
1 teaspoon Italian seasoning

## Directions

Whisk together the ketchup, oil, sugar, vinegar, onion, garlic, and Italian seasoning. Refrigerate until chilled, about 30 minutes.

# Tuna Hash With Dill

## Ingredients

2 tablespoons vegetable or olive oil  
1 large onion, cut into 1/2-inch dice  
3 (6 ounce) cans tuna, drained  
1 1/2 pounds starchy potatoes (such as Idaho), cut into 1/2-inch dice  
2 tablespoons vegetable or olive oil  
2 tablespoons ketchup  
1 tablespoon Dijon mustard  
2 tablespoons chopped fresh dill  
2 tablespoons water  
Salt and freshly ground black pepper

## Directions

Heat 2 Tbs. oil over low heat in a 12-inch non-stick skillet (so potatoes don't stick). While skillet heats, prepare onion and tuna as directed above. A few minutes before cooking, increase heat to medium-high. When oil starts to send up wisps of smoke, add onion and tuna; cook, stirring often, until golden brown. Meanwhile, dice potatoes and toss with remaining oil. Transfer tuna mixture to a bowl and reserve.

Add potatoes to empty skillet; cook, stirring only occasionally so they form a golden-brown crust, about 10 minutes. As potatoes cook, mix ketchup, mustard, fresh dill and 2 Tbs. of water. (Recipe can be prepared to this point up to 2 hours ahead. Spread hot potatoes on a large lipped cookie sheet; cover when cool. Return skillet to medium-high; add potatoes and re-crisp.)

Return reserved tuna mixture to skillet; stir in ketchup mixture, then season with salt and pepper. Cook, stirring frequently, until hash has nicely browned, about 5 minutes longer.



# Hot and Spicy BBQ Sauce

## Ingredients

1 (46 fluid ounce) bottle ketchup  
2 cups apple cider vinegar  
1 cup SPLENDA® No Calorie  
Sweetener, Granulated  
1/2 cup butter  
1 tablespoon red pepper flakes  
1/4 cup Texas style hot sauce

## Directions

In a large saucepan or soup pot, stir together the ketchup, cider vinegar, SPLENDA® Granulated Sweetener, butter, red pepper flakes and hot sauce. Cook over medium heat until the butter is melted and the sauce is heated through.

# Tropical Tenderloin Steaks

## Ingredients

1 cup reduced sodium chicken broth  
3/4 cup orange juice  
1/4 cup ketchup  
1/4 cup unsweetened pineapple juice  
3 tablespoons packed brown sugar  
3 tablespoons lime juice  
2 garlic cloves, minced  
1 tablespoon minced fresh ginger root  
1/4 teaspoon vanilla extract  
1/4 teaspoon rum extract  
1/4 teaspoon ground cloves  
1/4 teaspoon dried thyme  
1/4 teaspoon cayenne pepper  
8 (4 ounce) beef tenderloin medallions

## Directions

In a small bowl, combine the first 13 ingredients; mix well. Pour 2 cups into a large resealable plastic bag; add the beef. Seal bag and turn to coat; refrigerate for 3 hours. Cover and refrigerate remaining marinade for basting.

If grilling the steaks, coat grill rack with nonstick cooking spray before starting the grill. Drain and discard marinade from steaks. Grill, covered, over medium heat or broil 4-6 in. from the heat for 8-10 minutes on each side or until meat reaches desired doneness, brushing occasionally with reserved marinade.

# Amazing Cocktail Sauce

## Ingredients

1/3 cup ketchup  
1 tablespoon freshly squeezed  
lemon juice  
2 tablespoons chile-garlic sauce  
(such as Sriracha)  
1 tablespoon horseradish  
3/4 teaspoon hot sauce

## Directions

Combine the ketchup, lemon juice, chile sauce, horseradish, and hot sauce in a small bowl; whisk until smooth.

# Surprise Burgers

## Ingredients

1 pound lean ground beef  
4 pineapple rings  
1/2 cup ketchup  
1/2 cup brown sugar  
1 tablespoon prepared yellow mustard

## Directions

Preheat a grill for high heat.

Divide the ground beef into four portions, and form patties around pineapple rings so that none of the pineapple is showing. In a small saucepan, mix together the ketchup, brown sugar, and mustard. Heat until sugar is dissolved. Set aside.

Place burgers on the grill, and cook for about 5 minutes per side, or until well done. Spoon some of the brown sugar sauce over the burgers before serving.

# Slow Smoked Pork Spareribs

## Ingredients

- 1/4 cup kosher salt
- 1/4 cup packed brown sugar
- 1/4 cup paprika
- 3 tablespoons ground black pepper
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 teaspoon cayenne pepper
- 1/2 teaspoon celery seed
- 16 pounds pork spareribs
- 1 apple, quartered
- 1 orange, cut into wedges
- 1 lemon, cut into wedges
- 1 lime, cut into wedges
- 1 onion, cut into wedges
- 3 cups red wine
- 3 cups water
- 1/4 cup soy sauce
- 1/4 cup lime juice
- 1/2 cup ketchup

## Directions

Combine the salt, brown sugar, paprika, black pepper, garlic powder, onion powder, cayenne pepper, and celery seed in a bowl; set aside. Remove all heavy fat from the ribs, then remove and discard the membrane covering the rib side. Cut the slabs into 3 to 4 bone portions, cutting evenly between the ribs to leave some meat on each portion.

Rub the spice mixture into the rib portions front and back until all of the spice mixture has been used. Place the ribs into a resealable plastic bag, and refrigerate 4 hours to overnight. Letting the ribs sit overnight will give them the best flavor.

When ready to cook, fill the water pan of your smoker with the apple, orange, lemon, lime, onion, red wine, and water. If you do not have a water pan, place the ingredients into a metal bowl, and set the bowl on the drip tray, above the heat source. Smoke with the wood chips of your choice at 250 to 300 degrees F (120 to 150 degrees C) until the ribs are no longer pink, and the meat easily pulls from the bone, 4 to 6 hours or more depending on the smoker and temperature. Change the wood chips according to manufacturer's directions.

Preheat an outdoor grill for medium-low heat, and lightly oil grate. Stir together the soy sauce, lime juice, and ketchup in a bowl to make the barbeque sauce; set aside.

After the ribs are fully cooked, remove them from the smoker, and brush them with the barbeque sauce. Cook on the preheated grill, brushing occasionally with the sauce, until the sauce has become sticky and infused into the ribs, 15 to 20 minutes.

# Sweet and Sour Meatballs II

## Ingredients

1 pound ground beef  
1 egg  
1 onion, chopped  
1 cup dry bread crumbs  
salt and pepper to taste  
1 cup water  
1/2 cup cider vinegar  
1/2 cup ketchup  
2 tablespoons cornstarch  
1 cup brown sugar  
2 tablespoons soy sauce

## Directions

In a large bowl, combine beef, egg, onion, bread crumbs, salt and pepper. Roll into meatballs about 1 to 1 1/2 inches in size.

In a large skillet over medium heat, saute the meatballs until browned on all sides.

In a separate medium bowl, mix together the water, vinegar, ketchup, cornstarch, sugar and soy sauce. Pour over the meatballs, and allow sauce to thicken. Continue to heat until the sauce just starts to bubble.

# Picnic Baked Beans

## Ingredients

3 cups dry navy beans  
4 quarts cold water, divided  
1 medium onion, chopped  
1 cup ketchup  
1 cup packed brown sugar  
2 tablespoons molasses  
1 tablespoon salt  
2 teaspoons dry mustard  
1/4 pound bacon - cooked and crumbled

## Directions

Rinse beans; place in a Dutch oven with 2 qts. water. Bring to a boil; reduce heat and simmer for 3 minutes. Remove from heat and let stand for 1 hour. Drain and rinse. Return beans to Dutch oven with remaining water; bring to a boil. Reduce heat; simmer for 1 hour or until beans are tender. Drain, reserving cooking liquid. In the Dutch oven or 3-qt. baking dish, combine beans, 1 cup cooking liquid, onion, ketchup, brown sugar, molasses, salt, mustard and bacon; mix well. Cover and bake at 300 degrees F for 2 to 2-1/2 hours or until beans are as thick as desired. Stir occasionally and add more of the reserved cooking liquid if needed.

# Garlic Pork Kabobs

## Ingredients

1 3/4 cups Swanson® Chicken Stock  
2 tablespoons cornstarch  
2 cloves garlic, minced  
1 tablespoon packed brown sugar  
1 tablespoon ketchup  
2 teaspoons vinegar  
1 pound boneless pork loin, cut into 1-inch cubes  
12 medium mushrooms  
1 large red onion, cut into 12 wedges  
4 cherry tomatoes  
4 cups hot cooked regular long-grain white rice

## Directions

Stir the stock, cornstarch, brown sugar, ketchup and vinegar in a 1-quart saucepan until the mixture is smooth. Cook and stir over medium-high heat until the mixture boils and thickens. Remove the saucepan from the heat.

Thread alternately the pork, mushrooms and onion onto 4 skewers.

Lightly oil the grill rack and heat the grill to medium. Grill the kabobs for 20 minutes or until the pork is cooked through, turning and brushing often with the stock mixture. Place 1 tomato onto the end of each skewer.

Heat the remaining stock mixture over medium heat to a boil. Serve with the kabobs and rice.



# Mom's Shredded Elk Sandwiches

## Ingredients

- 1 1/2 cups ketchup
- 3 tablespoons brown sugar
- 1 tablespoon dry mustard powder
- 1 tablespoon lemon juice
- 1 tablespoon liquid smoke
- flavoring
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 2 teaspoons celery salt
- 2 teaspoons ground black pepper
- 2 teaspoons Worcestershire sauce
- 1/8 teaspoon ground nutmeg
- 3 drops hot pepper sauce
- 1 (4 pound) elk roast, cut in half
- 10 hamburger buns, split

## Directions

Whisk together the ketchup, brown sugar, mustard powder, lemon juice, liquid smoke, onion powder, garlic powder, celery salt, black pepper, Worcestershire sauce, nutmeg, and hot pepper sauce in a bowl. Place the elk roast into a large slow cooker, and pour the sauce overtop.

Cover, and cook on High until the meat shreds easily with a fork, about 5 hours. Shred, and serve on the hamburger buns.

# French Dressing II

## Ingredients

1 cup white sugar  
1 cup ketchup  
1 cup vegetable oil  
2 cloves garlic, minced  
1/2 cup white vinegar  
1/2 teaspoon hot pepper sauce  
1 tablespoon celery seed  
1/4 teaspoon liquid smoke  
flavoring  
2 tablespoons minced fresh  
chives

## Directions

In a one quart jar, combine sugar, ketchup, oil, garlic, vinegar, hot sauce, celery seed, liquid smoke and chives. Cover and shake well. Refrigerate until serving.

# Basic Indian Curry with Paneer

## Ingredients

1/4 cup olive oil  
1 large yellow onion, chopped  
1 teaspoon minced garlic  
1 teaspoon minced fresh ginger root  
2 serrano peppers, finely chopped  
3/4 teaspoon chili powder  
3/4 teaspoon ground cumin  
3/4 teaspoon ground coriander  
3/4 teaspoon garam masala  
3/4 teaspoon ground turmeric  
1 (14.25 ounce) can tomato puree  
1 tablespoon ketchup  
8 ounces paneer, cubed  
1 (16 ounce) package frozen peas, thawed  
whipping cream or half-and-half to taste

## Directions

Heat oil in a large pan over medium heat. Saute onions until lightly browned. Stir in garlic and ginger, and continue cooking for 1 minute more. Turn heat to low, add serrano peppers, and cook for an additional minute. Sprinkle in the chili powder, cumin, coriander, garam masala, and turmeric; cook until fragrant, about 1 minute.

Pour in tomato puree and ketchup; thin with water to desired consistency. Stir in the paneer and peas; cook to soften peas, 2 to 3 minutes. Stir in cream, and increase heat to medium-high. Allow the curry to come to a rolling boil, and cook for 3 to 4 minutes.

# Sticky Chicken

## Ingredients

13 cut up chicken pieces  
1/4 cup vegetable oil  
1/2 cup ketchup  
1/2 cup chutney  
2 teaspoons minced garlic  
1 teaspoon salt  
1 teaspoon coarse ground black pepper  
2 teaspoons hot pepper sauce  
1/2 lemon, juiced

## Directions

Place chicken pieces in a shallow casserole dish.

Mix together oil, ketchup, chutney, garlic, salt, black pepper, pepper sauce, and lemon juice. Pour over chicken pieces.

Bake at 400 degrees F (205 degrees C) for 20 minutes. Reduce heat to 325 degrees F (165 degrees C). Bake a further 30 minutes, or until pieces are tender and cooked through.

# Saucy Turkey

## Ingredients

2 tablespoons butter or margarine  
1 small onion, chopped  
1 small green pepper, chopped  
1 1/2 cups ketchup  
1/2 cup chicken broth  
1 1/2 teaspoons Worcestershire sauce  
1 teaspoon prepared mustard  
1/4 teaspoon hot pepper sauce  
1/4 teaspoon pepper  
3 cups cubed cooked turkey  
Hot cooked rice or sandwich rolls

## Directions

In a large saucepan, melt butter; saute onion and green pepper until tender.

Stir in ketchup, broth, Worcestershire sauce, mustard, hot pepper sauce and pepper. Add turkey. Simmer, uncovered, for 20 minutes or until heated through. Serve over rice or on rolls.

# Honey Barbecue Sauce

## Ingredients

1 cup honey  
1/4 cup molasses  
3 tablespoons ketchup  
1/8 teaspoon ground cinnamon  
1/2 teaspoon paprika  
1/8 teaspoon ground ginger  
1 tablespoon seasoned salt  
1 tablespoon meat tenderizer  
1/8 teaspoon ground black pepper  
1/4 teaspoon salt  
1/8 teaspoon dried oregano  
1/4 teaspoon minced garlic  
1/4 cup steak sauce  
2 tablespoons Worcestershire sauce  
1 tablespoon prepared mustard  
1 1/2 cups brown sugar

## Directions

In a medium bowl, stir together the honey, molasses, ketchup, cinnamon, paprika, ginger, seasoned salt, meat tenderizer, ground black pepper, salt, oregano, garlic, steak sauce, Worcestershire sauce, mustard, and brown sugar until well blended.

Cover, and refrigerate until ready to use.

# Campbell's® Honey Barbecued Ribs

## Ingredients

4 pounds pork spareribs  
1 (10.5 ounce) can Campbell's®  
Condensed French Onion Soup  
3/4 cup ketchup  
1/3 cup honey  
1/2 teaspoon garlic powder  
1/2 teaspoon ground black  
pepper

## Directions

Cut ribs into serving pieces. Place ribs in 6-quart saucepot. Cover with water. Heat to a boil. Reduce heat to low. Cover and cook 30 minutes. Drain.

Mix soup, ketchup, honey, garlic powder and black pepper in 2-quart saucepan. Heat to a boil. Reduce heat to low. Cook 5 minutes.

Place ribs on lightly oiled grill rack over medium-hot coals. Grill 20 minutes or until no longer pink and glazed, turning and brushing often with soup mixture.

# Crawfish, Crab and Shrimp Ceviche

## Ingredients

1/2 pound cleaned, cooked  
crawfish tail meat  
1/2 pound jumbo lump crabmeat  
1/2 pound cooked small shrimp,  
peeled and deveined  
1/2 cup lime juice  
1/2 cup ketchup  
2 tablespoons hot sauce  
2 tablespoons olive oil  
1/3 cup chopped cilantro  
1/2 cup diced red onion (1/4-inch  
pieces)  
1 cup peeled, seeded, and diced  
cucumber  
1 cup diced jicama  
1 jalapeno chile pepper, seeded  
and minced  
salt to taste  
1 large avocado, diced

## Directions

Place the crawfish, crab, and shrimp in a large glass or ceramic bowl; pick any shells from the meat. Pour in the lime juice, and gently mix, being careful not to break up the crab meat. Cover and refrigerate for 1 hour.

In a separate bowl, mix together the ketchup, hot sauce, and olive oil. Stir in the cilantro, onion, cucumber, jicama, and jalapeno; add salt to taste. Gently fold this mixture into the seafood. Refrigerate until ready to serve. Add the avocado just before serving.



# Candied Kielbasa

## Ingredients

1 cup packed brown sugar  
1/2 cup ketchup  
1/4 cup prepared horseradish  
2 pounds kielbasa sausage, sliced thin

## Directions

In a slow cooker combine the sugar, ketchup and horseradish. Add the sausage, and mix well. Cook on High until it starts to boil. Reduce heat to Low, and cook until sauce thickens, about 45 minutes to 1 hour.

# Caribbean BBQ Sauce II

## Ingredients

- 2 tablespoons olive oil
- 1 cup minced onion
- 2 cloves garlic, minced
- 3 (1 inch) pieces fresh ginger root, minced
- 2 cups ketchup
- 1/2 cup brown sugar
- 1/4 cup molasses
- 1/2 cup spiced rum, divided
- 3 tablespoons hoisin sauce
- 2 tablespoons tomato paste
- 2 tablespoons sherry vinegar
- 1 tablespoon chili powder
- 1/8 teaspoon cayenne pepper

## Directions

Heat the olive oil in a saucepan over medium-high heat. Stir in the onion, garlic, and ginger, and cook until tender. Reduce heat to low. Mix in ketchup, brown sugar, molasses, rum, hoisin sauce, tomato paste, vinegar, chili powder, and cayenne pepper. Cook and stir 5 minutes, until well blended and heated through. Stir in remaining rum.

# Pirates' Pork Chops

## Ingredients

1 tablespoon vegetable oil  
4 (3/4 inch) thick pork chops  
1 (15 ounce) can pineapple chunks with juice  
1/4 cup golden syrup  
1/4 cup ketchup  
1/2 teaspoon curry powder  
1/4 teaspoon ground ginger  
1/2 teaspoon salt  
1/8 teaspoon ground black pepper  
3 tablespoons raisins

## Directions

Heat the oil in a large skillet over medium-high heat. Add the pork chops and fry on each side until browned, about 3 minutes per side. Pour in the liquid from the pineapple chunks, saving pineapple for later. Stir in the golden syrup and ketchup and season with curry powder, ginger, salt and pepper. Reduce heat to medium, cover and simmer for 30 minutes, or until pork chops are tender.

When the pork chops are tender, pour in the pineapple chunks and add the raisins. Heat through briefly, then serve.

# Slow Cooked Venison

## Ingredients

- 1 tablespoon olive oil
- 1/2 onion, diced
- 2 teaspoons minced garlic
- 1 pound boneless venison roast
- 1/2 cup ketchup
- 1/4 cup Worcestershire sauce
- 1/4 cup soy sauce
- 1/4 cup chile-garlic sauce
- 1/4 teaspoon liquid smoke
- 1/3 cup water
- 2 teaspoons salt
- 1 tablespoon pepper

## Directions

Heat olive oil in a skillet over medium heat. Stir in onion and cook until softened, about 3 minutes. Stir in garlic and cook 2 more minutes until softened.

Place venison roast into a slow cooker, and sprinkle with onion mixture. Stir together ketchup, Worcestershire sauce, soy sauce, chile-garlic sauce, water, salt, and pepper. Pour over the venison.

Cover and cook on Low until tender and no longer pink, 4 to 5 hours.

# Currant Jelly Wiener Sauce

## Ingredients

1 cup red currant jelly  
1 cup prepared Dijon-style mustard  
1/4 cup ketchup  
3/4 cup brown sugar  
4 (16 ounce) packages little smokie sausages

## Directions

In a slow cooker over medium low heat, mix the red currant jelly, Dijon-style mustard, ketchup and brown sugar. Place little smokie sausages into the mixture and simmer at least 2 hours before serving with toothpicks.

# Juicy Butt Steaks

## Ingredients

2 pork shoulder (Boston butt) steaks  
1 large onion, sliced  
2 cups ketchup  
2 cups water  
salt and pepper to taste  
1 teaspoon garlic powder, or to taste

## Directions

Heat a large skillet over medium heat. Season the pork steaks on both sides with salt, pepper and garlic powder. Place in the skillet and cook until browned on each side, about 4 minutes per side.

Place sliced onions on top of the steaks in the pan. Stir together the ketchup and water in a medium bowl; pour over the steaks. Bring to a simmer, then reduce the heat to medium-low, cover and cook for about 2 hours. The longer you cook, the better the meat tastes.

# Dad's Cheesy Bacon Wrapped Meat Loaf

## Ingredients

2 pounds ground beef  
2 eggs  
2 tablespoons ketchup  
1 cup dry bread crumbs  
1 tablespoon Parmesan cheese  
1 teaspoon garlic powder  
1/2 teaspoon kosher salt  
1/2 teaspoon dried oregano  
1/2 teaspoon dried basil  
1/2 teaspoon ground black pepper  
1 small yellow onion, diced  
6 slices bacon  
8 ounces sharp Cheddar cheese, cut into quarters  
1 tablespoon ketchup

## Directions

Preheat an oven to 375 degrees F (190 degrees C).

Combine ground beef, eggs and 2 tablespoons of ketchup in a large bowl. Mix well, then add bread crumbs, Parmesan cheese, garlic powder, salt, oregano, basil, pepper, and onion. Set mixture aside. Line the bottom of a 9x13 inch pan with bacon, widthwise. Place half of the meat mixture across the top of the bacon. Lay 3 of the 4 pieces of Cheddar cheese across the center of the meat, lengthwise. Cover the cheese with the second half of the meat mixture and mold the meat into a loaf shape. Pull the ends of the bacon up and around the loaf. Spread 1 tablespoon of ketchup thinly over the loaf.

Bake in the preheated oven until no longer pink in the center, about 60 minutes. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C). Remove from the oven.

Cut the final piece of Cheddar cheese into slices and place on top of the meat loaf. Return the meat loaf to the oven and continue baking until the cheese is melted, about 5 minutes. Remove from the oven and allow the meat loaf to rest for 5 minutes before serving.

# Calico Burgers

## Ingredients

1 1/2 pounds ground beef  
1/2 cup cooked rice  
1/4 cup chopped onion  
1/4 cup chopped green pepper  
1 tablespoon dried parsley flakes  
1 teaspoon salt  
1/4 teaspoon garlic powder  
Dash pepper  
BARBECUE SAUCE:  
2/3 cup water  
1/4 cup ketchup  
3 tablespoons chili sauce  
1 teaspoon Worcestershire sauce  
1/4 teaspoon dried basil

## Directions

In a bowl, combine the first eight ingredients; mix well. Shape into four to six oval patties. Grill over hot coals until meat reaches desired doneness, about 15-20 minutes. Combine all sauce ingredients in a saucepan; simmer for 15 minutes. Serve with burgers.



# Glazed Meatloaf II

## Ingredients

1/2 cup ketchup  
1/3 cup brown sugar  
1 tablespoon lemon juice  
1 teaspoon dry mustard  
  
2 pounds lean ground beef  
3 slices bread, shredded  
1/4 cup diced onion  
1 egg, beaten  
1 cube beef bouillon, crumbled  
3 tablespoons lemon juice

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a small bowl, combine ketchup, brown sugar, 1 tablespoon lemon juice and dry mustard until smooth.

In a large bowl, combine ground beef, shredded bread, onion, egg, bouillon, 3 tablespoons lemon juice, and 1/3 cup of the ketchup mixture until well mixed. Form into a loaf and place in a 9x5 inch loaf pan.

Bake 1 hour. Pour off fat. Pour reserved ketchup mixture over loaf. Bake 10 minutes more.

# Bill Wood's Juicy Pigs

## Ingredients

2 teaspoons vegetable oil  
1 (4 pound) bone-in beef chuck  
pot roast  
2 pounds boneless pork shoulder  
roast  
2 cups water  
2 1/2 cups ketchup  
2 tablespoons prepared yellow  
mustard  
2 tablespoons Worcestershire  
sauce  
1 tablespoon lemon juice  
salt and pepper to taste  
15 hamburger buns, split  
1 cup chopped onion  
1 cup chopped pickles

## Directions

Preheat oven to 400 degrees F (200 degrees C).

Heat the vegetable oil in a large Dutch oven until it shimmers, and sear the beef and pork roasts on all sides until browned, about 3 minutes per side.

Pour the water over the meat, cover, and cook in the preheated oven for 2 hours. Uncover the Dutch oven, and remove and discard the bones from the beef roast. With a spoon or spatula, loosen the browned flavor bits from the bottom of the Dutch oven.

Mix together the ketchup, mustard, Worcestershire sauce, lemon juice, and salt and pepper in a bowl. Pour the ketchup mixture over the meat, stir to combine with the browned flavor bits, and cover the Dutch oven.

Reduce oven heat to 250 degrees F (120 degrees C), and cook for 2 more hours. Shred the meat with 2 forks, pile each bun with about 1/3 cup meat and sauce, and garnish with onion and pickles to taste.

# Steak Sauce

## Ingredients

1/2 cup raisins  
2/3 cup ketchup  
1 teaspoon chili powder  
1 teaspoon seasoning salt  
1/2 cup applesauce  
2 tablespoons Italian-style salad dressing

## Directions

Combine raisins, ketchup, chile powder, seasoning salt, applesauce and Italian-style dressing in a blender or food processor. Blend until smooth.

# Honey Mustard Easy Franks

## Ingredients

8 beef frankfurters  
1 teaspoon butter  
1 onion, thinly sliced  
3/4 cup ketchup  
1/4 cup yellow mustard  
1/4 cup honey

## Directions

Bring a saucepan of water to a boil. Add frankfurters and cook for 4 to 5 minutes or until heated through; drain.

Heat butter in a large heavy skillet over medium heat. Saute onion until translucent. Stir in ketchup, mustard and honey. Stir in frankfurters.

# Marinade for Steak II

## Ingredients

1/2 cup molasses  
1/2 cup ketchup  
1 tablespoon ground ginger  
1 teaspoon chopped fresh thyme  
1 tablespoon ground black pepper  
1 tablespoon distilled white vinegar  
1 dash hot pepper sauce, or to taste  
1 tablespoon garlic powder

## Directions

In a medium bowl, mix molasses, ketchup, ground ginger, thyme, black pepper, distilled white vinegar, hot pepper sauce and garlic powder. Place desired meat in mixture. Marinate in the refrigerator 3 hours or longer before grilling.

# Onion and Cheddar Burgers

## Ingredients

2 pounds ground beef  
1 cup chopped onion  
1 egg, beaten  
1/2 cup ketchup  
1 teaspoon salt  
1/2 teaspoon pepper  
1/4 teaspoon dried oregano  
1 tablespoon Worcestershire sauce  
3/4 cup shredded Cheddar cheese  
6 hamburger buns

## Directions

In a large bowl, combine beef, onion, egg and ketchup. Season with salt, pepper, oregano, and Worcestershire sauce. Lightly mix in cheddar cheese. Shape beef mixture into 6 thick patties. Preheat oven on broiler setting.

Place hamburgers on broiler pan. Broil, turning once, until cooked through, about 5 minutes per side. Serve on hamburger buns.

# Mother-in-Law's Chops

## Ingredients

4 pork chops  
1 onion, sliced  
2 teaspoons vinegar  
1/2 cup ketchup  
1 teaspoon yellow mustard  
1 teaspoon brown sugar

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Place chops and onion slices in a casserole dish. In a bowl mix together: vinegar, ketchup, mustard and brown sugar. Pour mixture over chops. Bake in oven for 1 1/2 to 2 hours.

# BBQ Sauce

## Ingredients

1/4 cup cider vinegar  
1/2 cup ketchup  
1/2 cup water  
3 tablespoons white sugar  
1 teaspoon salt  
1 teaspoon chili powder

## Directions

In a medium bowl or bottle, combine the vinegar, ketchup, water, sugar, salt and chili powder. Mix well and store in the refrigerator until ready for use.



# Better Burger Sauce

## Ingredients

2 teaspoons red wine vinegar  
2 teaspoons sugar  
1 cup mayonnaise  
1/2 cup ketchup  
1/3 cup sweet pickle relish  
1 tablespoon chopped fresh parsley  
1/2 bunch green onions, chopped  
2 hard-cooked eggs, peeled and chopped  
salt and pepper to taste  
Worcestershire sauce to taste

## Directions

Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Drain water, and allow to cool, then peel, chop, and set aside.

In a bowl, stir together the vinegar and sugar until sugar is completely dissolved. Stir in mayonnaise, ketchup, relish, parsley, green onions, and chopped egg, and stir until well blended. Season to taste with salt, pepper, and Worcestershire sauce. Cover and refrigerate until ready to serve.

# Appetizer Meatballs

## Ingredients

1 (8 ounce) can crushed pineapple  
1 egg  
1/4 cup dry bread crumbs  
1/8 teaspoon pepper  
1/2 pound bulk pork sausage  
1/2 pound ground beef  
GLAZE:  
1/4 cup packed brown sugar  
1/4 cup ketchup  
1/4 cup vinegar  
1/4 cup water  
2 tablespoons Dijon-mayonnaise  
blend

## Directions

Drain pineapple, reserving juice. Place pineapple and 2 tablespoons juice in a bowl (set the remaining juice aside for glaze). Add the egg, bread crumbs and pepper to pineapple; mix well. Add sausage and beef; mix well. Shape into 1-in. balls; place in a greased 15-in. x 10-in. x 1-in. baking pan.

Bake, uncovered, at 450 degrees for 12-15 minutes or until no longer pink; drain.

In a large skillet, combine glaze ingredients and reserved pineapple juice. Add meatballs. Bring to a boil over medium heat. Reduce heat; simmer and stir for 5-10 minutes or until heated through.

# Mexican Shrimp Cocktail

## Ingredients

2 pounds cooked shrimp, peeled and deveined  
1 tablespoon crushed garlic  
1/2 cup finely chopped red onion  
1/4 cup fresh cilantro, chopped  
1 1/2 cups tomato and clam juice cocktail  
1/4 cup ketchup  
1/4 cup fresh lime juice  
1 teaspoon hot pepper sauce, or to taste  
1/4 cup prepared horseradish  
salt to taste  
1 ripe avocado - peeled, pitted and chopped

## Directions

Place the shrimp in a large bowl. Stir garlic, red onion, and cilantro. Mix in tomato and clam juice cocktail, ketchup, lime juice, hot pepper sauce, and horseradish. Season with salt. Gently stir in avocado. Cover, and refrigerate 2 to 3 hours. Serve in one large bowl or ladle into individual bowls.

# Salsa Rosa

## Ingredients

3 tablespoons mayonnaise  
1 teaspoon ketchup  
2 teaspoons tomato sauce  
1 tablespoon whiskey

## Directions

In a small bowl, whisk together the mayonnaise, ketchup, tomato sauce and whiskey until blended. Refrigerate until using. This dressing is great served with prawn salads!

# Joy's Taco Salad

## Ingredients

1 pound lean ground beef  
1 tablespoon chili powder  
2 cups low-fat salad dressing  
1 cup ketchup  
1 (1.25 ounce) package taco seasoning mix  
1 head iceberg lettuce - rinsed, dried, and chopped  
1 head romaine lettuce- rinsed, dried and chopped  
3 large tomatoes, diced  
1 green bell pepper, diced  
1 yellow bell pepper, diced  
1 bunch green onions, chopped  
1 (4 ounce) can green chile peppers, finely chopped  
1 (15 ounce) can kidney beans, drained  
1 (15 ounce) can garbanzo beans, drained  
12 ounces shredded Cheddar cheese  
2 (14.5 ounce) packages corn tortilla chips

## Directions

Brown the beef, drain, season with chili powder and set aside to cool.

Prepare the dressing by whisking the Miracle Whip, ketchup and taco seasoning mix together in a small bowl.

In a large bowl, combine iceberg lettuce, romaine lettuce, tomatoes, green pepper, red or yellow pepper, green onions, jalapeno peppers, kidney beans, garbanzo beans, half of the cheese, half of the crushed chips, dressing and cooled ground beef. Mix well, cover and refrigerate.

Just before serving, top the salad with the other half of the cheese and crushed chips. Serve with whole chips on the side.

# Thai Tuna Burgers

## Ingredients

1 1/2 pounds fresh tuna steaks, minced  
1/2 cup dry bread crumbs  
1/4 cup finely chopped green onion  
1/4 cup grated carrot  
1 tablespoon minced fresh ginger root  
1 tablespoon chopped fresh cilantro  
1 teaspoon sesame oil  
1 tablespoon ketchup  
1 tablespoon lite soy sauce  
1/2 teaspoon ground cumin  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
1 egg, beaten  
6 hamburger buns  
6 lettuce leaves - rinsed and dried  
2 medium tomatoes, sliced

## Directions

In a bowl, thoroughly mix minced tuna, bread crumbs, green onion, carrot, ginger, cilantro, sesame oil, ketchup, soy sauce, cumin, salt, pepper, and egg. Cover, and refrigerate for 30 minutes.

Preheat oven broiler.

Form tuna mixture into 6 patties, and place in a broiler pan on top oven rack. Cook, uncovered, 4 minutes per side, or until easily flaked with a fork. Serve on hamburger buns with lettuce and tomato.

# Sweet and Sour Faux Meat Balls

## Ingredients

1/4 cup vegetable oil  
1/4 cup distilled white vinegar  
1 cup apricot jam  
1 cup ketchup  
1/4 cup minced onion  
1 teaspoon salt  
1 teaspoon dried oregano  
1 dash hot pepper sauce

5 eggs, beaten  
1 cup shredded Cheddar cheese  
1/2 cup cottage cheese  
1/2 cup finely diced onion  
1 cup chopped pecans  
1 teaspoon dried basil  
1/2 tablespoon salt  
1/4 teaspoon sage  
2 cups Italian seasoned bread crumbs

## Directions

To make Sweet and Sour Sauce: In a medium bowl combine the oil, vinegar, jam, ketchup, grated onion, salt, oregano and hot pepper sauce. Stir until well combined.

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl combine the eggs, Cheddar cheese, cottage cheese, chopped onion, pecans, basil, salt, sage and bread crumbs. Mix well and form into 2 inch balls or patties. Place them in a 9x13 inch baking dish and cover them with sweet and sour sauce. Bake at 350 degrees F (175 degrees C) for 35 to 40 minutes.

# Sweet-and-Sour Chops

## Ingredients

1/2 cup all-purpose flour  
1/2 teaspoon salt  
4 bone-in pork loin chops  
2 tablespoons vegetable oil  
1 (20 ounce) can unsweetened pineapple chunks, drained  
1 small green pepper, cut into rings  
1 cup sugar  
2 tablespoons cornstarch  
1 cup chicken broth  
1 cup cider vinegar  
1/3 cup ketchup  
1/4 cup cold water  
Hot cooked rice

## Directions

In a large resealable plastic bag, combine the flour and salt. Add pork chops, one at a time, and shake to coat. In a large skillet, brown chops in oil on both sides. Transfer to a greased 13-in. x 9-in. x 2-in. baking dish. Top with pineapple and green pepper; set aside.

In a small saucepan, combine the sugar, cornstarch, broth, vinegar, ketchup and water until smooth. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Pour over chops. Bake, uncovered, at 325 degrees F for 40-45 minutes or until a meat thermometer reads 160 degrees F. Serve over rice.



# Mock Pot Roast

## Ingredients

1/2 cup ketchup  
2 eggs  
1 tablespoon prepared horseradish  
1/2 cup quick-cooking oats  
1 teaspoon ground mustard  
1 teaspoon salt  
1/4 teaspoon pepper  
2 pounds lean ground beef  
1 teaspoon steak sauce  
8 medium carrots, halved  
8 small red potatoes  
16 pearl onions  
1 (10 ounce) package frozen peas, thawed

## Directions

In a large bowl, combine the first seven ingredients. Crumble beef over mixture and mix well. Shape into a loaf in a greased 13-in. x 9-in. x 2-in. baking pan. Brush with steak sauce. Arrange carrots, potatoes and onions around loaf. Cover and bake at 375 degrees F for 40 minutes. Add peas. Cover and bake 30 minutes longer. Uncover; baste with pan juices. Bake 5 minutes more or until the meat is no longer pink and a meat thermometer reads 160 degrees F.

# Scott's Buffalo Wing Sauce

## Ingredients

1/2 cup butter  
1/3 cup hot pepper sauce  
1/3 cup ketchup  
2 tablespoons honey

## Directions

Combine the butter, hot sauce, ketchup, and honey in a small saucepan. Bring to a boil over medium-high heat. Reduce heat to low and simmer for 15 minutes. Use as a sauce for cooked chicken wings or pieces.

# Terrific Turkey Meat Loaf

## Ingredients

1 egg white  
3 tablespoons ketchup  
1 tablespoon Worcestershire sauce  
1/2 teaspoon Dijon mustard  
1/2 cup oat bran  
1/2 cup chopped green pepper  
1/4 cup finely chopped onion  
2 tablespoons chopped ripe olives  
1 garlic clove, minced  
1/4 teaspoon celery salt  
1/4 teaspoon dried marjoram  
1/4 teaspoon rubbed sage  
1/4 teaspoon pepper  
1 pound ground turkey

## Directions

In a large bowl, combine the egg white, ketchup, Worcestershire sauce and mustard. Stir in the oat bran, green pepper, onion, olives, garlic, celery salt, marjoram, sage and pepper. Crumble turkey over mixture and mix well.

Pat into a loaf in an 11-in. x 7-in. x 2-in. baking dish coated with nonstick cooking spray. Bake, uncovered, at 375 degrees F for 55-65 minutes or until a meat thermometer reads 165 degrees F.

# Canadian Barn BBQ Sauce

## Ingredients

1/2 cup applesauce  
1/2 cup ketchup  
2 cups packed brown sugar  
6 tablespoons lemon juice  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
1/2 teaspoon paprika  
1/2 teaspoon garlic salt  
1/2 teaspoon ground cinnamon

## Directions

In a medium bowl, mix applesauce, ketchup, packed brown sugar, lemon juice, salt, black pepper, paprika, garlic salt and ground cinnamon. Use the mixture to marinate ribs in the refrigerator for at least 30 minutes before preparing as desired. Also use for basting the ribs while cooking.

# Carolina BBQ Peppers

## Ingredients

2 cups corn oil  
2 cups cider vinegar  
2 cups white sugar  
4 cups ketchup  
1 pound fresh jalapeno peppers,  
sliced into rings  
1 pinch dried oregano  
1 clove garlic, minced

## Directions

In a large pot, stir together the corn oil, cider vinegar, sugar, and ketchup until sugar has dissolved completely. Bring to a boil, then add the jalapeno peppers. Reduce heat to low, and simmer for 10 minutes. Season with oregano and garlic.

Ladle into sterile pint jars, leaving 1/4 inch of space at the top. Wipe rims with a clean dry towel. Seal with lids and rings. Process in a hot water bath for 10 minutes to seal. Refrigerate any unsealed jars.

# Tangy Slow Cooker Pork Roast

## Ingredients

1 large onion, sliced  
2 1/2 pounds boneless pork loin roast  
1 cup hot water  
1/4 cup white sugar  
3 tablespoons red wine vinegar  
2 tablespoons soy sauce  
1 tablespoon ketchup  
1/2 teaspoon black pepper  
1/2 teaspoon salt  
1/4 teaspoon garlic powder  
1 dash hot pepper sauce, or to taste

## Directions

Arrange onion slices evenly over the bottom of the slow cooker, and then place the roast on top of the onion. In a bowl, mix together water, sugar, vinegar, soy sauce, ketchup, black pepper, salt, garlic powder, and hot sauce; pour over roast.

Cover, and cook on Low for 6 to 8 hours, or on High for 3 to 4 hours.

# Beef Tacos

## Ingredients

18 medium taco shells  
2 pounds lean ground beef  
1 (14 ounce) bottle ketchup  
1 (8 ounce) package shredded Cheddar cheese  
1 large tomato, diced  
1 cup iceberg lettuce, shredded

## Directions

Preheat oven to 375 degrees F (190 degrees C).

Warm taco shells for 5 minutes on the center rack in the preheated oven.

In a medium skillet over medium high heat, brown the beef. Halfway through browning, pour in ketchup. Stir well and let simmer for 5 minutes.

Spoon the meat mixture into the warm taco shells and top with Cheddar cheese. Return the filled taco shells to the preheated oven and bake until cheese is melted. Top each taco with a little tomato and lettuce.

# Deer Jerky

## Ingredients

1 pound boneless venison roast  
4 tablespoons soy sauce  
4 tablespoons Worcestershire sauce  
2 tablespoons liquid smoke flavoring  
1 tablespoon ketchup  
1/4 teaspoon pepper  
1/4 teaspoon garlic powder  
1/4 teaspoon onion salt  
1/2 teaspoon salt

## Directions

Slice meat into long strips, 1 inch wide and 1/8 inch thick. In a large releasable plastic bag, combine soy sauce, Worcestershire sauce, liquid smoke, ketchup, pepper, garlic powder, onion salt and salt. Place meat in, and close bag. Refrigerate overnight. Knead occasionally, to evenly distribute marinade.

Preheat oven to 160 degrees F (70 degrees C). Place a pan on the bottom of oven to catch drips, or line with aluminum foil.

Place meat strips on a rack so that they do not touch each other, and dehydrate for 6 to 8 hours in the oven, or until desired consistency is achieved.



# Oven-Barbecued Pork Chops

## Ingredients

6 pork loin or rib chops, 3/4-inch thick  
1 tablespoon Worcestershire sauce  
2 tablespoons vinegar  
2 teaspoons brown sugar  
1/2 teaspoon pepper  
1/2 teaspoon chili powder  
1/2 teaspoon paprika  
3/4 cup ketchup  
1/3 cup hot water

## Directions

Place chops in a heavy cast-iron skillet. Combine all remaining ingredients; pour over chops. Bake, uncovered, at 375 degrees F for 1 hour.

# New York System Hot Wiener Sauce I

## Ingredients

3 pounds ground beef  
2 teaspoons chili powder  
2 teaspoons dry mustard  
1/2 teaspoon ground allspice  
1/2 teaspoon ground nutmeg  
1/2 teaspoon onion salt  
1/2 teaspoon garlic salt  
1/2 teaspoon celery salt  
1/4 teaspoon minced fresh ginger root  
1 teaspoon ground cumin  
1/2 teaspoon Worcestershire sauce  
1 teaspoon soy sauce  
10 ounces ketchup

## Directions

Place ground beef in a large, deep skillet. Cook over medium high heat until evenly brown; drain.

Mix the chili powder, dry mustard, allspice, nutmeg, onion salt, garlic salt, celery salt, ginger root, cumin, Worcestershire sauce, soy sauce and ketchup into the skillet. Simmer at least 1 hour, until a desirable consistency has been attained. Serve hot.

# Spiced Pork Chops

## Ingredients

1/2 cup all-purpose flour  
1 1/2 teaspoons garlic powder  
1 1/2 teaspoons ground mustard  
1 1/2 teaspoons paprika  
1/2 teaspoon celery salt  
1/4 teaspoon ground ginger  
1/8 teaspoon dried oregano  
1/8 teaspoon dried basil  
1/8 teaspoon salt  
1 pinch pepper  
4 (3/4 inch thick) pork loin chops  
1 tablespoon cooking oil  
1 cup ketchup  
1 cup water  
1/4 cup packed brown sugar

## Directions

In a shallow dish, combine the first 10 ingredients; dredge pork chops on both sides. In a skillet, brown chops in oil on both sides. Place in a greased 13-in. x 9-in. x 2-in. baking dish. Combine ketchup, water and brown sugar; pour over chops. Bake, uncovered, at 350 degrees F for 1 hour or until tender.

# Red BBQ Slaw

## Ingredients

4 cups finely shredded cabbage  
1/3 cup apple cider vinegar  
1/3 cup ketchup  
2 tablespoons white sugar  
2 teaspoons crushed red pepper flakes, or to taste  
2 dashes hot pepper sauce, or to taste

## Directions

Place the cabbage into a salad bowl. In a small bowl, whisk together apple cider vinegar, ketchup, sugar, red pepper flakes, and hot sauce until the sugar has dissolved. Pour the dressing over the cabbage, toss thoroughly, and refrigerate at least 1 hour before serving.

# Simple Baked Beans

## Ingredients

2 (16 ounce) cans baked beans  
with pork  
1/4 cup molasses  
1/4 cup chopped onions  
4 tablespoons brown sugar  
1 tablespoon prepared mustard  
2 tablespoons ketchup  
2 slices bacon, chopped

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Mix baked beans with pork, molasses, onions, brown sugar and ketchup together and put in a greased casserole dish. Top with bacon, cover and bake for 3 hours or until thick.

# Tangy Meat Loaf

## Ingredients

1 (8 ounce) can crushed  
pineapple, undrained  
4 egg whites  
1/4 cup ketchup  
2 cups soft bread crumbs  
1 medium onion, chopped  
1 teaspoon salt  
1/2 teaspoon prepared  
horseradish  
2 pounds lean ground beef  
GLAZE:  
1/4 cup orange juice  
3 tablespoons ketchup

## Directions

In a large bowl, combine the first seven ingredients. Crumble beef over mixture and mix well. Pat into a greased 9-in. x 5-in. x 3-in. loaf pan. Cover and bake at 350 degrees F for 1 hour; drain. Combine glaze ingredients; pour over loaf. Bake, uncovered, 15 minutes longer or until the meat is no longer pink and a meat thermometer reads 160 degrees F.

# Savory Pork Chops

## Ingredients

2 tablespoons all-purpose flour  
1 tablespoon ground mustard  
1 teaspoon seasoned salt  
1/8 teaspoon pepper  
4 (3/4 inch) thick pork chops  
2 tablespoons vegetable oil  
**MUSTARD SAUCE:**  
2 teaspoons ground mustard  
1 cup water  
1/2 cup chopped onion  
2 tablespoons ketchup  
2 tablespoons orange marmalade  
1 tablespoon soy sauce  
1 tablespoon Dijon mustard

## Directions

In a bowl, combine the first four ingredients. Dredge pork chops in flour mixture. In a skillet over medium heat, brown chops in oil on both sides, about 8 minutes. Combine the sauce ingredients; pour over chops. Cover and simmer until meat is tender, about 20 minutes. Spoon sauce over chips when serving.

# Sloppy Tofu

## Ingredients

1 (12 ounce) package extra firm tofu  
1 tablespoon vegetable oil  
1 cup chopped onion  
1/2 cup green bell pepper, chopped  
1 1/2 cups ketchup  
2 tablespoons white sugar  
3 tablespoons prepared yellow mustard  
3 tablespoons distilled white vinegar  
salt to taste  
4 whole wheat hamburger buns, split and toasted

## Directions

Place the block of tofu onto a plate, then place another plate on top. Set a 3 to 5 pound weight on top (a container filled with water works well). Press the tofu for 20 to 30 minutes, then drain off and discard the accumulated liquid.

Preheat an oven to 400 degrees F (200 degrees C). Grease a baking sheet.

Cut the block of tofu down the middle, then widthwise into 1/4 inch thick squares. Arrange on the prepared baking sheet.

Bake in the preheated oven for 6 minutes, then turn the pieces over, and continue baking 5 minutes more. Remove the baking sheet from the oven, and allow to cool. Once the tofu is cool enough to handle, cut into 1/4 inch dice.

Heat the vegetable oil in a large skillet over medium heat. Stir in the onion and green pepper; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the diced tofu, ketchup, sugar, mustard, and vinegar; season to taste with salt. Bring to a simmer over medium-high heat, then reduce the heat to medium-low, and simmer for 10 minutes. Serve on the whole wheat hamburger buns.



# Spicy BBQ Chicken

## Ingredients

2 tablespoons vegetable oil  
1/4 cup onion, finely chopped  
1 clove garlic, minced  
3/4 cup ketchup  
1/3 cup vinegar  
1 tablespoon Worcestershire sauce  
2 teaspoons brown sugar  
1 teaspoon dry mustard  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1/4 (5 ounce) bottle hot pepper sauce  
1 (3 pound) chicken, cut into pieces

## Directions

Heat the oil in a skillet over medium heat and cook the onion and garlic until tender. Mix in ketchup, vinegar, Worcestershire sauce, brown sugar, dry mustard, salt, pepper and hot sauce. Bring to a boil. Reduce heat to low and simmer 10 minutes, stirring occasionally. Remove from heat and set aside.

Preheat grill for high heat.

Lightly oil grill grate. Place chicken on grill. Brush constantly with the sauce and cook 8 to 15 minutes on each side, depending on size of piece, until juices run clear. Discard any remaining sauce.

# Spoiled Baby Back Ribs

## Ingredients

3 pounds pork back ribs, cut into serving size pieces  
1 cup ketchup  
1/4 cup apple cider vinegar  
3 tablespoons Worcestershire sauce  
3 tablespoons brown sugar  
1/2 teaspoon salt  
1 teaspoon liquid smoke flavoring

## Directions

Place the ribs into a large pot and cover with water. Bring to a boil over high heat; reduce heat to medium and simmer until tender, about 1 hour. Meanwhile, stir the ketchup, vinegar, Worcestershire sauce, sugar, salt, and liquid smoke in a saucepan. Bring to a simmer over medium-high heat; reduce heat to medium-low and simmer uncovered, stirring frequently, until thickened, about 30 minutes.

Preheat the oven's broiler and set the oven rack about 6 inches from the heat source. Line a baking sheet with foil.

Drain the ribs and place meaty-side-up onto the prepared baking sheet. Brush the ribs with half of the barbeque sauce. Broil in the preheated oven until the sauce has turned sticky and lightly browned, about 7 minutes. Turn the ribs over and brush with the remaining sauce. Continue to broil until the sauce has turned sticky, about 7 minutes.

# Quick and Easy Ketchup

## Ingredients

1 (12 ounce) can tomato paste  
1/2 cup frozen apple juice  
concentrate, thawed  
1 tablespoon distilled white  
vinegar  
3/4 cup cold water  
1 teaspoon paprika  
1/2 teaspoon salt  
1/4 teaspoon ground thyme  
1/4 teaspoon garlic powder  
1/8 teaspoon onion powder  
1/8 teaspoon ground allspice  
1/8 teaspoon ground cumin

## Directions

Stir the tomato paste, apple juice concentrate, and vinegar together in a glass bowl. Pour the water into the bowl and continue stirring until smooth. Add the paprika, salt, thyme, garlic powder, onion powder, allspice, and cumin; stir to combine. Refrigerate at least 4 hours before using.

# Baked Beans, Texas Ranger

## Ingredients

1 (28 ounce) can baked beans with pork  
1 medium onion, diced  
1 medium bell pepper, diced  
4 links spicy pork sausage, cut into chunks  
2 tablespoons chili powder  
3 tablespoons Worcestershire sauce  
4 tablespoons vinegar  
1/2 cup packed brown sugar  
1/2 cup ketchup  
1 teaspoon garlic powder  
salt to taste  
1 dash cayenne pepper (optional)

## Directions

Preheat the oven to 350 degrees F (175 degrees C).

In a Dutch oven, combine the baked beans, onion, bell pepper, and sausage. Season with chili powder, Worcestershire sauce, vinegar, brown sugar, ketchup, garlic powder and salt. Add a dash of cayenne if desired.

Cover and bake for one hour in the preheated oven.

# Paneer Jalfrazie

## Ingredients

3 tablespoons vegetable oil  
2 pounds paneer, cut into cubes  
1 tablespoon vegetable oil  
2 onions, roughly chopped  
2 green bell peppers, cut into strips  
1 tablespoon minced fresh ginger root  
1 tablespoon minced garlic  
1 teaspoon garam masala  
1/2 teaspoon ground turmeric  
1/2 teaspoon ground fennel seed  
2 tomatoes, pureed  
1 tablespoon ketchup  
salt to taste  
1/2 cup water  
1/4 cup chopped fresh cilantro

## Directions

Heat 3 tablespoons oil in a large skillet over medium heat. Fry the paneer in the hot oil until golden brown, 7 to 10 minutes. Remove the paneer to a plate lined with paper towels, reserving the oil in the skillet.

Add 1 tablespoon oil to the skillet. Fry the onions, bell peppers, ginger, and garlic in the hot oil until the onions are browned, about 5 minutes. Season with the garam masala, turmeric, and fennel; cook and stir until fragrant, about 30 seconds. Stir the tomatoes, ketchup, and salt into the mixture; continue cooking until the tomatoes are tender and the oil separates from the gravy. Pour the water into the skillet and stir. Return the paneer to the skillet; raise heat to high and cook until the gravy is thick, about 10 minutes. Garnish with cilantro to serve.

# Get a Husband Brunswick Stew

## Ingredients

1 tablespoon olive oil  
1 cup chopped onions  
2 stalks celery, chopped  
1 1/2 pounds ground pork  
1 1/2 pounds ground beef  
1 (3 pound) whole cooked chicken, deboned and shredded  
3 (14.5 ounce) cans whole peeled tomatoes with liquid, chopped  
1 cup ketchup  
1/2 cup hickory flavored barbeque sauce  
salt and pepper to taste  
hot sauce to taste (optional)  
1 green bell pepper  
3 (14.75 ounce) cans cream style corn

## Directions

Heat the olive oil in a large skillet, and saute the onions and celery until soft. Mix in the pork and beef, and cook until evenly browned. Do not drain.

Transfer the pork and beef mixture to a large stock pot over low heat. Stir in the shredded chicken, tomatoes and their liquid, ketchup, and barbeque sauce. Season with salt, pepper, and hot sauce. Place the whole green pepper into the mixture. Cook, stirring occasionally, 2 hours, or until thickened.

Stir the cream style corn into the stew mixture. Continue cooking 1 hour, or to desired consistency. Remove the green pepper; chop and return to the stew or discard.

# Barbecue Chicken Casserole

## Ingredients

1 cup all-purpose flour  
1 broiler/fryer chicken (3 to 4 pounds), cut up  
2 tablespoons vegetable oil  
1 cup chopped onion  
1 cup chopped green pepper  
1 cup thinly sliced celery  
1 cup ketchup  
1/2 cup water  
3 tablespoons brown sugar  
3 tablespoons Worcestershire sauce  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1 (16 ounce) package frozen corn, thawed

## Directions

Place flour in a large resealable plastic bag. Add chicken, a few pieces at a time, and shake to coat. In a large skillet, brown the chicken in oil; transfer to an ungreased 13-in. x 9-in. x 2-in. baking dish.

Drain skillet, reserving 2 tablespoons drippings. In the drippings, saute onion, green pepper and celery until tender. In a bowl, combine the ketchup, water, brown sugar, Worcestershire sauce, salt and pepper; add to vegetables. Bring to a boil. Pour over the chicken.

Cover and bake at 350 degrees F for 30 minutes. Sprinkle with corn. Bake 18-20 minutes longer or until chicken juices run clear and corn is tender.

# Cheese-Stuffed Loaf

## Ingredients

1/2 cup ketchup  
1 egg  
3 tablespoons milk  
1/2 cup dry bread crumbs  
1/2 teaspoon Italian seasoning  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1 pound lean ground beef  
2 cups shredded mozzarella cheese

## Directions

In a bowl, combine the first seven ingredients; mix well. Crumble beef over mixture and mix well. On a large piece of heavy-duty foil, pat beef mixture into a 10-in. x 6-in. rectangle. Sprinkle with mozzarella cheese to within 1/2 in. of edges. Roll up, jelly-roll style, starting with a short side and peeling away foil while rolling. Seal seam and ends. Place seams side down in a greased 11-in. x 7-in. x 2-in. baking pan. Bake, uncovered, at 350 degrees F for 45 minutes or until meat is no longer pink and a meat thermometer reads 160 degrees F. Let stand 10 minutes before slicing.



# Man-Catching Meat Loaf

## Ingredients

1 tablespoon butter  
1 yellow onion, minced  
1 green bell pepper, diced  
6 crimini mushrooms, chopped  
1 tablespoon minced garlic  
1 (12 ounce) can diced tomatoes  
1/2 teaspoon dried oregano  
1 teaspoon dried basil  
1/2 teaspoon ground mustard  
1/2 teaspoon curry powder  
1/2 teaspoon crushed red pepper flakes  
1/2 pound ground beef  
1/2 pound ground veal  
1/4 pound bulk hot Italian sausage  
1 egg  
3 tablespoons Worcestershire sauce  
1/4 cup ketchup  
3 tablespoons prepared spicy mustard  
3 tablespoons teriyaki sauce  
1 cup Italian-style bread crumbs  
4 slices thick sliced bacon

1/3 cup ketchup  
1/4 cup Worcestershire sauce  
1 tablespoon yellow mustard

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Melt the butter in a skillet over medium heat. Cook and stir the onion, bell pepper, and mushrooms in the butter for 2 to 3 minutes; stir in the garlic, diced tomatoes, oregano, basil, ground mustard, curry powder, and red pepper; continue to cook until the onions are translucent and the mushrooms are golden brown, about 5 minutes; set aside.

Combine the beef, veal, sausage, egg, 3 tablespoon Worcestershire sauce, 1/4 cup ketchup, mustard, and teriyaki in a bowl; mix gently with your hands. Fold in the mushroom mixture and breadcrumbs. Shape the resulting mixture into a loaf and move to a baking dish. Lay the bacon slices on top of the loaf.

Bake in preheated oven for 45 minutes.

While the meat loaf bakes, prepare the glaze by whisking together the 1/3 cup ketchup, 1/4 cup Worcestershire sauce, and yellow mustard in a bowl. Pour the glaze over the loaf and return to oven for another 10 minutes. Allow meat loaf to rest for 5 minutes before serving.

# Pork Roast with Tangy Sauce

## Ingredients

2 1/2 teaspoons chili powder,  
divided  
1/2 teaspoon salt  
1/2 teaspoon garlic salt  
1 (4 pound) boneless rolled pork  
loin roast  
1 cup apple jelly  
1 cup ketchup  
2 tablespoons white vinegar

## Directions

In a bowl, combine 1/2 teaspoon chili powder, salt and garlic salt; rub over roast. Place roast fat side up on a rack in shallow roasting pan. bake, uncovered, at 350 degrees F for 1-1/2 hours.

In a saucepan, combine the jelly, ketchup, vinegar and remaining chili powder. Bring to a boil; cook and stir until the jelly is melted and mixture is smooth. Reduce heat; simmer, uncovered, for 2 minutes.

Brush 1/4 cup jelly mixture over roast. Bake 10-15 minutes longer or until a meat thermometer reads 160 degrees F. Remove roast to a serving platter; let stand for 10-15 minutes. Skim fat from pan drippings. Stir in remaining jelly mixture; heat through. Slice roast and serve with sauce.

# Apricot-Glazed Spareribs

## Ingredients

6 pounds pork spareribs cut into  
2-rib portions  
4 cloves garlic, crushed  
water  
1 cup Smucker's® Apricot  
Preserves  
1/4 cup chopped onion  
1/4 cup ketchup  
2 tablespoons firmly packed  
brown sugar  
1 tablespoon CRISCO® Oil  
1 teaspoon soy sauce  
1 teaspoon ginger  
1/2 teaspoon salt

## Directions

Early in day or day ahead: In very large saucepot or Dutch oven, combine pork spareribs and garlic; cover with water. Over high heat, heat to boiling. Reduce heat to low; cover and simmer 1 hour or until spareribs are fork-tender. Remove ribs to platter; cover and refrigerate.

Meanwhile, prepare apricot glaze: combine SMUCKER'S® preserves, onion, ketchup, brown sugar, oil, soy sauce, ginger and salt in small saucepan; mix well. Heat to boiling; boil 1 minute. Cover and refrigerate apricot glaze.

About 1 hour before serving: heat grill. When ready to barbecue, place cooked spareribs on grill over medium heat. Cook 12 to 15 minutes or until heated through, turning spareribs often. Brush occasionally with apricot glaze during last 10 minutes of cooking.

# Buzzsaw's BBQ Sauce

## Ingredients

- 1 teaspoon vegetable oil
- 1/2 onion, diced
- 1 clove garlic, minced
- 3 tablespoons Worcestershire sauce
- 3 tablespoons vinegar
- 2 tablespoons molasses
- 1 teaspoon prepared mustard
- 1 cup ketchup
- 1/2 cup cold water
- 1 teaspoon cornstarch

## Directions

Heat the oil in a saucepan over medium heat, and saute the onion until tender and golden brown. Stir in garlic. Mix in Worcestershire sauce, vinegar, molasses, and mustard. Cook and stir 5 minutes, then mix in ketchup, cold water, and cornstarch. Reduce heat to low, and continue cooking 10 minutes, until thickened.

# Calico Beans

## Ingredients

1/2 cup bacon, chopped  
1 pound lean ground beef  
1 (15 ounce) can pork and beans  
1 (15 ounce) can kidney beans,  
drained  
1 (15 ounce) can butter beans  
1 (15 ounce) can lima beans,  
drained  
1/2 cup ketchup  
1 cup packed brown sugar  
1 cup chopped onion  
3 tablespoons white wine vinegar  
1 teaspoon mustard powder  
1/2 cup chopped celery

## Directions

Preheat oven to 350 degrees F (175 C).

Place bacon and ground beef in a large, deep skillet. Cook over medium high heat until evenly brown. Drain and set aside.

In a four quart casserole dish, mix together the bacon, ground beef, pork and beans, kidney beans, butter beans, lima beans, ketchup, onion, vinegar, dry mustard and celery.

Cover and bake for 1 hour.

# Traditional Abalone

## Ingredients

1/2 pound abalone without shell  
1 1/2 cups seasoned dry bread crumbs  
2 eggs, beaten  
2 tablespoons milk  
1 cup olive oil for frying  
1/2 cup ketchup  
1 tablespoon prepared horseradish  
1 teaspoon lime juice  
chopped fresh parsley for garnish

## Directions

Slice the abalone into 1/4 inch thick steaks, making sure to trim off any meat that is not white, as this part tends to be very tough. Place the steaks on a cutting board, and pound with a meat tenderizer until pliable.

In a small bowl, stir together the ketchup, horseradish, and lime juice to make a cocktail sauce. Refrigerate until ready to use.

Heat olive oil in a large heavy skillet over medium heat for about 5 minutes. Whisk eggs and milk together in a shallow dish. Place bread crumbs in a large resealable plastic bag. Dip the abalone steaks in egg, then place in the bag with the crumbs and shake to coat.

Fry coated abalone for 3 to 5 minutes on each side, until golden brown. Remove to paper towels to drain. Place on a platter, and garnish with lime slices and parsley. Serve with the cocktail sauce for dipping.

# Meat Loaf Burgers

## Ingredients

- 1 large onion, sliced
- 1 celery rib, chopped
- 2 pounds lean ground beef
- 1 1/2 teaspoons salt, divided
- 1/4 teaspoon pepper
- 2 cups tomato juice
- 4 garlic cloves, minced
- 1 tablespoon ketchup
- 1 bay leaf
- 1 teaspoon Italian seasoning
- 6 hamburger buns, split

## Directions

Place onion and celery in a slow cooker. Combine beef, 1 teaspoon salt and pepper; shape into six patties. Place over onion mixture. Combine tomato juice, garlic, ketchup, bay leaf, Italian seasoning and remaining salt. Pour over the patties. Cover and cook on low for 7-9 hours or until meat is tender. Discard bay leaf. Separate patties with a spatula if necessary; serve on buns.

# Deli Style Brisket

## Ingredients

4 pounds beef brisket  
1 tablespoon garlic powder  
1/4 cup ketchup  
1 large onion, thinly sliced  
1 tablespoon all-purpose flour  
1/4 cup water

## Directions

Place brisket fat side up into slow cooker, sprinkle garlic powder on top and rub ketchup generously into brisket. Add onion slices all around and on top of meat, add enough water to coat the bottom of the cooker.

Cook on Low, all day, for the most tender brisket you will ever eat.

For gravy, remove brisket from the slow cooker, and increase temperature to High. Mix flour with 1/4 cup water, add to pot, and bring to a boil, stirring constantly.



# Grandma's Brisket

## Ingredients

1 (3 pound) beef brisket  
1 cup ketchup  
1 (1 ounce) package dry onion soup mix  
1 (12 fluid ounce) can or bottle ginger ale  
3 carrots, cut into 1 inch pieces (optional)  
1 small onion, sliced (optional)

## Directions

Preheat the oven to 375 degrees F (190 degrees C).

Place the brisket in a roasting pan fat side up. In a medium bowl, stir together the ketchup, soup mix and ginger ale; pour over the brisket. Arrange carrots and onion around the edge of the roast if using. Cover the roast with a lid or aluminum foil.

Bake for 2 hours in the preheated oven. Remove the cover, and cook for 1 more hour. Let stand for a few minutes before slicing and serving.

# Stuffed Meat Loaf

## Ingredients

2 eggs  
2 tablespoons milk  
1/4 cup ketchup  
1 1/2 teaspoons salt  
1/8 teaspoon pepper  
1 1/2 pounds lean ground beef  
STUFFING:  
1/2 pound fresh mushrooms,  
sliced  
1 medium onion, chopped  
2 tablespoons butter or margarine  
2 cups soft bread crumbs  
2 tablespoons chopped fresh  
parsley  
1/2 teaspoon dried thyme  
1/2 teaspoon salt  
1/8 teaspoon pepper

## Directions

In a large bowl, beat eggs, milk, ketchup, salt and pepper. Add beef and mix well. Pat half of the meat mixture into a greased 9-in. x 5-in. x 3-in. loaf pan; set aside.

For stuffing, saute the mushrooms and onion in butter until tender, about 3 minutes. Add bread crumbs, parsley, thyme, salt and pepper; saute until crumbs are lightly browned. Spoon over meat layer; cover with remaining meat mixture and press down gently. Bake at 350 degrees F for 1 hour or until no pink remains, draining fat when necessary.

# Salmon Hash With Potatoes & Dill

## Ingredients

2 tablespoons vegetable or olive oil  
1 large onion, cut into 1/2-inch dice  
1 pound Boneless, skinless salmon fillet, cut into 1/2-inch dice  
1 1/2 pounds starchy potatoes (such as Idaho), cut into 1/2-inch dice  
2 tablespoons vegetable or olive oil  
2 tablespoons ketchup  
1 tablespoon Dijon mustard  
2 tablespoons chopped fresh dill  
2 tablespoons water  
1 pinch Salt and freshly ground black pepper

## Directions

Heat 2 Tbs. oil over low heat in a 12-inch non-stick skillet (so potatoes don't stick). While skillet heats, prepare onion and salmon as directed above. A few minutes before cooking, increase heat to medium-high. When oil starts to send up wisps of smoke, add onion and salmon; cook, stirring often, until golden brown. Meanwhile, dice potatoes and toss with remaining oil. Transfer salmon mixture to a bowl and reserve.

Add potatoes to empty skillet; cook, stirring only occasionally so they form a golden-brown crust, about 10 minutes. As potatoes cook, mix ketchup, mustard, fresh dill and 2 Tbs. of water. (Recipe can be prepared to this point up to 2 hours ahead. Spread hot potatoes on a large lipped cookie sheet; cover when cool. Return skillet to medium-high; add potatoes and re-crisp.)

Return reserved salmon mixture to skillet; stir in ketchup mixture, then season with salt and pepper. Cook, stirring frequently, until hash has nicely browned, about 5 minutes longer.

# Portuguese Soup

## Ingredients

1/4 cup vegetable oil  
2 cups chopped onion  
1 pound smoked sausage, sliced  
1 medium head cabbage,  
chopped  
6 potatoes, peeled and cubed  
2 (15 ounce) cans kidney beans  
2 cups ketchup  
1 (10.5 ounce) can beef  
consomme  
2 2/3 quarts water  
2 teaspoons garlic powder  
2 teaspoons ground black pepper  
1 teaspoon salt  
1/2 cup vinegar

## Directions

In a large pot over medium heat, cook onions in oil until just tender. Stir in sausage and cook 5 minutes more. Place cabbage, potatoes, beans, ketchup, consomme and water in the pot. Season with garlic powder, pepper and salt. Bring to a boil, then reduce heat and simmer 30 to 45 minutes.

Stir in vinegar and simmer 1 hour more. Add more water if needed.

# Grilled Steak Sandwiches with Steak Sauce

## Ingredients

1/4 cup Hellmann's® or Best Foods® Real Mayonnaise  
2 tablespoons ketchup  
2 tablespoons whole grain Dijon mustard  
2 tablespoons molasses  
2 tablespoons horseradish, drained  
1 1/2 pounds skirt steak  
2 tablespoons canola oil  
4 hoagies or rolls, split  
3 cups shredded romaine lettuce leaves

## Directions

Combine Hellmann's® or Best Foods® Real Mayonnaise, ketchup, mustard, molasses and horseradish in small bowl. Season, if desired, with salt and black pepper. Cover and refrigerate at least 30 minutes.

Heat grill pan or grill on high heat. Brush steak with oil on both sides and season, if desired, with salt and black pepper. Grill, turning once, 8 minutes or until desired doneness. Let stand 5 minutes, then thinly slice.

Spread mayonnaise mixture on rolls. Arrange steak on rolls, then top with lettuce.

# Devil's Meatloaf on the Grill

## Ingredients

1 1/2 pounds ground beef  
1/4 pound chorizo sausage,  
casings removed and crumbled  
1 egg  
1/2 cup bread crumbs  
1 (4 ounce) can diced green  
chilies  
1 small onion, chopped  
1/4 cup barbecue sauce (such as  
Famous Dave'sB® Devil's Spit)  
1/4 cup ketchup  
1 (1 ounce) package onion soup  
mix

## Directions

Mix ground beef, chorizo sausage, egg, bread crumbs, green chilies, onion, barbecue sauce, ketchup, and onion soup mix in a large bowl until well-combined. Cover and refrigerate overnight.

Preheat an outdoor grill for medium heat. Firmly pack the meat mixture into a 9x5-inch loaf pan, and cover with aluminum foil.

Place the covered loaf pan on the grill away from direct heat. Cook for 30 minutes, then carefully remove foil and drain grease. Cover the pan with the foil, and return to the grill. Continue cooking until the meatloaf is no longer pink in the center, about 20 minutes more. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C).

# Glazed Pork Chops

## Ingredients

6 pork loin or rib chops, 3/4-inch thick  
1 cup SMUCKER'S® Blackberry Jam  
3/4 cup ketchup  
1/4 cup steak sauce  
1 teaspoon dry mustard  
1 clove garlic, minced

## Directions

Preheat broiler to High.

Broil pork chops 3 to 5 inches from heat for 5 minutes. Turn; broil 5 minutes longer.

Meanwhile, in small saucepan, combine remaining ingredients. Heat to boiling; simmer over low heat for 10 minutes.

Brush pork with sauce. Continue broiling, turning and brushing with sauce, 5 to 10 minutes longer, or until pork is no longer pink in center. Bring remaining sauce to a boil; serve with pork chops.

# Meat Loaf Pie

## Ingredients

1 pound ground beef  
1 small onion, chopped  
1 egg  
1 tablespoon ketchup  
1 tablespoon Worcestershire sauce  
1 (8.75 ounce) can whole kernel corn  
1 (9 inch) unbaked pie crust  
2 cups prepared mashed potatoes  
1/2 cup shredded Cheddar cheese

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a skillet over medium heat, cook and stir the ground beef and onion until beef is evenly brown. Drain, and allow to cool slightly.

In a bowl, mix the cooked beef and onion, egg, ketchup, and Worcestershire sauce.

Spread the corn in the bottom of the pie crust. Layer with the beef mixture. Spoon the mashed potatoes over the beef, and top with cheese.

Bake 30 minutes in the preheated oven, until cheese is bubbly and lightly browned.



# Korean Salad

## Ingredients

1 cup salad oil  
3/4 cup sugar  
1/2 cup ketchup  
1/4 cup vinegar  
salt and pepper to taste

2 eggs  
1 pound bacon  
1 pound fresh spinach, torn  
1 (4 ounce) can water chestnuts,  
drained and chopped  
1 cup fresh bean sprouts  
8 mushrooms, sliced

## Directions

In a bowl, mix oil, sugar, ketchup and vinegar. Season with salt and pepper. Cover and chill at least 24 hours.

Place egg in a pot with enough cold water to cover. Bring to a boil and remove from heat. Cover pot and let egg stand in hot water for 10 to 12 minutes. Remove from water, cool, peel and slice.

Place bacon in a skillet over medium heat and cook until evenly brown. Drain and crumble.

In a large bowl, mix eggs, bacon, spinach, water chestnuts, bean sprouts and mushrooms. Toss with dressing just before serving.

# Sweet and Sour Chicken Nuggets

## Ingredients

1/2 cup fine dry bread crumbs  
2 teaspoons lemon-pepper seasoning  
4 skinless, boneless chicken breast halves, cubed  
3 tablespoons cooking oil

### SAUCE:

2 tablespoons sugar  
2 tablespoons ketchup  
2 tablespoons soy sauce  
2 tablespoons vinegar

## Directions

In a bowl or plastic bag, combine bread crumbs and lemon-pepper seasoning. Add chicken pieces, a few at a time, and toss to coat. Heat oil in a skillet over medium heat. Cook and stir chicken for about 5 minutes or until juices run clear. In a small saucepan, combine sauce ingredients; stir until heated through. Serve with chicken.

# Curry Grilled Chicken

## Ingredients

1/2 cup sugar  
1/2 cup vinegar  
1/3 cup ketchup  
1 tablespoon Worcestershire sauce  
1/2 teaspoon ground mustard  
1/2 teaspoon paprika  
1/2 teaspoon curry powder  
1/2 teaspoon garlic salt  
1/2 teaspoon salt  
1/8 teaspoon pepper  
4 (4 ounce) boneless, skinless chicken breast halves

## Directions

In a blender, combine the first 10 ingredients; cover and process until blended. Pour into a large resealable plastic bag or shallow glass container; add the chicken. Seal or cover and refrigerate for 1-2 hours. Drain and discard marinade. Grill the chicken, covered, over medium heat for 6 minutes on each side or until juices run clear.

# Cornish Pastie II

## Ingredients

1 recipe pastry for a (10 inch)  
double crust pie  
2 cups thinly sliced potatoes  
1/2 cup sliced onion  
1/2 pound round steak, thinly  
sliced and cut in 1/2 inch pie  
1 1/2 teaspoons salt  
1 pinch ground black pepper  
2 tablespoons butter

## Directions

Divide pastry in three equal parts. Roll 1/3 to make 8x15 inch rectangle. Trim edges and cut to make two 7-inch squares. Place on baking sheet. Repeat with other two thirds of pastry.

Arrange layer of potatoes on half of each pastry square, top with layer of onion and then with meat. Sprinkle with salt and pepper and dot with butter.

Moisten pastry edges with cold water and fold over to make triangles; press edges together to make tight seal. A tight seal retains steam and makes juicy pastries.

Bake at 375 degrees F (190 degrees C) for 1 hour or until meat is tender. Serve hot with chili sauce, ketchup, or pickle relish or serve cold for sandwiches.

# Spicy Fry Sauce

## Ingredients

1/4 cup mayonnaise  
1/4 cup ketchup  
1/8 teaspoon cayenne pepper  
1/4 teaspoon onion powder  
1/8 teaspoon ground black pepper  
1/8 teaspoon salt

## Directions

Stir together mayonnaise and ketchup; season with cayenne, onion powder, pepper, and salt.

# Freak'n Good Ribs

## Ingredients

3 cups pineapple juice  
1 1/2 cups brown sugar  
1 1/2 tablespoons mustard powder  
1/3 cup ketchup  
1/3 cup red wine vinegar  
1 1/2 tablespoons fresh lemon juice  
2 tablespoons soy sauce  
1/2 teaspoon ground cloves  
2 teaspoons ground ginger  
4 cloves garlic, minced  
1/2 teaspoon cayenne pepper  
2 pounds baby back pork ribs  
1 (18 ounce) bottle barbecue sauce

## Directions

In a large baking dish, mix together the pineapple juice, brown sugar, mustard powder, ketchup, red wine vinegar, lemon juice, and soy sauce. Season with cloves, ginger, garlic, and cayenne pepper. Cut ribs into serving size pieces, and place into the marinade. Cover, and refrigerate, turning occasionally, for 8 hours or overnight.

Preheat oven to 275 degrees F (80 degrees C). Cook ribs in marinade for 1 1/2 hours, turning occasionally to ensure even cooking.

Preheat grill for medium heat.

Lightly oil grate. Grill ribs for 15 to 20 minutes, basting with barbecue sauce, and turning frequently until nicely glazed.

# Grandma's Salad Dressing

## Ingredients

1 cup vegetable oil  
3/4 cup white wine vinegar  
1 cup white sugar  
1/2 cup ketchup  
1/2 teaspoon salt  
2 teaspoons Worcestershire sauce  
1 onion, chopped

## Directions

Prepare dressing in a large jar with a tight fitting lid. Add the oil, vinegar, sugar, ketchup, salt, Worcestershire sauce and onion. Shake until the sugar is dissolved. Refrigerate and shake well before using.

# Curry Beef Stir-Fry

## Ingredients

1 tablespoon cornstarch  
1 tablespoon reduced-sodium soy sauce  
6 tablespoons cold water, divided  
2 tablespoons vegetable oil, divided  
1 pound boneless sirloin steak, cut into thin strips  
1 garlic clove, minced  
1/8 teaspoon ground ginger  
1 small onion, cut into 1/2-inch wedges  
1 cup sliced celery  
1 medium green pepper, cut into 1-inch pieces  
3 medium tomatoes, cut into 1/2-inch wedges  
SAUCE:  
1 tablespoon cornstarch  
1/2 cup cold water  
3 tablespoons ketchup  
1 tablespoon reduced-sodium soy sauce  
1 teaspoon curry powder  
Hot cooked rice

## Directions

In a large bowl, combine cornstarch, soy sauce, 2 tablespoons water and 1 tablespoon oil until smooth; add beef and toss to coat.

In a large skillet or wok, stir-fry beef, garlic and ginger in remaining oil until meat reaches desired doneness. Remove meat with a slotted spoon and keep warm. Add the onion, celery, green pepper and remaining water to the skillet. Cover and cook for 2 minutes. Add tomatoes and beef.

For sauce, combine the cornstarch, water, ketchup, soy sauce and curry until smooth; add to the skillet. Bring to a boil; cook and stir for 2 minutes. Serve over rice.



# Uncle Pauly's Carolina BBQ Sauce

## Ingredients

2 (32 ounce) bottles ketchup  
1 tablespoon Worcestershire sauce  
1 tablespoon hot pepper sauce  
1 tablespoon chili powder  
2 tablespoons paprika  
3 tablespoons ground black pepper  
3 tablespoons salt  
3/4 teaspoon ground mustard

## Directions

Whisk together the ketchup, Worcestershire sauce, and hot pepper sauce in a mixing bowl. Sprinkle in the chili powder, paprika, black pepper, salt, and mustard. Whisk until evenly blended. The barbeque sauce is ready to use immediately.

# Zesty Meatballs

## Ingredients

1/3 cup finely chopped onion  
2 egg whites, lightly beaten  
1/4 cup fat-free milk  
2 teaspoons prepared mustard  
1/2 teaspoon salt  
3/4 cup graham cracker crumbs  
3/4 pound lean ground beef  
3/4 pound lean ground turkey  
**BARBECUE SAUCE:**  
1/2 cup packed brown sugar  
3 tablespoons cornstarch  
1/2 cup cider vinegar  
1/2 cup ketchup  
1/2 cup molasses  
1/4 cup orange juice concentrate  
2 tablespoons Dijon mustard  
2 tablespoons reduced-sodium soy sauce  
1/4 teaspoon hot pepper sauce  
6 cups hot cooked yolk-free noodles

## Directions

Place onion in a small microwave-safe bowl; cover and microwave on high for 2 minutes or until tender. In a large bowl, combine the egg whites, milk, mustard, salt, cracker crumbs and onion. Crumble beef and turkey over mixture and mix well.

Shape into 1-1/4-in. balls. Place 1 in. apart on 15-in. x 10-in. x 1-in. baking pans coated with nonstick cooking spray. Bake at 375 degrees F for 15 -18 minutes or until meat is no longer pink.

Meanwhile, in a large saucepan, combine brown sugar and cornstarch. Stir in vinegar until smooth. Add the ketchup, molasses, orange juice concentrate, mustard, soy sauce and hot pepper sauce. Bring to a boil; cook and stir for 2 minutes or until thickened. Add meatballs; heat through. Serve over noodles.

# Steve's Bourbon Buffalo Wing Sauce

## Ingredients

1/4 cup bourbon whiskey  
1/4 cup packed brown sugar  
1/3 cup ketchup  
1 tablespoon white vinegar  
1 tablespoon hot sauce (such as Frank's RedHot ®)  
1/4 teaspoon cayenne pepper  
1/4 teaspoon garlic powder  
1 tablespoon honey  
2 tablespoons butter

## Directions

Stir the bourbon, brown sugar, ketchup, white vinegar, hot sauce, cayenne pepper, garlic powder, honey, and butter together in a saucepan over medium heat; cook, whisking occasionally, until the mixture begins to bubble. Reduce heat to low and cook at a gentle simmer, whisking occasionally, until the sauce thickens nearly to the consistency of maple syrup or molasses, about 15 minutes. Remove from heat and allow to cool.

# Pat's Baked Beans

## Ingredients

6 slices bacon  
1 cup chopped onion  
1 clove garlic, minced  
1 (16 ounce) can pinto beans  
1 (16 ounce) can great Northern beans, drained  
1 (16 ounce) can baked beans  
1 (16 ounce) can red kidney beans, drained  
1 (15 ounce) can garbanzo beans, drained  
3/4 cup ketchup  
1/2 cup molasses  
1/4 cup packed brown sugar  
2 tablespoons Worcestershire sauce  
1 tablespoon yellow mustard  
1/2 teaspoon pepper

## Directions

Preheat oven to 375 degrees F (190 degrees C).

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, reserving 2 tablespoons of drippings, crumble and set aside in a large bowl. Cook the onion and garlic in the reserved drippings until onion is tender; drain excess grease and transfer to the bowl with the bacon.

To the bacon and onions add pinto beans, northern beans, baked beans, kidney beans and garbanzo beans. Stir in ketchup, molasses, brown sugar, Worcestershire sauce, mustard and black pepper. Mix well and transfer to a 9x12 inch casserole dish.

Cover and bake in preheated oven for 1 hour.

# Meatloaf with Fried Onions and Ranch Seasoning

## Ingredients

1 1/2 pounds ground beef  
2 eggs, beaten  
1/4 cup ketchup  
3/4 cup herb-seasoned dry bread stuffing mix  
1/2 (1 ounce) package dry Ranch-style dressing mix  
1 (6 ounce) can French-fried onions

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl, combine meat, eggs, ketchup, stuffing mix, ranch dressing mix and fried onions.

Shape into loaf and fit into 9 x 5 inch loaf pan.

Bake, covered loosely with foil, at 350 degrees F (175 degrees C) for 50 to 60 minutes, or until meat is thoroughly cooked.

# Leftover Turkey Brunswick Stew

## Ingredients

1 tablespoon vegetable oil  
2 small yellow onions, chopped  
4 1/2 cups chopped cooked turkey  
2 (28 ounce) cans diced tomatoes  
1 (15 ounce) can diced potatoes, drained  
6 cups water  
1 cup ketchup  
1 cup hickory-flavored barbecue sauce  
1/4 cup vinegar  
1 tablespoon Worcestershire sauce  
1/2 teaspoon hot pepper sauce  
1 1/2 teaspoons salt  
1 teaspoon ground black pepper  
2 (15.25 ounce) cans whole kernel corn, drained

## Directions

Heat the vegetable oil in a large stock pot over medium heat. Cook and stir the onion in the hot oil until softened and translucent, about 5 minutes. Add the turkey, tomatoes, potatoes, water, ketchup, barbecue sauce, vinegar, Worcestershire sauce, hot pepper sauce, salt, and pepper. Bring stew to a boil; reduce heat to low and simmer for 2 hours, stirring occasionally. Add corn and cook another 30 minutes.

# Pink Dippin' Sauce

## Ingredients

1/4 cup white sugar  
1/4 cup mustard powder  
1/2 cup vegetable oil  
1/2 cup mayonnaise  
1/4 cup ketchup  
1/4 cup water

## Directions

In a medium bowl, stir together the sugar and mustard powder. Whisk in the oil, mayonnaise and ketchup until well blended. Gradually whisk in water. Cover and refrigerate for 4 hours before serving. Use within 5 days.

# Pan-Barbecued Pork

## Ingredients

1/2 teaspoon garlic powder  
1/4 teaspoon ground ginger  
1/4 teaspoon pepper  
1/8 teaspoon cayenne pepper  
2 (1-inch thick) pork loin chops  
1 tablespoon vegetable oil  
1/4 cup ketchup  
2 tablespoons reduced-sodium  
soy sauce  
2 tablespoons honey

## Directions

In a small bowl, combine the garlic powder, ginger, pepper and cayenne if desired; rub over pork chops. In a skillet, brown pork chops in oil over medium heat.

combine the ketchup, soy sauce and honey; pour over the chops. Reduce the heat; cover and simmer until meat is tender and juices run clear.



# Better Baked Beans

## Ingredients

2 (28 ounce) cans baked beans  
1 small onion, chopped  
2 tablespoons brown sugar  
3 tablespoons pancake syrup  
2 tablespoons ketchup  
2 teaspoons prepared yellow mustard  
4 slices bacon

## Directions

Preheat the oven to 350 degrees F (175 degrees C).

In a large bowl, stir together the baked beans, onion, brown sugar, syrup, ketchup and mustard. Pour into a 9x13 inch baking dish, and lay strips of bacon across the top.

Bake for 35 to 40 minutes in the preheated oven, until the bacon is browned and the beans have thickened.

# Ribs Fantastic

## Ingredients

4 pounds beef short ribs  
1/2 cup brown sugar  
1 cup ketchup  
2 tablespoons water  
2 tablespoons apple cider vinegar  
1/2 cup lemon juice  
1/2 cup grated celery  
1/2 cup grated onion  
salt and pepper to taste

## Directions

Preheat oven to 325 degrees F (165 degrees C).

Place ribs in a baking pan. In a medium bowl, combine brown sugar, ketchup, water, vinegar, lemon juice, celery, onion, salt and pepper. Mix well, then pour over ribs in pan.

Bake in preheated oven for 3 hours, or until tender.

# Carry-Along Hot Dogs

## Ingredients

1/3 cup ketchup  
2 tablespoons sweet pickle relish  
1 tablespoon finely chopped onion  
1 teaspoon prepared mustard  
8 hot dog buns, split  
8 slices American cheese  
8 hot dogs

## Directions

In a small bowl, combine the first four ingredients. Place a slice of cheese on the bottom half of each bun. Slice hot dogs in half lengthwise; place two halves on each bun. Spoon 1 tablespoon of sauce over each hot dog. Replace top of bun and wrap each sandwich in foil. Grill, uncovered, over medium coals, turning often, for 10-15 minutes; or place on a baking sheet and bake at 350 degrees F for 10 minutes.

# Patsy's Best Barbeque Beef

## Ingredients

1 bunch celery, chopped  
3 large onions, chopped  
1 medium green bell pepper, chopped  
1 1/4 cups ketchup  
1/2 cup water  
3 tablespoons barbeque sauce  
3 tablespoons cider vinegar  
1/8 teaspoon hot pepper sauce  
2 teaspoons chili powder  
2 tablespoons salt  
1 teaspoon pepper  
6 pounds boneless beef chuck roast, trimmed and chopped

## Directions

In a large bowl, mix the celery, onions, green pepper, ketchup, water, barbeque sauce, vinegar, and hot pepper sauce. Season with chili powder, salt, and pepper.

Place the roast in a slow cooker, and cover with the sauce mixture. Cover, and cook on Low for approximately 12 hours.

Shred the meat with a fork. Increase cooking temperature to High, and continue cooking until most of the liquid has been reduced.

# Fiery Baked Beans

## Ingredients

1/2 cup chopped onion  
2 tablespoons maple syrup  
1 tablespoon Dijon mustard  
4 teaspoons canned chipotle chile peppers in adobo sauce, finely chopped  
2 (16 ounce) cans no-salt-added navy beans  
1 cup no-salt-added ketchup  
1 teaspoon ground cinnamon  
salt and pepper, to taste

## Directions

Preheat oven to 350 degrees. In a large bowl combine all ingredients. Spray a 7x11 shallow baking dish. Add bean mixture. Bake 45 minutes.

# Mini Meat Loaves

## Ingredients

2 eggs, lightly beaten  
1/2 cup dry bread crumbs  
1/4 cup chopped onion  
1/4 cup prepared horseradish  
2 tablespoons dried parsley flakes  
2 teaspoons salt  
1/4 teaspoon pepper  
2 pounds ground beef  
SAUCE:  
1 cup chili sauce  
1/3 cup ketchup  
2 teaspoons Worcestershire sauce  
1 teaspoon ground mustard  
1 dash hot pepper sauce

## Directions

In a bowl, combine the first seven ingredients. Crumble beef over mixture and mix well. Shape into six loaves, about 5 in. x 2 in. x 1-1/2 in. Place in a greased 13-in. x 9-in. x 2-in. baking dish.

In a bowl, combine the sauce ingredients. Spoon half over the top and sides of loaves. Bake, uncovered, at 350 degrees F for 20 minutes. Spread with remaining sauce. Bake 20-30 minutes longer or until meat is no longer pink and a meat thermometer reads 160 degrees F. Serve immediately; or cool, wrap individually and freeze for up to 3 months.

# Eggplant Burgers

## Ingredients

1 eggplant, peeled and sliced into 3/4 inch rounds  
1 tablespoon margarine  
6 slices Monterey Jack cheese  
6 hamburger buns, split  
6 leaves lettuce  
6 slices tomato  
1/2 onion, sliced  
1/2 cup dill pickle slices  
1 (20 ounce) bottle ketchup  
3 tablespoons mayonnaise  
2 tablespoons prepared yellow mustard

## Directions

Place the eggplant slices on a plate, and cook in the microwave for about 5 minutes, or until the centers are cooked.

Melt margarine in a large skillet over medium-high heat. Fry eggplant slices until lightly toasted on each side, and place one slice of cheese onto each one. Cook until cheese has melted, and remove from the skillet.

Place eggplant on hamburger buns, and allow each person to top with lettuce, tomato, onion, and pickles, and dress with ketchup, mayonnaise and mustard.

# Hodie's Sloppy Joes

## Ingredients

1 pound ground beef  
1/2 cup chopped onion  
1 (8 ounce) can tomato sauce  
1/3 cup ketchup  
2 tablespoons brown sugar  
1 tablespoon apple cider vinegar

## Directions

Place the ground beef and chopped onion in a skillet over medium heat; cook and stir until the beef is completely browned and the onions are translucent. Drain the fat from the skillet and return it to medium heat. Stir in the tomato sauce, ketchup, brown sugar, and vinegar. Reduce heat to medium low and simmer 20 minutes.



# Rhubarb Ketchup

## Ingredients

4 cups diced fresh or frozen  
rhubarb  
3 medium onions, chopped  
1 cup white vinegar  
1 cup packed brown sugar  
1 cup sugar  
1 (28 ounce) can diced tomatoes,  
undrained  
2 teaspoons salt  
1 teaspoon ground cinnamon  
1 tablespoon pickling spice

## Directions

In a large saucepan, combine all ingredients. Cook for 1 hour or until thick. Cool. Refrigerate in covered containers.

# Easy Chickpea Curry

## Ingredients

- 1 tablespoon butter
- 1 onion, chopped
- 3 cloves garlic, minced
- 3 teaspoons curry powder
- 2 teaspoons garam masala
- 1/2 teaspoon ground paprika
- 1/2 teaspoon white sugar
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 (15 ounce) can garbanzo beans, drained
- 2 potatoes, chopped
- 1 (14 ounce) can coconut milk
- 1 tomato, chopped
- 1/3 cup milk
- 2 tablespoons ketchup
- 2 tablespoons sour cream
- 2 cubes chicken bouillon
- 1/4 cup ground almonds, or as needed

## Directions

Melt the butter over medium heat in a large saucepan. Cook and stir the onion and garlic in the melted butter for about 5 minutes, until onion is translucent. Sprinkle in curry powder, garam masala, paprika, sugar, ginger, turmeric, salt, and pepper. Continue to cook and stir 3 to 4 more minutes, until spices are lightly toasted.

Mix in the garbanzo beans, potatoes, coconut milk, tomato, milk, ketchup, sour cream, and bouillon cubes. Simmer the curry over medium-low heat for about 25 minutes, until the potatoes are tender. Stir in ground almonds to thicken.

# Club Sandwich Salad

## Ingredients

1 cup mayonnaise  
1/4 cup ketchup  
1 tablespoon chopped green onion  
salt and pepper to taste  
1 large head lettuce, torn  
2 large tomatoes, cut into wedges  
2 hard-cooked eggs, chopped  
10 bacon strips, cooked and crumbled  
2 cups cubed cooked turkey or chicken  
Croutons

## Directions

In a small bowl, combine mayonnaise, ketchup, onion, salt and pepper; mix well. Cover and refrigerate. Just before serving, toss lettuce, tomatoes, eggs, bacon and turkey in a large bowl. Add croutons if desired. Serve with dressing.

# Sweet-and-Sour Meat Loaf

## Ingredients

1 egg  
5 tablespoons ketchup, divided  
2 tablespoons prepared mustard  
1/2 cup dry bread crumbs  
2 tablespoons onion soup mix  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1 pound ground beef  
1/4 cup sugar  
2 tablespoons brown sugar  
2 tablespoons cider vinegar

## Directions

In a bowl, lightly beat the egg. add 2 tablespoons of ketchup, mustard, bread crumbs, dry soup mix, salt and pepper. Crumble beef over mixture and mix well. Shape into an oval loaf.

Place in a shallow 1-qt. microwave-safe dish; cover with waxed paper. Microwave on high for 11-12 minutes or until meat is no longer pink, rotating a half turn once; drain.

In a small bowl, combine the sugars, vinegar and remaining ketchup; drizzle over meat loaf. Cover and microwave on high for 3-5 minutes. Let stand for 10 minutes before slicing.

# Sticky Beef Sandwich

## Ingredients

3 cups shredded cooked or  
leftover beef  
1 cup ketchup  
2 cups barbecue sauce  
4 hamburger buns  
1/2 cup sliced onion

## Directions

Heat meat in a skillet over medium heat. Stir in the ketchup and barbecue sauce. Heat stirring constantly until the sauces and meat are sticky.

Serve meat on hamburger buns with sliced onion.

# General Tso's Chicken

## Ingredients

4 cups peanut oil for frying

2 eggs  
1 teaspoon sesame oil  
1/2 cup cornstarch  
1 pound skinless, boneless chicken thighs, cut into bite-sized pieces

1 1/2 tablespoons rice vinegar  
2 tablespoons rice wine  
3 tablespoons white sugar  
3 tablespoons soy sauce  
1 teaspoon sesame oil  
1 tablespoon banana ketchup

2 tablespoons peanut oil  
6 dried whole red chilies  
1/2 cup diced onion  
1 tablespoon minced garlic  
1 tablespoon orange zest  
2 tablespoons minced green onions  
1 tablespoon toasted sesame seeds

## Directions

Heat 4 cups of peanut oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).

Beat the eggs in a mixing bowl; whisk in 1 teaspoon of sesame oil and the cornstarch. Mix in the chicken until all the pieces are coated with batter. Drop into the hot oil a piece at a time; cook until the chicken is golden brown on the outside and no longer pink on the inside, about 4 minutes. Drain on a paper towel-lined plate.

Stir together the vinegar, wine, sugar, soy sauce, 1 teaspoon sesame oil, and the banana ketchup in a small bowl until smooth; set aside. Heat 2 tablespoons peanut oil in a wok or large skillet over high heat. Stir in the dried chile peppers and cook for a few seconds until the peppers brighten. Stir in the onion, garlic, and orange zest. Cook and stir until the onion is beginning to brown. Stir in the sauce; bring to a boil before adding the fried chicken. Reduce the heat to medium and stir until the chicken pieces are well coated with the sauce, a few minutes longer. Serve sprinkled with green onions and toasted sesame seeds.

# Sylvia's Ribs

## Ingredients

8 pounds pork spareribs  
3 cups ketchup  
1 cup barbeque sauce  
1 cup brown sugar  
2 1/2 tablespoons lemon juice  
2 teaspoons Worcestershire sauce  
1 dash hot pepper sauce, or to taste  
3 tablespoons steak sauce, (e.g. Heinz 57)  
2 cloves garlic, minced

## Directions

Place the ribs in a large stock pot with enough water to cover. Bring the water to a boil and cook over medium-high heat for 1 hour.

Preheat oven to 350 degrees F (175 degrees C).

In medium saucepan, combine ketchup, barbeque sauce, brown sugar, lemon juice, Worcestershire sauce, hot pepper sauce, steak sauce and garlic; blend well. Cook the sauce over medium heat for approximately 20 minutes. (Please note that the above ingredients are all to taste. Use more or less of anything you like. I never make the ribs the same way twice!)

Cut the ribs between the bones and place in a baking pan. Pour sauce over ribs, cover and cook for 30 minutes. Remove foil and continue cooking for an additional 30 minutes.

# Baked Beans from Scratch

## Ingredients

- 1 cup dried navy beans
- 4 cups water
- 1/4 cup ketchup
- 1/4 cup maple syrup
- 2 tablespoons brown sugar
- 2 tablespoons molasses
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon chili powder
- 1 small onion, chopped

## Directions

Place the navy beans into a large container and cover with several inches of cool water; let stand 8 hours to overnight. Or, bring the beans and water to a boil in a large pot over high heat. Once boiling, turn off the heat, cover, and let stand 1 hour. Drain and rinse before using.

Place the beans in a large saucepan with 4 cups of water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer 1 hour.

Preheat an oven to 375 degrees F (190 degrees C). Stir the ketchup, maple syrup, brown sugar, molasses, Worcestershire sauce, salt, pepper, and chili powder together in a small bowl; set aside.

Once the beans have simmered for 1 hour, drain, and reserve the cooking liquid. Pour the beans into a 1 1/2 quart casserole dish and stir in the chopped onion and the molasses sauce. Stir in enough of the reserved cooking liquid so the sauce covers the beans by 1/4 inch.

Cover, and bake in the preheated oven for 10 minutes, then reduce the heat to 200 degrees F (95 degrees C), and cook 6 hours longer. Stir the beans after they have cooked for 3 hours. Once the beans are tender and the sauce has reduced and is sticky, remove from the oven, stir, recover, and allow to stand 15 minutes before serving.



# Best Burger Sauce

## Ingredients

1 cup mayonnaise  
1/2 cup ketchup  
1/4 cup prepared yellow mustard  
2 teaspoons dried minced onion  
1/4 teaspoon dried minced garlic  
1/8 teaspoon white vinegar  
hot sauce to taste  
seasoned pepper to taste

## Directions

Whisk together the mayonnaise, ketchup, mustard, onion, garlic, and vinegar in a bowl. Season with hot sauce and seasoned pepper to taste. Cover and chill at least 1 hour before serving.

# The Best Meatloaf I've Ever Made

## Ingredients

1 tablespoon butter  
1/4 cup minced onion  
2 cloves garlic, minced  
1 1/2 teaspoons salt  
1 1/2 teaspoons freshly ground black pepper  
2 pounds extra-lean ground beef  
3 slices bread, toasted and crumbled  
7 buttery round crackers, crushed  
1 egg, lightly beaten  
3 1/2 tablespoons sour cream  
1 1/2 tablespoons Worcestershire sauce  
1 (15 ounce) can tomato sauce, divided  
1/4 cup milk (optional)  
3 tablespoons ketchup

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Melt the butter in a skillet over medium heat, and cook the onion and garlic 5 minutes, until onion is tender. Remove from heat, and season with salt and pepper.

In a large bowl, mix the onion and garlic, beef, crumbled bread, crushed crackers, egg, sour cream, Worcestershire sauce, and 1/2 can tomato sauce. Gradually stir in the milk 1 teaspoon at a time until mixture is moist, but not soggy. Transfer the mixture to a 5x9 inch loaf pan.

Bake uncovered in the preheated oven 40 minutes. Increase oven temperature to 400 degrees F (200 degrees C), and continue baking 15 minutes, to an internal temperature of 160 degrees F (70 degrees C).

In a small bowl, mix the remaining tomato sauce and ketchup. Pour over the top of the meatloaf, and continue baking 10 minutes.

# The Cuban Burger 'FRITA'

## Ingredients

3/4 pound ground beef  
1/4 pound ground pork  
1/2 cup dry bread crumbs  
1/4 cup milk  
1 egg  
1 tablespoon minced onion  
1 tablespoon ketchup  
2 teaspoons salt  
1/2 teaspoon Pimenton de la Vera  
(smoked Spanish paprika)  
1/2 teaspoon Worcestershire  
sauce  
1/4 teaspoon ground black  
pepper  
1/2 teaspoon vegetable oil

## Directions

Mix the ground beef, ground pork, bread crumbs, milk, egg, onion, ketchup, salt, Pimenton de la Vera, Worcestershire sauce, and pepper together in a large bowl until well combined; divide the mixture into 12 equal ball shapes. Place in refrigerator for 3 hours to allow the flavors to meld.

Heat the vegetable oil in a large skillet over medium heat. Cook the meatballs in the skillet, flattening them with the back of a spatula as they cook, about 7 minutes per side for well done. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C).

# Spicy Tomato Chicken (Ayam Masak Merah)

## Ingredients

1 (3 pound) whole chicken, cut into 8 pieces  
1 teaspoon ground turmeric  
salt to taste  
1/4 cup dried red chile peppers  
3 fresh red chile pepper, finely chopped  
4 cloves garlic, minced  
1 red onion, chopped  
1 (3/4 inch thick) slice fresh ginger root  
  
2 tablespoons sunflower seed oil  
1 cinnamon stick  
2 whole star anise pods  
5 whole cloves  
5 cardamom seeds  
2 tomatoes, sliced  
2 tablespoons ketchup  
1 teaspoon white sugar, or to taste  
1/2 cup water

## Directions

Rub the chicken with turmeric powder and salt. Set aside. Soak the dried red chile peppers in hot water until softened. Blend the softened dried chile, fresh red chile pepper, garlic, onion, and ginger in a blender to a paste.

Heat the oil in a large skillet over medium-high heat. Brown the chicken in the hot oil until golden on all sides. Remove the chicken from the skillet and set aside. Remove excess oil from the skillet, leaving about 1 tablespoon. Cook and stir the chile paste with the cinnamon, star anise, cloves and cardamom seeds until fragrant. Return the chicken to the skillet. Stir in the water, adding more if needed. Toss in the tomatoes and stir in the ketchup and sugar. Bring to a boil then reduce heat to medium-low and simmer until no the chicken longer pink at the bone and the juices run clear, about 15 minutes. Serve hot.

# My Meatloaf

## Ingredients

1 pound ground beef  
1/4 cup ketchup  
1/2 packet dry onion soup mix  
3 slices leftover bread (heels are great), torn into bite-size pieces  
1 teaspoon Italian-style seasoning  
1 tablespoon water  
water as needed

## Directions

Preheat oven to 425 degrees F (220 degrees C).

In a large bowl, combine the beef, ketchup, soup mix, bread, Italian-style seasoning and water. Mix well. Shape into a loaf and place into a 9 inch pie pan OR a 9x13 inch baking dish. Baste the top of the meatloaf with ketchup.

Bake at 425 degrees F (220 degrees C) for one hour, or until the edges are just crispy and the top has a crust.

Cool for 15 to 20 minutes before cutting.

# Hearty Mushroom Loaf

## Ingredients

1 (4 ounce) can mushroom stems and pieces  
1/4 cup milk  
1 egg, beaten  
1 1/2 teaspoons Worcestershire sauce  
1 teaspoon salt  
1/2 teaspoon ground mustard  
Dash pepper  
1 1/2 pounds lean ground beef  
1 1/2 cups soft bread crumbs  
2 tablespoons ketchup  
1 tablespoon corn syrup

## Directions

Drain mushrooms, reserving liquid; set mushrooms aside. Add enough milk to mushroom liquid to measure 1/2 cup. In a bowl, combine the mushroom liquid, egg, Worcestershire sauce, salt, mustard, pepper and mushrooms. Crumble beef over the mixture; sprinkle bread crumbs over beef and mix well. Shape into a loaf in a greased 13-in. x 9-in. x 2-in. baking dish. Bake, uncovered, at 350 degrees F for 1 hour; drain. Combine ketchup and corn syrup; spoon over loaf. Bake 15 minutes longer or until meat is no longer pink and a meat thermometer reads 160 degrees F.

# Broiled Pork Chops

## Ingredients

3/4 cup ketchup  
3/4 cup water  
2 tablespoons distilled white vinegar  
1 tablespoon Worcestershire sauce  
2 teaspoons brown sugar  
1 teaspoon salt  
1/2 teaspoon paprika  
1/2 teaspoon chili powder  
1/8 teaspoon ground black pepper  
6 (3/4 inch) thick pork chops

## Directions

In a medium saucepan, combine the ketchup, water, vinegar, Worcestershire sauce, brown sugar, salt, paprika, chili powder and pepper. Bring to a boil. Reduce heat to low, and simmer for 5 minutes, stirring occasionally. Set aside half of the sauce.

Preheat broiler.

Brush both sides of the chops with sauce. Place chops on broiling pan rack. Broil about 4 inches from the heat for 4 minutes on each side. Brush with more sauce. Continue broiling, turning and basting every 3 to 4 minutes, until juices run clear. Serve with reserved sauce.

# Shrimp Fried Noodles-Thai style

## Ingredients

1 pound dried rice vermicelli  
2 cups bean sprouts, divided  
3 tablespoons vegetable oil  
1 teaspoon minced garlic  
10 unpeeled, large fresh shrimp  
1 tablespoon white sugar  
1 tablespoon Asian fish sauce  
(nuoc mam or nam pla)  
1 tablespoon Ketchup  
2 eggs, beaten  
1 tablespoon chopped dry roasted  
peanuts  
1 tablespoon crushed dried  
shrimp  
1 tablespoon chopped green  
onions  
1 tablespoon chopped fresh  
cilantro  
1 teaspoon chili powder  
2 wedges fresh lemon

## Directions

Place the noodles in a large bowl, and cover with hot water. Soak for 15 minutes. Soak bean sprouts in cold water. Drain just before using.

Heat the oil in a large skillet over medium-high heat. Add the garlic, and fry until fragrant. Add the shrimp; cook and stir for about 3 minutes. Mix in the sugar, fish sauce and ketchup. Pour in the eggs, and stir for a minute. Add the noodles; stir-fry until they are coated with the sauce. Mix in half of the bean sprouts, and fry until soft.

Place on a serving plate. Set remaining bean sprouts, cilantro and lemon wedges on a separate plate to top individual servings as desired. Sprinkle the noodles with dried shrimp, peanuts, and chili powder. Top with green onion.



# Tofu with Ground Pork Stir-Fry

## Ingredients

1 cup uncooked long grain white rice  
2 cups water  
2 tablespoons vegetable oil  
2 cloves garlic, minced  
1/2 pound ground pork  
6 fresh shiitake mushrooms, diced  
1 (14 ounce) package cubed firm tofu  
1 green onion, thinly sliced  
1 tablespoon Asian chile pepper sauce  
1 tablespoon ketchup  
2 tablespoons tamari

## Directions

In a pot, bring the rice and water to a boil. Reduce heat to low, cover, and simmer 20 minutes.

Heat the oil in a wok over high heat, and cook the garlic 1 minute. Place the pork in the wok, and cook 5 minutes, until evenly brown.

Mix the mushrooms, tofu, and green onion into the wok. Stir in the chile pepper sauce, ketchup, and tamari. Continue cooking until heated through. Serve over the cooked rice.

# Slow-Simmered Kidney Beans

## Ingredients

6 bacon strips, diced  
1/2 pound fully cooked Polish sausage or kielbasa, chopped  
4 (16 ounce) cans kidney beans, rinsed and drained  
1 (28 ounce) can diced tomatoes, drained  
2 medium sweet red peppers, chopped  
1 large onion, chopped  
1 cup ketchup  
1/2 cup packed brown sugar  
1/4 cup honey  
1/4 cup molasses  
1 tablespoon Worcestershire sauce  
1 teaspoon salt  
1 teaspoon ground mustard  
2 medium unpeeled red apples, cored and cut into 1/2-inch pieces

## Directions

In a skillet, cook bacon until crisp. Remove with a slotted spoon to paper towels.

Add sausage to drippings; cook and stir for 5 minutes. Drain and set aside.

In an ungreased 5-qt. slow cooker, combine the beans, tomatoes, red peppers, onion, ketchup, brown sugar, honey, molasses, Worcestershire sauce, salt and mustard. Stir in the bacon and sausage. Cover and cook on low for 4-6 hours.

Stir in apples. Cover and cook 2 hours longer or until bubbly.

# Honey-Garlic Glazed Meatballs

## Ingredients

2 eggs  
3/4 cup milk  
1 cup dry bread crumbs  
1/2 cup finely chopped onion  
2 teaspoons salt  
2 pounds ground beef  
4 garlic cloves, minced  
1 tablespoon butter  
3/4 cup ketchup  
1/2 cup honey  
3 tablespoons soy sauce

## Directions

In a large bowl combine eggs and milk. Add the bread crumbs, onion and salt. Crumble beef over mixture and mix well. Shape into 1-in. balls. Place in two greased 15-in. x 10-in. x 1-in. baking pans. Bake, uncovered, at 400 degrees F for 12-15 minutes or until meat is no longer pink.

Meanwhile, in a large saucepan, saute garlic in butter until tender. Stir in the ketchup, honey and soy sauce. Bring to a boil. Reduce heat; cover and simmer for 5 minutes. Drain meatballs; add to sauce. Carefully stir to evenly coat. Cook for 5-10 minutes.

# Embutido

## Ingredients

1 pound ground chicken  
4 tablespoons all-purpose flour  
3 large sweet pickles, chopped  
1/2 onion, chopped  
1/2 cup raisins  
1 (4 ounce) link chorizo, finely chopped  
1/4 cup green peas  
salt and pepper to taste  
2 eggs, beaten  
4 canned Vienna sausages  
3 hard-cooked eggs, sliced  
1/2 (8 ounce) package sharp Cheddar cheese, cut into strips

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl combine the chicken, flour, pickles, onion, raisins, chorizo and peas. Mix well and season with salt and pepper to taste. Add beaten eggs and mix thoroughly.

Spread mixture on a piece of aluminum foil; arrange sausage, hard-cooked egg slices and cheese strips on top of mixture. Shape mixture into a cylindrical roll about 4 inches in diameter and wrap in foil.

Bake in preheated oven for 1 hour. Unwrap and slice before serving with ketchup.

# Sweet-and-Sour Pork

## Ingredients

2/3 cup packed brown sugar  
2/3 cup cider vinegar  
2/3 cup ketchup  
2 teaspoons soy sauce  
1 pound boneless pork loin, cut into 1 inch cubes  
1 tablespoon canola oil  
1 medium onion, cut into chunks  
2 medium carrots, sliced  
1 medium green pepper, cut into 1-inch pieces  
1/2 teaspoon minced garlic  
1/4 teaspoon ground ginger  
1 (8 ounce) can pineapple chunks, drained  
Hot cooked rice

## Directions

In a small bowl, combine the brown sugar, vinegar, ketchup, and soy sauce. Pour half into a large resealable plastic bag; add pork. Seal bag and turn to coat; refrigerate for 30 minutes. Set remaining marinade aside.

Drain and discard marinade from pork. In a large skillet, cook pork in oil for 3 minutes. Add the onion, carrots, green pepper, garlic and ginger; saute until pork is no longer pink. Add reserved marinade. Bring to a boil; cook for 1 minute. Stir in the pineapple. Serve with rice if desired.

# Rachel's Wasabi Cocktail Sauce

## Ingredients

1 teaspoon brown sugar  
1/8 teaspoon wasabi paste  
1/8 teaspoon lemon or lime juice  
1/2 cup ketchup

## Directions

In a small bowl, mix together the brown sugar, wasabi paste, lemon juice and ketchup. Chill until using, or use immediately.

# Fourth of July Bean Casserole

## Ingredients

1/2 pound sliced bacon, diced  
1/2 pound ground beef  
1 cup chopped onion  
1 (28 ounce) can pork and beans  
1 (17 ounce) can lima beans,  
rinsed and drained  
1 (15 ounce) can kidney beans,  
rinsed and drained  
1/2 cup barbecue sauce  
1/2 cup ketchup  
1/2 cup sugar  
1/2 cup brown sugar  
2 tablespoons prepared mustard  
2 tablespoons molasses  
1 teaspoon salt  
1/2 teaspoon chili powder

## Directions

In a large skillet, cook bacon, beef and onion until meat is browned and onion is tender; drain. Transfer to a greased 2-1/2-qt. baking dish; add all of the beans and mix well. In a small bowl, combine the remaining ingredients; stir into beef and bean mixture. Cover and bake at 350 degrees F for 45 minutes. Uncover; bake 15 minutes longer.

# BBQ Meatballs

## Ingredients

4 eggs, beaten  
1/2 cup vodka  
1/2 cup water  
1 tablespoon Worcestershire sauce  
2 tablespoons dried minced onion flakes  
1 teaspoon garlic powder, or to taste  
1/2 teaspoon salt, or to taste  
1/2 teaspoon ground black pepper, or to taste  
3 pounds ground beef  
2 pounds ground turkey  
1 (15 ounce) package Italian seasoned bread crumbs

2 (28 ounce) cans crushed tomatoes  
2 (14.25 ounce) cans tomato puree  
1 (18 ounce) bottle hickory smoke flavored barbeque sauce  
1 (8 ounce) can crushed pineapple  
1 cup brown sugar  
1 (14 ounce) bottle ketchup  
1/2 cup vodka  
2 tablespoons dried minced onion flakes  
1 teaspoon garlic powder, or to taste  
1/2 teaspoon salt, or to taste  
1/2 teaspoon ground black pepper, or to taste

## Directions

In a large bowl, combine eggs, 1/2 cup vodka and Worcestershire sauce. Season with 2 tablespoons onion flakes, garlic powder, salt and pepper. Mix in ground beef, ground turkey and bread crumbs. Shape into meatballs, and set aside.

In a very large pot over medium heat, Combine crushed tomatoes, tomato puree, barbeque sauce, pineapple, brown sugar, ketchup, and 1/2 cup vodka. Season to taste with onion flakes, garlic powder, salt and pepper. Bring to a boil, reduce heat and let simmer.

Heat a large heavy skillet over medium heat. Cook meatballs until evenly brown on all sides. Carefully place into sauce, and simmer for at least an hour.



# Molasses Marinade for Beef

## Ingredients

1/2 cup molasses  
1/2 cup brown sugar  
1 cup ketchup  
1 tablespoon lemon juice  
1 tablespoon dried oregano  
1 tablespoon garlic powder  
1/2 teaspoon onion powder  
3 rings onion

## Directions

Combine the molasses, brown sugar, ketchup, lemon juice, oregano, garlic powder, onion powder, and onion in a bowl; stir to combine. Pour marinade over meat and allow to sit in the refrigerator overnight before cooking.

# Strawberry Barbecue Sauce

## Ingredients

2 cups sliced strawberries  
1/3 cup strawberry jam  
1/2 cup ketchup  
3 tablespoons chopped green onion  
2 tablespoons honey  
2 tablespoons soy sauce  
2 tablespoons fresh lemon juice  
1 teaspoon hot sauce  
1 teaspoon crushed red pepper flakes  
1/2 teaspoon liquid smoke (optional)  
1/4 teaspoon salt

## Directions

Place the strawberries, strawberry jam, ketchup, green onion, honey, soy sauce, lemon juice, hot sauce, crushed red pepper, liquid smoke, and salt in a blender or food processor; blend until smooth.

# Ruby Drive Sloppy Joes

## Ingredients

- 1 pound ground beef
- 1 1/2 cups ketchup
- 1 cup chunky salsa
- 2 tablespoons brown sugar
- 1 tablespoon Worcestershire sauce
- 2 tablespoons white vinegar
- 2 tablespoons Dijon mustard
- 1 teaspoon hot sauce
- 6 potato rolls

## Directions

Heat a large skillet over medium-high heat and stir in the ground beef. Cook and stir until the beef is crumbly, evenly browned, and no longer pink. Drain and discard any excess grease.

Stir in ketchup, salsa, brown sugar, Worcestershire sauce, white vinegar, Dijon mustard, and hot sauce. Bring to a simmer and cook, stirring occasionally, over low heat 20 to 30 minutes. Serve on potato rolls.

# Ketchup Dip

## Ingredients

1 (16 ounce) container sour cream  
1/2 cup ketchup, or more to taste  
2 teaspoons Worcestershire  
sauce, or to taste  
1/2 white onion, minced

## Directions

Stir the sour cream, ketchup, Worcestershire sauce, and white onion together in a bowl until smooth. Refrigerate 2 hours before serving.

# Country Style Barbecued Chicken

## Ingredients

1/2 cup chopped onions  
1 cup ketchup  
1/2 cup distilled white vinegar  
1/4 cup brown sugar  
1 tablespoon dry mustard  
3/4 teaspoon salt  
1/4 teaspoon pepper  
6 skinless, boneless chicken  
breast halves

## Directions

Mix the onions, ketchup, vinegar, brown sugar, dry mustard, salt, and pepper in a saucepan over medium heat. Cook 15 minutes, stirring occasionally.

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking dish.

Arrange chicken in the baking dish. Pour sauce over the chicken.

Bake 25 minutes in the preheated oven, or until chicken juices run clear.

# Horseradish Meatballs

## Ingredients

2 eggs  
1 tablespoon prepared horseradish  
1/2 cup dry bread crumbs  
1/4 cup chopped green onions  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1 1/2 pounds ground beef  
1/2 pound ground pork or turkey

SAUCE:

1/2 cup water  
1/2 cup ketchup  
1/2 cup chili sauce  
1 small onion, finely chopped  
1/4 cup packed brown sugar  
1/4 cup cider vinegar  
1 tablespoon prepared horseradish  
1 tablespoon Worcestershire sauce  
1 garlic clove, minced  
1 teaspoon ground mustard  
1/4 teaspoon hot pepper sauce

## Directions

In a large bowl, combine the first six ingredients. Crumble meat over mixture; mix well. Shape into 1-1/2-in. balls. Place in a greased 15-in. x 10-in. x 1-in. baking pan. Bake, uncovered, at 350 degrees F for 35-40 minutes or until no longer pink.

Meanwhile, in a large saucepan, combine sauce ingredients. Bring to a boil, stirring often. Reduce heat; simmer, uncovered, for 10 minutes. Add meatballs; stir gently to coat.

# Turkey Bean Bake

## Ingredients

- 1 pound ground turkey
- 1 large onion, chopped
- 2 garlic cloves, minced
- 1 (16 ounce) can baked beans
- 1 (16 ounce) can kidney beans, rinsed and drained
- 1 (15 ounce) can black beans, rinsed and drained
- 1/2 cup ketchup
- 2 tablespoons brown sugar
- 2 tablespoons molasses
- 1 tablespoon red wine vinegar or cider vinegar
- 1 teaspoon prepared mustard
- 1/4 teaspoon pepper

## Directions

In a large skillet, cook the turkey, onion and garlic over medium heat until meat is no longer pink; drain. Stir in the remaining ingredients. Transfer to a greased 1-1/2-qt. baking dish. Bake, uncovered, at 350 degrees F for 25-30 minutes or until bubbly.

# Glazed Corned Beef

## Ingredients

1 (3 pound) corned beef brisket, trimmed  
1 medium onion, sliced  
1 celery rib, sliced  
1/4 cup butter  
1 cup packed brown sugar  
2/3 cup ketchup  
1/3 cup white vinegar  
2 tablespoons prepared mustard  
2 teaspoons prepared horseradish

## Directions

Place corned beef and contents of seasoning packet in a Dutch oven; cover with water. Add onion and celery. Bring to a boil. Reduce heat; cover and simmer for 2-1/2 hours or until meat is tender. Drain and discard liquid and vegetables. Place beef on a rack in a shallow roasting pan; set aside.

In a saucepan, melt butter over medium heat. Stir in the remaining ingredients. Cook and stir until sugar is dissolved. Brush over beef. Bake, uncovered, at 350 degrees F for 25 minutes. Let stand for 10 minutes before slicing.



# Jill's Sloppy Joes

## Ingredients

- 3 pounds ground beef
- 1 onion, chopped
- 1 1/2 cups chopped celery
- 1 tablespoon minced garlic
- 2 teaspoons salt
- 1 teaspoon ground black pepper
- 1 teaspoon grill seasoning
- 1/2 teaspoon cumin
- 1/2 teaspoon paprika
- 2 tablespoons chili powder
- 2 tablespoons Worcestershire sauce
- 1 (28 ounce) bottle ketchup
- 1/4 cup brown sugar
- 1/4 cup water

## Directions

Cook the ground beef, onion, and celery in a large skillet over medium-high until the meat is fully cooked; drain off the excess liquid. Mix in the garlic, salt, pepper, grill seasoning, cumin, paprika, chili powder, Worcestershire sauce, ketchup, brown sugar, and water. Reduce the heat to low and simmer uncovered for 30 minutes. Serve on toast or hamburger buns.

# Barbecued Short Ribs

## Ingredients

3 1/2 pounds beef short ribs  
1 1/2 cups water  
1 medium onion, sliced  
1 tablespoon vinegar

### SAUCE:

1/2 cup ketchup  
1/4 cup chopped onion  
2 tablespoons lemon juice  
2 garlic cloves, minced  
1 teaspoon sugar  
1/2 teaspoon salt  
1/8 teaspoon pepper

## Directions

In a Dutch oven, combine ribs, water, onion and vinegar; bring to a boil. Reduce heat; cover and simmer for 1 hour, turning ribs occasionally. Drain. Place ribs in a single layer in an ungreased 13-in. x 9-in. x 2-in. baking dish. Combine sauce ingredients; spoon over ribs. Cover and bake at 325 degrees F for 1-1/4 hours or until meat is tender.

# Cottage Meatloaf

## Ingredients

1 1/2 pounds lean ground beef  
1/2 cup ketchup  
1/3 cup tomato juice  
1/2 teaspoon salt  
1/2 teaspoon ground black pepper  
1/8 teaspoon crushed red pepper  
2 eggs, beaten  
3/4 cup fresh bread crumbs  
1/4 cup diced onion  
2 teaspoons prepared mustard  
  
1/2 cup ketchup  
1 teaspoon prepared mustard  
4 teaspoons brown sugar

## Directions

Preheat oven to 400 degrees F (200 degrees C).

In a large bowl, combine ground beef, 1/2 cup ketchup, tomato juice, salt, pepper, red pepper, eggs, bread crumbs, onion and 2 teaspoons mustard until well mixed. Line a 9x5 inch loaf pan with foil. Press meat mixture into pan.

In a separate bowl, combine 1/2 cup ketchup, 1 teaspoon mustard and brown sugar until smooth. Spread brown sugar mixture over meatloaf.

Bake in preheated oven 35 to 45 minutes, until no longer pink. Drain off fat. Let rest 5 minutes before serving.

# Southern Grilled Barbecued Ribs

## Ingredients

4 pounds baby back pork ribs  
2/3 cup water  
1/3 cup red wine vinegar  
1 cup ketchup  
1 cup water  
1/2 cup cider vinegar  
1/3 cup Worcestershire sauce  
1/4 cup prepared mustard  
4 tablespoons butter  
1/2 cup packed brown sugar  
1 teaspoon hot pepper sauce  
1/8 teaspoon salt

## Directions

Preheat oven to 350 degrees F (175 degrees C). Place ribs in two 10x15 inch roasting pans. Pour water and red wine vinegar into a bowl, and stir. Pour diluted vinegar over ribs and cover with foil. Bake in the preheated oven for 45 minutes. Baste the ribs with their juices halfway through cooking.

In a medium saucepan, mix together ketchup, water, vinegar, Worcestershire sauce, mustard, butter, brown sugar, hot pepper sauce, and salt; bring to a boil. Reduce heat to low, cover, and simmer barbeque sauce for 1 hour.

Preheat grill for medium heat.

Lightly oil preheated grill. Transfer ribs from the oven to the grill, discarding cooking liquid. Grill over medium heat for 15 minutes, turning ribs once. Baste ribs generously with barbeque sauce, and grill 8 minutes. Turn ribs, baste again with barbeque sauce, and grill 8 minutes.

# Mozzarella Meat Whirl

## Ingredients

1 1/2 pounds ground beef  
1/2 cup soft bread crumbs  
1 egg, lightly beaten  
1 tablespoon dry mustard  
1 teaspoon salt  
1/8 teaspoon black pepper  
1 (6 ounce) package mozzarella  
cheese, sliced  
3/4 cup ketchup  
3/4 cup water  
1 tablespoon Worcestershire  
sauce

## Directions

Preheat oven to 375 degrees F (190 degrees C).

In a large bowl, combine beef, bread crumbs, egg, mustard, salt and pepper; mix well. On a sheet of waxed paper, pat out beef mixture into a large rectangle. Cover the surface with slices of cheese. Starting with the short side of the rectangle, roll up and remove waxed paper simultaneously. Place in a shallow baking dish. In a small bowl, mix together ketchup, water, and Worcestershire sauce; pour over beef.

Bake in preheated oven for 1 hour and 10 minutes.

# Orange Barbecued Ham

## Ingredients

1/2 cup ketchup  
1/3 cup orange marmalade  
2 tablespoons finely chopped onion  
2 tablespoons vegetable oil  
1 tablespoon lemon juice  
1 1/2 teaspoons ground mustard  
3 drops hot pepper sauce  
1 1/2 pounds (3/4 inch) cooked ham slice

## Directions

In a bowl, combine the first seven ingredients. Pour half of the sauce into a microwave safe bowl; set aside. Grill ham, covered, over indirect heat for 3 minutes on each side, Baste with the remaining sauce. Grill 6-8 minutes longer or until heated through, turning and basting occasionally. Cover and microwave reserved sauce on high for 30 seconds or until heated through. Serve with ham.

# Grandma's Sloppy Joes

## Ingredients

1 pound ground beef  
1 large onion, chopped  
1 1/2 cups ketchup  
3/4 cup sweet pickle relish  
1/2 cup packed brown sugar  
8 hamburger buns, split

## Directions

In a large skillet, cook beef and onion over medium heat until the meat is no longer pink; drain. Stir in the ketchup, relish and brown sugar; mix well. Cover and simmer for 30 minutes or until heated through. Spoon onto buns.

# Mummy Toes

## Ingredients

1 (16 ounce) package cocktail  
sausages  
12 (6 inch) flour tortillas  
toothpicks  
1/4 cup ketchup, for garnish  
1/4 cup mustard, for garnish

## Directions

Preheat an oven to 375 degrees F (190 degrees C). Line a baking sheet with aluminum foil.

Make a small slit into one end of each cocktail wiener to resemble a toenail. Cut the tortillas into strips 4 inches long by 1 inch wide, and place onto a microwave safe plate. Cook the tortillas in the microwave a few seconds until pliable. Wrap each sausage with a strip of tortilla, and secure with a toothpick. Make sure the toenail side is sticking out. Place the mummy toes onto the prepared baking sheet.

Bake in the preheated oven for 10 minutes. Remove from the oven, and allow to cool slightly. Place a squirt of ketchup or mustard where the wedge is to resemble a bloody toenail, or of course an infected toenail. Serve to unsuspecting guests.



# Paul's Southern California BBQ Sauce

## Ingredients

2 cups apple cider vinegar  
1/4 cup ketchup  
2 tablespoons finely chopped onion  
1 clove garlic, peeled and minced  
1 teaspoon dry mustard  
1 teaspoon chili powder  
1 teaspoon seasoning salt  
1 teaspoon cayenne pepper  
1 cup brown sugar

## Directions

Place the apple cider vinegar in a medium saucepan, and bring to a boil. Mix in the ketchup, onion, garlic, dry mustard, chili powder, seasoning salt, and cayenne pepper. Stir in the brown sugar. Cook, stirring often, 10 to 15 minutes.

Reduce heat, and, stirring occasionally, allow the mixture to simmer about 45 minutes, until thickened. Cool before serving.

# Texas Pork Ribs

## Ingredients

6 pounds pork spareribs  
1 1/2 cups white sugar  
1/4 cup salt  
2 1/2 tablespoons ground black pepper  
3 tablespoons sweet paprika  
1 teaspoon cayenne pepper, or to taste  
2 tablespoons garlic powder  
5 tablespoons pan drippings  
1/2 cup chopped onion  
4 cups ketchup  
3 cups hot water  
4 tablespoons brown sugar  
cayenne pepper to taste  
salt and pepper to taste  
1 cup wood chips, soaked

## Directions

Clean the ribs, and trim away any excess fat. In a medium bowl, stir together the sugar, 1/4 cup salt, ground black pepper, paprika, 1 teaspoon cayenne pepper, and garlic powder. Coat ribs liberally with spice mix. Place the ribs in two 10x15 inch roasting pans, piling two racks of ribs per pan. Cover, and refrigerate for at least 8 hours.

Preheat oven to 275 degrees F (135 degrees C). Bake uncovered for 3 to 4 hours, or until the ribs are tender and nearly fall apart.

Remove 5 tablespoons of drippings from the bottom of the roasting pans, and place in a skillet over medium heat. Cook onion in pan drippings until lightly browned and tender. Stir in ketchup, and heat for 3 to 4 more minutes, stirring constantly. Next, mix in water and brown sugar, and season to taste with cayenne pepper, salt, and pepper. Reduce heat to low, cover, and simmer for 1 hour, adding water as necessary to achieve desired thickness.

Preheat grill for medium-low heat.

When ready to grill, add soaked wood chips to the coals or to the smoker box of a gas grill. Lightly oil grill grate. Place ribs on the grill two racks at a time so they are not crowded. Cook for 20 minutes, turning occasionally. Baste ribs with sauce during the last 10 minutes of grilling, so the sauce does not burn.

# Luau Chicken

## Ingredients

1 cup unsweetened pineapple juice  
2 tablespoons brown sugar  
2 tablespoons ketchup  
1/4 teaspoon ground ginger  
1/4 teaspoon garlic salt  
1 tablespoon cornstarch  
1 tablespoon soy sauce  
6 cooked boneless, skinless chicken breasts, cut into 1-inch pieces  
1 green bell pepper, cut into 1 inch pieces  
1 onion, cut into 1 inch pieces  
1 (8 ounce) can sliced water chestnuts

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large skillet combine the pineapple juice, brown sugar, ketchup, ginger, garlic salt, cornstarch and soy sauce. Simmer all together for 5 minutes over low heat.

Place cooked chicken, bell pepper, onion, and water chestnuts in a 9x13 inch baking dish. Pour skillet mixture/sauce over the top. Cover dish with aluminum foil and bake in the preheated oven for 1 hour.

# Perfect Cocktail Sauce

## Ingredients

1/2 cup ketchup (such as Heinz®)  
1 cup tomato-based chili sauce  
(such as Heinz®)  
1/4 cup prepared horseradish  
1/3 cup light brown sugar  
2 tablespoons lemon juice  
1/2 teaspoon hot pepper sauce  
(such as Frank's RedHot®)  
1/4 teaspoon garlic salt  
1/4 teaspoon onion powder

## Directions

Whisk the ketchup, chili sauce, horseradish, brown sugar, lemon juice, hot sauce, garlic salt, and onion powder together in a bowl until the sugar has dissolved; cover. Refrigerate at least 1 hour before serving.

# Cheeseburger in Pizzadise

## Ingredients

### Crust:

1 3/4 cups all-purpose flour, or as needed  
1 envelope Fleischmann's® Pizza Crust Yeast  
1 1/2 teaspoons white sugar  
3/4 teaspoon salt  
2/3 cup very warm water (120 degrees to 130 degrees F)\*  
3 tablespoons extra virgin olive oil

### Toppings:

1/4 cup pizza sauce  
1/4 cup ketchup  
1 tablespoon prepared mustard  
1/4 cup diced onions  
8 ounces ground beef, cooked and crumbled  
Spice Islands® Fine Grind Black Pepper  
1 cup shredded Cheddar cheese, or as needed  
12 dill pickle slices

## Directions

Preheat oven to 425 degrees F.

Combine 1 cup flour, undissolved yeast, sugar and salt in a large bowl. Add very warm water and oil; mix until well blended, about 1 minute. Gradually add enough remaining flour to make a soft dough. Dough should form a ball and will be slightly sticky. Knead\*\* on a floured surface, adding additional flour if necessary, until smooth and elastic, about 4 minutes.

Pat dough with floured hands to fill greased pizza pan or baking sheet. OR roll dough on a floured counter to 12-inch circle; place in greased pizza pan or baking sheet. Form a rim by pinching the edge of the dough.

Combine pizza sauce, ketchup and mustard; spread over crust. Sprinkle with onions and ground beef. Season to taste with black pepper. Evenly sprinkle cheese over pizza; top with dill pickle slices.

Bake on lowest oven rack for 12 to 15 minutes, until cheese is bubbly and crust is browned.

# Hamburger Pie I

## Ingredients

2 pounds lean ground beef  
1 medium slice yellow onion,  
diced  
1 (8 ounce) package cream  
cheese, softened  
2 (15 ounce) cans mixed  
vegetables  
1 (10.75 ounce) can condensed  
cream of celery soup  
1/2 cup ketchup  
1 (10 ounce) package refrigerated  
biscuit dough

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Crumble ground chuck into a large skillet and saute over medium heat for 2 minutes. Add onion, and saute until meat is no longer pink and onion is beginning to brown. Drain grease.

In a large bowl, mix together cream cheese, vegetables, cream of celery soup, and ketchup. Add hamburger and stir until ingredients are thoroughly combined. Spread mixture evenly into a large casserole dish. Place biscuit dough on top, allowing room for biscuits to spread without touching.

Bake in preheated oven for 30 minutes, until biscuits are browned and fluffy.

# Party Kielbasa

## Ingredients

2 pounds kielbasa sausage  
2 cups ketchup  
2 cups grape jelly

## Directions

Slice kielbasa into strips or circles.

Pour ketchup and jelly into a slow cooker. Turn the heat to a medium temperature, stir occasionally while the jelly and ketchup melt together. When the mixture forms into a thin glaze, add the kielbasa and cook until the kielbasa is hot.

# Venison and Beans

## Ingredients

1 1/2 pounds ground venison  
1 medium onion, chopped  
1 (16 ounce) can pork and beans, undrained  
1 (16 ounce) can kidney beans, rinsed and drained  
1 (15.5 ounce) can great northern beans, rinsed and drained  
1 cup ketchup  
1/3 cup packed brown sugar  
6 bacon strips, cooked and crumbled  
2 tablespoons white vinegar  
1 tablespoon Worcestershire sauce  
1/2 teaspoon salt  
1/4 teaspoon ground mustard

## Directions

In a large skillet, cook venison and onion over medium heat until meat is no longer pink; drain. Stir in remaining ingredients. Transfer to a 2-qt. baking dish. Cover and bake at 350 degrees F for 35-40 minutes or until heated through.



# Graveyard Sandwich Tray

## Ingredients

For Chicken or Turkey Sandwich Filling:

4 (5 ounce) cans chunk breast of chicken or turkey in water, drained  
1/8 teaspoon poultry seasoning  
1/2 cup light mayonnaise

For Tuna Sandwich Filling:

4 (6 ounce) cans chunk light tuna in water, drained  
1/8 teaspoon celery seed  
1/2 cup light mayonnaise

For Ham Sandwich Filling:

4 (5 ounce) cans chunk lean ham in water, drained and finely chopped  
1/8 teaspoon pumpkin pie spice  
1/2 cup light mayonnaise

For Sandwiches and Tray:

24 slices white sandwich bread  
1 head lettuce, finely shredded  
ketchup  
mustard

Equipment:

Toaster oven  
Mixing bowl

## Directions

To make any of the sandwich fillings break the canned chicken, turkey, tuna or ham into flakes in a mixing bowl. Add the seasoning and mayonnaise and mix to combine. Note: The amount of each sandwich filling is enough to make 12 sandwiches. Trim the bread slices into tombstone shapes. Toast in a toaster oven until the bread has browned. Divide the filling between half of the toasted bread slices and spread evenly.

Assemble into sandwiches with the remaining toasted bread slices. Decorate each sandwich with R.I.P. or skull and crossbones with ketchup or mustard in squirt bottles.

To serve: Arrange shredded lettuce on a large tray and set the sandwiches on the end in the field of lettuce-like tombstones in a graveyard.

# Tossed Spinach Salad

## Ingredients

1 (10 ounce) package fresh spinach, torn  
1 pound fresh mushrooms, sliced  
1/2 pound sliced bacon, cooked and crumbled  
3 celery ribs, sliced  
1 cup shredded Cheddar cheese  
3 hard-cooked eggs, chopped  
3 green onions, sliced  
1 cup ketchup  
3/4 cup white vinegar  
3/4 cup vegetable oil  
1/2 cup sugar  
1 teaspoon salt  
1 teaspoon Worcestershire sauce

## Directions

In a large salad bowl, combine the first seven ingredients. In a jar with a tight-fitting lid, combine the remaining ingredients; shake until sugar is dissolved. Drizzle over salad; toss to coat. Serve immediately.

# Hamburger Sarah Style

## Ingredients

1 pound ground beef  
1 egg  
1 finely chopped onion  
1 cup ketchup  
1/2 cup barbecue sauce  
1 dash Worcestershire sauce  
1 teaspoon yeast extract spread  
(optional)  
1/4 cup all-purpose flour, or as  
needed

## Directions

In a medium bowl, combine the ground beef, egg, ketchup, barbeque sauce, Worcestershire sauce, and onion. If you are using the yeast extract spread, throw it in too. Mix together using your hands until well mixed. Add only as much flour as necessary to keep it from being too runny.

Heat a large skillet over medium heat. Form the burger mixture into 4 large patties. Place patties in the hot skillet, and fry until no longer pink, about 7 minutes per side depending on thickness. Serve on buns or with gravy.

# Chilled Russian Salad Dressing

## Ingredients

- 1 cup mayonnaise
- 3 teaspoons minced onion
- 1 teaspoon prepared horseradish
- 1 teaspoon Worcestershire sauce
- 1 teaspoon dried parsley
- 3 tablespoons chili sauce
- 1 tablespoon ketchup

## Directions

In a small bowl, whisk together the mayonnaise, onion, horseradish, Worcestershire, parsley, chili sauce and ketchup. Chill until serving.

# Savory Apple Pork Chops

## Ingredients

4 pork chops  
salt and pepper to taste  
2 apples, sliced thin  
1/4 cup ketchup  
3 tablespoons brown sugar

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Place pork chops in a foil lined 9x9 inch baking dish and season with salt and pepper to taste. Arrange the sliced apples over and around the chops and brush all liberally with the ketchup. Then sprinkle with the brown sugar.

Bake at 350 degrees F (175 degrees C) for 35 to 45 minutes, or until internal temperature reaches 160 degrees F (70 degrees C).

# Sandy's Baked Beans

## Ingredients

4 (15 ounce) cans baked beans  
with pork  
1 small onion, chopped  
3 tablespoons bacon grease  
3/4 cup brown sugar  
1 cup ketchup  
2 slices bacon, cut in half

## Directions

Preheat oven to 300 degrees F (150 degrees C).

In a 2 quart casserole dish, combine the pork and beans, onion, bacon grease, brown sugar and ketchup. Mix well and top with the bacon strips.

Bake at 300 degrees F (150 degrees C) for 1 1/2 to 2 hours.

# Gingersnap Goulash

## Ingredients

1 1/2 pounds beef stew meat, cut into 1 inch cubes  
2 quarts water  
1 cup chopped onion  
12 gingersnap cookies, crumbled  
2 tablespoons Worcestershire sauce  
2 tablespoons brown sugar  
1 teaspoon salt  
1/4 teaspoon pepper  
1 (14 ounce) bottle ketchup

## Directions

In a Dutch oven or soup kettle, combine the first eight ingredients; bring to a boil. Reduce heat; cover and simmer for 1 hour or until meat is tender. Add ketchup; cover and simmer for 1 hour, stirring occasionally.

# Hamburger Cake

## Ingredients

1 (18.25 ounce) package white cake mix  
1 (18.25 ounce) package chocolate cake mix  
yellow paste food coloring  
brown paste food coloring  
3/4 cup prepared chocolate frosting

24 orange chewy fruit-flavored candy squares  
12 leaf-shaped spearmint gumdrops  
3 large red gumdrops  
4 large white gumdrops  
6 candy lime slices  
1 tablespoon sesame seeds

## Directions

Preheat oven according to cake mix directions. Butter and flour one 8 inch round and one 9 inch round cake pan and one 2 quart ovenproof bowl 8 inches in diameter.

Prepare cake mixes. Pour 1 3/4 cups of the white mix into the 8 inch round cake pan, and the rest into the 2 quart bowl. Pour 1 3/4 cups of the chocolate mix into the 9 inch round pan.

Bake 8 inch cake for 25 minutes, 9 inch cake for 20 minutes and bowl cake for 1 hour or until toothpick inserted into centers comes out clean. Cool in pans on racks 10 minutes. Remove from pans; cool completely on racks.

In separate small bowls, tint small amounts of vanilla frosting red and yellow, to use as ketchup and mustard. Tint remaining vanilla frosting light brown, using brown and yellow food coloring.

For bun bottom, frost the 8 inch cake with light brown frosting.

For hamburger patty, spread top and sides of 9 inch chocolate cake with chocolate frosting. Lightly press all around sides of cake with folded paper towel, pulling towel straight out to create rough edge of burger. Center cake on top of bun bottom.

For cheese, arrange orange fruit chews in single layer on microwave-safe plate. Microwave on High 10-15 seconds or until slightly softened. With hands, press and flatten chews together to form 9 inch square. Place on top of hamburger patty. On work surface sprinkled with granulated sugar roll out 5 leaf-shaped gumdrops to 1/8 inch thickness to form 1 large lettuce leaf; repeat rolling with 6 more gumdrops to form another leaf. Arrange over cheese near edges of burger. For tomatoes, roll out red gumdrops individually to 1/8 inch thickness. Arrange over lettuce around burger edges. For onion rings, roll out white gumdrops to 1/8 inch thickness. With round cookie cutters or sharp knife cut out circles; cut 1/4 inch thick rings from circles with small cutters. Re-roll scraps to make additional rings; arrange rings over tomatoes. Arrange fruit-slice candies over onions for pickles. Pipe red and yellow icing around edges of burger for ketchup and mustard.

For bun top: If necessary, trim bowl cake so that it will be flat on the bottom when inverted. Invert firm paper plate onto work surface. Center bowl cake, trimmed side down, on top of plate. Starting from



# Lally's Chicken

## Ingredients

4 skinless, boneless chicken breast halves  
2/3 cup diced onion  
1 1/3 cups ketchup  
2/3 cup apple cider vinegar  
1/3 cup packed brown sugar  
1 tablespoon ground dry mustard  
1 teaspoon ground ginger  
salt and black pepper to taste

## Directions

Preheat oven to 350 degrees F (175 degrees C). Spray an 8x8-inch baking dish with cooking spray. Place the chicken breasts into the prepared baking dish.

Stir together the onion, ketchup, cider vinegar, brown sugar, ground mustard, ginger, and salt and pepper in a saucepan until the mixture is well combined. Bring to a boil over medium heat, and simmer until slightly thickened, about 15 minutes, stirring frequently.

Pour the sauce over the chicken, cover the dish with foil, and bake for 20 minutes. Remove the foil, and bake the chicken breasts until no longer pink in the center and the juices run clear, and the sauce is slightly browned and bubbling, about 10 more minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

# Tasty CheddarWurst® and Beans

## Ingredients

1 (14 ounce) package Hillshire Farm® Cheddarwurst®  
1 tablespoon vegetable oil  
1 green pepper, seeded and chopped  
1/2 cup chopped onion  
1 (16 ounce) can baked beans  
1/2 cup brown sugar  
1/2 cup ketchup  
1 tablespoon prepared yellow mustard

## Directions

Cut each sausage into 3 sections; set aside. Heat oil in a large skillet over medium-high heat until hot. Add green pepper and onion; cook, stirring frequently for 3-4 minutes or until tender.

Stir in beans, brown sugar, ketchup, mustard and sausage. Bring to a boil, cover and reduce heat to medium. Cook 10-12 minutes or until sausages are hot.

# Deviled Corned Beef Buns

## Ingredients

1 cup crumbled canned corned beef  
1/2 cup shredded, processed American cheese  
1/3 cup chopped stuffed olives  
1/3 cup ketchup  
2 tablespoons finely chopped green onions  
1 tablespoon finely chopped green pepper  
1 tablespoon Worcestershire sauce  
1/4 teaspoon pepper  
4 submarine rolls or hoagie rolls, split

## Directions

In a medium bowl, combine the first eight ingredients. Divide and spoon onto bottom of rolls. Replace tops; wrap each tightly in foil. Bake at 325 degrees F for 20 minutes or until heated through.

# Southwest Burger

## Ingredients

1 Arnold® 100% Whole Wheat Sandwich Thins® roll  
1/4 pound 96% lean ground sirloin  
1 teaspoon grill seasoning  
1 teaspoon fresh cilantro, chopped  
1 teaspoon scallion, chopped  
1/2 slice reduced-fat pepper jack cheese  
2 teaspoons ketchup  
Hot sauce  
1 slice tomato  
1 slice red onion  
1 slice avocado  
Red leaf lettuce

## Directions

Pre-heat grill or non-stick skillet to medium-high. In a small bowl, combine ground sirloin, seasoning, cilantro and scallions and form into a patty about 1/2-inch thick. Grill patty 3-4 minutes each side. At the last minute of cooking, top patty with pepper jack cheese. Spread one side of the Sandwich Thins® roll with ketchup and sprinkle hot sauce to taste.

Assemble sandwich by topping patty with sliced tomato, onion, avocado and lettuce.

# 'Secret' Salad Dressing

## Ingredients

1/2 cup ketchup  
1 cup vegetable oil  
1/4 cup mayonnaise  
1/4 cup white vinegar  
1/4 cup white sugar  
1/4 cup diced onion  
1 teaspoon salt  
1/4 teaspoon pepper

## Directions

Combine the ketchup, vegetable oil, mayonnaise, vinegar, sugar, onion, salt, and pepper in a blender; blend until smooth. Store in refrigerator.

# Hearts of Palm and Spinach Salad

## Ingredients

2 (10 ounce) bags fresh spinach, rinsed and dried  
1 (14.25 ounce) can hearts of palm, drained and chopped  
1 pint cherry tomatoes  
2 large avocados - peeled, pitted and diced  
1 (10 ounce) package fresh mushrooms, sliced  
1/3 cup sliced almonds  
1/2 cup canola oil  
1/3 cup white vinegar  
1/2 cup ketchup  
2 cloves garlic, chopped  
1/2 cup sugar  
1 teaspoon salt  
1/2 teaspoon dry mustard powder  
1/2 teaspoon paprika

## Directions

In a large serving bowl, toss the spinach with hearts of palm, tomatoes, avocados, mushrooms, and almonds.

Combine oil, vinegar, ketchup, garlic and sugar in a jar. Season with salt, mustard and paprika. Cover with a tight fitting lid. Shake vigorously until well blended.

Before serving, pour dressing over salad, and toss to coat evenly.

# Glazed Beef Loaf

## Ingredients

2/3 cup milk  
2 eggs  
3 slices bread, cubed  
1 1/2 cups shredded Cheddar cheese  
2/3 cup shredded carrot  
2/3 cup finely chopped onion  
2 teaspoons salt  
1/4 teaspoon pepper  
2 pounds lean ground beef  
1/4 cup packed brown sugar  
1/4 cup ketchup  
1 tablespoon prepared mustard

## Directions

In a bowl combine milk, eggs and bread; let stand for 5 minutes. Add the cheese, carrot, onion, salt and pepper. Crumble beef over mixture and mix well. Shape into a loaf in a greased 13-in. x 9-in. x 2-in. baking dish. Bake, uncovered, at 350 degrees F for 1-1/4 hours; drain. Combine brown sugar, ketchup and mustard; spread over meat loaf. Bake 15 minutes longer or until the meat is no longer pink and a meat thermometer reads 160 degrees F.

# Spicy Red Bean Soup

## Ingredients

2 tablespoons olive oil  
1 onion, chopped  
6 tablespoons paprika  
2 1/2 cups ketchup  
8 cups water  
1 (1 ounce) package dry onion soup mix  
1 teaspoon salt  
1 tablespoon ground black pepper  
1 pound linguica, casings removed  
1 pound chourico - Portuguese smoked pork sausage  
5 (15 ounce) cans kidney beans  
3 potatoes, peeled and cubed  
1/2 pound spaghetti

## Directions

In a large pot over medium heat, combine the oil and the onion. Saute for 5 minutes, or until onion is tender. Add the paprika, ketchup, water, soup mix, salt and pepper and stir well. Cut the linguica and chourico into 3 inch pieces and add to the soup.

In a food processor or blender, puree the beans in small batches and add to the pot. Reduce heat to low and simmer for 2 to 3 hours. Add the potatoes and simmer for another hour. Break the spaghetti into 3 to 4 inch pieces, add to the pot and simmer for another 15 minutes, or until spaghetti is tender.



# Mike's Portuguese Tuna Rice Casserole

## Ingredients

3 cups water  
1 1/2 cups uncooked white rice  
1 tablespoon butter  
1 tablespoon olive oil  
  
1 tablespoon olive oil  
1 small onion, chopped  
2 cloves garlic, minced  
2 (5 ounce) cans tuna, drained  
3/4 cup heavy cream  
3 tablespoons ketchup  
1 teaspoon hot pepper sauce  
salt and pepper to taste  
1/2 cup sliced black olives  
1/2 cup shredded Cheddar  
cheese

## Directions

Bring the rice, water, butter, and 1 tablespoon olive oil to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes.

Preheat an oven to 350 degrees F (175 degrees C).

Heat 1 tablespoon of olive oil in a skillet over medium heat. Stir in the onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the tuna, cream, ketchup, hot sauce, salt, and pepper. Simmer on low until the mixture thickens, about 10 minutes.

Cover the bottom of an 8 inch square baking dish with half of the cooked rice. Spread the tuna mixture over the rice and cover with the remaining rice. Sprinkle the olives and cheese over the top of the rice. Bake until the cheese melts and the casserole is heated through, 15 to 20 minutes.

# Turkey Sloppy Joes

## Ingredients

1 pound ground turkey breast  
1/4 cup chopped onion  
1/2 cup no-salt-added ketchup  
3 tablespoons barbecue sauce  
1 tablespoon prepared mustard  
1 tablespoon vinegar  
1 1/2 teaspoons Worcestershire sauce  
1/2 teaspoon celery seed  
1/4 teaspoon pepper  
6 whole wheat hamburger buns, split

## Directions

In a nonstick skillet, cook the turkey and onion for 5 minutes or until turkey is no longer pink. Add the next seven ingredients; simmer for 10 minutes, stirring occasionally. Serve on buns.

# Aussie Works Burger

## Ingredients

- 1 pound ground beef
- 1 large onion, sliced
- 4 eggs
- 4 slices Canadian bacon
- 4 pineapple rings
- 4 slices Cheddar cheese
- 1 (8.25 ounce) can sliced beets, drained
- 4 slices tomato
- 4 lettuce leaves
- ketchup (optional)
- yellow mustard (optional)
- dill pickle relish (optional)
- mayonnaise (optional)
- 4 Kaiser rolls, split

## Directions

Preheat an outdoor grill for high heat.

When the grill is ready, lightly oil the grilling surface. Form the ground beef into four patties, and grill for 5 minutes per side, or until cooked through.

Meanwhile, melt butter in a large skillet over medium heat. Add onions, and fry until soft. Remove the onions from the skillet, and crack the eggs in the same skillet over medium heat. Cook until the yolks are solid, turning over once. Remove eggs, and set aside. Place the Canadian bacon in the same skillet, and fry until toasted. Remove the bacon, and turn the heat to high. Quickly fry the pineapple rings in the bacon drippings just until browned on each side.

To Assemble sandwiches: Set bottom of kaiser roll on a plate, and top with burger, a slice of cheese, a slice of Canadian bacon, one fried egg, fried onions, a few slices of beet, a slice of pineapple, a slice of tomato, and a leaf of lettuce. Decorate the top bun with ketchup, mustard, relish and mayonnaise as desired. Place over the burger. Repeat with remaining burgers.

# Root Stew

## Ingredients

1 pound lean ground beef  
1 onion, chopped  
4 stalks celery, chopped  
3/4 cup ketchup  
7 cups water  
1/2 cup baby carrots  
1 small rutabaga, chopped  
4 large potatoes, chopped  
1 small head cabbage, finely  
chopped

## Directions

Combine hamburger, onion, and celery in a stock pot. Cook and stir over medium heat until the meat is browned. Drain excess grease.

Stir in ketchup, water, baby carrots, rutabaga and potatoes. Bring to boil, then simmer on low heat for 20 minutes.

Mix in chopped cabbage. Simmer an additional 30 to 45 minutes, or until vegetables are tender.

# Tuna Mousse Terrine with Olives

## Ingredients

15 pimento-stuffed green olives  
1 (.25 ounce) package unflavored gelatin  
2 (12.5 ounce) cans water-packed tuna, drained  
1 cup mayonnaise  
1/2 cup ketchup  
1/4 teaspoon paprika  
1 pinch white pepper  
1 tablespoon white sugar

## Directions

Slicing crosswise, cut each stuffed olive into 3 or 4 slices. Spray a small 3-cup terrine, or decorative mold with a flat bottom, with non-stick spray. Carefully cover the bottom of the terrine with the sliced olives, making sure that the pimentos stay in the center of the olives.

In a small saucepan over low heat, heat 1/2 cup of water. Stir in the gelatin until it completely dissolves, stirring constantly so that the gelatin does not burn.

Place the tuna, mayonnaise, ketchup, paprika, white pepper and sugar in an electric blender. Process until smooth. Add the gelatin into the mixture and process again until it becomes a uniform paste. Carefully spoon the tuna mixture into the terrine over the olives until the dish is full to the rim. Refrigerate for at least 2 hours. When ready, remove the tuna mousse from the mold and serve.

# Nonie's Best BBQ

## Ingredients

1 (14 ounce) bottle ketchup  
1/2 cup water  
1/4 cup white sugar  
1 tablespoon brown sugar  
1 tablespoon red wine vinegar  
1 tablespoon prepared yellow mustard  
1 teaspoon salt  
1/4 teaspoon ground black pepper  
1/4 teaspoon paprika  
2 pounds ground beef  
2 teaspoons minced onion  
12 hamburger buns, split

## Directions

Whisk together the ketchup, water, white sugar, brown sugar, vinegar, mustard, salt, pepper, and paprika in a large saucepan. Bring to a simmer over medium-high heat; reduce heat to medium-low and simmer 15 minutes.

Meanwhile, heat a large skillet over medium-high heat; cook and stir the ground beef and onion in the hot skillet until the beef is crumbly, evenly browned, and no longer pink; drain and discard any excess grease. Stir the beef into the simmering barbeque sauce. Simmer together for 10 minutes. Spoon into the buns to serve.

# Pea Roast

## Ingredients

1 (2 pound) beef roast  
1 (36 ounce) bottle ketchup  
1 (15 ounce) can sweet peas, with liquid  
1/2 cup chopped onion  
8 small potatoes, peeled and quartered

## Directions

Place the roast in a slow cooker. Mix in the ketchup, sweet peas with liquid, onion, and potatoes.

Cover, and cook 6 to 8 hours on Low, until meat is tender and easily shredded.

# Absolutely Awesome BBQ Sauce

## Ingredients

1 cup brown sugar  
1/2 cup chile sauce  
1/2 cup rum  
1/4 cup soy sauce  
1/4 cup ketchup  
1/4 cup Worcestershire sauce  
2 cloves garlic, crushed  
1 teaspoon ground dry mustard  
ground black pepper to taste

## Directions

In a saucepan over low heat, mix the brown sugar, chile sauce, rum, soy sauce, ketchup, Worcestershire sauce, garlic, dry mustard, and pepper. Simmer 30 minutes, stirring occasionally. Cool, and refrigerate until ready to use.



# Beanie-Weenie

## Ingredients

1 (16 ounce) package hot dogs ,  
cut into 1/4-inch slices  
1 (28 ounce) can baked beans  
with pork  
2/3 cup ketchup  
2 tablespoons cider vinegar  
1/4 cup Worcestershire sauce  
1 1/2 teaspoons garlic powder  
1 tablespoon chopped fresh  
parsley

## Directions

In a large skillet, combine the hot dogs, baked beans, ketchup, cider vinegar, Worcestershire sauce, garlic powder and parsley. Mix to blend, and bring to a boil. Turn heat to low, cover, and simmer for 25 to 30 minutes, stirring occasionally.

# Classic Ketchup

## Ingredients

6 large tomatoes, quartered  
1 bulb fennel, chopped  
1 yellow onion, chopped  
4 cloves garlic  
1/4 cup SPLENDAB® No Calorie  
Sweetener, Granulated  
1/4 cup molasses  
1/4 cup red wine vinegar  
10 whole cloves  
2 whole star anise pods  
1 tablespoon salt

## Directions

In a large saucepan combine tomatoes, fennel, onion, garlic, SPLENDAB® Granulated Sweetener, molasses, vinegar, cloves, anise pods and salt. Reduce over low heat until mixture becomes very thick.

Puree mixture in a blender and strain through a mesh strainer. Chill and store in refrigerator.

# Potluck Spareribs

## Ingredients

6 pounds pork spareribs  
1 1/2 cups ketchup  
3/4 cup packed brown sugar  
1/2 cup vinegar  
1/2 cup honey  
1/3 cup soy sauce  
1 1/2 teaspoons ground ginger  
1 teaspoon salt  
3/4 teaspoon ground mustard  
1/2 teaspoon garlic powder  
1/4 teaspoon pepper

## Directions

Cut ribs into serving-size pieces; place with the meaty side up on racks in two greased 13-in. x 9-in. x 2-in. baking pans. Cover tightly with foil. Bake at 350 degrees F for 1-1/4 hours or until meat is tender.

Drain; remove racks and return ribs to pans. Combine remaining ingredients; pour over ribs. Return to the oven, uncovered, for 35 minutes or until sauce coats ribs, basting occasionally. Ribs can also be grilled over medium-hot heat for the last 35 minutes instead of baking.

# Surullitos de Maiz (Cornmeal Sticks)

## Ingredients

2 cups water  
1 1/4 teaspoons salt  
1 1/2 cups yellow cornmeal  
5 tablespoons white sugar, or to taste (optional)  
4 ounces Edam cheese, shredded  
2 cups oil for deep frying  
1 cup ketchup  
1 cup mayonnaise

## Directions

Combine the water and salt in a saucepan, and bring to a boil. Remove from the heat, and stir in the cornmeal and sugar. Return to medium heat, and cook stirring constantly until the mixture pulls away from the sides of the pan. Remove from heat, and stir in the Edam cheese until well blended.

Roll tablespoonfuls of the cornmeal mixture into balls. Then roll the balls into small fat sticks about 3 inches long. In a medium bowl, mix together the ketchup and mayonnaise to make the dipping sauce. Set aside.

Heat oil in a large heavy skillet to 375 degrees F (190 degrees C). Carefully place some of the corn sticks into the oil so they are not crowded. Fry until golden brown, 3 to 4 minutes. Remove from hot oil, and drain on paper towels. Serve immediately with the sauce.

# Bou's Chicken

## Ingredients

1/4 cup prepared mustard  
1/4 cup white sugar  
1/4 cup soy sauce  
1/4 cup distilled white vinegar  
1 cup ketchup  
1 cup water  
1 (3 pound) whole chicken

## Directions

In a medium pot with a lid, blend together mustard, sugar, soy sauce, white vinegar, ketchup and water in the order listed. Bring the sauce to a boil.

Add the chicken pieces, and turn down the heat. Place the lid slightly ajar on the pot. Simmer for approximately 45 minutes, or till the chicken is no longer pink and the juices run clear.

# Wienie Sauce

## Ingredients

1 cup ketchup  
1 cup dark brown sugar  
1 cup beer

## Directions

In a medium saucepan over low heat, mix the ketchup, dark brown sugar and beer. Heat for approximately 10 minutes.

# Fast and Easy Hamburger Casserole

## Ingredients

1 pound lean ground beef  
1 (8 ounce) package cream  
cheese  
1 (10.75 ounce) can condensed  
cream of chicken soup  
1/4 cup ketchup  
1/2 cup milk  
1 (12 ounce) can refrigerated  
biscuit dough

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large skillet over medium-high heat, saute the ground beef for 5 minutes, or until browned. Drain excess fat and set aside.

In a medium bowl, combine the cream cheese, soup, ketchup and milk. Mix well and stir in the ground beef. Pour into a 9x13-inch baking dish.

Bake at 350 degrees F (175 degrees C) for 15 minutes, place the biscuits on top and bake for 15 minutes or until biscuits are golden brown.

# Oven Barbecued Chicken

## Ingredients

6 (8-ounce) chicken breast halves, bone-in  
1/3 cup chopped onion  
3/4 cup ketchup  
1/2 cup water  
1/3 cup white vinegar  
3 tablespoons brown sugar  
1 tablespoon Worcestershire sauce  
1 teaspoon ground mustard  
1/4 teaspoon salt  
1/8 teaspoon pepper

## Directions

In a nonstick skillet coated with nonstick cooking spray, brown chicken over medium heat. Transfer to a 13-in. x 9-in. x 2-in. baking dish coated with nonstick cooking spray.

Recoat skillet with nonstick cooking spray; cook onion over medium heat until tender. Stir in the remaining ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes. Pour over chicken. Bake, uncovered, at 350 degrees F for 45-55 minutes or until chicken juices run clear and a meat thermometer reads 170 degrees F.



# Beefy Spanish Rice

## Ingredients

2 tablespoons vegetable oil  
1 cup uncooked converted white rice  
1/2 cup chopped onion  
1/2 cup chopped green bell pepper  
1 pound ground beef  
1 cup canned corn  
1 (6 ounce) can tomato sauce  
1/2 cup ketchup  
1 cup water  
salt and pepper to taste  
garlic powder to taste

## Directions

In a large saucepan over medium heat, heat the oil. Add the rice, onion and bell pepper and saute for 5 minutes, or until onions are tender. Add the ground beef and saute until browned. Drain excess oil and fat.

Add the corn, tomato sauce, ketchup and water. Reduce heat to low, cover and simmer for 20 minutes or until rice is cooked, stirring occasionally. Season with salt, pepper and garlic powder to taste.

# Crispy Ketchup-Mustard Chicken

## Ingredients

1/2 cup ketchup  
1/2 cup mustard  
2 cups chocolate flavored crispy rice cereal  
4 skinless, boneless chicken breast halves

## Directions

Preheat the oven to 350 degrees F (175 degrees C). Coat a 9x9 inch baking dish with nonstick spray.

In a shallow bowl, mix together the ketchup and mustard. Place the cereal in a separate bowl. Dip chicken breasts in the ketchup mixture, then into the cereal until heavily coated. Place into the prepared baking dish.

Bake uncovered for 30 minutes in the preheated oven, or until chicken is cooked through. The internal temperature of the chicken should be at 170 degrees F (75 degrees C) when taken with a meat thermometer.

# Tater-Topped Dogs

## Ingredients

1 (16 ounce) package hot dogs  
10 hot dog buns, split  
2 cups mashed potatoes  
3/4 cup shredded Cheddar  
cheese  
Ketchup and mustard

## Directions

Cook hot dogs according to package directions; place in buns. Top each with small scoops of mashed potatoes; sprinkle with cheese. Place on a baking sheet; broil 4-in. from the heat for 2-4 minutes or until cheese is melted. Serve with ketchup and mustard.

# Riblets and Sauce

## Ingredients

5 pounds pork spareribs  
1/3 cup ketchup  
3 tablespoons white sugar  
1 teaspoon salt  
2 teaspoons minced garlic  
1/3 cup soy sauce  
1/3 cup hoisin sauce

## Directions

Simmer ribs in water for 45 minutes. Mix together ketchup, sugar, salt, garlic, soy sauce and hoisin sauce. Pour over ribs in dish; Marinate overnight in refrigerator. Bake or grill over fire for half hour.

# Reunion BBQ's

## Ingredients

5 pounds ground beef  
2 cups chopped onion  
3 cups water  
2 tablespoons ketchup  
2 tablespoons chili powder  
2 tablespoons salt  
1 tablespoon pepper  
1 teaspoon ground mustard  
1 cup quick-cooking oats  
24 hamburger buns, split

## Directions

In a several large saucepans or Dutch ovens, brown beef and onion over medium heat; drain. Add water, ketchup, chili powder, salt, pepper and mustard; bring to a boil. Stir in oats. Reduce heat; cover and simmer for 30 minutes. Serve on buns.

# Cranberry Meatballs

## Ingredients

- 2 eggs, beaten
- 1 cup dry bread crumbs
- 1/3 cup minced fresh parsley
- 2 tablespoons finely chopped onion
- 1 1/2 pounds lean ground beef
- 1 (16 ounce) can jellied cranberry sauce
- 1 (12 ounce) bottle chili sauce
- 1/3 cup ketchup
- 2 tablespoons brown sugar
- 1 tablespoon lemon juice

## Directions

In a large bowl, combine the eggs, bread crumbs, parsley and onion. Crumble beef over mixture and mix well. Shape into 1-1/2-in. balls. Place in a 3-qt. slow cooker.

In a small bowl, combine the cranberry sauce, chili sauce, ketchup, brown sugar and lemon juice; mix well. Pour over meatballs. Cover and cook on low for 6 hours or until meat is no longer pink.

# Authentic Thai Cashew Chicken

## Ingredients

- 1 tablespoon canola oil
- 1 large yellow onion, chopped
- 1 large yellow bell pepper, chopped
- 3 tablespoons ketchup
- 2 tablespoons oyster sauce
- 1 tablespoon soy sauce
- 1/3 cup chicken broth
- 1 teaspoon white sugar
- 1 teaspoon Thai garlic chile paste
- 4 skinless, boneless chicken breast halves - cut into bite-size pieces
- 1 zucchini, chopped
- 1 yellow squash, chopped
- 6 ounces broccoli, chopped
- 8 ounces fresh mushrooms, quartered
- 1/2 cup unsalted cashew nuts

## Directions

Heat the oil in a skillet over medium heat, and cook the onion and yellow bell pepper until tender. Mix in the ketchup, oyster sauce, soy sauce, chicken broth, sugar, and chile paste. Place the chicken, zucchini, squash, broccoli, and mushrooms in the skillet. Continue to cook and stir 10 minutes, until vegetables are tender and chicken juices run clear. Mix in the cashews just before serving.

# Western-Style Baked Beans

## Ingredients

- 1 pound ground beef
- 2 (28 ounce) cans baked beans with pork
- 1 pound bacon, cooked and crumbled
- 1/2 pound cooked ham, chopped
- 2 tablespoons minced onion
- 1 tablespoon chili powder
- 1/4 cup ketchup
- 1/4 cup packed brown sugar
- 1 tablespoon molasses
- 1/4 cup water (optional)

## Directions

Crumble the ground beef in a large skillet over medium-high heat. Cook and stir until no longer pink, 5 to 10 minutes. Drain off grease and transfer the beef to a 4 quart or larger slow cooker. Stir in the baked beans, bacon, ham, onion, chili powder, ketchup, brown sugar and molasses. If it seems thick, stir in the water. Cover and cook on High for 3 hours or cook for 6 to 8 hours on Low.



# Hawaiian Chicken Wings

## Ingredients

4 cups canola oil for deep frying  
3 pounds chicken wings, tips removed and wings cut in half at joint  
1 tablespoon garlic salt  
1 cup cornstarch  
2 eggs, beaten  
1/2 cup cider vinegar  
1/4 cup pineapple juice  
1/4 cup ketchup  
1 cup honey  
1 tablespoon soy sauce  
2 tablespoons toasted sesame seeds  
2 green onions, thinly sliced

## Directions

Preheat oven to 350 degrees F (175 degrees C). Heat oil in deep-fryer to 375 degrees F (190 degrees C). Line a baking sheet with aluminum foil, and spray with nonstick cooking spray.

Toss chicken wings with garlic salt, and set aside for 10 minutes. Place cornstarch in a large plastic bag; toss the wings, a few at a time until coated. Shake off excess cornstarch, then dip into beaten egg. Shake wings in cornstarch again, then fry until golden brown in deep fryer. Drain on a paper towel-lined plate.

Stir together vinegar, pineapple juice, ketchup, honey, and soy sauce in a saucepan over medium-high heat. Once the sauce comes to a simmer, place the chicken wings in a bowl, pour all but 1/2 cup of the sauce overtop, and toss to coat. Reserve remaining sauce to for basting.

Place chicken wings on prepared baking sheet. Bake in preheated oven for 30 minutes, then baste with remaining sauce, turn, and bake for an additional 20 minutes.

To serve, place wings on serving platter, and sprinkle with sesame seeds and green onions.

# Bacon Wrapped Water Chestnuts I

## Ingredients

1/2 pound bacon, cut in half  
1 (8 ounce) can water chestnuts  
3/4 cup ketchup  
1/2 cup packed brown sugar

## Directions

Preheat oven to 375 degrees F (190 degrees C).

Wrap 1/2 strip of bacon around each water chestnut. Combine ketchup and sugar in a small bowl and mix together; dip each wrapped water chestnut into this mixture.

Place water chestnuts in a lightly greased 9x13 inch baking dish and bake covered in the preheated oven for 20 minutes, or until bacon is crisp.

# Tantalizingly Tangy Meatloaf

## Ingredients

1 pound ground beef  
1/2 cup dry bread crumbs  
1 egg  
garlic powder to taste  
1 dash Worcestershire sauce  
1/3 cup ketchup  
1/4 cup packed brown sugar  
1/4 cup pineapple preserves

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl, combine the ground beef, bread crumbs, egg, garlic powder and Worcestershire sauce. Mix well, and place into a 9x5 inch loaf pan.

Bake in preheated oven for 30 to 50 minutes.

Meanwhile, in a separate medium bowl, stir together the ketchup, brown sugar and pineapple preserves. Pour over the meatloaf about 20 minutes before removing from oven.

# Pork Loin Stuffed with Spinach

## Ingredients

1/2 (10 ounce) package frozen chopped spinach, thawed and drained  
3 tablespoons margarine  
1/2 cup diced onion  
1 clove garlic  
1/3 cup dry bread crumbs  
3 pounds pork tenderloin  
2 tablespoons ketchup  
1/4 cup orange juice  
2 tablespoons teriyaki sauce  
1/2 teaspoon ground cumin

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Saute spinach, butter, onions and garlic over medium heat until soft. Add bread crumbs. Cut tenderloin in half lengthwise. Stuff with spinach mixture and secure with kitchen twine.

In a bowl, mix ketchup, orange juice and teriyaki sauce. Baste tenderloin with 1/2 of the mixture. Sprinkle pork with cumin. Place in shallow roaster and bake at 350 degrees uncovered for one hour. Baste with reserved marinade and cook one more hour covered. Use meat thermometer to check for doneness. Thermometer should read 160 to 170 degrees F (71 to 77 degrees C).

# Best Barbequed Burgers

## Ingredients

- 1 pound ground beef
- 1 egg, beaten
- 1/4 cup quick cooking oats
- 1 tablespoon dried onion flakes
- 1/2 teaspoon seasoning salt
- 1 dash ground black pepper
- 2 tablespoons ketchup
- 1 teaspoon dry onion soup mix

## Directions

Preheat an outdoor grill for high heat, and lightly oil grate.

In a large bowl, mix ground beef, egg, quick cooking oats, dried onion flakes, seasoning salt, pepper, ketchup, and dry onion soup mix. Form the mixture into about 4 burger patties.

Place burger patties on the prepared grill, and cook about 5 minutes on each side, to an internal temperature of 160 degrees F (63 degrees C).

# Broiled Short Ribs

## Ingredients

4 pounds boneless beef short ribs  
salt and pepper to taste  
1/3 cup molasses  
2/3 cup ketchup  
1/4 cup fresh lemon juice  
1 tablespoon dry mustard  
1/2 teaspoon chili powder  
1/2 teaspoon garlic powder

## Directions

Trim fat from rib meat. Sprinkle with salt and pepper to taste. Place in a Dutch oven and cover with water. Simmer for 2 hours. Drain.

In a small bowl, combine the molasses, ketchup, lemon juice, dry mustard, chili powder and garlic powder. Mix thoroughly.

Place the drained meat on a broiler rack. Brush molasses mixture over ribs. Broil on medium for 10 to 15 minutes, turning and basting with sauce often.

# Hearty Maple Beans

## Ingredients

6 bacon strips, diced  
1/2 pound fully cooked kielbasa or Polish sausage, sliced  
1/2 cup chopped onion  
1 (16 ounce) can pork and beans  
1 (16 ounce) can kidney beans, rinsed and drained  
1 (15.5 ounce) can butter beans or lima beans, rinsed and drained  
1/2 cup maple syrup  
3 tablespoons white vinegar  
3 tablespoons ketchup  
3 tablespoons prepared mustard

## Directions

In a large skillet, cook bacon over medium heat until crisp. Using a slotted spoon, remove to paper towels. Drain, reserving 1 tablespoon drippings. In the drippings, cook the sausage and onion over medium-heat until sausage is lightly browned. Stir in the bacon and remaining ingredients. Transfer to an ungreased 11-in. x 7-in. x 2-in. baking dish. Bake, uncovered, at 350 degrees F for 25-30 minutes or until bubbly.

# Ultimate Baked Beans

## Ingredients

1/2 pound bacon  
1 (4.5 ounce) can mushrooms,  
drained  
1 large onion, diced  
2 (16 ounce) cans baked beans  
with pork  
1 (15.25 ounce) can kidney beans,  
drained  
1 (15 ounce) can butter beans,  
drained  
1 cup ketchup  
1/4 cup brown sugar  
1 1/2 teaspoons dry mustard  
2 tablespoons cider vinegar  
1/2 teaspoon Worcestershire  
sauce  
salt and pepper to taste

## Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a large casserole dish.

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown; drain. Reserve 3 strips whole, crumble remainder and set aside. Add the mushrooms and onions; cook until tender.

In a large bowl, combine the crumbled bacon, mushrooms, onion, pork and beans, kidney beans, butter beans, ketchup, brown sugar, dry mustard, cider vinegar, Worcestershire sauce, and salt and pepper. Scoop bean mixture into prepared casserole dish. Place 2 or 3 strips of bacon on top of the bean mixture, if desired.

Bake uncovered in a 350 degree oven until thick and bubbly, about 2 hours.



# Grilled Chuck Steak

## Ingredients

4 garlic cloves, minced  
1/4 cup olive oil  
1 cup red wine vinegar  
2/3 cup ketchup  
2 tablespoons Worcestershire sauce  
2 teaspoons sugar  
2 teaspoons dried basil  
1 (3 pound) boneless chuck steak  
(1 1/2 inches thick)

## Directions

In a small saucepan, saute garlic in oil for 3-4 minutes or until tender; remove from the heat. In a 4-cup measure, combine the vinegar, ketchup, Worcestershire sauce, sugar, basil and garlic.

Pour 1 cup marinade into a large resealable plastic bag; add the meat. Seal bag and turn to coat; refrigerate for at least 6 hours or overnight. Cover and refrigerate remaining marinade.

Coat grill rack with nonstick cooking spray before starting the grill. Prepare grill for indirect heat. Drain and discard marinade from steak. Grill steak, uncovered, over medium heat until browned on each side.

Move steak to indirect side of grill. Grill, covered, for 45-50 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F), basting occasionally with marinade.

# Prairie Meat Loaf

## Ingredients

- 2 eggs
- 1/2 cup ketchup
- 2 tablespoons prepared mustard
- 3 cups old-fashioned oats
- 2 teaspoons salt
- 1 teaspoon garlic powder
- 1 teaspoon dried thyme
- 1 teaspoon dried basil
- 1 1/2 cups beef broth
- 1 1/2 cups finely chopped onion
- 1 1/2 cups finely chopped celery
- 2 1/2 cups shredded Cheddar cheese, divided
- 4 pounds lean ground beef

## Directions

In a large bowl, beat eggs; stir in ketchup, mustard, oats, salt, garlic powder, thyme and basil. In a small saucepan, bring broth to a boil; add to oat mixture and mix well. Stir in onion, celery and 2 cups of cheese. Add beef; mix well. Press into two ungreased 9-in. x 5-in. x 3-in. loaf pans. bake at 375 degrees F for 1-1/4 hours or until a meat thermometer reads 170 degrees F and juices run clear; drain. Sprinkle with remaining cheese; let stand until melted.

# Home Rice

## Ingredients

1 cup uncooked white rice  
2 cups water  
1/2 cup diced carrots  
1/2 cup diced onion  
4 tablespoons butter or margarine,  
divided  
4 eggs  
2 tablespoons milk  
1 cup ketchup  
salt and pepper to taste

## Directions

Combine the rice and water in a small saucepan. Bring to a boil, then cover, reduce heat to low, and simmer for 15 to 20 minutes, until tender.

Melt one tablespoon of butter in a large skillet over medium heat. Add carrots and onion. Cook, stirring frequently until onions are tender and lightly browned, about 5 minutes. Add the cooked rice, and stir to blend well. Mix in the remaining butter. Reduce heat to medium-low, and stir in ketchup. Simmer for about 5 minutes to blend flavors, then remove from heat.

In a small bowl, whisk together the eggs and milk. Heat a nonstick skillet over medium heat. Pour half of the egg mixture into the skillet. Cook until firm, turning over once halfway through. Remove from the skillet and cut in half. Repeat with the remaining eggs.

For each serving, place a scoop of rice onto a plate, and form into a flattened log shape. Top with one of the egg halves. Ketchup, salt and pepper may be added on top of the eggs at the table.

# Lobster Salad with Red Devil Dressing

## Ingredients

1 1/2 pounds cooked lobster tails  
- peeled, shredded and chilled  
1 medium head garlic  
1/2 large onion  
salt to taste  
1/3 cup extra virgin olive oil  
2 large red bell peppers  
1 large portobello mushroom,  
chopped  
1/2 lemon, juiced  
1 tablespoon fennel seed  
1 tablespoon ketchup  
1 tablespoon cider vinegar  
ground black pepper to taste  
4 cups mixed salad greens

## Directions

Preheat oven to broil. Position rack in the center of the oven. Lightly oil a baking sheet.

Cut off top of garlic, place on a square of aluminum foil. Drizzle with 1 teaspoon olive oil, and sprinkle with a pinch of salt on top. Wrap in foil, and place on baking sheet. Prepare onion in the same manner.

Place baking sheet in the center of the oven, and bake garlic and onion for 15 minutes. Place red bell peppers on sheet; broil for 15 minutes, turning to blacken all sides. Remove peppers only, and place in a brown paper bag. Place mushroom on baking sheet, and broil for 15 minutes. Remove mushroom, onion, and garlic from oven. Set vegetables aside until cool enough to handle.

Peel and remove seeds from peppers; place in blender, discarding seeds and peel. Squeeze garlic and onion from skins; add to blender, discarding skins. Coarsely chop mushroom; add to blender along with remaining olive oil, lemon juice, fennel, ketchup, and vinegar. Blend until smooth. Season to taste with salt and ground black pepper.

Place shredded lobster meat in the center of a large bed of salad greens. Pour dressing around lobster meat.

# Spicy Onion Rings

## Ingredients

- 4 large sweet onions, peeled and sliced into thick rings
- 1 cup egg substitute
- 1 cup all-purpose flour
- 2 cups bread crumbs
- 1 teaspoon salt
- 2 teaspoons ground black pepper
- 1 1/2 teaspoons cayenne pepper
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 2 teaspoons red pepper flakes
- 1 quart canola oil for frying

## Directions

Place the onions, egg substitute, and flour into separate shallow bowls. In another shallow bowl, stir together the bread crumbs, salt, pepper, cayenne, oregano, basil, and red pepper flakes.

Heat oil in a heavy skillet or deep-fryer to 365 degrees F (180 degrees C). Dip rings of onion into flour, then into the egg substitute, and then into the bread crumb mixture, shaking off any excess after each dip. Carefully drop each onion ring into the hot oil, and fry for about 30 seconds on each side, or until golden. Remove from hot oil to paper towels to drain. Serve hot with lots of ketchup.

# Country-Style Ribs

## Ingredients

1/3 cup all-purpose flour  
2 teaspoons salt  
1/4 teaspoon pepper  
4 pounds bone-in country-style pork ribs  
3 tablespoons vegetable oil  
1 medium onion, sliced and separated into rings  
1 (14.5 ounce) can beef broth  
1/4 cup ketchup  
3 tablespoons Worcestershire sauce  
2 tablespoons cider vinegar  
3 whole cloves  
3 whole allspice  
1 garlic clove, minced  
1 bay leaf  
1/2 teaspoon celery salt  
1/8 teaspoon cayenne pepper

## Directions

In a large resealable plastic bag, combine the flour, salt and pepper. Add ribs, a few pieces at a time, and shake to coat. In a large skillet, brown ribs in oil; transfer to a greased 13-in. x 9-in. x 2-in. baking dish. Sprinkle with onion. Combine the remaining ingredients; pour over ribs.

Cover and bake at 350 degrees F for 1-1/4 hours or until meat is tender. Remove ribs to a serving platter; keep warm. Strain liquid; skim fat. Serve sauce with ribs.

# Turkey Bagel Dogs

## Ingredients

1 (14 ounce) package Hillshire Farm® Turkey Lit'l Smokies®  
1 (11 ounce) can refrigerated bread sticks  
1 tablespoon poppy or sesame seeds (optional)  
Mustard or ketchup for dipping (optional)

## Directions

Preheat oven to 375 degrees F. Open package of Lit'l Smokies® and drain off any liquid.

Unroll dough, separate at perforations, creating 12 strips. Cut each strip into thirds. Wrap one piece of dough around each sausage pressing at edges to seal. Place seam-side down on ungreased cookie sheet. Sprinkle with poppy or sesame seeds, if desired.

Bake for 11-13 minutes or until lightly browned. Serve with mustard and ketchup, if desired.

# Slow Cooker Ground Beef

## Ingredients

2 pounds ground beef  
1/2 cup chopped onion  
1 1/2 cups ketchup  
1/4 cup SLENDA® No Calorie Sweetener, Granulated  
1/4 cup white vinegar  
1/4 cup prepared yellow mustard  
1/2 teaspoon celery seed  
3/4 teaspoon Worcestershire sauce  
1/2 teaspoon ground black pepper  
3/4 teaspoon salt

## Directions

Place the ground beef and onion in a large skillet over medium-high heat. Cook, stirring to crumble, until beef is browned. Drain.

Transfer the beef and onion to a slow cooker and stir in the ketchup, SLENDA® Granulated Sweetener, vinegar and mustard. Season with celery seed, Worcestershire sauce, pepper and salt.

Cover and simmer on Low setting for a few hours before serving.



# Seafood Newburg

## Ingredients

1/4 cup butter  
1/4 cup all-purpose flour  
1/2 teaspoon salt  
1 1/2 cups milk  
1/4 cup dry sherry  
1 pinch paprika  
3 tablespoons ketchup  
1 dash Worcestershire sauce  
2 (6 ounce) cans small shrimp,  
drained

## Directions

Combine butter, flour and salt in a saucepan. Cook for two minutes. Slowly pour in milk and bring mixture to a boil.

Stir sherry into the mixture (to taste), paprika, catsup and Worcestershire sauce. Place seafood in the saucepan and heat thoroughly. Serve hot.

# Tangy Ham Steak

## Ingredients

1/2 cup ketchup  
1/3 cup sweet pickle relish  
1 tablespoon cider vinegar  
1 teaspoon brown sugar  
1/8 teaspoon cayenne pepper  
1 pound fully cooked ham steak

## Directions

In a bowl, combine the ketchup, relish, vinegar, brown sugar and cayenne; set aside 1/2 cup for serving. Grill the ham steak, uncovered, over medium heat for 3 minutes on each side, basting occasionally with remaining sauce. Serve with reserved sauce.

# Sloppy Joe Sandwiches

## Ingredients

1/2 pound ground beef  
1/2 cup ketchup  
2 tablespoons water  
1 tablespoon brown sugar  
1 teaspoon Worcestershire sauce  
1 teaspoon prepared mustard  
1/4 teaspoon garlic powder  
1/4 teaspoon onion powder  
1/4 teaspoon salt  
2 hamburger buns, split

## Directions

In a saucepan, cook beef over medium heat until no longer pink; drain. Stir in the ketchup, water, brown sugar, Worcestershire sauce, mustard, garlic powder, onion powder and salt. Bring to a boil. Reduce heat; cover and simmer for 30-40 minutes. Serve on buns.

# Dinner in a Dish

## Ingredients

2 pounds ground beef  
1 medium onion, chopped  
2 (14.5 ounce) cans diced tomatoes, undrained  
3 cups frozen peas  
2/3 cup ketchup  
1/4 cup chopped fresh parsley  
2 tablespoons all-purpose flour  
2 teaspoons beef bouillon granules  
2 teaspoons dried marjoram  
1 teaspoon salt  
1/2 teaspoon pepper  
6 cups mashed potatoes (prepared with milk and butter)  
2 eggs

## Directions

In a saucepan over medium heat, brown the beef and onion; drain. Add the next nine ingredients; mix well. Bring to a boil; cook and stir for 2 minutes. Pour into an ungreased shallow 3-qt. baking dish. Combine potatoes and eggs; mix well. Drop by 1/2 cupfuls onto beef mixture. Bake, uncovered, at 350 degrees F for 35-40 minutes or until bubbly and potatoes are lightly browned.

# Imitation Meatloaf

## Ingredients

3/4 cup dry brown lentils  
1/2 cup uncooked brown rice  
1/2 cup wheat germ  
1 1/2 cups dry bread crumbs  
2 eggs  
1 large onion, chopped  
1 teaspoon dried thyme  
1/3 cup crushed tomatoes  
2 teaspoons hot sauce  
2 tablespoons ketchup  
1 tablespoon soy sauce  
1/3 cup shredded mozzarella  
cheese

## Directions

Preheat oven to 325 degrees F (165 degrees C). Cook lentils and brown rice according to package directions.

In a large bowl, mash lentils. To the lentils add wheat germ, bread crumbs, brown rice, eggs, onion, thyme, tomatoes, ketchup, soy sauce and cheese. Pour into loaf pan.

Bake, covered, for 1 hour.

# Slow Cooker Venison Sloppy Joes

## Ingredients

1/4 pound bacon  
2 pounds venison stew meat  
1 large yellow onion, chopped  
1/2 cup brown sugar  
1/4 cup wine vinegar  
1 tablespoon ground cumin  
1 teaspoon chili powder  
2 tablespoons minced garlic  
1 tablespoon prepared Dijon-style mustard  
1 cup ketchup  
salt and pepper to taste

## Directions

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Remove from skillet, crumble and set aside. Brown stew meat in bacon grease for flavor.

Put onion, sugar, vinegar, cumin, chili powder, garlic, mustard, ketchup, salt and pepper in slow cooker and mix well. Add bacon and venison and stir together.

Cook for a minimum of 8 hours on Low setting. Use a fork to separate the meat into a thick and yummy Sloppy Joe-style barbecue.

# Hidden Cheeseburger

## Ingredients

2 pounds ground beef  
2 small dill pickles, minced  
1 small onion, minced  
2 tablespoons grated Parmesan cheese  
1 tablespoon mayonnaise  
1 tablespoon ketchup  
1 teaspoon minced garlic  
salt and pepper to taste

2 tablespoons olive oil  
2 tablespoons all-purpose flour  
1 pound frozen bread dough, thawed  
8 slices American cheese  
1 tablespoon melted butter

## Directions

Combine the ground beef, pickles, onion, Parmesan cheese, mayonnaise, ketchup, garlic, salt, and pepper in a bowl. Form the mixture into 4 patties.

Heat the olive oil in a skillet over medium heat. Cook the hamburger patties in the hot oil until the burgers are cooked to your desired degree of doneness, 8 to 10 minutes for well done.

Line a baking sheet with parchment paper, and set aside. Cover a flat surface with the flour. Divide the bread dough into 4 even pieces; roll each piece into a flattened rectangle on the floured surface at least twice the size of the American cheese slices. Place one slice of American cheese on each piece of dough; top each with one of the cooked patties and another slice of American cheese. Fold the dough over the top of the meat and cheese. Pinch the dough around the edges to seal completely. Arrange on the prepared baking sheet with the seam side facing downward. Brush the tops with the melted butter; move to a warm area and allow to rise for 20 minutes.

Preheat an oven to 425 degrees F (220 degrees C).

Bake in the preheated oven until the bread has browned, about 20 minutes.

# Quick Tomato Sandwich

## Ingredients

2 tablespoons ketchup  
1 tablespoon mayonnaise  
1/8 teaspoon salt  
1/8 teaspoon hot pepper sauce  
4 slices whole wheat bread  
2 leaves lettuce  
1 tomato, sliced

## Directions

In a small bowl, combine ketchup, mayonnaise, salt, and hot pepper sauce. Mix well. Meanwhile, toast bread in toaster. Spread mixture on all 4 slices of toast; set aside.

Arrange lettuce leaves on the bread followed by 3 or 4 slices of tomato. Top with another piece of bread. Repeat with the other sandwich.



# Apple, Avocado and Hearts of Palm Salad

## Ingredients

1 cup mayonnaise  
1/4 cup ketchup  
1 tablespoon white sugar  
1 lemon, juiced  
1/4 teaspoon paprika  
1 pinch ground black pepper  
2 tablespoons chopped fresh chives  
3 cups mixed salad greens  
1 avocado - pitted, peeled, and cubed  
2 Granny Smith apples - peeled, cored and sliced thin  
1/2 cup coarsely chopped walnuts  
1 cup sliced hearts of palm

## Directions

In a small bowl, whisk the mayonnaise, ketchup, sugar, lemon juice, paprika, and pepper together. Stir in the chives and set aside.

Arrange the watercress on individual serving plates. Place apple, avocado, hearts of palm on top. Sprinkle with walnuts and drizzle with dressing.

Evenly sprinkle dressing over salad and serve.

# Slow Cooker Bean Casserole AKA Sweet Chili

## Ingredients

1/2 cup ketchup  
1/4 cup molasses  
1 teaspoon dry mustard  
1 (16 ounce) can baked beans  
with pork  
1 teaspoon salt  
1/2 teaspoon ground black  
pepper  
4 slices bacon  
1 large green bell pepper,  
chopped  
1 1/2 pounds ground beef

## Directions

In a slow cooker, mix together ketchup, molasses, mustard, pork and beans, salt, and pepper.

Cook bacon and bell pepper in a large skillet over medium heat for about 5 to 7 minutes, then add to the slow cooker. In same skillet, brown beef, and stir into the slow cooker.

Cover, and cook on High setting for 1 hour.

# Shredded Venison Sandwiches

## Ingredients

- 4 pounds boneless venison roast
- 1 1/2 cups ketchup
- 3 tablespoons brown sugar
- 1 tablespoon ground mustard
- 1 tablespoon lemon juice
- 1 tablespoon soy sauce
- 1 tablespoon liquid smoke
- flavoring (optional)
- 2 teaspoons celery salt
- 2 teaspoons pepper
- 2 teaspoons Worcestershire sauce
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/8 teaspoon ground nutmeg
- 3 drops hot pepper sauce
- 14 hamburger buns, split

## Directions

Cut venison roast in half; place in a 5-qt. slow cooker. In a large bowl, combine the ketchup, brown sugar, mustard, lemon juice, soy sauce, Liquid Smoke if desired and seasonings. Pour over venison. Cover and cook on high for 4-1/2 to 5 hours or until meat is tender.

Remove the roast; set aside to cool. Strain sauce and return to slow cooker. Shred meat, using two forks; stir into sauce and heat through. Using a slotted spoon, spoon meat mixture onto each bun.

# Curried Meatloaf

## Ingredients

1 1/2 pounds ground beef  
3/4 cup quick cooking oats  
1/2 cup chopped onion  
1/2 cup chopped, peeled apple  
1/3 cup raisins  
1/3 cup finely chopped peanuts  
1/3 cup ketchup  
1 egg  
2 1/2 teaspoons curry powder  
1 1/3 teaspoons ground cinnamon  
1 1/4 teaspoons salt

## Directions

Preheat oven to 375 degrees F (190 degrees C).

In a large mixing bowl, mix together ground beef, oats, onion, apple, raisins, peanuts, ketchup, egg, curry powder, cinnamon, and salt. Shape to form six 4x2 inch loaves. Place in a large shallow pan.

Bake for about 25 to 30 minutes, or until done.

# Bryce's Best Barbeque Sauce

## Ingredients

6 tablespoons lemon juice  
1/2 cup ketchup  
1/2 cup steak sauce  
1/3 cup balsamic vinegar  
1/4 cup Worcestershire sauce  
2 tablespoons butter  
1 tablespoon dark brown sugar  
1 teaspoon Dijon mustard  
1 tablespoon ground black pepper  
1 tablespoon ground red pepper  
1 (6 ounce) can tomato paste

## Directions

In a saucepan over medium heat, mix the lemon juice, ketchup, steak sauce, balsamic vinegar, Worcestershire sauce, butter, brown sugar, Dijon mustard, black pepper, and red pepper. Blend until smooth, then mix in tomato paste. Stirring frequently, bring sauce to a boil. Reduce heat to low, and simmer 10 to 15 minutes, until slightly thickened.

# Autumn Pot Roast

## Ingredients

1 garlic clove, minced  
2 tablespoons vegetable oil  
1 (5 pound) boneless beef rump  
roast  
3 tablespoons cider vinegar  
1/2 cup tomato juice  
2 tablespoons ketchup  
1 tablespoon sugar  
2 teaspoons salt  
1/4 teaspoon pepper  
8 medium carrots, cut into thirds  
1/2 pound small whole onions  
1/2 cup all-purpose flour  
1 cup cold water  
salt and pepper to taste

## Directions

In a Dutch oven over medium heat, saute garlic in oil for 1 minute. Add the roast; brown on all sides.

In a large bowl, combine vinegar, tomato juice, ketchup, sugar, salt and pepper; pour over roast. Cover and simmer for 2 hours. Add carrots and onions; cover and cook for 1 hour longer or until meat and vegetables are tender. Remove to a serving platter and keep warm.

Skim fat from pan juices. Add water to juices to measure 3 cups. Mix flour and cold water until smooth; stir into pan juices. Bring to a boil; cook and stir for 2 minutes or until thickened. Season with salt and pepper. Slice roast; serve with vegetables and gravy.

# Buttermilk Noodle Bake

## Ingredients

1 1/2 pounds ground beef  
1 large onion, finely chopped  
1/4 cup butter or margarine  
1/4 cup all-purpose flour  
2 1/2 teaspoons salt  
Dash pepper  
2 cups buttermilk  
1 (4 ounce) can mushroom stems  
and pieces, undrained  
1/3 cup ketchup  
1 tablespoon Worcestershire  
sauce  
8 ounces egg noodles, cooked  
and drained

## Directions

In a skillet, cook beef and onion over medium heat until meat is no longer pink; drain. In a large saucepan, melt butter. Stir in flour, salt and pepper until smooth. Gradually add buttermilk. Stir in mushrooms, ketchup and Worcestershire sauce. Bring to a boil; cook and stir for 2 minutes or until thickened. Add noodles and beef mixture; mix well. Transfer to a greased 2-1/2-qt. baking dish. Bake, uncovered, at 350 degrees F for 45 minutes or until heated through.

# Vodka Cocktail Sauce

## Ingredients

4 tomatoes, chopped  
1/2 medium onion, chopped  
2 stalks celery, chopped  
2/3 pound peeled and cubed  
horseradish root  
2 (1.5 fluid ounce) jiggers vodka  
1/2 cup ketchup  
1/4 cup Worcestershire sauce  
2 tablespoons Louisiana-style hot  
sauce  
1 teaspoon salt  
1 teaspoon fresh ground black  
pepper

## Directions

In a blender, combine the tomatoes, onion, celery and horseradish root. Cover, and blend until pureed. Add the vodka, ketchup, Worcestershire sauce, hot sauce, salt and pepper. Cover, and blend briefly to mix. Transfer to a container, and refrigerate until using.



# Funky Beans

## Ingredients

1 pound dry pinto beans  
1 pound bulk pork sausage  
1 pound ground beef  
1 onion, chopped  
1 green bell pepper, chopped  
1 (10 ounce) can diced tomatoes  
and green chiles, undrained  
1/2 cup ketchup  
chili powder to taste

## Directions

Pick over and rinse the dried beans, and place them in a large saucepan of water with a lid. Bring to a boil over high heat, cover, turn off the heat, and let the beans sit for 1 hour. Drain and rinse the beans in a colander, return to the saucepan, cover with water, and simmer for 2 hours, until the beans are tender.

Meanwhile, place the sausage, beef, onion, and green pepper in a skillet over medium heat, and cook and stir for about 10 minutes, until the3 sausage and beef are evenly brown.

Stir the meat mixture into the beans, and mix in the tomatoes with chiles, ketchup, and chili powder. Bring the mixture to a boil, reduce the heat, and simmer for about 20 minutes to thicken.

# Loga's Microwave Chicken

## Ingredients

1 cup ketchup  
5 tablespoons curry powder  
1 teaspoon cayenne pepper  
8 chicken legs

## Directions

In a large, round microwave safe casserole dish combine the ketchup, curry powder and cayenne powder and mix together. Add chicken pieces and turn to coat. Arrange chicken legs in a fan, with the thin part of the legs in the center of the dish. Cover and cook in the microwave on high for 12 to 15 minutes or until chicken is cooked through and juices run clear.

# Texas Brisket

## Ingredients

3 1/2 fluid ounces liquid smoke  
flavoring  
1/4 cup ketchup  
1 (10 fluid ounce) bottle steak  
sauce, (e.g. Heinz 57)  
1 (3 pound) beef brisket

## Directions

Line a shallow roasting pan with aluminum foil. Place the brisket on the foil. Stir together the steak sauce, liquid smoke, and ketchup. Pour half of the mixture over the brisket, then turn the meat over, and pour sauce over the other side. Wrap tightly in a double layer of aluminum foil. Refrigerate for at least 24 hours.

Preheat the oven to 250 degrees F (120 degrees C). Let the roast stand at room temperature while the oven preheats to take off some of the chill.

Bake for 6 or 7 hours in the preheated oven. You can leave it in even longer if you turn the oven down to 200 degrees F (95 degrees C). Remove brisket from the oven, and slice across the grain. Return to the roasting pan, and serve with sauce.

# Hawaiian Spareribs

## Ingredients

1/4 cup vinegar  
1/2 cup ketchup  
1 tablespoon soy sauce  
1 (8 ounce) can crushed pineapple, undrained  
3 tablespoons brown sugar  
2 tablespoons cornstarch  
1/2 teaspoon salt  
1/2 tablespoon fresh ginger, grated (optional)  
3 pounds pork spareribs, cut into serving size pieces

## Directions

Preheat oven to 325 degrees F (165 degrees C).

In a saucepan over medium heat, stir together the vinegar, ketchup, soy sauce, and pineapple. Stir in brown sugar, cornstarch, salt, and ginger. Cook, stirring constantly, until slightly thickened, about 5 minutes.

Arrange a layer of spareribs in a roasting pan. Pour half of the sauce over the top. Arrange another layer of spareribs, and top with remaining sauce. Cover pan tightly with foil.

Bake in a preheated oven until done, about 1 1/2 to 2 hours.

# Simple Slow Cooker Meatloaf

## Ingredients

1 pound Bob Evans® Original  
Recipe Sausage Roll  
1 pound ground beef  
1 cup ketchup, divided  
1 (1.25 ounce) envelope dry onion  
soup mix  
1/2 cup dry bread crumbs  
2 eggs

## Directions

In large bowl, combine sausage, beef, 1/2 cup ketchup, soup mix, bread crumbs and eggs. When well combined, shape into loaf to fit your slow cooker (round or oval). Place into slow cooker.

Cover and cook on low heat 4-6 hours. Spread remaining 1/2 cup ketchup on top of meatloaf 30 minutes before serving. Cover and continue cooking on low heat for 30 minutes.

# Cottage Cheese Meat Loaf

## Ingredients

1 cup small curd cottage cheese  
1 egg, lightly beaten  
1/4 cup ketchup  
2 tablespoons chopped onion  
1 tablespoon prepared mustard  
1/2 cup quick-cooking oats  
1 teaspoon salt  
1/8 teaspoon pepper  
1 pound lean ground beef  
1/3 cup grated Parmesan cheese

## Directions

In a bowl, combine the first eight ingredients. Add beef and mix well. Press into an ungreased 8-in. square baking pan. Bake at 350 degrees F for 20 minutes. Sprinkle with Parmesan cheese; bake 10-15 minutes longer or until meat is no longer pink. Drain; let stand 10 minutes before cutting.

# Barbecued Country Ribs

## Ingredients

1/3 cup all-purpose flour  
1/4 teaspoon garlic powder  
1/4 teaspoon salt  
1/8 teaspoon pepper  
1 1/2 pounds boneless country-style ribs, cut into 2-inch chunks  
1 tablespoon vegetable oil  
1 cup hot water  
1/2 cup ketchup  
1/4 teaspoon chili powder  
1/8 teaspoon hot pepper sauce  
1 small onion, halved and sliced

## Directions

In a large resealable plastic bag, combine the flour, garlic powder, salt and pepper. Add rib pieces; shake to coat. In a pressure cooker, brown meat on all sides in oil; drain. Combine the water, ketchup, chili powder and hot pepper sauce; pour over ribs. Add onion. Close cover securely; place pressure regulator on vent pipe. Bring cooker to full pressure over high heat. Reduce heat to medium-high and cook for 15 minutes. (Pressure regulator should maintain a slow steady rocking motion; adjust heat if needed.) Remove from the heat; allow pressure to drop on its own. Skim fat from sauce if necessary and serve with ribs if desired.

# Chunky Seafood Sauce

## Ingredients

1/2 cup ketchup  
3/4 cup finely chopped celery  
1/2 cup finely chopped green pepper  
3 tablespoons finely chopped onion  
2 tablespoons lemon juice  
1/2 teaspoon prepared mustard  
1/4 teaspoon salt  
1/4 teaspoon paprika  
1/4 teaspoon Worcestershire sauce

## Directions

In a bowl, combine all ingredients. Cover and refrigerate for at least 1 hour before serving.



# Supa-Dupa Egg Sandwich

## Ingredients

1/4 pound extra lean ground beef  
2 (1 ounce) slices bread  
ketchup  
mayonnaise  
1 egg  
2 slices mozzarella cheese  
2 slices ham  
1 slice fresh tomato

## Directions

Place a frying pan over medium heat. Form the ground beef into a patty and cook to desired doneness. Fry egg in a small, lightly oiled pan over medium heat. Flip the egg over and cover with cheese. Cook until the yolk has hardened and the cheese has melted.

Spread ketchup and mayonnaise onto the bread slices . Place the egg on one of the slices of bread. Heat the ham in the pan, and place on top of the egg. Top with hamburger and tomato slices. Place the other slice of bread on top, and slice in half.

# Down-Home Meat Loaf

## Ingredients

2 eggs, beaten  
1/4 cup milk  
2 cups soft bread crumbs  
3/4 cup finely chopped onion  
1/3 cup finely chopped green pepper  
2 tablespoons prepared horseradish  
1 1/2 teaspoons salt  
1 teaspoon ground mustard  
2 pounds ground beef  
1/4 cup ketchup

## Directions

In a bowl, combine the first eight ingredients. Crumble beef over mixture and mix well. Press into a greased 9-in. x 5-in. x 3-in. loaf pan. Bake at 350 degrees F for 1 hour. Spread with ketchup; bake 15-20 minutes longer or until a meat thermometer reads 160 degrees F and meat is no longer pink. Let stand for 10 minutes before slicing. Meat loaf may be frozen for up to 3 months.

# Bacon Cheeseburger Cake

## Ingredients

- 1 (18.25 ounce) package yellow cake mix
- 1 (13 ounce) package brownie mix
- 2 (12 fluid ounce) cans vanilla frosting
- yellow food coloring
- red food coloring
- 3 vanilla wafer cookies
- 1 large roll of red fruit leather
- 4 caramels, with stripes
- 8 yellow chewy fruit-flavored candy squares
- 1 (16 ounce) container chocolate frosting
- 1 large roll of green fruit leather
- 2 teaspoons sesame seeds

## Directions

Preheat oven according to instructions on cake mix box; prepare mix. Grease and flour a 9 inch pan, and a shallow metal bowl at least 9 inches in diameter. Fill the 9 inch cake pan 2/3 full with cake batter; pour the remaining batter into the prepared metal bowl (this will be the top of your "bun"). Bake according to directions, remove from pans, and cool on a wire rack.

Grease and flour a 9 inch pan. Prepare brownie batter, and bake according to instructions on box. Remove from pan, and cool on a wire rack. Shave off the sharp edges of the brownie, making it resemble a hamburger patty.

Place 1/4 cups of vanilla frosting in a heavy duty plastic sandwich bag, and color with yellow food coloring to make your mustard. Repeat a second time using the red food coloring to make your ketchup. Place remaining frosting in a bowl, and color with a mix of red and yellow food coloring until you arrive at the color of a hamburger bun.

Cut the cookies in half and wrap with pieces of red fruit leather to create your tomatoes. Unwrap the caramels, and heat in microwave for 10 to 15 seconds to slightly soften. Roll the caramels individually between sheets of waxed paper to create bacon strips. Microwave the chewy fruit-flavored candy squares, place together, and roll between sheets of waxed paper to create your cheese slice; trim into a square shape.

To assemble, place bottom bun on your serving dish, and spread with some of the hamburger bun frosting. Place brownie on top of this, and spread it with chocolate frosting. Decorate edges with the tomatoes, bacon, cheese, mustard, and ketchup; use the green fruit leather as lettuce. Place top bun over this and spread with the remaining hamburger bun frosting; sprinkle with sesame seeds.

# Deer Chop Hurry

## Ingredients

2 pounds deer chops (venison)  
1 cup ketchup  
1/2 cup water  
1 medium onion, chopped  
1/2 cup packed brown sugar  
1 (1 ounce) envelope dry onion  
soup mix

## Directions

Thinly slice the deer chops and brown them in a heavy skillet over medium-high heat. Transfer the meat to a slow cooker. Mix in the ketchup, water, onion, brown sugar, and dry onion soup mix. Cook on LOW for 6 hours or until tender. If you want to cook it in a roaster, bake at 350 degrees F, for 1 hour.

# Sweet and Tangy Slow Cooker Bar-B-Q Pork

## Ingredients

- 1 cup ketchup
- 2 tablespoons chili sauce
- 1/4 cup water
- 2 tablespoons red wine vinegar
- 1 tablespoon lemon juice
- 1 teaspoon Worcestershire sauce
- 1/4 teaspoon hot sauce
- 2 teaspoons Dijon mustard
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 1/2 teaspoon celery seed
- 1/4 teaspoon ground black pepper
- 3 tablespoons brown sugar
- 2 pounds country style pork ribs
- 1 onion, sliced into rings
- 1 red bell pepper, cut into rings

## Directions

In a bowl, mix the ketchup, chili sauce, water, red wine vinegar, lemon juice, Worcestershire sauce, hot sauce, Dijon mustard, chili powder, garlic powder, celery seed, black pepper, and brown sugar.

Place the pork ribs in a slow cooker, and layer with onion and red bell pepper. Pour sauce into the slow cooker.

Cover, and cook 8 hours on Low.

# Southwest Dipping Sauce

## Ingredients

1/2 cup mayonnaise  
2 teaspoons ketchup  
2 tablespoons cream-style  
horseradish sauce  
1/4 teaspoon paprika  
1/4 teaspoon salt  
1/8 teaspoon dried oregano  
1 pinch ground black pepper  
1 pinch cayenne pepper

## Directions

In a small bowl, stir together the mayonnaise, ketchup, horseradish, paprika, salt, oregano, black pepper and cayenne pepper. Store covered in the refrigerator until needed.

# Hearty Pork N Beans

## Ingredients

1 pound ground beef  
1 medium green pepper, chopped  
1 small onion, chopped  
1 (1 pound) package smoked sausage, halved lengthwise and thinly sliced  
1 (16 ounce) can pork and beans, undrained  
1 (15 ounce) can lima beans, rinsed and drained  
1 (15 ounce) can pinto beans, rinsed and drained  
1 cup ketchup  
1/2 cup packed brown sugar  
1 teaspoon salt  
1/2 teaspoon garlic powder  
1/4 teaspoon pepper

## Directions

In a skillet, cook beef, green pepper and onion over medium heat until meat is no longer pink; drain. In a slow cooker, combine the remaining ingredients. Stir in beef mixture. Cover and cook on high for 4-5 hours or until heated through.

# Turkey Meatballs

## Ingredients

1 pound ground turkey  
1/4 cup oat bran cereal  
14 ounces ketchup  
1 cup grape jelly  
4 tablespoons lemon juice

## Directions

In a bowl, combine turkey and cereal; mix well. Shape into 1-in. balls. In a Dutch oven, combine ketchup, jelly and lemon juice; bring to a boil. Add meatballs. Reduce heat; simmer, uncovered, for 30-35 minutes or until meat is no longer pink, stirring several times.



# Southern BBQ Sauce

## Ingredients

1 1/4 gallons apple cider vinegar  
1 (28 ounce) bottle ketchup  
5 1/2 ounces chili pepper flakes  
4 ounces cayenne pepper  
2 ounces ground black pepper  
3 ounces ground paprika

## Directions

In a large, clean tub, mix together the cider vinegar and ketchup. Season with chili flakes, cayenne pepper, black pepper, and paprika. Mix well, and store in air tight containers. This does not need to be cooked.

# Tomato Bread

## Ingredients

1 (.25 ounce) package active dry yeast  
1/4 cup warm water (105 degrees to 115 degrees)  
2 cups warm tomato juice (110 to 115 degrees F)  
1/4 cup ketchup  
1/4 cup grated Parmesan cheese  
3 tablespoons sugar  
2 tablespoons butter or margarine, melted  
1 teaspoon salt  
1/2 teaspoon dried basil  
1/2 teaspoon dried oregano  
6 3/4 cups all-purpose flour

## Directions

In a mixing bowl, dissolve yeast in warm water. Add the tomato juice, ketchup, Parmesan cheese, sugar, butter, salt, basil, oregano and 3 cups flour. Beat until smooth. Stir in enough remaining flour to form a soft dough. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1-1/4 hours. Punch dough down. Divide in half. Cover and let rest for 10 minutes. Shape into loaves. Place in two greased 9-in. x 5-in. x 3-in. loaf pans. Cover and let rise in a warm place until doubled, about 1 hour. Bake at 375 degrees F for 25-30 minutes or until golden brown. Remove from pans to wire racks to cool.

# Hot Dog Men

## Ingredients

8 hot dogs  
8 slices bread  
8 slices American cheese  
ketchup and mustard to taste

## Directions

Make a slit down the middle of one end of each hot dog; this will be the legs. At the other end, make a small slit each side; these will be the arms. Bring a saucepan of water to a boil, and add the hot dogs. Boil for about 5 minutes until the slits open up.

Place slices of cheese onto slices of bread. Set the hot dog men on top. Use ketchup and mustard to make a face, hair and clothes or buttons.

# Jill's Sweet and Tangy Meatloaf

## Ingredients

2 tablespoons butter  
1 onion, finely chopped  
3 tablespoons honey  
2 tablespoons ketchup  
1 tablespoon soy sauce  
1 tablespoon hot sauce  
2 pounds ground beef

## Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease an 8x8 inch baking pan.

Melt the butter in a skillet over medium heat. Stir in the onion, honey, ketchup, soy sauce, and hot sauce. Cook and stir 5 minutes, until onion is tender.

In a bowl, mix the onion mixture with the ground beef. Transfer to the prepared baking dish.

Bake 1 hour in the preheated oven, or to an internal temperature of 165 degrees F (70 degrees C).

# Sweet and Sour Turkey Patties

## Ingredients

1 pound ground turkey  
1/2 cup dry bread crumbs  
1/2 onion, chopped  
1 egg, beaten  
1/4 teaspoon salt  
1/4 teaspoon ground black pepper  
1/2 cup maple syrup  
1/2 cup ketchup  
3 tablespoons mustard  
1/4 cup vinegar  
1/2 cup vegetable oil

## Directions

Preheat oven to 350 degrees F (175 degrees C), and grease a 9x12 inch baking dish.

Mix the ground turkey, bread crumbs, onion, egg, salt, and pepper in a bowl, and form into 6 patties. Place the patties in the prepared baking dish.

Stir together the maple syrup, ketchup, mustard, vinegar, and oil in a bowl, and set aside.

Bake the patties in the preheated oven for 20 minutes, remove from oven, and turn them over.

Drizzle the patties with the maple syrup mixture, return to the oven, and bake until the patties are browned and the sauce is bubbling and thickened, about 45 minutes.

# Steamed Tuna

## Ingredients

1 tablespoon vegetable oil  
1/4 cup thinly sliced green bell pepper  
1/4 cup thinly sliced onion  
1 clove garlic, chopped  
1 teaspoon seasoned salt  
2 teaspoons dried rosemary (optional)  
1/2 cup ketchup  
3 (6 ounce) cans tuna, drained

## Directions

Heat the oil in a large skillet over medium-high heat. Add the bell pepper, onion and garlic; cook and stir until limp. Reduce the heat to medium, and stir in the seasoned salt, rosemary and ketchup. Simmer, stirring constantly, until slightly brown. Mix in the tuna, and cook for about 5 more minutes to blend the flavors before serving.

# Shredded Pork Sandwiches

## Ingredients

1 (4 pound) boneless pork  
shoulder roast  
1 1/4 cups ketchup  
1/2 cup water  
1/2 cup chopped celery  
1/4 cup chopped onion  
1/4 cup lemon juice  
3 tablespoons vinegar  
2 tablespoons Worcestershire  
sauce  
2 tablespoons brown sugar  
1 1/2 teaspoons ground mustard  
1 teaspoon salt  
1/2 teaspoon pepper  
12 hamburger buns, split

## Directions

Place roast in a Dutch oven or large kettle. In a bowl, combine the ketchup, water, celery, onion, lemon juice, vinegar, Worcestershire sauce, brown sugar, mustard, salt and pepper; pour over roast.

Cover and cook over medium-low heat for 4-6 hours or until meat is tender and pulls apart easily. Shred meat with two forks. Serve on buns.

# Hooley's Hot Dog Relish

## Ingredients

1 cup chopped onion  
1/2 cup chopped green bell pepper  
1/2 cup chopped dill pickle  
1/4 cup chopped pimento pepper  
1/4 cup chopped celery  
1/4 cup chopped sweet pickles  
1 cup brown or yellow mustard  
1 cup ketchup  
1/4 cup prepared horseradish  
2 teaspoons Worcestershire sauce

## Directions

In a medium bowl, mix together the onion, bell pepper, dill pickle, pimento, celery, sweet pickle, mustard, ketchup, horseradish and Worcestershire sauce. Store in the refrigerator in a covered container for up to 5 days.



# Turkey Barbecue

## Ingredients

1 celery rib, chopped  
1 medium onion, chopped  
1/4 cup chopped green pepper  
1 tablespoon canola oil  
1/4 cup packed brown sugar  
1/4 cup ketchup  
1/4 cup picante sauce  
2 tablespoons Worcestershire sauce  
1 1/2 teaspoons chili powder  
1 teaspoon salt  
1 dash hot pepper sauce  
4 cups cubed cooked turkey  
8 whole wheat hamburger buns, split  
1/8 teaspoon pepper

## Directions

In a large nonstick skillet, saute the celery, onion and green pepper in oil for 3-4 minutes or until tender. Stir in the brown sugar, ketchup, picante sauce, Worcestershire sauce, chili powder, salt, pepper and pepper sauce; bring to a boil. Reduce heat; simmer, uncovered, for 3-4 minutes. Add turkey; simmer 10 minutes longer or until heated through. Serve in buns.

# Hamburger Soup I

## Ingredients

- 1 pound lean ground beef
- 1 cup chopped carrots
- 1 cup chopped celery
- 1 cup chopped onion
- 6 cubes beef bouillon
- 5 cups water
- 1 (8 ounce) can tomato sauce
- 1 (16 ounce) can diced tomatoes
- 1 teaspoon salt
- 1 (10 ounce) package frozen corn kernels
- 1 teaspoon dried basil
- 3 tablespoons ketchup

## Directions

In a medium skillet, brown hamburger over medium heat. Drain off fat.

Combine beef, carrots, celery, onions, bouillon, water, tomato sauce, chopped tomatoes, salt, corn, basil, and ketchup in a large stock pot. Bring to a boil. Reduce heat, and simmer for at least 1 1/2 hours.

# Kickin' BBQ Sauce

## Ingredients

2 cups apple cider  
1/2 cup balsamic vinegar  
1 1/4 cups ketchup  
1/2 cup honey mustard  
1/2 cup prepared yellow mustard  
1/2 cup coarsely ground mustard  
1/3 cup honey  
1/3 cup molasses  
1/3 cup cane syrup  
1 (12 ounce) bottle dark beer  
1/2 cup brewed coffee  
1/2 cup Worcestershire sauce  
1/2 cup soy sauce  
1/2 cup Louisiana-style hot sauce  
1 teaspoon ground black pepper  
1 teaspoon celery salt  
1 habanero pepper, seeded and minced

## Directions

Place the apple cider, balsamic vinegar, ketchup, honey mustard, yellow mustard, coarse mustard, honey, molasses, cane syrup, beer, coffee, Worcestershire sauce, soy sauce, hot sauce, black pepper, celery salt, and the habanero pepper in a large pan. Simmer the mixture over low heat until thoroughly blended, about 25 minutes. Remove from the stove, cool, pour into a covered container, and refrigerate until needed.

# Fried Egg Sandwich

## Ingredients

2 teaspoons butter  
4 eggs  
4 slices processed American cheese  
8 slices toasted white bread  
salt and pepper to taste  
2 tablespoons mayonnaise  
2 tablespoons ketchup

## Directions

In a large skillet, melt butter over medium high heat. Crack eggs in pan and cook to desired firmness. Just before eggs are cooked, place a slice of cheese over each egg.

After cheese has melted, place each egg on a toasted slice of bread. Season eggs with salt and pepper. Spread mayonnaise and ketchup on remaining slices of bread and cover eggs with bread to make 4 sandwiches. Serve warm.

# Bruce's Hot Barbecue Sauce

## Ingredients

2 (15 ounce) cans apricot halves, drained  
4 cups packed brown sugar  
4 cups cider vinegar  
1 (29 ounce) can tomato sauce  
2 cups ketchup  
1 cup maple syrup  
1 cup prepared mustard  
1/2 cup orange juice  
1/2 cup honey  
3 tablespoons salt  
1/2 cup molasses  
3 tablespoons chicken bouillon granules  
2 tablespoons crushed red pepper flakes  
2 tablespoons garlic powder  
2 tablespoons onion powder  
2 tablespoons Worcestershire sauce  
2 tablespoons soy sauce  
1 tablespoon pepper  
2 tablespoons liquid smoke (optional)

## Directions

In a blender or food processor, puree the apricots until smooth. Pour into a large soup kettle or Dutch oven; add the next 17 ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 1 hour or until flavors are blended, stirring occasionally. Stir in liquid smoke if desired. Cool. Store in the refrigerator.

# Filipino Pork Adobo

## Ingredients

1 cup distilled white vinegar  
1 cup soy sauce  
1/2 cup ketchup  
1 tablespoon minced garlic  
3 bay leaves  
1 teaspoon fresh-ground black pepper  
2 1/2 pounds lean pork, cut into 1 inch cubes  
1 pound small green beans, trimmed (optional)

## Directions

Stir together the vinegar, soy sauce, ketchup, garlic, and bay leaves in a large saucepan. Add the cubed pork, and bring to a boil over high heat. Reduce heat to medium-low, cover, and simmer until the pork is tender, about 2 1/2 hours. Stir occasionally. If using the green beans, add them during the last half hour of cooking.

# Chick and Ox's Pig Pickin' Sauce

## Ingredients

4 cups cider vinegar  
4 cups white vinegar  
3 cups white sugar  
1 cup ketchup  
1/2 cup crushed red pepper  
2 tablespoons black pepper  
2 tablespoons paprika  
1 tablespoon onion powder  
1 tablespoon bottled minced garlic  
1 tablespoon salt  
cayenne pepper to taste

## Directions

In a 1 gallon container with a lid, mix cider vinegar, white vinegar, and sugar until sugar has dissolved. Mix in ketchup, crushed red pepper, black pepper, paprika, onion powder, garlic, salt, and cayenne pepper. Cover, and chill in the refrigerator.

# Grandpa's Classic Coney Sauce

## Ingredients

2 pounds ground beef  
1/2 cup chopped onion  
1 1/2 cups ketchup  
1/4 cup white sugar  
1/4 cup white vinegar  
1/4 cup prepared yellow mustard  
1/2 teaspoon celery seed  
3/4 teaspoon Worcestershire  
sauce  
1/2 teaspoon ground black  
pepper  
3/4 teaspoon salt

## Directions

Place the ground beef and onion in a large skillet over medium-high heat. Cook, stirring to crumble, until beef is browned. Drain. Transfer the beef and onion to a slow cooker and stir in the ketchup, sugar, vinegar and mustard. Season with celery seed, Worcestershire sauce, pepper and salt. Cover and simmer on Low setting for a few hours before serving.



# Microwave Chicken Teriyaki

## Ingredients

1/4 cup soy sauce  
2 packets ketchup  
2 tablespoons garlic powder  
3 individual packets white sugar  
1 skinless, boneless chicken  
breast half - cut into strips

## Directions

Stir together soy sauce, ketchup, garlic powder, and sugar in a bowl. Toss chicken in sauce to coat, and place onto a microwave safe plate.

Cover with plastic wrap and cook in the microwave on High for 5 to 8 minutes, until chicken is opaque in the center and no longer pink.

# Barbecued Ribs

## Ingredients

3 pounds pork spareribs  
2 tablespoons cooking oil  
1 medium onion, chopped  
1 cup ketchup  
1 cup hot water  
2 tablespoons vinegar  
1 tablespoon Worcestershire sauce  
1 teaspoon dry mustard  
1/2 teaspoon salt  
1 tablespoon brown sugar  
1/4 teaspoon cayenne pepper  
1/4 teaspoon pepper

## Directions

Place ribs on a jelly roll pan. Cover tightly with foil; bake at 450 degrees F for 45 minutes or until tender. Drain off any fat. In a saucepan, combine all remaining ingredients and bring to a boil. Pour over ribs. Reduce heat to 350 degrees F; bake, uncovered, for 1 hour, basting frequently.

# Barbecue Butter Beans

## Ingredients

2 (15 ounce) cans butter beans,  
rinsed and drained  
3/4 cup packed brown sugar  
1/2 cup ketchup  
1/2 cup chopped onion  
3 bacon strips, diced

## Directions

In a bowl, combine the beans, brown sugar, ketchup and onion. Transfer to a greased 1-1/2-qt. baking dish. Sprinkle with bacon. Bake, uncovered, at 350 degrees for 1-1/2 hours.

# Meatloaf

## Ingredients

2 pounds lean ground beef  
1 (10.75 ounce) can condensed tomato soup  
1 onion, finely diced  
1 cup rolled oats  
2 eggs, beaten  
1 tablespoon steak sauce  
1/2 cup ketchup  
3 tablespoons prepared mustard

## Directions

In a large bowl, combine ground meat, soup, chopped onion, rolled oats, eggs, steak sauce, ketchup and mustard. Mix well.

Shape into a loaf, and pat into a loaf pan.

Bake in a preheated 350 degrees F (175 degrees C) oven for 1 hour or until done.

# Ty's Barbequed Chicken

## Ingredients

2 skinless, boneless chicken breasts  
1 onion, chopped  
salt and pepper to taste  
4 tablespoons honey  
4 tablespoons ketchup  
4 tablespoons brown sugar  
1 tablespoon soy sauce

## Directions

Rinse chicken and pat dry. In a shallow glass bowl combine the onion, salt, pepper, honey, ketchup, sugar and soy sauce. Mix all together. Add chicken, stir to coat. Cover and marinate in refrigerator for 30 minutes.

Lightly oil grill and preheat to high.

Remove chicken from marinade and grill over high heat for 15 minutes each side or until juices run clear.

# Uncle Terry Meat

## Ingredients

1/2 cup vegetable oil  
1/2 cup ketchup  
1/4 cup red wine  
2 tablespoons red wine vinegar  
2 cloves garlic, minced  
1/2 teaspoon salt  
1/2 teaspoon ground black pepper  
1/2 teaspoon dry mustard  
1/2 teaspoon celery salt  
1/2 teaspoon chili powder  
4 pounds chuck roast

## Directions

Preheat an outdoor grill for medium heat and lightly oil grate.

In a large, nonporous bowl, combine the oil, ketchup, wine, vinegar, garlic, salt, ground black pepper, mustard powder, celery salt and chili powder and mix well. Pierce the roast with a fork all over the meat. Place the meat in the bowl with the marinade and turn several times to coat. Cover and marinate in the refrigerator for at least 12 hours, turning occasionally.

Grill over medium heat for 10 to 12 minutes per side, or until internal temperature reaches at least 145 degrees F (65 degrees C).

# Saucy Turkey

## Ingredients

1/2 cup chopped green pepper  
1/3 cup chopped onion  
2 tablespoons butter  
1 1/2 cups ketchup  
1/2 cup chicken broth  
1 1/2 teaspoons Worcestershire sauce  
1 teaspoon prepared mustard  
1/4 teaspoon hot pepper sauce  
1/4 teaspoon pepper  
3 cups cubed cooked turkey  
4 sandwich buns, split (optional)

## Directions

In a large saucepan, saute the green pepper and onion in butter until tender. Stir in the ketchup, broth, Worcestershire sauce, mustard, hot pepper sauce and pepper. Add turkey. Simmer, uncovered, for 20 minutes or until heated through. Serve on buns if desired.

# Tangy Barbecued Beef

## Ingredients

1 1/2 cups ketchup  
1/2 cup water  
2 tablespoons brown sugar  
2 tablespoons chopped onion  
2 tablespoons lemon juice  
1 tablespoon cider vinegar  
1 tablespoon Worcestershire sauce  
1/2 teaspoon minced garlic  
1/4 teaspoon ground mustard  
1/4 teaspoon hot pepper sauce  
Dash pepper  
3 cups thinly sliced deli roast beef, cut into strips  
6 sandwich rolls, split

## Directions

In a large saucepan, combine the first 11 ingredients; bring to a boil. Reduce heat; cover and simmer for 15 minutes, stirring occasionally. Stir in beef; cover and simmer 5-10 minutes longer or until heated through. Serve on rolls.



# Pennsylvania Coal Region Barbecue

## Ingredients

1 pound ground beef  
1 medium onion, chopped  
1 1/2 tablespoons white vinegar  
1 1/2 tablespoons brown sugar  
1 1/2 teaspoons prepared yellow mustard  
3/4 cup ketchup  
salt and pepper to taste  
6 hamburger buns

## Directions

Crumble the ground beef in a large skillet over medium-high heat. Add onion; cook and stir until meat is no longer pink. Drain excess grease, and stir in the vinegar, brown sugar, mustard, ketchup, salt and pepper. Simmer over medium heat for about 15 minutes. Serve on buns.

# Ballpark Baked Beans

## Ingredients

2 (16 ounce) cans baked beans  
1/4 cup packed brown sugar  
2 tablespoons ketchup  
2 teaspoons prepared mustard  
1 (20 ounce) can pineapple tidbits,  
drained

## Directions

In a large bowl, combine beans, brown sugar, ketchup and mustard. Transfer to a 2-qt. baking dish. Bake, uncovered, at 350 degrees F for 30 minutes. Stir in the pineapple; bake 30 minutes longer.

# A Very Popular BBQ Sauce

## Ingredients

1 1/2 cups brown sugar  
1 1/2 cups ketchup  
1/2 cup red wine vinegar  
1/2 cup water  
1 tablespoon Worcestershire sauce  
2 1/2 tablespoons dry mustard  
2 teaspoons paprika  
2 teaspoons salt  
1 1/2 teaspoons black pepper  
2 dashes hot pepper sauce

## Directions

In a blender, combine brown sugar, ketchup, vinegar, water and Worcestershire sauce. Season with mustard, paprika, salt, pepper, and hot pepper sauce. Blend until smooth.

# Slow Cooked Baked Beans

## Ingredients

2 cups kidney beans  
5 cups water  
1 onion, chopped  
1 1/2 teaspoons salt  
4 ounces cured pork  
1/4 cup molasses  
4 tablespoons brown sugar  
1 teaspoon dry mustard  
1/4 cup ketchup

## Directions

In a slow cooker place beans, water, onion, salt and pork. Cover the pot and cook on low for 9 to 10 hours.

Drain beans, saving the liquid. Add molasses, brown sugar, dry mustard, ketchup and 1 cup of the bean liquid. Cover and cook on low for 1 hour.

# Momma's Sloppy Joes

## Ingredients

1 pound ground turkey  
1 cup ketchup  
2 tablespoons white sugar  
2 tablespoons white vinegar  
2 tablespoons yellow mustard

## Directions

Place the turkey in a large skillet over medium heat, cook until evenly brown, and drain.

In a large saucepan over medium heat, mix the ketchup, sugar, vinegar, and mustard. Mix in the turkey. Cook, stirring often, 30 minutes.

# Ketchup

## Ingredients

6 large tomatoes, quartered  
1 bulb fennel, chopped  
1 yellow onion, chopped  
4 cloves garlic  
1/4 cup white sugar  
1/4 cup molasses  
1/4 cup red wine vinegar  
10 whole cloves  
2 whole star anise pods  
1 tablespoon salt

## Directions

In a large saucepan combine tomatoes, fennel, onion, garlic, sugar, molasses, vinegar, cloves, anise pods and salt. Reduce over low heat until mixture becomes very thick.

Puree mixture in a blender and strain through a mesh strainer. Chill and store in refrigerator.

# Aunt Ro's Baked Beans

## Ingredients

8 ounces bacon  
1 pound ground beef  
1/2 cup chopped onion  
2 (12 ounce) cans pinto beans,  
drained and rinsed  
2 (15.5 ounce) cans canned butter  
beans, drained and rinsed  
2 (15 ounce) cans canned baked  
beans with pork  
1 cup barbeque sauce  
1 cup ketchup  
1 cup brown sugar, packed

## Directions

Place the bacon in a large, deep skillet and cook over medium-high heat until evenly brown. Drain on paper towels, crumble, and set aside. Drain bacon fat from the skillet.

Using the same skillet, cook the ground beef and onion over medium heat, stirring until the meat is no longer pink, 5 to 7 minutes. Drain.

Transfer the ground beef to a slow cooker. Add the pinto beans, butter beans, baked beans with pork, barbeque sauce, ketchup, and brown sugar to the ground beef mixture; stir to blend well. Cover and cook for 4 hours on High. Top each serving with crumbled bacon.

# Beef and Tomato Pie

## Ingredients

1 pound ground beef  
1 large onion, chopped  
2 tablespoons ketchup  
1/2 teaspoon salt  
2 cups biscuit/baking mix  
2/3 cup milk  
1 cup diced fresh tomato  
1/2 cup shredded Cheddar  
cheese

## Directions

In a skillet over medium heat, cook beef and onion until meat is no longer pink; drain. Remove from the heat. Stir in ketchup and salt; set aside. Combine biscuit mix and milk just until moistened. Turn onto a lightly floured surface and knead 6-8 times. Roll into a 10-in. circle; transfer to a greased 9-in. pie plate. Flute edges. Spoon meat mixture into crust. Sprinkle with tomatoes. Bake at 425 degrees F for 20-25 minutes. Sprinkle with cheese; bake 2 minutes longer or until cheese is melted.



# Slow-Cooked Country Ribs in Gravy

## Ingredients

3 pounds country style pork ribs  
1 cup water  
1/2 cup ketchup  
1 medium onion, chopped  
2 tablespoons vinegar  
1 tablespoon sugar  
4 teaspoons Worcestershire sauce  
1 teaspoon salt  
1 teaspoon ground mustard  
1 beef bouillon cube  
1/4 teaspoon paprika  
1/4 teaspoon pepper

## Directions

Place ribs in a slow cooker. Combine remaining ingredients and pour over ribs. Cover and cook on high for 1 hour; reduce heat to low and cook 3-4 hours longer. Remove ribs to serving platter and keep warm. Thicken cooking liquid for gravy.

# Cheeseburger Pepper Cups

## Ingredients

4 medium sweet red, yellow or green peppers  
1/2 pound ground beef  
1/4 cup finely chopped onion  
2 cups cooked brown rice  
1 (6 ounce) can tomato paste  
2 tablespoons ketchup  
1 tablespoon Worcestershire sauce  
1 tablespoon spicy brown mustard  
1/2 teaspoon garlic salt  
1/4 teaspoon pepper  
1 cup vegetable broth  
1 cup shredded Cheddar cheese

## Directions

Cut peppers in half lengthwise and remove seeds; set aside. In a skillet, cook beef and onion over medium heat until meat is no longer pink; drain. stir in the rice, tomato paste, ketchup, Worcestershire sauce, mustard, garlic salt and pepper. Spoon into peppers.

Place in a greased 13-in. x 9-in. x 2-in. baking dish; pour broth around the peppers. Cover and bake at 350 degrees F for 30 minutes. Sprinkle with cheese. Bake, uncovered, 5 minutes longer or until heated through.

# Sloppy Joes I

## Ingredients

1 pound lean ground beef  
1 (10.75 ounce) can condensed chicken gumbo soup  
2 tablespoons ketchup  
1 tablespoon yellow mustard  
1 1/4 cups water  
salt to taste  
ground black pepper to taste

## Directions

In large skillet over medium heat, brown meat. Drain any grease from pan.

Stir in soup, ketchup, yellow mustard, water, salt and pepper. Turn heat to medium-low; simmer uncovered for about 1 hour until liquid is absorbed and mixture is thickened.

# Crispy Baked Basa

## Ingredients

1/4 cup mayonnaise  
1 tablespoon stone ground mustard  
1 teaspoon capers  
1 teaspoon ketchup  
1/4 teaspoon paprika  
1/4 teaspoon hot pepper sauce  
1 pound basa (Vietnamese catfish) fillets  
1 1/2 tablespoons olive oil  
1 cup finely crushed plain Melba toast rounds  
salt and pepper to taste  
1 clove garlic, minced  
1 lemon, sliced

## Directions

Preheat oven to 375 degrees F (190 degrees C).

In a bowl, thoroughly blend the mayonnaise, mustard, capers, ketchup, paprika, and hot pepper sauce.

Brush the basa fillets with about 1 tablespoon olive oil, and roll in the crushed Melba toast to coat. Season with salt and pepper. Use a kitchen sprayer to lightly spray the coated fish with remaining olive oil. Arrange the fish in a baking dish and top with garlic and lemon slices.

Bake 15 minutes in the preheated oven, or until fish is easily flaked with a fork and coating is lightly browned. Serve with the mayonnaise sauce mixture.

# Slow Cooker BBQ Flat Iron Steak Sandwiches

## Ingredients

1/2 cup ketchup  
1/2 cup Italian dressing  
2 tablespoons soy sauce  
1 tablespoon molasses  
2 pounds flat iron steak, cubed  
1 tablespoon dried chopped onion  
4 hoagie rolls, split lengthwise and toasted  
1 cup prepared coleslaw (optional)

## Directions

Mix the ketchup, Italian dressing, soy sauce, and molasses in a small bowl. Place the steak in slow cooker, sprinkle with onions, and pour the ketchup mixture over the steak.

Turn the slow cooker to High and cook for 1 hour. Reduce the heat to Low and continue cooking until the meat is tender, about 4 hours. Serve on hoagie buns and top with 1/4 cup coleslaw, if desired, for a southern bbq flavor.

# Playoff Meatballs

## Ingredients

2 pounds ground beef  
2 eggs  
3/4 cup instant oatmeal  
3 tablespoons dried minced onion  
3/4 cup shredded mild Cheddar cheese  
1/4 cup ketchup  
1 teaspoon salt  
1/2 teaspoon pepper  
2 tablespoons vegetable oil  
1 (12 ounce) bottle barbeque sauce

## Directions

In a large bowl, mix together the ground beef, eggs, oatmeal, onion, Cheddar cheese, ketchup, salt, and pepper using your hands. Form into tiny meatballs about 1 inch wide.

Preheat the oven to 350 degrees F (175 degrees C). Heat the oil in a large skillet over medium heat. Add the meatballs, and cook, turning frequently, until browned, about 10 minutes. Use a slotted spoon to transfer the meatballs to a baking dish. Cover with barbeque sauce.

Bake for 30 minutes in the preheat oven, until sauce is thick and meatballs are cooked through. Serve hot.

# Sausage Hash With Apples & Sage

## Ingredients

2 tablespoons vegetable or olive oil  
1 large onion, cut into 1/2-inch dice  
1 pound Mild or hot Italian sausage, removed from its casing, crumbled  
1 pound starchy potatoes (such as Idaho), cut into 1/2-inch dice  
1/2 pound firm apples (e.g., Granny Smith), cut into 1/2-inch dice  
2 tablespoons vegetable or olive oil  
2 tablespoons ketchup  
1 tablespoon Dijon mustard  
1/2 teaspoon rubbed sage or thyme leaves  
2 tablespoons chopped fresh parsley  
Salt and freshly ground black pepper

## Directions

Heat 2 Tbs. oil over low heat in a 12-inch non-stick skillet (so potatoes don't stick). While skillet heats, prepare onion and Italian sausage as directed above. A few minutes before cooking, increase heat to medium-high. When oil starts to send up wisps of smoke, add onion and sausage; cook, stirring often, until golden brown. Meanwhile, dice potatoes and apples and toss with remaining oil. Transfer sausage mixture to a bowl and reserve.

Add potato mixture to empty skillet; cook, stirring only occasionally so they form a golden-brown crust, about 10 minutes. As potatoes cook, mix ketchup, mustard, dried sage and fresh parsley and 2 Tbs. of water. (Recipe can be prepared to this point up to 2 hours ahead. Spread hot potatoes on a large lipped cookie sheet; cover when cool. Return skillet to medium-high; add potatoes and re-crisp.)

Return reserved sausage mixture to skillet; stir in ketchup mixture, then season with salt and pepper. Cook, stirring frequently, until hash has nicely browned, about 5 minutes longer.

# Cola Chops

## Ingredients

8 pork chops  
1 cup cola-flavored carbonated  
beverage  
1 cup ketchup  
4 tablespoons brown sugar

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Place pork chops in a 9x13 inch baking dish. In a small bowl, mix together the cola and ketchup. Pour over chops and sprinkle with brown sugar. Bake uncovered for about 1 hour, or until pork is cooked through and internal temperature has reached 160 degrees F (70 degrees C).



# Honey Baked Ribs

## Ingredients

1 (10.5 ounce) can beef  
consomme, undiluted  
1/2 cup ketchup  
1/2 cup soy sauce  
1/2 cup honey  
4 garlic cloves, minced  
4 pounds country-style pork  
spareribs, cut into serving-size  
pieces

## Directions

Combine the first five ingredients in a bowl. Pour half into a large resealable plastic bag or shallow glass container; add ribs. Cover and refrigerate overnight, turning once. Refrigerate remaining marinade. Remove ribs to a greased roasting pan; discard marinade. Cover and bake at 425 degrees F for 10 minutes. Reduce heat to 325 degrees F. Cover and bake 30 minutes longer; drain. Pour reserved marinade over ribs. Bake, uncovered, for 45 minutes or until meat is tender, basting frequently.

# Stuffed Artichokes

## Ingredients

2 medium artichokes  
Lemon Juice  
2 eggs  
1/4 cup milk  
3 tablespoons ketchup  
1 cup dry bread crumbs  
2 tablespoons minced fresh basil  
2 tablespoons minced fresh  
parsley  
1 garlic clove, minced  
1 pound lean ground beef  
1 (8 ounce) can tomato sauce  
1/4 cup water

## Directions

Rinse artichokes well; trim stem. Cut 1 in. off the top. Snip the tip of each leaf with a kitchen shears. Brush cut edges with lemon juice. Spread artichoke open. Using a small knife, carefully cut around center choke. Scoop out and discard the fuzzy center. In a saucepan, place artichokes in a steam basket over 1 in. of boiling water. Cover; steam for 20-25 minutes or until crisp-tender. Invert on a paper towel to drain. In a bowl, combine the eggs, milk, ketchup, bread crumbs, basil, parsley and garlic. Crumble beef over mixture and mix well. Stuff meat mixture into center of artichokes and between leaves. Place in an ungreased 11-in. x 7-in. x 2-in. baking dish. Combine tomato sauce and water; pour over top. Cover and bake at 350 degrees F for 1 to 1-1/2 hours or until meat is no longer pink.

# Scott's Savory BBQ Sauce

## Ingredients

1 quart apple cider vinegar  
1 (20 ounce) bottle ketchup  
1/4 cup paprika  
1 pound dark brown sugar  
1/4 cup salt  
1 tablespoon black pepper  
2 tablespoons red pepper flakes  
1 tablespoon garlic powder  
1/4 cup Worcestershire sauce  
1/2 cup lemon juice

## Directions

In a large container, mix together the apple cider vinegar, ketchup, paprika, brown sugar, salt, pepper, red pepper flakes, garlic powder, Worcestershire sauce and lemon juice. Pour into an empty vinegar bottle, ketchup bottle or other container and store in the refrigerator for up to 1 month.

# Melt-In-Your-Mouth Meat Loaf

## Ingredients

2 eggs  
3/4 cup milk  
2/3 cup seasoned bread crumbs  
2 teaspoons dried minced onion  
1 teaspoon salt  
1/2 teaspoon rubbed sage  
1 1/2 pounds ground beef  
1/4 cup ketchup  
2 tablespoons brown sugar  
1 teaspoon ground mustard  
1/2 teaspoon Worcestershire sauce

## Directions

In a large bowl, combine the first six ingredients. Crumble beef over mixture and mix well (mixture will be moist.) Shape into a round loaf; place in a 5-qt. slow cooker. Cover and cook on low for 5-6 hours or until a meat thermometer reads 160 degrees F.

In a small bowl, whisk the ketchup, brown sugar, mustard and Worcestershire sauce. Spoon over the meat loaf. Cook 15 minutes longer or until heated through. Let stand for 10-15 minutes before cutting.

# Italian Style Meatloaf II

## Ingredients

- 1 carrot, grated
- 1/2 onion, chopped
- 2 cloves garlic, minced
- 1/2 cup chopped fresh parsley
- 2 pounds ground beef
- 1/2 cup ketchup
- 2 eggs
- 1 1/2 cups fresh bread crumbs
- 1 cup tomato sauce
- 1 teaspoon white sugar

## Directions

Preheat oven to 375 degrees F (190 degrees C).

In a medium saucepan over medium high heat, saute the carrot and onion for 2 minutes, or until onion is transparent. Add garlic and saute for 2 more minutes. Remove from heat and let cool.

In a large bowl, combine the parsley, beef, ketchup, 1/2 cup tomato sauce, bread and eggs, mixing well. Add the carrot/onion mixture and continue mixing, but do not over mix, as this will make the meatloaf dry. Transfer mixture to a 9x13 baking dish and form into a loaf.

Bake at 375 degrees F (190 degrees C) for 30 to 45 minutes.

While loaf is baking, heat the remaining tomato sauce and sugar in a medium saucepan over medium low heat. Pour over loaf when done.

# Little Smokies

## Ingredients

1 (18 ounce) bottle barbeque sauce  
1 cup packed brown sugar  
1/2 cup ketchup  
1 tablespoon Worcestershire sauce  
1/3 cup chopped onion  
2 (16 ounce) packages little wieners

## Directions

Stir together barbecue sauce, brown sugar, ketchup, Worcestershire sauce, onion, and wieners in the bowl of a slow cooker. Cook on LOW for 2 hours, or until ready to serve.

# Slow-Cooked, Texas-Style Beef Brisket

## Ingredients

8 pounds untrimmed beef brisket  
1 cup strong black coffee  
1 (14 ounce) bottle ketchup  
1 (12 fluid ounce) can cola  
carbonated beverage  
3 tablespoons Worcestershire  
sauce  
3 tablespoons prepared yellow  
mustard  
2 tablespoons liquid smoke  
flavoring  
2 tablespoons brown sugar,  
packed

## Directions

Place the beef brisket in a large slow cooker with the fat side up. Pour the coffee over the meat. Cook the brisket on LOW for 24 hours.

Meanwhile, stir together the ketchup, cola beverage, Worcestershire sauce, mustard, liquid smoke, and brown sugar in a bowl until well blended. Refrigerate until needed.

After 24 hours, remove and discard any fat from the brisket. Use a fork to pull apart and shred the meat. Pour the sauce over the meat, stirring to coat evenly, and cook 1 hour longer.

# Mom's Big Burgers

## Ingredients

2 pounds lean ground beef  
1 (1 ounce) envelope dry onion soup mix  
1/2 cup water  
2 cloves garlic, chopped  
1 tablespoon hot pepper sauce  
1 pinch chili powder  
1/4 teaspoon ketchup  
1/4 teaspoon prepared yellow mustard  
1 pinch ground black pepper  
4 cracked wheat hamburger buns  
4 slices pepperjack cheese  
1 avocado - peeled, pitted and sliced  
1 bunch green onions

## Directions

Preheat the oven's broiler.

In a large bowl, mix together the ground beef, onion soup mix, water, garlic, hot pepper sauce, chili powder, ketchup, mustard and pepper using your hands. Pat into 4 large thick patties. Place them on a broiler pan.

Broil the burgers for about 15 minutes per side, or until well done. Place buns on the broiler pan and toast briefly. Place whole green onions on the broiler pan at the same time, and just toast until limp.

Place burger patties onto the bottom halves of the buns and top each one with a slice of cheese and some avocado slices. Top with the top buns. Serve with green onions.



# Old Fashioned Ozarks Meatloaf

## Ingredients

2 pounds ground beef  
1 pound pork sausage  
3 eggs  
1/2 cup ketchup  
1 cup fresh bread crumbs  
salt and ground black pepper to taste  
1/4 cup ketchup

## Directions

Preheat the oven to 350 degrees F (175 degrees C).

In a large bowl, mix together the ground beef, sausage, eggs, 1/2 cup of ketchup and bread crumbs until well blended. Pat into a 9x5 inch loaf pan.

Bake for 1 hour and 30 minutes in the preheated oven. Drain off some of the fat once in a while to keep spattering to a minimum. Enjoy!

# Crispy Wontons

## Ingredients

3/4 pound ground pork  
8 canned water chestnuts, finely chopped  
1/4 cup finely chopped green onions  
1 tablespoon Kikkoman Soy Sauce  
1 teaspoon cornstarch  
1/2 teaspoon salt  
1/2 teaspoon grated fresh ginger root  
1 (16 ounce) package wonton skins  
Vegetable oil for deep-frying  
Tomato ketchup and hot mustard or Kikkoman Sweet & Sour Sauce

## Directions

Combine pork, water chestnuts, green onions, soy sauce, cornstarch, salt and ginger in medium bowl; mix well. Place 1/2 teaspoonful pork mixture in center of each wonton skin. Fold wonton skin over filling to form a triangle. Turn top of triangle down to meet fold. Turn over; moisten 1 corner with water. Overlap opposite corner over moistened corner; press together firmly.

Heat oil in wok or large saucepan over medium-high heat to 375 degrees F. Deep-fry wontons, a few at a time, 2 to 3 minutes, or until brown and crispy. Drain on paper towels. Serve warm with ketchup and mustard or sweet & sour sauce, as desired.

# Barbecued Beef Ribs for Two

## Ingredients

2 pounds beef back ribs  
1/2 cup ketchup  
2 tablespoons finely chopped onion  
2 garlic cloves, minced  
2 tablespoons vinegar  
1 tablespoon brown sugar  
1/2 teaspoon chili powder  
1/2 teaspoon Worcestershire sauce  
1/8 teaspoon garlic powder  
1 dash hot pepper sauce

## Directions

Cut ribs into serving-size pieces; place in a large kettle and cover with water. Simmer, uncovered, for 50-60 minutes or until tender. Meanwhile, combine remaining ingredients in a small saucepan. Simmer, uncovered, for 10 minutes. Drain ribs; place in a greased shallow 2-qt. baking dish. Cover with sauce. Bake, uncovered, at 350 degrees F for 50-60 minutes.

# Russian Style Creamy Salad Dressing

## Ingredients

1 cup mayonnaise  
1/2 cup sour cream  
1/2 cup ketchup  
2 tablespoons grated onion  
1/2 teaspoon ground dry mustard  
4 drops hot sauce  
1 teaspoon Worcestershire sauce  
2 tablespoons heavy cream  
2 tablespoons minced fresh  
parsley

## Directions

In a medium bowl, whisk together the mayonnaise, sour cream, ketchup, onion, mustard, hot sauce, Worcestershire, cream and parsley until smooth. Chill overnight to let ingredients incorporate. Serve over salads, eggs, chilled veggies or meat.

# Oven Ribs

## Ingredients

2 tablespoons vegetable oil  
3 pounds pork spareribs  
1 cup ketchup  
1 (12 fluid ounce) can cola-flavored carbonated beverage  
1/2 teaspoon ground ginger

## Directions

Preheat the oven to 350 degrees F (175 degrees C).

Heat the oil in a large skillet over medium-high heat. Quickly brown the spareribs on both sides. Remove the ribs, and place in a roasting pan. In a medium bowl, stir together the ketchup, cola, and ginger. Pour over the ribs, and place a lid on the pan, or cover tightly with aluminum foil.

Bake for 2 hours in the preheated oven. Remove the lid during the last 30 minutes.

# Tangy Baked Apples

## Ingredients

3 medium tart apples, cored  
2 teaspoons lemon juice  
1/3 cup packed brown sugar  
1/3 cup ketchup  
2 tablespoons butter or margarine,  
softened  
2 tablespoons prepared  
horseradish  
1/4 cup water

## Directions

Cut apples in half; brush with 1 teaspoon lemon juice. Place in an ungreased 11-in. x 7-in. x 2-in. baking dish. Combine the brown sugar, ketchup, butter, horseradish and remaining lemon juice. Top each apple half with 2 tablespoons ketchup mixture. Pour water around apples.

Bake, uncovered, at 325 degrees F for 30 minutes or until apples are tender. Serve warm.

# London Broil I

## Ingredients

3 cloves garlic, minced  
1/2 cup soy sauce  
2 tablespoons vegetable oil  
2 tablespoons ketchup  
1 teaspoon dried oregano  
1 teaspoon ground black pepper  
1 (2 pound) flank steak or round steak

## Directions

In a small bowl, mix together garlic, soy sauce, oil, ketchup, oregano, and black pepper. Pierce meat with a fork on both sides. Place meat and marinade in a large resealable plastic bag. Refrigerate 8 hours, or overnight.

Preheat grill for medium-high heat.

Lightly oil the grill grate. Place steak on the grill, and discard marinade. Cook for 5 to 8 minutes per side, depending on thickness. Do not overcook, as it is better on the rare side.

# Three Beans and Frank Bake

## Ingredients

1 tablespoon Pure Wesson®  
Vegetable Oil  
1 medium onion, chopped  
2 cloves garlic, minced  
1 medium red bell pepper,  
chopped  
1 medium green bell pepper,  
chopped  
1 (16 ounce) can vegetarian baked  
beans  
1 (15 ounce) can butter beans,  
drained, rinsed  
1 (15 ounce) can red or kidney  
beans, drained, rinsed  
1/2 cup Hunt's® Ketchup  
1/2 cup firmly packed brown  
sugar  
2 tablespoons cider vinegar  
1 tablespoon Hebrew National®  
Deli Mustard  
1 (16 ounce) package Hebrew  
National® Quarter Pound Beef  
Franks, cut into 1-inch pieces

## Directions

Preheat oven to 350 degrees F. Heat oil in large saucepan over medium heat 1 minute. Add onion and garlic; cook 8 minutes, stirring frequently. Add bell peppers; cook 5 minutes, stirring frequently.

Stir in baked beans, butter beans, red beans, ketchup, brown sugar, vinegar and mustard; mix well. Stir franks into bean mixture. Remove from heat.

Spoon mixture into 2-quart casserole or 8x8-inch baking dish. Bake uncovered 40 minutes or until hot and bubbly.



# Fry Sauce

## Ingredients

1/3 cup ketchup  
2/3 cup mayonnaise

## Directions

Mix ketchup and mayonnaise together in a small bowl until thoroughly blended.

# Tangy BBQ Ribs

## Ingredients

8 country style pork ribs  
1 cup honey  
1 cup ketchup  
2 tablespoons molasses  
1 (18 ounce) bottle barbeque sauce

## Directions

Preheat grill for medium-high heat.

Lightly oil grill grate. Grill ribs for 12 minutes, turning once during cooking. Transfer ribs to an 11x16 inch baking dish.

Preheat oven to 350 degrees F (175 degrees C). In a large bowl, stir together the honey, ketchup, molasses, and barbecue sauce.

Bake ribs, uncovered, for 1 hour. Remove from the oven, and drain fat. Coat ribs with the honey sauce. Continue baking for another 1 1/2 hours, or until ribs are tender.

# Drunken Ribs

## Ingredients

2 1/2 tablespoons garlic powder  
1 1/2 tablespoons white pepper  
1 1/2 tablespoons seasoned salt  
1 tablespoon onion salt  
1 teaspoon dried oregano  
4 pounds pork spareribs  
1/2 cup distilled white vinegar  
12 (12 fluid ounce) cans or bottles  
premium lager

1 (20 ounce) bottle ketchup  
1 (10 fluid ounce) bottle  
Worcestershire sauce  
1 1/2 cups maple syrup  
1 cup brown sugar  
1 cup liquid smoke flavoring  
1/2 cup margarine  
1/2 cup apple cider vinegar  
1/2 cup honey mustard

## Directions

In a medium bowl, mix garlic powder, white pepper, seasoned salt, onion salt, and oregano.

Place ribs in a large roasting pan, and rub evenly with the garlic powder mixture to coat. Pour distilled white vinegar and 1/2 the beer, or enough to cover ribs, into the pan. Cover pan, and marinate ribs in the refrigerator 8 hours, or overnight.

Prepare an outdoor grill for indirect, medium heat, and lightly oil grate.

In a large saucepan, whisk together remaining beer, ketchup, Worcestershire sauce, maple syrup, brown sugar, liquid smoke, margarine, apple cider vinegar, and honey mustard. Bring to boil. Cover, reduce heat, and simmer 15 minutes, or until a thick sauce has formed.

Remove ribs from the marinade mixture, and coat liberally with the sauce. Place on the prepared grill, and cook 1 1/2 to 2 hours, to an internal temperature of 160 degrees F (70 degrees C). Brush frequently with the sauce while cooking.

# Slow-Cooked Meat Loaf

## Ingredients

- 1 egg
- 1/4 cup milk
- 2 slices day-old bread, cubed
- 1/4 cup finely chopped onion
- 2 tablespoons finely chopped green pepper
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 1/2 pounds lean ground beef
- 1/4 cup ketchup
- 8 medium carrots, cut into 1-inch chunks
- 8 small red potatoes

## Directions

In a bowl, beat egg and milk. Stir in the bread cubes, onion, green pepper, salt and pepper. Add the beef and mix well. Shape into a round loaf. Place in a 5-qt. slow cooker. Spread ketchup on top of loaf. Arrange carrots around loaf. Peel a strip around the center of each potato; place potatoes over carrots. Cover and cook on high for 1 hour. Reduce heat to low; cover and cook 7-8 hours longer or until no pink remains in the meat and the vegetables are tender.

# Trail Blazer Barbecue Sauce

## Ingredients

2 cups chopped onions  
1 cup strong black coffee  
1 cup ketchup  
1 cup Worcestershire sauce  
1/2 cup brown sugar  
1/2 cup apple cider vinegar  
1/4 cup hot chili peppers, minced  
3 tablespoons chili powder  
6 cloves garlic, minced  
2 teaspoons salt

## Directions

Mix together the onions, coffee, ketchup, Worcestershire sauce, brown sugar, cider vinegar, hot chilies, chili powder, garlic, and salt in a saucepan until the brown sugar has dissolved. Place over medium heat, bring to a boil, reduce heat, and simmer for 30 minutes.

Pour the sauce into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the sauce moving before leaving it on to puree. Puree in batches until smooth. Store in glass container in refrigerator.

# Mistakenly Zesty Pork Chops

## Ingredients

1 cup soy sauce  
3/4 cup water  
1/2 cup brown sugar  
1 tablespoon honey  
1 dash lemon juice  
4 pork chops

1 cup ketchup  
1/2 cup cocktail sauce  
1/4 cup brown sugar  
2 tablespoons water  
1 1/2 teaspoons ground dry mustard

## Directions

In a saucepan over medium heat, mix the soy sauce, water, brown sugar, honey, and lemon juice. Bring to a boil, remove from heat, and cool.

Place the pork chops in a large, resealable plastic bag. Pour the soy sauce mixture into the bag, seal, and marinate in the refrigerator for 3 to 6 hours.

Preheat oven to 350 degrees F (175 degrees C).

Drain the pork chops, and discard remaining marinade. Arrange the pork chops in a baking dish, cover, and bake 30 minutes in the preheated oven.

In a bowl, blend the ketchup, cocktail sauce, brown sugar, water, and mustard. Pour over the pork chops, and continue baking 30 minutes, to an internal temperature of 160 degrees F (70 degrees C).

# Condiment Chops

## Ingredients

3 tablespoons mayonnaise  
1/4 cup prepared yellow mustard  
1/3 cup ketchup  
1/4 cup Worcestershire sauce  
2 teaspoons lemon juice  
1 tablespoon garlic powder  
1 tablespoon cayenne pepper  
1 pinch dried cilantro  
1 pinch dried sage  
black pepper to taste  
6 pork chops

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Whisk the mayonnaise, mustard, ketchup, Worcestershire sauce, lemon juice, garlic powder, cayenne, cilantro, sage, and black pepper together in a large bowl. Dip the pork chops into the sauce to coat thickly. Place chops in a 9x13 inch baking dish.

Bake chops in the preheated oven until the juices run clear, about 50 minutes.

Place a large skillet over medium-high heat. Pan fry the baked chops in the hot skillet, basting chops with sauce from the baking dish. Cook until glazed, about 3 minutes per side.

# Cranberry Meatballs

## Ingredients

2 pounds ground beef  
1 cup bread crumbs  
2 eggs, beaten  
2 tablespoons soy sauce  
1/4 teaspoon ground black pepper  
1/2 teaspoon garlic powder  
1/3 cup ketchup  
  
1 (16 ounce) can jellied cranberry sauce  
1 (18 ounce) bottle barbecue sauce  
2 tablespoons brown sugar  
1 tablespoon lemon juice

## Directions

Preheat oven to 350 degrees F. (175 degrees C).

Mix together the hamburger, bread crumbs, eggs, soy sauce, pepper, garlic powder and ketchup. Form into small balls and bake for 30 minutes.

In a saucepan over low heat, combine the cranberry sauce, barbecue sauce, brown sugar and lemon juice. Simmer and stir until smooth. Add meat balls and simmer for 1 hour. Serve warm.



# Baked Spaghetti III

## Ingredients

1 pound spaghetti  
1/4 cup olive oil  
2 cloves garlic, minced  
3 onions, chopped  
1 tablespoon tomato paste  
1 teaspoon ground black pepper  
1 teaspoon ground cumin  
1 teaspoon dried thyme  
4 tomatoes, juiced  
1 cup water  
1/4 cup ketchup  
1 pinch salt  
2 cups shredded mozzarella cheese, divided  
1 (2 ounce) can black olives, drained  
1 green bell pepper, sliced in rings

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large skillet over medium heat, heat olive oil. Saute garlic and onions in oil until tender. Stir in tomato paste, black pepper, cumin, thyme, tomato juice, water, ketchup and salt. Reduce heat to low, and simmer 15 minutes.

While sauce is simmering, bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Stir the cooked pasta into the sauce. Stir in 1 cup of the shredded mozzarella. Pour all into a 9x13 inch baking dish. Top with the remaining mozzarella, sliced olives and bell pepper.

Bake in preheated oven 20 to 30 minutes, until hot and bubbly.

# Carolina BBQ

## Ingredients

6 pounds pork shoulder  
1 bay leaf  
1 teaspoon crushed red pepper flakes  
4 cups water  
1 cup vinegar  
1/3 cup white sugar  
3 tablespoons ketchup  
1 tablespoon Worcestershire sauce  
1 teaspoon dry mustard  
1 clove garlic, pressed

## Directions

Place pork shoulder, bay leaf, red pepper and water in large pot with lid. Bring to boil. Simmer covered 4 to 5 hours until meat is tender. Let meat cool in broth. Remove excess fat from broth and shred meat.

Take 3 cups of liquid and bring to boil. Combine liquid with vinegar, sugar, ketchup, Worcestershire sauce and garlic. Add shredded pork and salt. Heat through uncovered.

# You Ain't Nothin' But A Hound Dogs

## Ingredients

1/2 pound ground beef  
2 tablespoons chopped onion  
3/4 cup ketchup  
1/4 cup water  
1 1/2 teaspoons Worcestershire sauce  
3/4 teaspoon chili powder  
1/4 teaspoon pepper  
1/8 teaspoon cayenne pepper  
8 frankfurters, cooked  
8 hot dog buns, split

## Directions

In a large saucepan, cook the beef and onion over medium heat until meat is no longer pink; drain. Stir in the ketchup, water, Worcestershire sauce, chili powder, pepper and cayenne. Bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes or until mixture reaches desired thickness. Place hot dogs in buns; top each with about 2 tablespoons beef mixture.

# Mixture for Meatballs, Meatloaf or Burgers

## Ingredients

2 pounds ground beef  
4 slices white bread - soaked  
with water, squeezed out and  
broken into tiny pieces  
3 eggs  
1/2 cup grated Romano cheese  
1 teaspoon dried parsley  
1/4 cup minced onion (optional)  
salt and pepper to taste  
3 tablespoons ketchup  
4 tablespoons steak sauce

## Directions

In a large bowl, combine the ground beef, bread, eggs, cheese, parsley and onion and season with salt and pepper to taste.

For meatballs: Form mixture into golf size balls and brown in a large skillet over medium heat for 5 to 10 minutes, or until well browned. Add to your favorite spaghetti sauce and simmer until meatballs are completely cooked through, about 15 to 20 minutes.

For meatloaf: Preheat oven to 350 degrees F (175 degrees C). Add 3 tablespoons ketchup to mixture, mix well, form into a loaf and place in a 9x13 inch baking dish. Bake at 350 degrees F (175 degrees C) for 75 to 90 minutes.

For burgers: Add 3 to 4 tablespoons steak sauce to mixture, mix well and form into patties. Saute in a large skillet over medium heat for 10 to 15 minutes, or to desired doneness.

# Big Al's K.C. Bar-B-Q Sauce

## Ingredients

2 cups ketchup  
2 cups tomato sauce  
1 1/4 cups brown sugar  
1 1/4 cups red wine vinegar  
1/2 cup unsulfured molasses  
4 teaspoons hickory-flavored liquid smoke  
2 tablespoons butter  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
1/4 teaspoon chili powder  
1 teaspoon paprika  
1/2 teaspoon celery seed  
1/4 teaspoon ground cinnamon  
1/2 teaspoon cayenne pepper  
1 teaspoon salt  
1 teaspoon coarsely ground black pepper

## Directions

In a large saucepan over medium heat, mix together the ketchup, tomato sauce, brown sugar, wine vinegar, molasses, liquid smoke and butter. Season with garlic powder, onion powder, chili powder, paprika, celery seed, cinnamon, cayenne, salt and pepper.

Reduce heat to low, and simmer for up to 20 minutes. For thicker sauce, simmer longer, and for thinner, less time is needed. Sauce can also be thinned using a bit of water if necessary. Brush sauce onto any kind of meat during the last 10 minutes of cooking.

# Rice Vinegar Basting Sauce

## Ingredients

3/4 cup white sugar  
1/2 cup rice vinegar  
1/4 cup ketchup  
2 tablespoons soy sauce  
1 tablespoon grated fresh ginger  
1 tablespoon cornstarch  
2 cloves garlic, minced

## Directions

Stir the sugar, vinegar, ketchup, soy sauce, ginger, cornstarch and garlic together in a saucepan over medium-high heat until mixture boils and thickens slightly.

# Easy Cola Chicken

## Ingredients

4 skinless, boneless chicken  
breast halves  
salt and pepper to taste  
2 tablespoons Worcestershire  
sauce  
1 cup ketchup  
1 cup cola-flavored carbonated  
beverage

## Directions

Preheat the oven to 350 degrees F (175 degrees C).

Place the chicken pieces into a 9x13 inch baking dish. Season with salt and pepper. In a medium bowl, mix together the Worcestershire sauce, ketchup and cola. Pour over the chicken. Cover with a lid or aluminum foil.

Bake for 50 minutes in the preheated oven, until the chicken is no longer pink.

# Beef Tenderloin with Potatoes

## Ingredients

2 1/4 cups water  
1 1/2 cups ketchup  
3 (.7 ounce) packages Italian salad dressing mix  
1 tablespoon prepared mustard  
3/4 teaspoon Worcestershire sauce  
1 (3 pound) whole beef tenderloin  
10 medium potatoes, peeled and quartered  
1/2 cup butter or margarine, melted  
1/2 teaspoon salt  
1/4 teaspoon pepper

## Directions

Combine the first five ingredients in a large resealable plastic bag. Pierce tenderloin in several places; place in bag and turn to coat. Seal and refrigerate for 8 hours or overnight.

Place potatoes in a large saucepan and cover with water. Bring to a boil; cook for 10-15 minutes or until crisp-tender; drain. Toss with butter, salt and pepper.

Place tenderloin on a rack in a roasting pan. Pour marinade into saucepan; bring to a rolling boil. Boil for 1 minute; pour over meat. Arrange the potatoes around meat.

Bake, uncovered, at 375 degrees F for 60-75 minutes, basting occasionally, or until beef reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F). Slice; serve with pan juices and potatoes.



# Tangy Rosemary Chicken

## Ingredients

2 pounds bone-in chicken breast halves  
1 large onion, sliced  
2/3 cup ketchup  
1/3 cup vinegar  
1/4 cup butter  
1 clove garlic, minced  
1 teaspoon dried rosemary  
1 teaspoon salt, or to taste  
1/2 teaspoon dry mustard

## Directions

Preheat oven to 375 degrees F (190 degrees C).

Place chicken breasts in a 9x13 inch baking dish. Put several slices of onion on top.

In a medium saucepan over medium heat, stir in ketchup, vinegar, butter, garlic, rosemary, salt, and mustard. Bring to a boil, then pour sauce over chicken.

Bake in a preheated oven for 30 minutes. Turn chicken breasts over, and continue baking until done, about 20 to 30 minutes.

# Texas BBQ Chicken

## Ingredients

8 boneless, skinless chicken breast halves  
3 tablespoons brown sugar  
1 tablespoon ground paprika  
1 teaspoon salt  
1 teaspoon dry mustard  
1/2 teaspoon chili powder  
1/4 cup distilled white vinegar  
1/8 teaspoon cayenne pepper  
2 tablespoons Worcestershire sauce  
1 1/2 cups tomato-vegetable juice cocktail  
1/2 cup ketchup  
1/4 cup water  
2 cloves garlic, minced

## Directions

Preheat the oven to 350 degrees F (175 degrees C).

Place the chicken breasts in a single layer in a 9x13 inch baking dish. In a medium bowl, mix together the brown sugar, paprika, salt, dry mustard, chili powder, vinegar, cayenne pepper, Worcestershire sauce, vegetable juice cocktail, ketchup, water and garlic. Pour the sauce evenly over the chicken breasts.

Bake uncovered, for 35 minutes in the preheated oven. Remove chicken breasts, shred with a fork, and return to the sauce. Bake in the oven for an additional 10 minutes so the chicken can soak up more flavor. Serve on a bed of rice with freshly ground black pepper.

# Barbecued Beef Cubes or Hamburger

## Ingredients

1 onion, chopped  
1 tablespoon butter  
1 tablespoon prepared mustard  
1 tablespoon Worcestershire sauce  
1 tablespoon distilled white vinegar  
2 tablespoons white sugar  
1/2 teaspoon salt  
1/2 teaspoon ground black pepper  
1/2 cup ketchup  
1 pound sirloin, cut into 1 inch cubes  
7 ounces vermicelli pasta

## Directions

In a large, heavy skillet, saute onions in butter or margarine over medium heat. Add meat, and cook until browned.

Mix in mustard, Worcestershire sauce, vinegar, salt, pepper, and ketchup. Reduce heat, cover, and simmer until sauce coats the meat. Serve hot.

# Lemon Barbeque Meatloaf

## Ingredients

1 1/2 pounds ground beef  
1/4 cup lemon juice  
1/2 cup water  
1 egg, beaten  
4 slices day-old bread, torn into small pieces  
1/4 cup chopped onion  
2 teaspoons seasoning salt

1/2 cup ketchup  
1/3 cup brown sugar  
1 teaspoon mustard powder  
1/4 teaspoon ground allspice  
1/4 teaspoon ground cloves  
6 slices lemon

## Directions

Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish or a dish of similar size.

In a large bowl, mix together the ground beef, lemon juice, water, egg, bread, onion and seasoning salt until well blended. Shape into 6 individual loaves - I like to make large balls. Place them in the prepared baking dish.

Bake for 15 minutes in the preheated oven while you prepare the topping. In a small bowl, stir together the ketchup, brown sugar, mustard powder, allspice and cloves. Spoon the sauce over the loaves, then top each one with a slice of lemon. Return to the oven, and bake for an additional 30 minutes, or until cooked through.

# Hearty Bean Bake

## Ingredients

1 pound ground beef  
1 medium onion, chopped  
1/2 pound sliced bacon, cooked and crumbled  
1 (28 ounce) can baked beans  
1 (16 ounce) can kidney beans, rinsed and drained  
1 (14.5 ounce) can wax beans, drained  
1 (14.5 ounce) can cut green beans, drained  
1/2 cup packed brown sugar  
1/2 cup ketchup  
3 tablespoons honey  
2 tablespoons cider vinegar

## Directions

In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Add the bacon and beans; mix well. Transfer to a greased 2-1/2-qt. baking dish.

In a small bowl, combine the brown sugar, ketchup, honey and vinegar. Pour over the bean mixture. Bake, uncovered, at 325 degrees F for 45-50 minutes or until heated through and bubbly. Let stand for 10 minutes; stir and serve.

# Betty's Pork Roast

## Ingredients

3 pounds bone-in pork roast  
2 cloves garlic  
salt and pepper to taste  
1/4 teaspoon Cajun seasoning  
1 (28 ounce) bottle ketchup  
16 ounces prepared mustard

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Stuff roast with garlic, salt, pepper and Cajun seasoning. In a large pot of boiling water, boil roast until meat is slightly pink. Remove from water.

Lay roast in a 9x13 inch baking dish lined with aluminum foil. Cover in ketchup and mustard. Then cover with more foil and bake in the preheated oven for 1 1/2 to 2 hours or until internal temperature has reached 160 degrees F (70 degrees C).

# Calico Bean Casserole

## Ingredients

1 (15 ounce) can kidney beans,  
undrained  
1 (16 ounce) can baked beans  
with pork  
1 (15 ounce) can butter beans,  
undrained  
1/2 cup ketchup  
2 teaspoons white vinegar  
1 tablespoon dry mustard  
3/4 cup packed brown sugar  
1 pound lean ground beef  
4 ounces bacon, chopped  
1/2 cup chopped onion  
salt to taste  
ground black pepper to taste

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large skillet over medium heat, fry the ground beef, bacon and onion together until ground beef is no longer pink. Drain fat.

In a large mixing bowl, combine the kidney beans, baked beans with pork and butter beans. Stir in the ketchup, white vinegar, dry mustard, brown sugar and cook beef mixture. Mix thoroughly, adding salt and pepper to taste.

Pour the bean and meat mixture into a 9x13 inch baking dish. Bake in preheated oven for 30 to 40 minutes.

# Bulgur Barbecue

## Ingredients

2 3/4 cups water, divided  
2/3 cup bulgur  
1 1/2 pounds lean ground beef  
1 1/2 cups chopped celery  
1 large onion, chopped  
1 (8 ounce) can tomato sauce  
1/2 cup packed brown sugar  
1/2 cup ketchup  
1 tablespoon white vinegar  
1/2 teaspoon prepared mustard  
1/4 teaspoon salt  
1/4 teaspoon pepper  
12 hamburger buns, split

## Directions

In a saucepan, bring 2 cups water to a boil. Stir in bulgur. Reduce heat; cover and simmer for 15 minutes. Remove from the heat. Drain and squeeze dry; set aside.

In a large nonstick skillet, cook the beef, celery and onion over medium heat until meat is no longer pink; drain. Add the tomato sauce, brown sugar, ketchup, vinegar, mustard, salt, pepper and remaining water. Stir in reserved bulgur.

Transfer to a 2-qt. baking dish. Cover and bake at 350 degrees F for 50-60 minutes or until heated through. Serve on buns.



# Barbecued Pork Chops

## Ingredients

6 (1/2 inch thick) boneless pork chops  
1 medium onion, chopped  
1 cup ketchup  
1/2 cup water  
1/2 cup chopped celery  
2 tablespoons lemon juice  
1 tablespoon brown sugar  
1 tablespoon Worcestershire sauce  
1/2 teaspoon salt  
1/2 teaspoon ground mustard  
1 teaspoon cornstarch  
1 tablespoon cold water

## Directions

Place pork chops in an ungreased 11-in. x 7-in. x 2-in. microwave-safe dish. In a bowl, combine the next nine ingredients. Pour over the chops. Cover with plastic wrap; peel back one corner to vent. Microwave on high for 18-20 minutes or until juices run clear. Remove chops; set aside and keep warm. In a small bowl, combine cornstarch and cold water until smooth. Stir into barbecue sauce. Microwave for 1 minute or until thickened. Serve sauce over chops.

# Barbecued Pork Chops

## Ingredients

8 lean pork chops  
1/2 cup ketchup  
1 teaspoon salt  
1 teaspoon celery seed  
1/2 teaspoon ground nutmeg  
1/3 cup distilled white vinegar  
1 cup water  
1 bay leaf

## Directions

Preheat oven to 325 degrees F (165 degrees C).

In a skillet, heat a small amount of oil and brown both sides of the pork chops.

In a bowl combine ketchup, salt, celery seed, nutmeg, vinegar, water, and bay leaf; Pour over chops.

Bake in oven for 90 minutes. Turn chops once during baking.

# Barbecued Ham Buns

## Ingredients

1/3 cup ketchup  
1/3 cup water  
3 tablespoons brown sugar  
3 tablespoons sweet pickle relish  
1 tablespoon prepared mustard  
1 tablespoon vinegar  
1 pound thinly sliced fully cooked ham  
6 hamburger buns, split

## Directions

In a large microwave-safe dish, combine the first six ingredients; mix well. Stir in ham. Cover and microwave on high for 2 minutes. Stir. Microwave 1-2 minutes longer or until heated through. Serve on buns.

# Sweet and Tangy BBQ Sauce

## Ingredients

2 tablespoons butter  
1 small onion, minced  
2 cups ketchup  
1/2 cup cider vinegar  
1/4 cup water  
1/4 cup apple juice  
1/4 cup Worcestershire sauce  
2 tablespoons brown sugar  
2 tablespoons molasses  
2 tablespoons honey  
2 teaspoons dry mustard powder  
1 teaspoon chili powder  
1 teaspoon garlic powder  
1 teaspoon ground cayenne pepper

## Directions

Melt the butter in saucepan over medium heat. Stir in the onion, and cook until tender. Mix in ketchup, cider vinegar, water, apple juice, Worcestershire sauce, brown sugar, molasses, honey, mustard powder, chili powder, garlic powder, and cayenne pepper. Bring to a boil. Reduce heat to low, and simmer 30 minutes, stirring occasionally.

# Ribs for Kids

## Ingredients

1 medium onion, chopped  
2 tablespoons vegetable oil  
1 cup water  
1 cup ketchup  
1/2 cup cider vinegar  
2 tablespoons sugar  
2 tablespoons Worcestershire sauce  
2 teaspoons ground mustard  
2 teaspoons paprika  
1/8 teaspoon hot pepper sauce  
6 hot dogs  
Hot cooked rice

## Directions

In a saucepan, saute onion in oil until tender. Stir in water, ketchup, vinegar, sugar, Worcestershire sauce, mustard, paprika and hot pepper sauce. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes.

Cut hot dogs in half lengthwise and then widthwise. Place in a greased 11-in. x 7-in. x 2-in. baking dish. Top with sauce. Bake, uncovered, at 350 degrees F for 20-25 minutes or until heated through. Serve over rice.

# Ellen's Buffalo Meatloaf

## Ingredients

- 1 slice multigrain bread
- 1 pound ground buffalo meat
- 1 onion, diced
- 1 egg, lightly beaten
- 1 teaspoon mustard powder
- 3/4 cup canned diced tomatoes, drained
- 1 teaspoon salt
- 1 dash ground black pepper
- 1/3 cup ketchup

## Directions

Preheat an oven to 350 degrees F (175 degrees C). Crumble the bread slice into crumbs and set aside. Grease an 8x8 inch baking dish.

Thoroughly mix ground buffalo meat, onion, egg, ground mustard, tomatoes, salt, pepper, and bread crumbs in a large bowl.

Form the meat mixture into a loaf shape about 8x4 inches and place into the middle of the baking dish. Apply ketchup to the top and sides of the meatloaf.

Bake in preheated oven until meat is no longer pink and ketchup forms a glaze over the meatloaf, 1 1/2 hours. Let stand 10 minutes before serving.

# Frenchie's Salad Dressing

## Ingredients

1 cup sunflower seed oil  
3/4 cup white wine vinegar  
1 cup white sugar  
1/2 cup ketchup  
1/2 teaspoon salt  
1/2 teaspoon ground black pepper  
1/2 teaspoon cayenne pepper  
1 tablespoon Worcestershire sauce  
1 onion, minced  
2 cloves garlic, minced

## Directions

In a medium bowl, whisk together the oil, vinegar, sugar, ketchup, salt, pepper, cayenne, Worcestershire sauce, onion and garlic. Whisk until the sugar is dissolved. Refrigerate and whisk before using.

# Secret Burger Sauce

## Ingredients

1/2 cup mayonnaise  
1/4 cup ketchup  
1/2 cup chopped dill pickles  
1 teaspoon garlic powder  
1/2 teaspoon black pepper

## Directions

Stir together the mayonnaise, ketchup, pickles, garlic powder, and pepper in a bowl, and place a dollop on your hamburger!



# Barbeque Sauce III

## Ingredients

- 1 (28 ounce) bottle ketchup
- 1 (12 ounce) bottle chile sauce
- 1/3 cup prepared mustard
- 1 tablespoon ground dry mustard
- 1 1/2 cups packed brown sugar
- 2 tablespoons coarsely ground black pepper
- 1 1/2 cups white wine vinegar
- 1 dash hot pepper sauce
- 1/4 cup Worcestershire sauce
- 2 tablespoons soy sauce
- 2 tablespoons vegetable oil
- 1 (12 fluid ounce) can or bottle beer
- 1 cup lemon juice
- 3 cloves garlic, peeled and crushed

## Directions

In a large bowl, mix ketchup, chile sauce, prepared mustard, ground dry mustard, brown sugar, black pepper, white wine vinegar, hot pepper sauce, Worcestershire sauce, soy sauce, vegetable oil, beer and lemon juice. Cover and refrigerate until use. Approximately 1 hour before use, mix in the garlic. Apply generously to desired meats during the final minutes of cooking.

# Cabbage Sloppy Joes

## Ingredients

- 1 pound ground beef
- 1 1/2 cups finely shredded cabbage
- 1 medium onion, chopped
- 1 celery rib, chopped
- 1/4 cup chopped green pepper
- 1 cup ketchup
- 3 tablespoons brown sugar
- 2 tablespoons lemon juice
- 1 tablespoon white vinegar
- 1 tablespoon Worcestershire sauce
- 1 tablespoon prepared mustard
- 1 teaspoon salt
- Dash pepper
- 8 sandwich rolls, split

## Directions

In a large skillet, cook the beef, cabbage, onion, celery and green pepper over medium heat until meat is no longer pink and vegetables are crisp-tender; drain. sTir in the ketchup, brown sugar, lemon juice, vinegar, Worcestershire sauce, mustard, salt and pepper. Cover and simmer for 10 minutes or until cabbage is tender. Spoon 1/2 cup onto each roll.

# Mary's Meatloaf

## Ingredients

1 1/2 pounds lean ground beef  
1 large onion, chopped  
salt to taste  
ground black pepper to taste  
garlic powder to taste  
6 slices white bread, cut into cubes  
1/2 cup milk  
1 egg  
3 tablespoons yellow mustard, divided  
1/2 cup ketchup, divided  
3 tablespoons brown sugar

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl, thoroughly mix ground beef, onion, salt, pepper and garlic powder. Mix in bread, milk, egg, 2 tablespoons mustard and 1/4 cup ketchup.

Press the meat mixture into a 9x5 inch loaf pan. In a small bowl, stir together remaining mustard, ketchup and brown sugar; pour on top of the meat loaf.

Bake in preheated oven for 2 hours.

# Meat Loaf Pattie

## Ingredients

1/3 cup seasoned bread crumbs  
3 tablespoons milk  
1 teaspoon Worcestershire sauce  
1 teaspoon finely chopped onion  
1/4 teaspoon salt  
1/2 pound lean ground beef  
Ketchup

## Directions

In a bowl, combine the first five ingredients. Crumble beef over mixture and mix well. Shape into a large patties. Place in a shallow microwave-safe dish. Microwave, uncovered, on high for 3-4 minutes. Let stand for 3 minutes or until a meat thermometer reads 160 degrees F. Serve with ketchup.

# Cocktail Meatballs I

## Ingredients

1 pound ground beef  
2 eggs  
1 cup rolled oats  
2 tablespoons dried minced onion flakes  
9 drops hot pepper sauce  
seasoning salt to taste  
  
3/4 cup ketchup  
1/2 cup water  
1/4 cup vinegar  
1/3 cup brown sugar  
1 1/2 tablespoons dried minced onion flakes  
1 teaspoon mustard powder  
4 teaspoons Worcestershire sauce  
6 drops hot pepper sauce

## Directions

Preheat oven to 325 degrees F (165 degrees C).

In a large bowl, combine the ground beef, eggs, rolled oats, minced onion flakes, hot pepper sauce and seasoning salt. Mix well and form into 1 inch meatballs. Place into a 9x13 inch baking dish.

Bake, uncovered, at 325 degrees F (165 degrees C) for 30 minutes.

Meanwhile, in a separate medium bowl, combine the ketchup, water, vinegar, brown sugar, minced onion flakes, dry mustard, Worcestershire sauce and hot pepper sauce. Mix together well and set aside.

Remove meatballs from oven and pour reserved sauce over them. Cover with foil and return to oven.

Bake, covered, in a preheated oven for 1 hour.

# Easy Meatloaf

## Ingredients

1 1/2 pounds ground beef  
1 egg  
1 onion, chopped  
1 cup milk  
1 cup dried bread crumbs  
salt and pepper to taste  
2 tablespoons brown sugar  
2 tablespoons prepared mustard  
1/3 cup ketchup

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl, combine the beef, egg, onion, milk and bread OR cracker crumbs. Season with salt and pepper to taste and place in a lightly greased 5x9 inch loaf pan, OR form into a loaf and place in a lightly greased 9x13 inch baking dish.

In a separate small bowl, combine the brown sugar, mustard and ketchup. Mix well and pour over the meatloaf.

Bake at 350 degrees F (175 degrees C) for 1 hour.

# Zinfandel Barbeque Sauce

## Ingredients

2 tablespoons olive oil  
1/2 cup chopped green onions  
2 cups red Zinfandel wine  
2 cups ketchup  
1 cup soy sauce  
1/2 cup Dijon mustard  
1/4 cup brown sugar  
1/4 cup chopped fresh parsley

## Directions

Heat the olive oil in a saucepan over medium heat, and cook and stir the green onions about 5 minutes, until tender. Pour in the wine, and cook until reduced by about 1/2.

Mix the ketchup, soy sauce, mustard, and brown sugar into the saucepan with the wine. Reduce heat, and simmer 30 minutes, until thickened and well blended. Remove from heat, and mix in the parsley. Refrigerate until ready to serve.

# Barbecued Beef

## Ingredients

1 1/2 cups ketchup  
1/4 cup packed brown sugar  
1/4 cup red wine vinegar  
2 tablespoons prepared Dijon-style mustard  
2 tablespoons Worcestershire sauce  
1 teaspoon liquid smoke flavoring  
1/2 teaspoon salt  
1/4 teaspoon ground black pepper  
1/4 teaspoon garlic powder  
1 (4 pound) boneless chuck roast

## Directions

In a large bowl, combine ketchup, brown sugar, red wine vinegar, Dijon-style mustard, Worcestershire sauce, and liquid smoke. Stir in salt, pepper, and garlic powder.

Place chuck roast in a slow cooker. Pour ketchup mixture over chuck roast. Cover, and cook on Low for 8 to 10 hours.

Remove chuck roast from slow cooker, shred with a fork, and return to the slow cooker. Stir meat to evenly coat with sauce. Continue cooking approximately 1 hour.



# Amazing Spicy Grilled Shrimp

## Ingredients

1/3 cup olive oil  
1/4 cup sesame oil  
1/4 cup chopped fresh parsley  
2 tablespoons hot sauce  
2 tablespoons minced garlic  
1 tablespoon ketchup  
1 tablespoon Asian chile paste  
1 teaspoon salt  
1 teaspoon black pepper  
3 tablespoons lemon juice  
2 pounds large shrimp, peeled and deveined  
12 wooden skewers, soaked in water

## Directions

Whisk together the olive oil, sesame oil, parsley, hot sauce, minced garlic, ketchup, chile sauce, salt, pepper, and lemon juice in a mixing bowl. Set aside about 1/3 of this marinade to use while grilling.

Place the shrimp in a large, resealable plastic bag. Pour in the remaining marinade and seal the bag. Refrigerate for 2 hours.

Preheat an outdoor grill for high heat. Thread shrimp onto skewers, piercing once near the tail and once near the head. Discard marinade.

Lightly oil grill grate. Cook shrimp for 2 minutes per side until opaque, basting frequently with reserved marinade.

# Savory Grilled Beef Kabobs

## Ingredients

1 (10.5 ounce) can Campbell's®  
Condensed Beef Broth  
1/4 cup ketchup  
1 tablespoon vegetable oil  
1 teaspoon dried thyme leaves,  
crushed  
1/4 teaspoon garlic powder  
1/2 teaspoon ground black  
pepper  
1 boneless beef sirloin steak  
12 medium mushrooms  
1 large green pepper, cut into 1-  
inch pieces

## Directions

Stir the broth, ketchup, oil, thyme, garlic powder and black pepper in a shallow, nonmetallic dish or gallon size resealable plastic bag. Add the beef, mushrooms and green pepper and toss to coat. Cover the dish or seal the bag and refrigerate for 30 minutes.

Remove the beef and vegetables from the marinade. Thread the beef, mushrooms and green pepper alternately on 4 skewers.

Lightly oil the grill rack and heat the grill to medium. Grill the kabobs for 20 minutes or until the beef is cooked through and the vegetables are tender, turning and brushing often with the marinade. Discard any remaining marinade.

# Marinated Baked Pork Chops

## Ingredients

1 tablespoon soy sauce  
2 tablespoons vegetable oil  
1 tablespoon Worcestershire sauce  
1 teaspoon lemon juice  
2 tablespoons brown sugar  
2 tablespoons ketchup  
6 pork chops, trimmed

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a small bowl, thoroughly blend soy sauce, vegetable oil, Worcestershire sauce, lemon juice, brown sugar, and ketchup.

Place pork chops in a medium baking dish, and spread with 1/2 the sauce.

Bake pork chops 30 minutes in the preheated oven. Turn, and spread with remaining sauce. Continue baking 30 minutes, or until internal temperature of the chops has reached 160 degrees F (70 degrees C).

# Spicy Creamy Cajun Ham and Black Eyed Peas

## Ingredients

2 cups fresh corn kernels  
2 (15 ounce) cans black-eyed peas, rinsed and drained  
1 cup cubed fully cooked ham  
3 stalks celery, finely chopped  
2 tablespoons chopped red onion  
  
2/3 cup sour cream  
1 tablespoon ketchup  
1 tablespoon dried cilantro  
1 teaspoon Cajun seasoning  
2 dashes hot pepper sauce (such as Tabasco®), or to taste

## Directions

Place the corn into a saucepan, cover with water, and bring to a boil. Reduce heat and simmer until the corn is fully cooked, about 2 minutes. Drain the corn in a colander set in the sink.

Mix together the warm corn, black-eyed peas, ham, celery, and onion in a salad bowl.

Whisk together the sour cream, ketchup, cilantro, Cajun seasoning, and hot pepper sauce in a bowl until smooth. Stir the dressing lightly into the black-eyed pea mixture until thoroughly mixed. Serve immediately.

# Pasta Cheeseburger Soup

## Ingredients

1 pound ground beef  
1/2 cup chopped onion  
3 cups water  
1 (10.75 ounce) can condensed cheddar cheese soup, diluted  
1 (10.75 ounce) can condensed tomato soup, undiluted  
3 tablespoons dill pickle relish  
1 cup small pasta shells, uncooked  
Ketchup and mustard

## Directions

In a large saucepan, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in the water, soups and relish. Bring to a boil. Reduce heat; add pasta. Cook, uncovered for 15-20 minutes or until pasta is tender stirring occasionally. Drizzle each serving with ketchup and mustard.

# Tamale Pie Pronto

## Ingredients

2 1/2 pounds ground beef  
1 (16 ounce) can chopped tomatoes  
1 (12 ounce) can whole kernel corn, drained  
1 (8 ounce) can tomato sauce  
1 (16 ounce) can chili beans  
1/2 cup ketchup  
1/2 cup chopped onion  
1 tablespoon chili powder  
2 (10 ounce) cans refrigerated biscuit dough  
2 teaspoons vegetable oil  
1/3 cup cornmeal  
2 cups shredded Cheddar cheese

## Directions

Preheat oven to 375 degrees F (190 degrees C). Grease a 9x13 inch baking pan.

Brown the ground beef in a large skillet over medium-high heat. Drain fat. Stir in the tomatoes, corn, tomato sauce, chili beans, ketchup, onion, and chili powder. Mix well.

Line the prepared pan with the biscuits, covering the bottom and the sides. Brush biscuits with vegetable oil; sprinkle evenly with cornmeal. Spoon the ground beef mixture into the biscuit-lined dish. Sprinkle with the shredded cheese.

Bake in the preheated oven until biscuits are golden and the cheese is melted, about 25 minutes.

## Ingredients

- 1 cup chickpea flour (besan)
- 3/4 cup water
- 1/2 teaspoon chili powder
- 1 tablespoon ground cumin
- 1 tablespoon coriander seeds
- 1 onion, halved and thinly sliced
- 1/2 teaspoon salt, or to taste
- 1 pinch ground turmeric
- 2 jalapeno pepper, seeded and minced
- 1 cup vegetable oil for frying

## Directions

In a medium bowl, mix together the besan, water, salt, chili powder, turmeric, cumin, coriander seeds, onion, and jalapeno pepper until it forms a smooth mixture with no flour lumps.

Heat the oil in a deep skillet over medium-high heat. When the oil is sizzling hot, drop dough by tablespoonfuls, and fry until golden brown on each side. Drain on paper towels, and serve hot with ketchup or chili sauce for dipping.

# Zesty Chicken Wings

## Ingredients

1/2 cup corn syrup  
1/2 cup ketchup  
1/4 cup cider vinegar  
1/4 cup Worcestershire sauce  
1/4 cup Dijon mustard  
1 small onion, chopped  
3 garlic cloves, minced  
1 tablespoon chili powder  
16 chicken wings

## Directions

In a saucepan, combine the first eight ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 15-20 minutes or until thickened. Meanwhile, cut chicken wings into three sections; discard wing tips. Place wings in a well-greased 15-in. x 10-in. x 1-in. baking pan. Bake at 375 degrees F for 30 minutes, turning once. Brush with sauce. Bake 20-25 minutes longer, turning and basting once, or until chicken juices run clear. Serve with additional sauce if desired.



# Dee's Mexican Rice

## Ingredients

1 tablespoon vegetable oil  
1 teaspoon ground turmeric  
1 teaspoon garlic powder  
1/2 teaspoon ground cumin  
1/2 teaspoon ground coriander seed  
2 teaspoons paprika  
1 pinch red pepper flakes  
1 pinch cayenne pepper  
3 green onions  
1 green bell pepper, chopped  
1 cup pre-cooked corn kernels  
2 small tomatoes, diced  
1/4 cup ketchup  
2 cups cooked rice  
salt to taste

## Directions

Heat oil in a wok-style pan with turmeric, garlic powder, cumin, coriander, paprika, chili flakes, and cayenne pepper. Add the green onions and the green peppers; saute 1 to 2 minutes over medium-high heat.

Add corn and tomatoes and saute until tomatoes release their juices. Add ketchup and stir until mixed.

Add rice and stir until heated thoroughly. Salt to taste.

# Slammin' Beanwiches

## Ingredients

8 slices bread  
1 (15 ounce) can baked beans with pork  
1 (12 ounce) container fully cooked luncheon meat (e.g. Spam<sup>®</sup>,<sup>™</sup>)  
8 slices American cheese  
3 tablespoons ketchup  
3 tablespoons prepared yellow mustard

## Directions

Preheat the oven's broiler and set the oven rack at about 6 inches from the heat source.

Place the bread onto a baking sheet. Spread the baked beans with pork onto each slice of bread, then cut the luncheon meat into 8 slices, and place a slice on each piece of bread. Cover with a slice of cheese, then add a dollop of ketchup and mustard to each. Broil in preheated oven until the edges of the bread have toasted and the cheese is melted and golden.

# Sue's Beans

## Ingredients

1 pound ground beef  
1/2 pound sliced bacon, diced  
1 cup chopped onion  
1 (16 ounce) can baked beans  
with pork, drained  
1 (15.25 ounce) can kidney beans,  
drained  
1 (15.5 ounce) can great Northern  
beans, drained  
1/2 cup ketchup  
3/4 cup brown sugar  
1/2 teaspoon salt  
1 teaspoon mustard powder  
2 teaspoons white vinegar  
2 tablespoons molasses

## Directions

Preheat the oven to 350 degrees F (175 degrees C).

Heat a Dutch oven over medium heat. Use a large pot or saucepan if you do not have a Dutch oven. Add the beef, bacon and onion. Cook and stir until beef is evenly browned and crumbled. Drain off grease.

Stir in the baked beans, kidney beans and Great Northern beans. Combine the ketchup, brown sugar, salt, mustard powder, vinegar and molasses; stir into the beans. If you are not using a Dutch oven, transfer to a casserole dish.

Bake for 1 1/2 hours in the preheated oven.

# Creamy Crab Spread

## Ingredients

1 (3 ounce) package cream cheese, softened  
1/4 cup mayonnaise  
1 tablespoon ketchup  
1 (6 ounce) can crabmeat - drained, flaked and cartilage removed  
1 tablespoon grated onion  
Assorted crackers

## Directions

In a small mixing bowl, combine the cream cheese, mayonnaise and ketchup; beat until smooth. Stir in the crab and onion. Serve with crackers.

# My Grandmother's French Dressing

## Ingredients

2/3 cup ketchup  
1 cup white sugar  
1/2 cup white vinegar  
1 cup vegetable oil  
1/2 cup lemon juice  
1 teaspoon salt  
1 teaspoon paprika  
1 1/2 small onions, grated  
2 cloves garlic, pressed  
1/4 cup crumbled blue cheese

## Directions

Add ketchup, sugar, vinegar, oil, lemon juice, salt, paprika, onions, garlic and blue cheese to a glass jar. Cover, shake well, and refrigerate. This will keep in the refrigerator for quite a while.

# Three Bean Potluck Casserole

## Ingredients

- 1/2 pound bacon
- 1 pound ground beef
- 1 onion, chopped
- 1/2 cup ketchup
- 3/4 cup brown sugar
- 1 tablespoon vinegar
- 1 teaspoon dry mustard
- 1 (16 ounce) can baked beans
- 1 (15.25 ounce) can kidney beans
- 1 (15 ounce) can butter beans

## Directions

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, break into medium pieces and set aside. In same skillet, brown beef and onion. Drain fat.

Preheat oven to 350 degrees F (175 degrees C).

Place bacon/beef mixture in a large bowl and stir in the ketchup, sugar, vinegar, mustard, baked beans, kidney beans (with liquid) and butter beans (with liquid). Mix well.

Spoon casserole mixture into a 9x13 inch baking dish and bake in the preheated oven for 1 hour, uncovered.

# Scallops Provenale

## Ingredients

2 tablespoons butter  
1 pound sea scallops, rinsed and drained  
1 small onion, finely chopped  
1/2 pound mushrooms, thinly sliced  
1 clove garlic, minced  
2 medium tomatoes, peeled and chopped  
1/4 cup dry white wine (optional)  
2 tablespoons ketchup  
1/2 teaspoon salt  
1/2 teaspoon chopped dried tarragon  
1/4 teaspoon dried rosemary  
1 pinch white pepper  
1/4 pound frozen, small, cooked shrimp  
2 teaspoons white wine vinegar  
chopped fresh parsley, for garnish

## Directions

Heat butter in a large skillet over medium-high heat. Without crowding, lightly brown scallops in batches. Remove scallops to individual casseroles or lightly buttered baking shells.

Stir onion and mushrooms into the skillet, and cook until the onion is soft and begins to brown. Stir in garlic, tomatoes, wine, ketchup, salt, tarragon, rosemary, and white pepper. Bring to a boil; cover, reduce heat to low, and simmer 15 minutes. Uncover, and cook until thick, about 3 minutes. Mix in shrimp and vinegar.

Preheat oven to 400 degrees F (200 degrees C).

Spoon sauce evenly over scallops.

Bake in a preheated oven until sauce bubbles and begins to brown at the edges, about 10 minutes. Sprinkle parsley over tops, and serve.

# London Broil II

## Ingredients

1 clove garlic, minced  
1 teaspoon salt  
3 tablespoons soy sauce  
1 tablespoon ketchup  
1 tablespoon vegetable oil  
1/2 teaspoon ground black pepper  
1/2 teaspoon dried oregano  
4 pounds flank steak

## Directions

In a small bowl, mix together garlic, salt, soy sauce, ketchup, vegetable oil, black pepper and oregano.

Score both sides of the meat, diamond cut, about 1/8 inch deep. Rub garlic mixture into both sides of the meat. Wrap tightly in aluminum foil, and refrigerate for 5 to 6 hours, or overnight. Flip meat every few hours.

Preheat an outdoor grill for high heat, and lightly oil grate.

Place meat on the prepared grill. Cook for 3 to 7 minutes per side, or to desired doneness.



# Mom's Sour Cream Chicken

## Ingredients

1 tablespoon vegetable oil  
1 pound skinless, boneless  
chicken breast halves - cut into  
bite size pieces  
2 cups sour cream  
1 cup fresh sliced mushrooms  
2 tablespoons ketchup  
3 tablespoons prepared mustard  
1 teaspoon garlic powder  
1 teaspoon salt  
1/2 teaspoon ground black  
pepper

## Directions

Heat oil in a large skillet over medium heat. Add chicken, and saute until browned, about 5 to 7 minutes.

When chicken is browned, stir in sour cream, mushrooms, ketchup and mustard; season with garlic powder, salt and pepper. Reduce heat to low. Simmer for about 20 minutes, or until chicken is no longer pink and juices run clear.

# Dallas-Style Sloppy Joes

## Ingredients

1 1/2 pounds lean ground beef  
1 yellow onion, chopped  
1 red bell pepper, chopped  
sea salt and ground black pepper  
to taste  
1 1/2 cups ketchup  
3 tablespoons apple cider vinegar  
3 tablespoons Worcestershire  
sauce  
3 tablespoons brown sugar  
3 tablespoons yellow mustard  
3 tablespoons hickory flavored  
barbecue sauce  
2 tablespoons grated Parmesan  
cheese  
5 large hamburger buns, toasted

## Directions

Cook the ground beef in a large skillet over medium heat until completely browned, 5 to 7 minutes. Add the onion and bell pepper, season with sea salt and black pepper, and cook until vegetables soften, about 7 minutes.

Stir in the ketchup, vinegar, Worcestershire sauce, brown sugar, mustard, and barbecue sauce. Reduce heat to low and simmer the mixture until thickened, about 10 minutes. Add Parmesan cheese and serve on toasted hamburger buns.

# Barbequed Hamburgers

## Ingredients

1 pound ground beef  
1/2 cup uncooked rolled oats  
2/3 cup evaporated milk  
2 tablespoons minced onion  
1/8 teaspoon salt  
1/8 teaspoon ground black pepper  
4 teaspoons Worcestershire sauce  
2 tablespoons vinegar  
4 teaspoons granulated sugar  
2/3 cup ketchup  
1/4 cup chopped onion  
3 tablespoons vegetable oil

## Directions

In a medium bowl, mix the ground beef, oats, milk, 2 tablespoons minced onion, salt, and pepper. Let stand for a few minutes until milk is absorbed, and shape into 8 patties.

In a small bowl, thoroughly mix the Worcestershire sauce, vinegar, sugar, ketchup, and 1/4 cup chopped onion; set aside.

Heat the oil in a medium skillet over medium heat, and fry the patties until brown on both sides. Pour the sauce in with the patties, and reduce heat. Continue cooking about 15 minutes.

# Koula's Best Ever Chicken Gyros

## Ingredients

3 skinless, boneless chicken breast halves - cut into 1/2 inch strips  
2 tablespoons ketchup  
2 tablespoons olive oil  
1 1/2 teaspoons white wine vinegar  
1 teaspoon dried oregano  
1 teaspoon mustard powder  
1 1/2 teaspoons curry powder, or to taste  
4 pita breads, cut in half  
2 cups mixed salad greens  
1 cup plain yogurt

## Directions

Place the chicken strips side by side in a broiling pan. In a cup or small bowl, stir together the ketchup, olive oil, white wine vinegar, oregano, mustard powder and curry powder. Pour over the chicken. Allow the chicken to marinate while you preheat the oven's broiler.

Broil uncovered for 15 minutes with the meat about 6 inches from the heat. Just until the chicken is cooked through, but not browned. If left too long, it will turn stringy and dry.

Place hot chicken into pita pockets and spoon some of the juices from the pan over it. Top with salad greens and plain yogurt.

# Nacho Meatballs

## Ingredients

2 eggs  
1/2 cup ketchup  
1 large onion, chopped  
2/3 cup crushed saltines  
1/2 cup mashed potato flakes  
1/2 teaspoon garlic powder  
1/4 teaspoon pepper  
2 pounds lean ground beef  
1 (11 ounce) can condensed nacho cheese soup, undiluted  
1 (10.75 ounce) can condensed cream of mushroom soup, undiluted  
1 1/3 cups water  
1 (2.8 ounce) can French-fried onions

## Directions

In a large bowl, combine the first seven ingredients. Crumble beef over mixture; mix well. Shape into 1-1/2-in. balls. Place in a greased 13-in. x 9-in. x 2-in. baking dish. Bake, uncovered, at 350 degrees F for 1 hour, turning once; drain. Combine soups and water; pour over meatballs. Sprinkle with onions. Bake 30 minutes longer or until meat is no longer pink.

# Spaghetti Casserole I

## Ingredients

1 pound spaghetti  
1 pound ground turkey  
1 large onion, chopped  
1 large green bell pepper,  
chopped  
2 cloves garlic, minced  
2 tomatoes, chopped  
2 cups ketchup  
1 cup shredded reduced-fat  
Cheddar cheese

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and set aside.

In a large skillet, brown turkey over medium heat. Remove turkey from skillet to a large bowl; do not drain any grease left in skillet.

Add onion and bell pepper to skillet; saute until softened. Add garlic to saute for 2 minutes and add tomatoes; mix well and remove from heat.

Add vegetable mixture to turkey and stir in ketchup to coat; mix well. In a 9x13 inch baking dish, spread mixture and top with spaghetti and cheese.

Bake in preheated oven for about 30 minutes or until heated through and cheese is melted; serve.

# Chicago-Style Hot Dog

## Ingredients

- 1 all-beef hot dog
- 1 poppyseed hot dog bun
- 1 tablespoon yellow mustard
- 1 tablespoon sweet green pickle relish
- 1 tablespoon chopped onion
- 4 tomato wedges
- 1 dill pickle spear
- 2 sport peppers
- 1 dash celery salt

## Directions

Bring a pot of water to a boil. Reduce heat to low, place hot dog in water, and cook 5 minutes or until done. Remove hot dog and set aside. Carefully place a steamer basket into the pot and steam the hot dog bun 2 minutes or until warm.

Place hot dog in the steamed bun. Pile on the toppings in this order: yellow mustard, sweet green pickle relish, onion, tomato wedges, pickle spear, sport peppers, and celery salt. The tomatoes should be nestled between the hot dog and the top of the bun. Place the pickle between the hot dog and the bottom of the bun. Don't even think about ketchup!

# Ranchers Beans

## Ingredients

1 pound lean ground beef  
1/2 pound spicy pork sausage  
1 medium onion, diced  
1 tablespoon minced garlic  
2 (15 ounce) cans baked beans  
1 (15 ounce) can butter beans  
1/2 cup ketchup  
1/4 cup barbeque sauce  
1 1/2 teaspoons Worcestershire  
sauce  
ground cayenne pepper to taste

## Directions

Place the beef and sausage in a skillet over medium heat, and cook until evenly brown; drain grease. Mix in onion and garlic, and cook until tender. Stir in baked beans, butter beans, ketchup, barbeque sauce, Worcestershire sauce, and cayenne pepper. Cover, reduce heat to low, and continue cooking 15 minutes, stirring occasionally.



# Kerry's Asiago Cheese Hamburger

## Ingredients

1 pound ground beef sirloin  
1 tablespoon Worcestershire sauce  
1/2 cup buffalo wing sauce  
1 teaspoon freshly ground black pepper  
1 teaspoon sea salt  
1 teaspoon garlic powder  
2 tablespoons olive oil  
1/2 cup sweet onion, sliced  
1/4 cup barbeque sauce  
4 hamburger buns, split  
1/4 cup Additional ketchup  
1/2 cup grated Asiago cheese  
8 slices cooked bacon

## Directions

Mix the beef, Worcestershire sauce, buffalo wing sauce, pepper, salt, and garlic powder in a large bowl. Form mixture into four patties. Place the patties on a plate; cover. Refrigerate for at least 1 hour.

Preheat an outdoor grill for high heat.

Heat the olive oil in a skillet over medium-high heat. Cook and stir the onion in the olive oil until translucent, about 5 minutes; set aside.

Cook the beef patties on the preheated grill on one side for about 5 minutes; brush the top of each burger with 1 tablespoon of barbeque sauce; flip. Cook burgers until well done, or the internal temperature reaches 180 degrees F (85 degrees C), about five minutes more.

Place one burger on the bottom half of each bun. Top each burger with cooked onions, ketchup, Asiago cheese, and bacon slices; sandwich with top of bun and serve.

# Rudechack's Franks and Noodles

## Ingredients

1 (12 ounce) package egg noodles  
1 cup ketchup  
1/2 cup water  
2 tablespoons vegetable oil  
1/4 cup lemon juice  
1/4 cup chopped onion  
1 tablespoon Worcestershire sauce  
1 tablespoon brown sugar  
1 (16 ounce) package hot dogs

## Directions

Preheat oven to 375 degrees F (190 degrees C). Bring a large pot of lightly salted water to a boil. Add pasta, and cook for 8 to 10 minutes, or until al dente; drain.

Spread cooked noodles in a 9x13 inch pan. Arrange hot dogs over noodles. In a medium bowl, mix together ketchup, water, oil, lemon juice, onion, Worcestershire sauce and brown sugar; pour over noodles and hot dogs.

Bake in preheated oven for 35 minutes.

# Wisconsin Slow Cooker Brats

## Ingredients

8 bratwurst  
2 (12 fluid ounce) cans or bottles  
beer  
1 onion, sliced  
3/4 cup ketchup

## Directions

Place bratwurst, beer, onion, and ketchup in a slow cooker. Pour water over mixture until everything is covered. Set slow cooker to HIGH and cook for 4 hours.

Preheat an outdoor grill for high heat and lightly oil grate.

Grill bratwurst on preheated grill until they are browned, about 5 minutes.

# Sauce for Corned Beef

## Ingredients

1 cup ketchup  
2 tablespoons honey  
2 tablespoons red wine vinegar  
2 tablespoons butter  
2 tablespoons mint jelly

## Directions

In a small saucepan over medium heat, mix together the ketchup, mint jelly, honey, red wine vinegar, and butter. Bring to a boil, then remove from the heat.

# Western North Carolina Vinegar Barbeque Sauce

## Ingredients

4 cups cider vinegar  
1 cup brown sugar  
1 1/3 cups ketchup  
1/4 cup butter  
2 tablespoons hot pepper sauce  
(e.g. Tabasco, ť)  
2 tablespoons fresh lemon juice  
2 tablespoons Worcestershire  
sauce  
2 teaspoons crushed red pepper  
flakes  
2 teaspoons mustard powder  
1 teaspoon salt  
1 teaspoon fresh ground black  
pepper

## Directions

Place the vinegar, sugar, ketchup, butter, hot pepper sauce, lemon juice, Worcestershire sauce, red pepper flakes, mustard powder, salt, and pepper into a saucepan. Bring to a simmer over high heat, then reduce heat to medium-low, and simmer 30 minutes longer, stirring occasionally. Remove from the stove and pour into a heatproof bowl. Cover, and refrigerate the sauce for 2 days.

Strain the sauce through a mesh sieve to remove the red pepper flakes. Store the sauce in the refrigerator. Bring to room temperature before serving.

# Home-Style Ribs

## Ingredients

4 pounds boneless pork  
spareribs, cut into pieces  
1 medium onion, thinly sliced  
1 cup ketchup  
1/2 cup water  
1/4 cup packed brown sugar  
1/4 cup cider vinegar  
2 tablespoons Worcestershire  
sauce  
2 teaspoons ground mustard  
1 1/2 teaspoons salt  
1 teaspoon paprika

## Directions

Place half of the ribs in a slow cooker; top with half of the onion. Repeat layers. Combine the remaining ingredients; pour over all. Cover and cook on low for 8-9 hours or until ribs are tender.

# Cajun Style Meatloaf

## Ingredients

2 bay leaves  
1 teaspoon salt  
1 teaspoon ground cayenne pepper  
1 teaspoon ground black pepper  
1/2 teaspoon ground white pepper  
1/2 teaspoon ground cumin  
1/2 teaspoon ground nutmeg  
4 tablespoons butter  
3/4 cup chopped onion  
1/2 cup chopped green bell pepper  
1/4 cup chopped green onions  
4 cloves garlic, minced  
1 tablespoon hot pepper sauce  
1 tablespoon Worcestershire sauce  
1/2 cup evaporated milk  
1/2 cup ketchup  
1 1/2 pounds ground beef  
1/2 pound andouille sausage, casings removed  
2 eggs, beaten  
1 cup dried bread crumbs

## Directions

In a small bowl, combine the bay leaves, salt, cayenne pepper, ground black pepper, ground white pepper, cumin, and nutmeg; set aside.

Melt the butter or margarine in a saucepan over medium heat. Add the onion, bell pepper, green onions, garlic, hot pepper sauce, Worcestershire sauce, and reserved seasoning mix. Saute until mixture starts sticking to the bottom of the pan, about 6 minutes. Stir in the milk and ketchup; continue cooking for 2 more minutes, stirring occasionally.

Remove vegetable mixture from heat, and allow to cool to room temperature. Place the beef and sausage in an ungreased 9x13 inch baking dish. Add the eggs, the vegetable mixture, and the bread crumbs. Remove the bay leaves. Mix well by hand, and form into a loaf about 1 1/2 inches high.

Bake uncovered at 350 degrees F (175 degrees C) for 25 minutes. Then raise heat to 400 degrees F (200 degrees C) and bake for another 35 minutes. Let stand for 5 minutes before serving.

# Blender Salad Dressing

## Ingredients

1 cup vegetable oil  
3/4 cup cider vinegar  
1 medium onion, cut into wedges  
1/2 cup ketchup  
1/4 cup sugar  
1 teaspoon salt  
1 teaspoon ground mustard  
1/4 teaspoon garlic powder  
1/4 teaspoon pepper

## Directions

In a blender, combine all ingredients; cover and process until smooth. Store in the refrigerator.



# Barbecued Spareribs

## Ingredients

6 pounds pork spareribs, cut into serving size pieces  
2 tablespoons vegetable oil  
1 medium onion, finely chopped  
2 celery ribs, finely chopped  
2 tablespoons butter or margarine  
1 cup water  
1 cup ketchup  
3 tablespoons Worcestershire sauce  
2 tablespoons brown sugar  
2 tablespoons cider vinegar  
1 tablespoon lemon juice  
1 tablespoon Dijon mustard  
1/8 teaspoon cayenne pepper

## Directions

In a large skillet, brown ribs in batches in oil. Place ribs, bone side down, on a rack in a shallow roasting pan. Cover and bake at 350 degrees F for 1 hour. Meanwhile, in a skillet, saute onion and celery in butter until tender. Add the remaining ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 10-12 minutes or until slightly thickened.

Drain ribs; brush with some of the sauce. bake, uncovered, 1 hour longer or until the meat is tender, brushing frequently with remaining sauce.

# Aloha Chicken

## Ingredients

4 pounds chicken thighs  
1 teaspoon ground ginger  
1 teaspoon paprika  
1 tablespoon onion powder  
2 tablespoons garlic salt  
3 tablespoons cider vinegar  
1 cup ketchup  
1/4 cup soy sauce  
1 (20 ounce) can crushed  
pineapple with juice  
1/4 cup packed brown sugar

## Directions

Preheat oven to 400 degrees F (200 degrees C).

Arrange chicken pieces in a single layer in a well greased 9x13 inch baking dish. In a small bowl mix together the ginger, paprika, onion powder and garlic salt. Add the vinegar and mix well. Divide this mixture. Brush 1/2 over the chicken pieces and bake in the preheated oven for 15 minutes.

Turn the chicken pieces, baste with the remaining 1/2 of the vinegar mixture and bake for 15 minutes longer. Meanwhile, in a medium bowl combine the ketchup, soy sauce, pineapple and brown sugar. When chicken baking time is up, spoon the pineapple/soy mixture over the chicken. Bake for another 30 minutes. Serve while still hot.

# Linda's Irish Shepherd's Pie

## Ingredients

5 large potatoes - peeled and cubed  
1/2 cup milk  
1 tablespoon butter  
1 pound lean ground beef  
1 medium onion, chopped  
1 clove garlic, chopped  
1 ounce margarine  
1 ounce all-purpose flour  
2 tablespoons ketchup  
2 cups beef consomme  
2 tablespoons browning and seasoning sauce  
8 ounces shredded Cheddar cheese

## Directions

Place the potatoes in a pot with enough water to cover. Bring to a boil and cook until tender. Drain and mash with desired amounts of milk and butter. Set aside.

While the potatoes are cooking, crumble the ground beef into a large skillet over medium heat. Add onion and garlic; cook and stir until meat is no longer pink.

Preheat the oven to 400 degrees F (200 degrees C). Melt the margarine in a small pan. Stir in the flour. Cook and stir over medium heat until dark brown, about 10 minutes. Let cool off the heat then gradually stir in the consomme, ketchup and browning sauce until smooth. Set over medium heat and simmer until thick.

Stir the sauce into the ground beef and transfer to a casserole dish. Top with mashed potato, then sprinkle the cheese over the potato.

Bake for 15 to 20 minutes in the preheated oven, until potatoes are toasted and cheese is melted.

# Meatloaf that Doesn't Crumble

## Ingredients

1 green bell pepper, seeded and cubed  
1 medium onion, roughly chopped  
3 small stalks celery  
1 1/4 pounds ground beef  
1 pound mild pork sausage  
1 1/2 cups cracker crumbs  
1 (1 ounce) envelope dry onion soup mix  
1/4 teaspoon salt  
1/4 teaspoon ground black pepper  
1/2 teaspoon dried sage  
1 1/2 cups milk  
1/2 cup ketchup

## Directions

Preheat the oven to 350 degrees F (175 degrees C).

In a food processor or blender, combine the bell pepper, onion and celery. Process until finely chopped, but not liquid. Transfer to a large bowl. Add the ground beef, ground pork, cracker crumbs, onion soup mix, salt, pepper, sage and milk. Mix well using your hands, or if you have a stand mixer, mix using the paddle attachment. Transfer to a 9x5 inch loaf pan and form into a loaf, mounding in the center. Cover with a generous layer of ketchup.

Bake for 1 1/2 hours in the preheated oven. Serve hot. Refrigerate leftovers, slice and serve cold in sandwiches.

# Candied Chicken Breasts

## Ingredients

10 skinless, boneless chicken breast halves  
2 cups dry bread crumbs  
2 tablespoons all-purpose flour  
1 tablespoon dried oregano  
2 teaspoons salt  
2 teaspoons ground black pepper  
1 tablespoon vegetable oil  
1 1/2 cups packed brown sugar  
1/4 cup prepared mustard  
1/2 cup ketchup  
1 tablespoon Worcestershire sauce  
1 tablespoon soy sauce  
1/4 cup grated onion  
1/2 teaspoon salt  
3/4 cup water  
10 pineapple rings

## Directions

Rinse chicken breasts and pat dry. In a shallow dish or bowl, mix together the bread crumbs, flour, oregano, 2 teaspoons salt and pepper. Heat oil in a large skillet over medium high heat; dredge chicken in bread crumb mixture and brown in skillet, about 3 to 4 minutes each side. Layer chicken in 2 lightly greased 9x13 inch baking dishes.

Preheat oven to 350 degrees F (175 degrees C).

In a large saucepan over low heat, combine the brown sugar, mustard, ketchup, Worcestershire sauce, soy sauce, onion, 1/2 teaspoon salt and water. Bring to a boil, and pour over chicken. Cover baking dishes with aluminum foil.

Bake in preheated oven for 1 hour, or until chicken is no longer pink and juices run clear. Top each piece with a pineapple ring, and serve.

# Hungarian Goulash II

## Ingredients

2 pounds beef chuck roast, cubed  
1 large onion, diced  
1/2 cup ketchup  
2 tablespoons Worcestershire sauce  
1 tablespoon brown sugar  
2 teaspoons salt  
2 teaspoons Hungarian sweet paprika  
1/2 teaspoon dry mustard  
1 1/4 cups water, divided  
1/4 cup all-purpose flour

## Directions

Place beef in slow cooker, and cover with onion. In a medium bowl, stir together ketchup, Worcestershire sauce, brown sugar, salt, paprika, mustard, and 1 cup water. Pour mixture over beef and onions.

Cover, and cook on Low for 9 to 10 hours, or until meat is tender.

Mix 1/4 cup water with flour to form a paste, and stir into goulash. Cook on High for 10 to 15 minutes, or until sauce thickens.

# Saucy Chicken

## Ingredients

1/2 cup SMUCKER'S® Sweet  
Orange Marmalade  
1/2 cup Dickinson's® Tomato  
Ketchup  
1/2 cup soy sauce  
1/2 cup water  
2 1/2 pounds meaty chicken  
pieces

## Directions

In a large bowl, combine marmalade, soy sauce, ketchup and water. Add chicken pieces and cover. Refrigerate for three to four hours, or overnight, turning chicken pieces occasionally.

Remove chicken and place in a single layer, skin side up, in a baking pan. Brush with marinade.

Bake, uncovered, in a 375 degrees F oven 45 to 50 minutes, or until chicken is tender. Brush with marinade several times during cooking, to within 15 minutes of removing from oven. Discard remaining marinade.

# Country Barbecued Chicken

## Ingredients

3/4 cup ketchup  
1 tablespoon molasses  
2 teaspoons brown sugar  
1 teaspoon chili powder  
1 teaspoon vegetable oil  
1/2 teaspoon Worcestershire sauce  
1 garlic clove, minced  
1 1/2 pounds boneless, skinless chicken breast halves  
2 tablespoons butter, melted

## Directions

In a small bowl, combine the first seven ingredients. Cover and refrigerate until ready to use. Brush chicken with butter. Grill, uncovered, over medium-hot heat for 3-4 minutes on each side or until browned. Baste with barbecue sauce. Continue basting and turning for 4-6 minutes or until meat juices run clear.



# Slow Cooker BBQ Chicken

## Ingredients

4 large skinless, boneless chicken breast halves  
1 cup ketchup  
2 tablespoons mustard  
2 teaspoons lemon juice  
1/4 teaspoon garlic powder  
1/2 cup maple syrup  
2 tablespoons Worcestershire sauce  
1/2 teaspoon chili powder  
1/8 teaspoon cayenne pepper  
2 dashes hot pepper sauce, or to taste (optional)  
8 sandwich rolls, split

## Directions

Place the chicken breasts into the bottom of a slow cooker. In a bowl, stir together the ketchup, mustard, lemon juice, garlic powder, maple syrup, Worcestershire sauce, chili powder, cayenne pepper, and hot sauce until the mixture is well blended.

Pour the sauce over the chicken, set the cooker to Low, and cook for 6 hours. Shred the chicken with two forks, and cook for 30 more minutes. Serve the chicken and sauce spooned into the sandwich rolls.

# Shrimp Pad Thai

## Ingredients

1 (8 ounce) package rice noodles  
1 1/2 teaspoons vegetable oil  
1 onion, diced  
1 teaspoon minced garlic  
12 medium fresh shrimp, peeled and deveined  
1 tablespoon ketchup  
1 tablespoon fish sauce  
1 tablespoon white sugar  
1 tablespoon lemon juice  
1 tablespoon white wine vinegar  
2 eggs, lightly beaten  
1/4 pound bean sprouts  
1/2 cup unsalted dry-roasted peanuts, chopped  
  
1/4 pound bean sprouts  
1 lemon, sliced  
1/2 cup chopped peanuts  
1/4 cup coarsely chopped cilantro

## Directions

In a medium bowl, soak the noodles in cold water for 15 min; drain. Cover noodles with hot water, and soak for 15 minutes; drain. Rinse with cold water, drain, and set aside.

Heat oil in a wok or large heavy skillet over medium heat. Saute onion and garlic until onion is soft and translucent, about 5 minutes. Add shrimp, and cook until pink. Stir in ketchup, fish sauce, sugar, lemon juice and vinegar. Pour in the beaten egg, and cook without stirring until egg is partially set. Add drained noodles, 1/4 pound bean sprouts, and 1/2 cup peanuts. Mix while cooking until noodles are tender.

# Kellie's Come-Back-For-More Ham

## Ingredients

1 (8 pound) spiral cut bone-in  
cured ham  
1 1/2 cups ketchup, or as needed  
1 cup packed brown sugar

## Directions

Preheat the oven to 350 degrees F (175 degrees C).

Place the ham in a baking dish or roasting pan with the flattest side down. Cover with ketchup then use your hands to pack brown sugar into the ketchup. Cover the ham loosely with aluminum foil.

Bake in the preheated oven until heated through and sugar has caramelized, about 1 hour.

# Beef Brisket on Buns

## Ingredients

1/2 teaspoon ground ginger  
1/2 teaspoon ground mustard  
1 (5 pound) fresh beef brisket  
2 cups water  
1 cup ketchup  
1/2 cup Worcestershire sauce  
2 tablespoons brown sugar  
2 teaspoons liquid smoke  
(optional)  
1 teaspoon chili powder  
18 sandwich buns, split (optional)

## Directions

Combine the ginger and mustard; rub over brisket. Place on a rack in a shallow roasting pan. Bake, uncovered, at 325 degrees F for 2 hours.

Let stand for 20 minutes. Thinly slice meat across the grain. Place in a foil-lined 13-in. x 9-in. x 2-in. baking dish. In a bowl, combine the water, ketchup, Worcestershire sauce, brown sugar, Liquid Smoke if desired and chili powder; pour over meat. Cover tightly with foil; bake 3 hours longer or until tender. Serve on buns if desired.

# Rice on the Grill

## Ingredients

1 1/3 cups uncooked instant rice  
1/3 cup sliced fresh mushrooms  
1/4 cup chopped green pepper  
1/4 cup chopped onion  
1/2 cup chicken broth  
1/2 cup water  
1/3 cup ketchup  
1 tablespoon butter or margarine

## Directions

In a 9-in. round aluminum foil pie pan, combine the first seven ingredients. Dot with butter. Cover with heavy-duty foil; seal edges tightly. Grill, covered, for 14-15 minutes or until liquid is absorbed. Fluff with a fork and serve immediately.

# E-Z Volcano Shrimp Dip

## Ingredients

2 (8 ounce) packages cream cheese, softened  
1 (4.5 ounce) can small shrimp, drained  
1 teaspoon lemon juice  
  
2/3 cup ketchup  
1/2 teaspoon Worcestershire sauce  
2 dashes hot pepper sauce  
2 teaspoons prepared horseradish  
1 teaspoon lemon juice

## Directions

In a mixing bowl, combine the cream cheese and lemon juice. Mix with a fork and gradually combine the shrimp. Refrigerate the mold in a plastic bowl for 2 hours.

In a second mixing bowl, while the mold chills, combine the ketchup, Worcestershire sauce, hot pepper sauce, horseradish and lemon juice. Chill the sauce at least 30 minutes, allowing it to thicken.

Remove the mold from the refrigerator. Invert the bowl and place the mold upside down on a serving platter. If necessary, shape the mold into the form of a mountain. Indent the top of the mold and pour the chilled sauce into the indentation, allowing it to flow over the sides.

# Delsuita's Chicken

## Ingredients

2 tablespoons white wine vinegar  
1 lime, juiced  
2 cloves garlic, minced  
1 teaspoon salt  
1/2 teaspoon pepper  
1 (3 pound) fryer or boiler chicken, cut into pieces  
2 tablespoons olive oil  
1 green bell pepper, thinly sliced  
1 medium onion, thinly sliced  
2 tomatoes, thinly sliced  
2 tablespoons ketchup

## Directions

In a large bowl, mix the vinegar, lime juice, garlic, salt, and pepper. Place the chicken pieces in the mixture, and marinate at least 15 minutes.

Heat the oil in a large skillet over medium heat. Transfer the chicken and marinade to the skillet. Cover, and cook chicken about 10 minutes.

Mix the green pepper, onion, tomatoes, and ketchup into the skillet, cover, and continue cooking 15 to 20 minutes, until chicken is no longer pink and juices run clear.

# Western Style Beef Jerky

## Ingredients

3/4 cup beer  
3/4 cup teriyaki sauce  
1/2 cup Worcestershire sauce  
1/3 cup soy sauce  
1/3 cup water  
3 tablespoons liquid smoke  
4 1/2 teaspoons ketchup  
1 teaspoon red pepper flakes  
1 1/2 teaspoons salt  
1/2 teaspoon onion salt  
1/4 teaspoon cracked black pepper, or to taste  
1/4 teaspoon garlic powder  
1 pound beef round steak

## Directions

Stir together beer, teriyaki sauce, Worcestershire sauce, soy sauce, water, liquid smoke, and ketchup in a large bowl. Stir in red pepper flakes, salt, onion salt, pepper, and garlic powder until blended.

Cut the round steak into long strips about 1 inch wide by 1/4 inch thick. Toss the meat with the marinade until the strips are well coated. Tightly cover the bowl, and marinate in the refrigerator at least 6 hours.

Prepare jerky in a food dehydrator according to manufacturer's directions.



# Slow-Cooked Short Ribs

## Ingredients

2/3 cup all-purpose flour  
2 teaspoons salt  
1/2 teaspoon pepper  
4 pounds boneless beef short ribs  
1/4 cup butter  
1 large onion, chopped  
1 1/2 cups beef broth  
3/4 cup red wine vinegar  
3/4 cup packed brown sugar  
1/2 cup chili sauce  
1/3 cup ketchup  
1/3 cup Worcestershire sauce  
5 cloves garlic, minced  
1 1/2 teaspoons chili powder

## Directions

In a large resealable plastic bag, combine the flour, salt and pepper. Add ribs in batches and shake to coat. In a large skillet, brown ribs in butter.

Transfer to a 6-qt. slow cooker. In the same skillet, combine the remaining ingredients. Cook and stir until mixture comes to a boil; pour over ribs. Cover and cook on low for 9-10 hours or until meat is tender.

# Veggie Meatloaf

## Ingredients

1 cup uncooked white rice  
2 tablespoons vegetable oil  
1 onion, finely chopped  
1 cup cooked lentils  
1 cup chopped fresh mushrooms  
1 tablespoon vegetarian  
Worcestershire sauce  
salt and pepper to taste  
1 egg, beaten  
1 tablespoon garlic powder  
1 tablespoon Italian seasoning  
1 tablespoon dried parsley  
1/2 cup ketchup

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a saucepan bring 2 cups water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes.

Meanwhile, heat oil in a small skillet over medium heat. Saute onions until tender. Set aside.

In a large bowl combine cooked rice, lentils, mushrooms, Worcestershire sauce, salt, pepper, egg, garlic powder, Italian seasoning, parsley and cooked onions; mix well. Press mixture into prepared pan; spread ketchup on top of loaf.

Bake in preheated oven for 45 minutes.

# Drunk Dogs

## Ingredients

1 (28 ounce) bottle ketchup  
1/2 cup brown sugar  
2 tablespoons whiskey  
1 pound cocktail wieners

## Directions

In a medium saucepan over medium heat, mix the ketchup, brown sugar, whiskey and cocktail wieners. Reduce heat and simmer 1 hour.

# Cocktail Meatballs III

## Ingredients

3 pounds ground beef  
2 (1 ounce) packages dry onion soup mix  
3 slices white bread  
2 tablespoons half-and-half  
1 (28 ounce) bottle ketchup  
1 cup packed dark brown sugar  
2 tablespoons Worcestershire sauce

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Remove the crusts from the white bread and tear into small bread crumbs. In a medium size mixing bowl, combine beef, soup mix, white bread crumbs and half-and-half cream. Roll mixture into 1 inch balls and arrange in 9x13 inch baking dishes (as many baking dishes as it takes or bake the meatballs in shifts).

Bake 10 to 15 minutes; or until browned.

In a slow cooker with the temperature set to high, mix together ketchup, brown sugar and Worcestershire sauce. Cook until the mixture comes to a boil, then reduce temperature to low until you are ready to serve the meatballs.

Place the meatballs in the sauce and serve.

# Creamy French Dressing

## Ingredients

1 cup ketchup  
1/2 cup reduced-fat mayonnaise  
3 tablespoons cider vinegar  
3 tablespoons honey  
2 tablespoons water  
1 tablespoon olive oil  
1 teaspoon lemon juice  
1/2 teaspoon ground mustard  
1/4 teaspoon salt

## Directions

In a blender or food processor, combine all the ingredients; cover and process until blended. Store in the refrigerator.

# Meaty Mexican Sandwiches

## Ingredients

- 1/2 pound ground pork
- 1/2 pound ground beef
- 1 small onion, chopped
- 1 garlic clove, minced
- 3/4 cup ketchup
- 1/2 cup raisins
- 1 teaspoon red wine vinegar
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon chili powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/8 teaspoon ground cumin
- 1 pinch ground cloves
- 1/2 cup slivered almonds, toasted
- 6 hard rolls, split
- 1 1/2 cups shredded Cheddar cheese
- 2 cups shredded lettuce

## Directions

In a skillet, cook pork, beef, onion and garlic until meat is no longer pink and vegetables are tender; drain. Stir in the ketchup, raisins, vinegar and seasonings. Cover and simmer for 20-25 minutes, stirring occasionally. Stir in almonds. Hollow out the top and bottom of each roll, leaving a 1/2-in. shell. (Discard removed bread or save for another use.) Fill each roll with about 1/2 cup meat mixture. Top with cheese and lettuce; replace top of roll.

# Jaxx's No Chunk Spaghetti

## Ingredients

1 (12 ounce) package thin spaghetti  
1 pound ground beef  
1 1/2 cups ketchup  
1/2 cup prepared yellow mustard  
1 cup shredded Cheddar cheese  
1/4 teaspoon garlic powder  
1/4 teaspoon dried sage

## Directions

Bring a large pot of lightly salted water to a boil. Add spaghetti, and cook until tender, about 5 minutes.

Meanwhile, crumble the ground beef into a large skillet. Cook and stir until no longer pink. Drain grease, and reduce heat to low. Sprinkle cheese over the top. Keep over low heat until cheese is melted. Mix in ketchup, mustard, garlic powder and sage. Cook until heated through.

Drain spaghetti, and stir into beef mixture. Serve and enjoy!

# Crispy Meatballs

## Ingredients

- 1 egg
- 1/4 cup ketchup
- 1 cup crisp rice cereal
- 1 tablespoon brown sugar
- 1 tablespoon finely chopped onion
- 1 teaspoon salt
- 1/2 teaspoon ground mustard
- 1/4 teaspoon pepper
- 1/8 teaspoon ground nutmeg
- 1 pound ground beef

## Directions

In a large bowl, combine the first nine ingredients. Crumble beef over mixture and mix well. Shape into 1-1/2-in. balls and place in a greased 11-in. x 7-in. x 2-in. baking dish. Bake, uncovered, at 400 degrees F for 30 minutes or until the meat is no longer pink.



# Easy To Do Oven BBQ Chicken

## Ingredients

1/2 cup ketchup  
1/2 cup honey  
1/4 cup red wine vinegar  
4 cloves garlic, minced  
4 tablespoons olive oil  
6 cut up chicken pieces

## Directions

In a medium, nonreactive bowl, combine the ketchup, honey, vinegar and garlic. Mix well, cover and refrigerate for at least 1 hour.

Preheat oven to 350 degrees F (175 degrees C).

Heat the olive oil in a large skillet over medium high heat. Add the chicken parts and saute for 2 to 3 minutes per side, just to sear the meat. Transfer chicken to a 9x13 baking dish and cover each piece well with the reserved sauce.

Bake at 350 degrees F (175 degrees C) for 35 to 45 minutes, basting with the sauce every 15 minutes.

# Chinese Pork Ribs

## Ingredients

1/4 cup soy sauce  
1/3 cup orange marmalade  
3 tablespoons ketchup  
2 garlic cloves, minced  
3 pounds bone-in country style  
pork ribs

## Directions

In a bowl, combine the soy sauce, marmalade, ketchup and garlic. Pour half into a slow cooker. Top with ribs; drizzle with remaining sauce. Cover and cook on low for 6 hours or until tender. Thicken cooking juices if desired.

# Sloppy Joes

## Ingredients

2 pounds ground beef  
2 medium onions, chopped  
2 cloves garlic cloves, minced  
2 cups ketchup  
1 cup barbecue sauce  
1/4 cup packed brown sugar  
1/4 cup cider vinegar  
2 tablespoons prepared mustard  
1 teaspoon Italian seasoning  
1 teaspoon onion powder  
1/2 teaspoon pepper  
hamburger buns, split

## Directions

In a large skillet, cook beef, onions and garlic over medium heat until the meat is no longer pink; drain. Stir in the ketchup, barbecue sauce, brown sugar, vinegar, mustard, Italian seasoning, onion powder and pepper. Bring to a boil. Reduce heat; simmer, uncovered, for 20 minutes.

Serve about 1/2 cup meat mixture on each bun. Or cool and freeze in freezer containers for up to 3 months.

To use frozen sloppy joes: Thaw in the refrigerator; place in a saucepan and heat though. Serve on buns.

# Salisbury Steak

## Ingredients

1 (10.5 ounce) can condensed French onion soup  
1 1/2 pounds ground beef  
1/2 cup dry bread crumbs  
1 egg  
1/4 teaspoon salt  
1/8 teaspoon ground black pepper  
1 tablespoon all-purpose flour  
1/4 cup ketchup  
1/4 cup water  
1 tablespoon Worcestershire sauce  
1/2 teaspoon mustard powder

## Directions

In a large bowl, mix together 1/3 cup condensed French onion soup with ground beef, bread crumbs, egg, salt and black pepper. Shape into 6 oval patties.

In a large skillet over medium-high heat, brown both sides of patties. Pour off excess fat.

In a small bowl, blend flour and remaining soup until smooth. Mix in ketchup, water, Worcestershire sauce and mustard powder. Pour over meat in skillet. Cover, and cook for 20 minutes, stirring occasionally.

# Irene's Barbeque Sauce

## Ingredients

2 tablespoons fresh lemon juice  
1 onion, peeled and sliced  
1/4 cup distilled white vinegar  
1/2 cup water  
2 tablespoons brown sugar  
1 tablespoon prepared mustard  
1/2 teaspoon ground black pepper  
1 1/2 teaspoons salt  
1/4 teaspoon cayenne pepper  
1/4 cup vegetable oil  
1/2 cup ketchup  
2 tablespoons Worcestershire sauce  
1 1/2 teaspoons liquid smoke flavoring

## Directions

In a medium saucepan, mix lemon juice, onion, distilled white vinegar, water, brown sugar, prepared mustard, ground black pepper, salt, cayenne pepper and vegetable oil. Bring to a boil, then simmer uncovered 20 minutes.

Stir ketchup, Worcestershire sauce and liquid smoke flavoring into the mixture. Return to boil, then remove from heat. Refrigerate until ready for use.

# Dill Pickle Meatloaf

## Ingredients

- 1 egg
- 1 small onion, chopped
- 1/2 cup dill pickle juice
- 3/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 slice bread, torn into small pieces
- 1 pound lean ground beef
- 1/4 cup chopped dill pickles
- 1/4 cup ketchup
- 2 tablespoons water
- 1 tablespoon brown sugar
- 1/2 teaspoon Worcestershire sauce

## Directions

Preheat an oven to 350 degrees F (175 degrees C). Grease a 8x8 inch baking dish.

Beat the egg in a mixing bowl. Whisk in the onion, pickle juice, salt, and pepper. Stir in the bread until soggy, then mix in the ground beef until evenly combined. Form into a loaf and place into the prepared pan. Stir together the chopped pickles, ketchup, water, sugar, and Worcestershire sauce; pour over the meatloaf.

Bake in the preheated oven until no longer pink in the center, about 1 hour. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C).

# Peking Pork Chops

## Ingredients

6 thick cut pork chops (1 inch)  
1/4 cup brown sugar  
1 teaspoon ground ginger  
1/2 cup soy sauce  
1/4 cup ketchup  
1 clove garlic, crushed  
salt and pepper to taste

## Directions

Trim excess fat from pork chops and place in slow cooker. Mix brown sugar, ginger, soy sauce, ketchup, garlic, salt and pepper in small bowl and pour over meat. Cover, turn to low and cook 4 to 6 hours, or until tender. Season with salt and pepper, if needed.

# Crab Hash With Old Bay & Basil

## Ingredients

2 tablespoons vegetable or olive oil  
1 large onion, cut into 1/2-inch dice  
1 (16 ounce) can crab (preferably claw), picked over  
1 1/2 pounds starchy potatoes (such as Idaho), cut into 1/2-inch dice  
2 tablespoons vegetable or olive oil  
2 tablespoons ketchup  
1 tablespoon Dijon mustard  
1/2 teaspoon Old Bay Seasoning  
2 tablespoons chopped fresh basil (or parsley)  
2 tablespoons water  
Salt and freshly ground black pepper

## Directions

Heat 2 tablespoons oil over low heat in a 12-inch non-stick skillet (so potatoes don't stick). While skillet heats, prepare onion and crab as directed above. A few minutes before cooking, increase heat to medium-high. When oil starts to send up wisps of smoke, add onion and crab; cook, stirring often, until golden brown, 4 to 6 minutes. Meanwhile, dice potatoes and toss with remaining oil. Transfer crab mixture to a bowl and reserve.

Add potatoes to empty skillet; cook, stirring only occasionally so they form a golden-brown crust, about 10 minutes. As potatoes cook, mix ketchup, mustard, Old Bay Seasoning, fresh basil and 2 tablespoons of water. (Recipe can be prepared to this point up to 2 hours ahead. Spread hot potatoes on a large lipped cookie sheet; cover when cool. Return skillet to medium-high; add potatoes and re-crisp.)

Return reserved crab mixture to skillet; stir in ketchup mixture, then season with salt and pepper. Cook, stirring frequently, until hash has nicely browned, about 5 minutes longer.



# BBQ Chicken Sandwiches

## Ingredients

2 (4 pound) whole chickens, cut up  
1 1/2 cups ketchup  
3/4 cup prepared mustard  
5 tablespoons brown sugar  
5 tablespoons minced garlic  
5 tablespoons honey  
1/4 cup steak sauce  
4 tablespoons lemon juice  
3 tablespoons liquid smoke  
flavoring  
salt and pepper to taste  
8 hamburger buns  
4 cups prepared coleslaw  
(optional)

## Directions

Place chicken in a large pot with enough water to cover. Bring to a boil, and cook until chicken comes off the bone easily, about 3 hours. Make sauce while the chicken cooks.

In a saucepan over medium heat, mix together the ketchup, mustard, brown sugar, garlic, honey, steak sauce, lemon juice, and liquid smoke. Season with salt and pepper. Bring to a gentle boil, and simmer for about 10 minutes. Set aside to allow flavors to mingle.

When the chicken is done, remove all meat from the bones, and chop or shred into small pieces. Place in a pan with the sauce, and cook for about 15 minutes to let the flavor of the sauce soak into the chicken. Spoon barbequed chicken onto buns, and top with coleslaw if you like.

# Bacon Wrapped Water Chestnuts IV

## Ingredients

1 pound bacon  
2 (8 ounce) cans water chestnuts,  
drained  
1 cup mayonnaise  
1/2 cup white sugar  
3 tablespoons dill pickle relish  
1/2 cup ketchup

## Directions

Preheat oven to 425 degrees F (220 degrees C).

Wrap single pieces of bacon around individual water chestnuts, securing with a toothpick.

Place the wrapped water chestnuts on a large baking sheet. Bake in the preheated oven 20 minutes, or until the bacon is crisp. Remove from heat and drain.

In a medium bowl, mix the mayonnaise, white sugar, dill pickle relish and ketchup. Pour the mixture over the wrapped water chestnuts.

Bake in the preheated oven 10 minutes, or until the sauce is hot and bubbly.

# Barbequed Pork Ribs

## Ingredients

5 pounds pork spareribs, cut into serving size pieces  
1/2 cup butter  
1 medium onion, chopped  
1 tablespoon minced garlic  
1/2 cup distilled white vinegar  
1 cup water  
1 cup ketchup  
1 cup hickory smoke flavored barbeque sauce  
1 lemon, juiced  
salt and pepper to taste

## Directions

Place ribs in large skillet or roasting pan. Cover with lightly salted water, and bring to a boil. Reduce heat to low, and simmer for 1 hour, or until meat is tender, but not quite falling off the bone. Remove from heat, and drain.

Place the boiled ribs in a roasting pan, and cover with sauce. Cover, and refrigerate for at least 2 hours.

Melt butter in a saucepan over medium heat. Cook the onion and garlic in butter until the onion is tender; remove from heat. In a blender, combine 1 cup water, vinegar, ketchup, barbeque sauce, and lemon juice. Pour in the melted butter mixture, and puree for 1 minute. Pour into a saucepan, and season to taste with salt and pepper. Bring to a boil, then remove from heat.

Preheat grill for medium-high heat.

Brush grill grate with oil. Grill ribs for 10 to 20 minutes, or until well browned, basting with sauce and turning frequently.

# Sweet and Sour Sauce I

## Ingredients

3/4 cup white sugar  
1/3 cup white vinegar  
2/3 cup water  
1/4 cup soy sauce  
1 tablespoon ketchup  
2 tablespoons cornstarch

## Directions

Place the sugar, vinegar, water, soy sauce, ketchup and cornstarch in a medium saucepan, and bring to a boil. Stir continuously until the mixture has thickened.

# Ponchos

## Ingredients

1 pound ground beef  
1 onion, chopped  
6 (6 inch) French sandwich rolls  
1 (15 ounce) jar processed cheese sauce (such as Cheez Whiz®)  
1/4 cup ketchup

## Directions

Preheat an oven to 350 degrees F (175 degrees C).

Combine ground beef and onion in a large skillet over medium-high heat. Cook and stir until meat is well browned and onion is soft. Drain grease.

Cut each French roll into quarters. Spread the processed cheese sauce on cut sides of each piece; place on a baking sheet. Evenly spoon the cooked beef onto the cheese topped rolls. Top each roll with a dab of ketchup.

Bake in preheated oven until rolls are crisp and filling is hot, about 20 minutes.

# Lumpia (Shanghai version)

## Ingredients

- 1 pound ground pork
- 1 pound ground beef
- 1 medium onion, finely chopped
- 1 carrot, grated
- 1/4 cup soy sauce
- 2 1/2 teaspoons black pepper
- 1 1/2 tablespoons garlic powder
- 2 tablespoons salt
- 1 (16 ounce) package spring roll wrappers
- 1 1/2 quarts oil for frying

## Directions

In a Large bowl, combine ground pork, ground beef, onion, and carrot. Make sure to completely mix everything. I suggest getting down and dirty and use your hands. Knead the meat in the bowl if you must. Gradually blend in the soy sauce, black pepper, garlic powder, and salt until all ingredients are evenly distributed.

Lay out a few wrappers at a time on a flat surface, and place about 2 tablespoons of the filling in a line down the center of the wrapper. Make sure the filling is no thicker than your thumb, or the wrapper will cook faster than the meat. Take the bottom and top edges of the wrapper and fold them towards the center. Take the left and right sides, and fold them towards the center. Moisten the last edge of the wrapper to seal. Now repeat using the rest of the wrappers, and have hubby or the kids help you out.

Heat the oil in a deep-fryer or heavy skillet to 375 degrees F (190 degrees C). Fry 3 or 4 lumpia at a time. Fry for about 3 or 4 minutes, turning once. Lumpia are cooked through when they float, and the wrapper is golden brown. Cut in half, or serve as is with dipping sauce. We like sweet and sour sauce, soy sauce with lemon, or banana ketchup.

# Baked Tofu Bites

## Ingredients

1 (16 ounce) package extra firm tofu  
1/4 cup soy sauce  
2 tablespoons maple syrup  
2 tablespoons ketchup  
1 tablespoon vinegar  
1 dash hot sauce  
1 tablespoon sesame seeds  
1/4 teaspoon garlic powder  
1/4 teaspoon ground black pepper  
1 teaspoon liquid smoke flavoring

## Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly spray a non-stick baking sheet with oil.

Slice tofu into 1/2-inch slices, and gently press excess water out of tofu. Cut sliced tofu into 1/2-inch cubes.

In a bowl, stir together the soy sauce, maple syrup, ketchup, vinegar, and hot sauce. Stir in sesame seeds, garlic powder, black pepper, and liquid smoke. Gently stir tofu cubes into sauce. Cover, and marinate at least 5 minutes.

Place the tofu on the baking sheet in a single layer. Bake in a preheated oven for 15 minutes. Turn tofu, and bake until the tofu turns golden brown, about 15 minutes more.

# BBQ Sauce for Chicken

## Ingredients

3 tablespoons vegetable oil  
2 onions, chopped  
5 cloves garlic, minced  
1 (12 fluid ounce) can frozen  
orange juice concentrate, thawed  
2 teaspoons mustard powder  
2 cups ketchup  
1 lemon, juiced  
1/2 cup Burgundy wine  
salt and pepper to taste

## Directions

In a medium skillet saute onion and garlic for 4 to 5 minutes (until translucent). Add the orange juice, mustard, ketchup, lemon, Chianti/burgundy, salt and pepper. Simmer all together over low heat for 30 minutes, then put through food processor. Sauce may be thinned with water to taste, if desired.



# Turkey Meatloaf and Gravy

## Ingredients

1 tablespoon butter  
2/3 cup minced white onion  
3/4 cup minced green onions  
1/2 cup minced carrots  
1/2 cup minced celery  
1/4 cup minced green bell pepper  
1/4 cup minced red bell pepper  
2 teaspoons minced garlic  
1 teaspoon salt  
1 teaspoon ground black pepper  
1/2 teaspoon cayenne pepper  
1/2 teaspoon ground nutmeg  
1/2 teaspoon ground cumin  
3 eggs  
1/2 cup ketchup  
1/2 cup half-and-half cream  
1 1/2 pounds ground turkey  
1/2 pound chicken sausage  
3/4 cup fresh bread crumbs

2 tablespoons butter, divided  
4 shallots, minced  
1/4 cup minced red bell pepper  
1/2 cup minced yellow bell pepper  
1 sprig fresh thyme  
1 bay leaves  
freshly ground black pepper to taste  
1/2 cup half-and-half cream  
2 tablespoons minced garlic  
1 cup beef stock  
1 cup chicken stock  
2 roma tomatoes - peeled, seeded and chopped  
1/2 cup ketchup  
salt and freshly ground black pepper to taste

## Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x5 inch loaf pan.

Melt butter in a large heavy skillet over medium heat. Saute white onions, green onions, carrots, celery, green and red bell peppers, and garlic until soft, about 10 minutes. Remove from heat.

In a large bowl, combine salt, black pepper, cayenne pepper, nutmeg and cumin. Stir in eggs, ketchup and half-and-half. Blend in vegetable mixture from skillet. Add ground turkey, chicken sausage and bread crumbs. Mix well with hands, then shape into a loaf. Place into greased 9x5 inch loaf pan.

Bake in preheated oven for 50 to 70 minutes, or until cooked through and nicely browned. Let rest for 10 minutes, then serve with gravy.

To make the gravy: Melt 1 tablespoon butter in a heavy skillet over medium heat. Saute shallots with red and yellow peppers until tender, about 10 minutes. Season with thyme, bay leaf and black pepper. Stir in half-and-half, garlic, beef stock and chicken stock. Increase heat to high, and boil uncovered until liquid is reduced by 1/4, about 10 minutes. Stir in tomatoes and ketchup. Simmer uncovered for 20 minutes. Stir in remaining tablespoon butter, and season to taste with salt and pepper. Strain gravy, discarding bay leaf and thyme before serving.

# Bourbon Sausage

## Ingredients

1 (16 ounce) package little smokie sausages

1/2 cup packed brown sugar

3/8 cup cocktail sauce

1/2 cup bourbon

## Directions

In a large skillet, combine sausages, brown sugar, ketchup or cocktail sauce, and bourbon. Bring the mixture to a simmer and cook until the sausages are heated through.

# Creole Catfish Fillets

## Ingredients

3 tablespoons reduced-fat plain yogurt  
2 tablespoons finely chopped onion  
1 tablespoon fat-free mayonnaise  
1 tablespoon Dijon mustard  
1 tablespoon ketchup  
1/2 teaspoon dried thyme  
1/4 teaspoon grated lemon peel  
1 teaspoon paprika  
1/2 teaspoon onion powder  
1/4 teaspoon salt  
1/8 teaspoon cayenne pepper  
4 (4 ounce) fillets catfish  
4 lemon wedges

## Directions

In a small bowl, combine the yogurt, onion, mayonnaise, mustard, ketchup, thyme and lemon peel. Cover and refrigerate until serving. In another bowl, combine the paprika, onion powder, salt and cayenne; rub over both sides of fillet.

Grill, covered, in a grill basket coated with nonstick cooking spray over medium-hot heat for 5-6 minutes on each side or until fish flakes easily with a fork. Serve with lemon wedges and yogurt sauce.

# Deviled Chicken II

## Ingredients

1/8 cup oil for frying  
8 skinless, boneless chicken breast halves  
1 1/3 cups crushed saltine cracker crumbs  
1/3 cup vinegar  
1 teaspoon garlic powder  
1 teaspoon dry mustard  
1 1/2 teaspoons ground cumin  
1 1/2 teaspoons Worcestershire sauce  
1 tablespoon ketchup

## Directions

Heat oil in a large skillet over medium high heat. Brown chicken in oil, then remove from skillet and dip in cracker crumbs to coat; set aside.

To skillet add vinegar, garlic powder, dry mustard, cumin, Worcestershire sauce and ketchup. Stir together and cook until heated through and bubbly, about 7 to 10 minutes. Return chicken to skillet and cook, basting with sauce, for about 10 minutes or until cooked through (no longer pink inside).

# Slow Cooker Sweet and Sour Kielbasa

## Ingredients

6 tablespoons butter  
2 large onions, sliced  
1 cup packed brown sugar  
1/2 (28 ounce) bottle ketchup  
3 tablespoons cider vinegar  
1 1/2 teaspoons spicy brown mustard  
1 tablespoon Worcestershire sauce  
2 teaspoons hot pepper sauce  
1 pound kielbasa sausage, cut into 1 inch pieces

## Directions

Melt butter in a large skillet over medium heat. Saute onions until tender. Stir in brown sugar, ketchup, vinegar, mustard, Worcestershire sauce and pepper sauce. Simmer, stirring occasionally, for 20 minutes.

Place sausage in a slow cooker with the sauce and onions. Cook on low for 4 to 5 hours. The longer it simmers the better!

# BBQ Chicken Wings

## Ingredients

1/2 cup teriyaki sauce  
1 cup oyster sauce  
1/4 cup soy sauce  
1/4 cup ketchup  
2 tablespoons garlic powder  
1/4 cup gin  
2 dashes liquid smoke flavoring  
1/2 cup white sugar  
1 1/2 pounds chicken wings,  
separated at joints, tips discarded  
1/4 cup honey

## Directions

In a large bowl, mix the teriyaki sauce, oyster sauce, soy sauce, ketchup, garlic powder, gin, liquid smoke, and sugar. Place the chicken wings in the bowl, cover, and marinate in the refrigerator 8 hours or overnight.

Preheat the grill for low heat.

Lightly oil the grill grate. Arrange chicken on the grill, and discard the marinade. Grill the chicken wings on one side for 20 minutes, then turn and brush with honey. Continue grilling 25 minutes, or until juices run clear.

# BBQ Meatballs

## Ingredients

1 (16 ounce) package frozen meatballs  
1 (18 ounce) bottle barbecue sauce  
1/4 cup ketchup

## Directions

Place prepared meatballs, barbeque sauce, and ketchup in a slow cooker. Let cook on a low heat for 4 hours, stirring occasionally.

# Crunchy Rice Casserole

## Ingredients

1 pound ground beef  
1 large onion, chopped  
1/2 cup chopped green pepper  
2 tablespoons ketchup  
1/2 teaspoon ground mustard  
1/4 teaspoon salt  
1 1/2 cups cooked long-grain rice  
1 1/2 cups shredded Cheddar cheese  
1 (10.75 ounce) can condensed cream of mushroom soup, undiluted  
1 cup milk  
1 teaspoon Worcestershire sauce  
2 cups coarsely crushed cornflakes  
3 tablespoons butter or margarine, melted

## Directions

In a skillet, cook beef, onion and green pepper over medium heat until meat is no longer pink; drain. Add the ketchup, mustard and salt; mix well. Transfer to a greased 2-qt. baking. Top with rice. In a bowl, combine the cheese, soup, milk and Worcestershire sauce. Pour over rice. Combine cornflakes and butter; sprinkle over the top. Bake, uncovered, at 375 degrees F for 35 minutes or until heated through.



# Glazed Meatballs

## Ingredients

2 eggs  
2/3 cup milk  
1 1/4 cups soft bread crumbs  
1 tablespoon prepared horseradish  
1 1/2 pounds ground beef  
1 cup water  
1/2 cup chili sauce  
1/2 cup ketchup  
1/4 cup maple syrup  
1/4 cup soy sauce  
1 1/2 teaspoons ground allspice  
1/2 teaspoon ground mustard

## Directions

In a bowl, beat eggs and milk. Stir in bread crumbs and horseradish. Crumble beef over mixture and mix well. Shape into 1 -1/2-in. balls. Place in a lightly greased 15-in. x 10-in. x 1-in. baking pan. Bake at 375 degrees F for 15-20 minutes or until meat is no longer pink.

In a large saucepan, combine the remaining ingredients. Bring to a boil; add the meatballs. Reduce heat; cover and simmer for 15 minutes or until heated through, stirring occasionally.

# Best Meatloaf in the Whole Wide World!

## Ingredients

1/3 cup ketchup  
1/4 cup brown sugar  
1/4 cup bacon bits  
1/4 cup crushed pineapple,  
drained  
1 dash Worcestershire sauce  
1 pound ground beef  
1/4 cup dry bread crumbs  
1/4 cup crushed saltine crackers  
1 egg, beaten  
1/2 clove garlic, minced  
1/4 onion, minced  
2 dashes Worcestershire sauce

## Directions

Preheat an oven to 350 degrees F (175 degrees C). Stir ketchup, brown sugar, bacon bits, pineapple, and 1 dash Worcestershire sauce together in a small bowl; reserve.

Combine the ground beef, bread crumbs, saltines, egg, garlic, onion, and 2 dashes of Worcestershire sauce in a large bowl; mix well. Pat meat mixture into a 9x5 inch loaf pan.

Bake meatloaf in the preheated oven for 30 minutes. Remove from oven; pour reserved pineapple mixture over loaf. Return to the oven; bake until no longer pink in the center, about an additional 20 minutes. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C).

# Quick Szechwan Sauce

## Ingredients

3 tablespoons olive oil  
3 red chile peppers, seeded and  
finely chopped  
2 teaspoons chopped fresh ginger  
2 teaspoons minced garlic  
5 tablespoons sugar  
5 tablespoons ketchup  
5 tablespoons vinegar

## Directions

In a bowl, stir together olive oil, chile peppers, ginger, and garlic.  
Mix in sugar, ketchup, and vinegar.

# Best Cocktail Meatballs

## Ingredients

1 pound lean ground beef  
2/3 cup evaporated milk  
2 (1 ounce) packages dry onion soup mix  
1/4 cup Worcestershire sauce  
1 cup ketchup  
1/2 cup packed brown sugar

## Directions

Preheat oven to broil.

In a medium-sized mixing bowl, combine hamburger, milk, onion soup mix, and Worcestershire sauce. Roll the mixture into small balls. Arrange meatballs on a cookie sheet. Broil for 10 minutes, or until cooked through.

In a small bowl, mix ketchup and brown sugar. Transfer mixture to a slow cooker. Add the meatballs to the slow cooker.

Cook meatballs on high for approximately 30 minutes.

# Oven Baked BBQ Ribs

## Ingredients

2 cups sliced onions  
2 cups ketchup  
2 cups water  
4 teaspoons salt  
1/4 cup Worcestershire sauce  
1/2 cup white vinegar  
1/2 cup dark brown sugar  
4 teaspoons dry mustard  
4 pounds pork spareribs

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl, combine onions, ketchup, water, salt, Worcestershire sauce, vinegar and mustard. Split ribs down the center between the bones.

Heat a large lightly oiled skillet over medium-high heat. Add ribs and sear until browned. This may have to be done in several batches.

Place ribs in a single layer in two baking pans or casserole dishes. Pour half of the sauce over the ribs, reserve remainder.

Bake ribs in preheated oven for 3 hours. Turn and baste meat every twenty minutes with remaining sauce, using all sauce by two hours. Continue turning and basting ribs using sauce in the pan during the last hour of baking.

# Amelia's Slow Cooker Brunswick Stew

## Ingredients

1 tablespoon vegetable oil  
1 pound country style pork ribs  
1 onion, chopped  
1 roasted chicken, deboned and shredded  
1 (28 ounce) can diced tomatoes  
3/4 cup ketchup  
1/2 (10 fluid ounce) bottle steak sauce  
1/2 cup cider vinegar  
2 tablespoons Worcestershire sauce  
1 tablespoon hot sauce  
1 lemon, juiced  
2 cubes chicken bouillon  
1/2 tablespoon ground black pepper  
1 (15 ounce) can whole kernel corn, undrained  
1 cup frozen lima beans, thawed

## Directions

Heat the vegetable oil in a skillet over medium heat, and brown the ribs on all sides. Transfer to a slow cooker. Place onion in the skillet, cook until tender, and transfer to the slow cooker.

Place the chicken in the slow cooker, and mix in tomatoes, ketchup, steak sauce, cider vinegar, Worcestershire sauce, hot sauce, lemon, chicken bouillon, and pepper.

Cover, and cook 6 hours on High. Remove ribs, discard bones, and shred. Return meat to slow cooker. Mix in corn and lima beans, cover, and continue cooking 2 hours on High.

# Munchable Mini-Burgers with Flavorful Fruit Dips

## Ingredients

For Sweet Tomato Dip:

1 (8 ounce) can crushed pineapple  
1/4 cup ketchup

For the Burgers:

1 (15 ounce) can sweet potatoes  
(or yams) in syrup, drained  
1 tablespoon canned tomato  
paste  
1 pound ground turkey or lean  
beef  
Spray vegetable oil  
1 (7.5 ounce) roll refrigerated,  
lower-fat buttermilk biscuits,  
baked to package directions

## Directions

To make any dip or mayo: Puree the canned ingredients in a food processor, blender or immersion blender and mix in remaining ingredients; set aside.

To make burgers: Mash sweet potatoes and tomato paste in mixing bowl with a fork. Mix in the ground turkey or beef until thoroughly blended. Portion in 1/4-cup portions and form into 1/4- to 1/2-inch thick burgers, about 3-inches across. Heat a heavy skillet over medium-high heat and spray with oil. Cook burgers covered until no longer pink inside, about 4 minutes per side. The internal temperature of the patties should be 165 degrees F. To serve: Split biscuits horizontally and make sandwiches with burgers. Serve dips or mayo for dipping.

# Soupy Joes

## Ingredients

1 pound ground beef  
1 medium onion, chopped  
1 (10.5 ounce) can condensed vegetable soup, undiluted  
1 tablespoon ketchup  
1 teaspoon prepared mustard  
1/2 teaspoon salt  
1/4 teaspoon pepper  
6 hamburger buns, split and toasted

## Directions

In a saucepan over medium heat, cook beef and onion until beef is no longer pink; drain. Add soup, ketchup, mustard, salt and pepper; mix well. Simmer, uncovered, for 5-10 minutes. Serve on buns.



# Buffet Meatballs

## Ingredients

1 cup grape juice  
1 cup apple jelly  
1 cup ketchup  
1 (8 ounce) can tomato sauce  
4 pounds frozen Italian meatballs

## Directions

In a small saucepan, combine the juice, jelly, ketchup and tomato sauce. Cook and stir over medium heat until jelly is melted; remove from the heat.

Place meatballs in a 5-qt. slow cooker. Pour sauce over the top and gently stir to coat. Cover and cook on low for 4 hours or until heated through.

# Barbeque Chicken

## Ingredients

4 tablespoons water  
3 tablespoons ketchup  
3 tablespoons brown sugar  
2 tablespoons vinegar  
1 tablespoon lemon juice  
2 tablespoons Worcestershire sauce  
1 teaspoon salt  
1 teaspoon dry mustard  
1 teaspoon chili powder  
12 chicken thighs, skin removed

## Directions

Preheat the oven to 500 degrees F (260 degrees C). In a small saucepan over medium heat, stir together the water, ketchup, brown sugar, vinegar, lemon juice, and Worcestershire sauce. Season with salt, mustard powder, and chili powder. Simmer the sauce for 15 minutes.

Place the chicken thighs into an oblong baking dish, and pour the sauce over them. Cover tightly.

Bake for 15 minutes in the preheated oven, then reduce the temperature to 300 degrees F (150 degrees C), and bake for one hour. Remove cover, stir and bake uncovered for 15 minutes.

# Blooming Onion

## Ingredients

1/2 cup mayonnaise  
3/4 tablespoon ketchup  
2 tablespoons cream-style horseradish sauce  
1/4 teaspoon paprika  
1/4 teaspoon salt  
1 pinch ground black pepper  
1 pinch cayenne pepper  
1 egg  
1 cup milk  
1 cup all-purpose flour  
1 1/2 teaspoons salt  
1 1/2 teaspoons cayenne pepper  
1/2 teaspoon ground black pepper  
1/2 teaspoon garlic powder  
1/4 teaspoon dried thyme  
1/4 teaspoon dried oregano  
1/8 teaspoon ground cumin  
1 large onion  
2 quarts vegetable oil for deep-frying

## Directions

Make the dipping sauce: Combine mayonnaise, ketchup, horseradish, paprika, 1/4 teaspoon salt, 1 dash black pepper, and 1 dash cayenne pepper in a small bowl and refrigerate it until needed.

Beat egg and combine it with milk in a bowl large enough to hold the onion. In another bowl, combine flour, salt, cayenne pepper, black pepper, garlic powder, thyme, oregano, and cumin.

Prepare the onion: cut approximately 3/4 to 1 inch off of the top and bottom of the onion, remove skin. Remove the 1-inch diameter core from the middle of the onion. Using a large, sharp knife, slice down the center of the onion about 3/4 of the way down, turn 90 degrees and slice again. Keep slicing the sections in half, being careful not to cut to the bottom, until you have 16 sections. Spread the petals apart to make coating easier.

Dip the onion in the milk, then coat well with the flour mixture. Separate the petals again and sprinkle the flour mixture between them. Once you have coated all of the petals well, dip it into the milk and into the flour mixture again. Place in the refrigerator for at least 15 minutes while you preheat the oil.

Pour enough oil to cover the onion into a deep fryer or deep pot. Preheat the oil to 350 degrees F (175 degrees C).

Fry the onion right side up in the oil for 10 minutes or until golden brown. Remove from oil and let drain in a rack or paper towels. Open the center of the onion wide so that you can put the small bowl of dipping sauce in the center.

# Honeyed Ham Glaze

## Ingredients

1 cup honey  
1/2 cup ketchup  
1/4 cup yellow mustard  
1 tablespoon Worcestershire sauce  
1 tablespoon dried minced onion  
1/4 teaspoon ground cloves  
1/8 teaspoon ground ginger

## Directions

Mix together in a bowl: honey, ketchup, mustard, Worcestershire sauce, minced onion, cloves and ginger. Pour over ham slices as a glaze.

# Meat Loaf Patties

## Ingredients

1 egg, beaten  
1/4 cup milk  
2 tablespoons finely chopped onion  
1 teaspoon chili powder  
1/4 teaspoon salt  
1/4 teaspoon Worcestershire sauce  
1 cup coarsely crushed saltine crackers, divided  
1 pound lean ground beef  
1 tablespoon vegetable oil  
1/3 cup ketchup

## Directions

In a bowl, combine egg, milk, onion, chili powder, salt and Worcestershire sauce. Mix in 1/2 cup cracker crumbs. Add beef; mix well. Shape into six patties, about 1/2 in. thick. Coat with remaining crumbs. In a large skillet over medium heat, cook patties in oil for 5 minutes on each side or until meat is no longer pink. Serve with ketchup.

# Barbeque Sauce I

## Ingredients

6 tablespoons lemon juice  
1/2 cup cider vinegar  
1 tablespoon brown sugar  
1/4 cup Worcestershire sauce  
1 cup ketchup  
1/2 teaspoon mustard powder

## Directions

In a small saucepan over low heat, combine the lemon juice, vinegar, brown sugar, Worcestershire sauce, ketchup and mustard powder and stir well. Simmer for 10 minutes, remove from heat and allow to cool.

# Broiled Pork Chops

## Ingredients

3/4 cup ketchup  
3/4 cup water  
2 tablespoons vinegar  
1 tablespoon Worcestershire sauce  
2 teaspoons brown sugar  
1 teaspoon salt  
1/2 teaspoon paprika  
1/2 teaspoon chili powder  
1/8 teaspoon pepper  
6 pork loin chops (3/4 inch thick), trimmed

## Directions

In a saucepan, combine the first nine ingredients; bring to a boil. Reduce heat; simmer for 5 minutes, stirring occasionally. Set aside half of the sauce. Place chops on broiling pan rack. Broil about 4 in. from the heat for 4 minutes on each side. Brush with remaining sauce. Continue broiling, turning and basting occasionally, for 3-4 minutes or until juices run clear. Serve with reserved sauce.

# Corn Bread Hamburger Pie

## Ingredients

1 pound ground beef  
1 medium onion, chopped  
1 medium green pepper, chopped  
1 (10.75 ounce) can condensed tomato soup, undiluted  
1/4 cup salsa  
2 tablespoons ketchup  
1 tablespoon steak sauce  
1 (8.5 ounce) package corn bread/muffin mix  
Minced fresh parsley

## Directions

In a 10-in. ovenproof skillet, cook the beef, onion and green pepper over medium heat until meat is no longer pink; drain. Stir in the soup, salsa, ketchup and steak sauce if desired. Prepare corn bread batter according to package directions; let stand for 2 minutes. Spoon over beef mixture. Bake at 400 degrees F for 15 minutes or until lightly browned. Sprinkle with parsley if desired.



# Bill's Seasoned Ketchup

## Ingredients

1 (28 ounce) bottle ketchup  
2 teaspoons hot pepper sauce  
1 tablespoon cayenne pepper, or  
to taste  
1 tablespoon dried onion granules  
2 teaspoons granulated garlic  
2 teaspoons chili powder

## Directions

In a large bowl, stir together the ketchup, hot pepper sauce, cayenne pepper, dried onion, dried garlic and chili powder. Return to the ketchup bottle or another squeeze bottle and store in the refrigerator. Use as you would ketchup.

# Pollo a la Crema

## Ingredients

4 skinless, boneless chicken  
breast halves - cut into cubes  
2 tablespoons butter  
2 tablespoons all-purpose flour  
1 cup chicken broth  
1 cup heavy cream  
2 tablespoons ketchup  
6 (6 inch) flour tortillas

## Directions

In a large skillet over medium heat, melt butter. Add chicken and cook, stirring frequently until juices run clear. Stir in the flour and ketchup, then whisk in the broth. When sauce begins to thicken, reduce heat and stir in the cream. Simmer covered for about 15 minutes, stirring occasionally.

Spoon the mixture into flour or corn tortillas and serve with rice and beans.

# Red Pot Roast

## Ingredients

4 1/2 pounds chuck roast  
2 cups water  
2 cups ketchup  
1 tablespoon chili powder  
1 tablespoon white sugar  
1 teaspoon salt  
6 large potatoes, peeled and halved  
1 large onion, sliced  
6 carrots, peeled and sliced  
2 tablespoons all-purpose flour  
1/4 cup water

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Place the roast in a roasting pan. Cover with the 2 cups water, ketchup, chili powder, sugar, and salt. Cook 1 hour in the preheated oven.

Place the potatoes, onion, and carrots in the roasting pan with the roast and liquid. Continue cooking 1 hour, or until the vegetables are tender and the internal temperature of the meat has reached a minimum of 145 degrees F (63 degrees C).

Remove the roast and vegetables from the pan, and drain the remaining liquid into a bowl. In a separate bowl, mix the flour and water. Stir into the remaining roast liquid to make gravy.

# Saucy Franks with Rice

## Ingredients

4 bacon strips, diced  
1/2 cup chopped onion  
1/3 cup chopped green pepper  
1/3 cup chopped celery  
2 garlic cloves, minced  
1 cup unsweetened pineapple juice  
3/4 cup ketchup  
1/4 teaspoon salt  
1/4 teaspoon chili powder  
1 (16 ounce) package hot dogs, cut into bite-size pieces  
5 cups hot cooked rice

## Directions

In a saucepan over medium heat, cook bacon until crisp. Remove bacon to paper towels; set aside. Drain, reserving 1 tablespoon of drippings. Saute onion, green pepper, celery and garlic in drippings until tender. Add pineapple juice, ketchup, salt and chili powder; mix well. Bring to a boil. Add hot dogs; return to a boil. Reduce heat; cover and simmer for 5-8 minutes or until heated through. Serve over rice. Sprinkle with bacon.

# Yummy Veal Meat Loaf

## Ingredients

2 pounds ground veal  
1 cup Italian seasoned bread crumbs  
1 egg, beaten  
1/3 cup shredded baby carrots  
1 cup ketchup  
1 tablespoon chopped garlic  
1/2 cup chopped onion  
1 teaspoon salt  
1 teaspoon dried parsley  
1/2 teaspoon chili powder  
1/2 teaspoon ground black pepper

## Directions

Preheat oven to 375 degrees F (190 degrees C).

In a bowl, mix the veal, bread crumbs, egg, baby carrots, 1/2 cup ketchup, garlic, and onion. Season with salt, parsley, chili powder, and pepper. Transfer to an 8x8 inch pan, and form into a loaf shape. Top with remaining ketchup.

Cover, and bake 45 minutes in the preheated oven. Remove cover, and continue baking 15 minutes, or to an internal temperature of 160 degrees F (70 degrees C). Let sit 10 minutes before serving.

# Hungarian Pork Chops

## Ingredients

4 pork chops  
salt and pepper to taste  
1/4 cup all-purpose flour  
1 cup sour cream  
1/4 cup dry sherry  
1/4 cup ketchup  
1 teaspoon Worcestershire sauce  
1/4 teaspoon paprika  
1 bay leaf

## Directions

Season pork chops with salt and pepper to taste. Dredge seasoned chops in flour. Heat oil in a large skillet and brown seasoned chops in oil (covering skillet with lid if desired). Pour off fat.

In a medium bowl combine the sour cream, sherry, ketchup, Worcestershire sauce, paprika and bay leaf. Mix together and pour mixture over chops in skillet. Cover and let simmer gently over low heat for about 1 hour, or until chops are tender and cooked through (internal temperature has reached 160 degrees F/70 degrees C).

# Uncle Bill's Sweet and Sour Sauce

## Ingredients

1 cup distilled white vinegar  
1 cup white sugar  
1/2 cup frozen pineapple juice concentrate  
2 teaspoons monosodium glutamate (MSG)  
1/2 cup ketchup  
4 teaspoons soy sauce  
1 teaspoon seasoning salt  
1 teaspoon garlic powder  
3 drops red food coloring  
1/4 cup water  
2 1/2 teaspoons cornstarch

## Directions

In a medium skillet combine the vinegar and sugar and bring to a boil, stirring frequently. Add pineapple juice concentrate, monosodium glutamate, ketchup, soy sauce, seasoning salt and garlic powder and bring to a boil. Stir until well blended. Add red food coloring.

Meanwhile, in a cup mix together water and cornstarch until fully dissolved. While sauce is boiling, add cornstarch mixture slowly, stirring continuously until the mixture thickens slightly. Do not add mixture all at once as the sauce could get too thick. Use only enough cornstarch to thicken to your desired consistency. When desired consistency is reached, voila! The sauce is ready!

# Slow Cooker Barbecue Ribs

## Ingredients

4 pounds pork baby back ribs  
salt and pepper to taste  
2 cups ketchup  
1 cup chili sauce  
1/2 cup packed brown sugar  
4 tablespoons vinegar  
2 teaspoons dried oregano  
2 teaspoons Worcestershire sauce  
1 dash hot sauce

## Directions

Preheat oven to 400 degrees F (200 degrees C).

Season ribs with salt and pepper. Place in a shallow baking pan. Brown in oven 15 minutes. Turn over, and brown another 15 minutes; drain fat.

In a medium bowl, mix together the ketchup, chili sauce, brown sugar, vinegar, oregano, Worcestershire sauce, hot sauce, and salt and pepper. Place ribs in slow cooker. Pour sauce over ribs, and turn to coat.

Cover, and cook on Low 6 to 8 hours, or until ribs are tender.



# Easiest BBQ Pork Chops

## Ingredients

1 (10.75 ounce) can condensed  
cream of mushroom soup  
1 cup ketchup  
1 tablespoon Worcestershire  
sauce  
1/2 cup chopped onion  
6 pork chops

## Directions

Combine soup, ketchup, Worcestershire sauce, and onions in slow cooker. Add pork chops.

Cover, and cook on Low for 6 hours.

# Barbecued Turkey Sandwiches

## Ingredients

1/4 cup chopped onion  
1 tablespoon butter or stick margarine  
3 cups shredded cooked turkey  
1/2 cup water  
1/2 cup ketchup  
1/4 cup red wine vinegar or cider vinegar  
1 tablespoon sugar  
2 teaspoons Worcestershire sauce  
1 teaspoon prepared mustard  
1 teaspoon paprika  
6 Kaiser rolls, split

## Directions

In a large nonstick skillet, saute onion in butter until tender. Add the turkey, water, ketchup, vinegar, sugar, Worcestershire sauce, mustard and paprika. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes or until sauce is thickened. Serve on rolls.

# In-a-Pinch Ketchup

## Ingredients

- 1 (6 ounce) can tomato paste
- 2 tablespoons white vinegar
- 5 tablespoons brown sugar
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/4 teaspoon allspice
- 1 teaspoon salt
- 1 teaspoon molasses
- 1 tablespoon corn syrup
- 1 1/4 cups water

## Directions

Mix together the tomato paste, white vinegar, brown sugar, garlic powder, onion powder, allspice, salt, molasses, corn syrup, and water in a saucepan over low heat; simmer gently until you get the consistency of ketchup, 45 minutes to 1 hour. Taste and adjust salt if necessary before serving.

# Smoky Bean Stew

## Ingredients

1 (16 ounce) package miniature  
smoked sausage links  
1 (16 ounce) can baked beans  
2 cups frozen cut green beans  
2 cups frozen lima beans  
1/2 cup packed brown sugar  
1/2 cup thinly sliced fresh carrots  
1/2 cup chopped onion  
1/2 cup ketchup  
1 tablespoon cider vinegar  
1 teaspoon prepared mustard

## Directions

In a 3-qt. slow cooker, combine all ingredients. cover and cook on high for 4-5 hours or until vegetables are tender.

# Drunken Sailors

## Ingredients

1 (14 ounce) bottle ketchup  
1 (12 ounce) bottle barbeque sauce  
1/2 cup brown sugar  
1/2 cup whiskey  
1 (16 ounce) package kielbasa sausage, sliced into 1/2 inch pieces  
1 box toothpicks

## Directions

Pour the ketchup and barbecue sauce into a slow cooker. Stir in the brown sugar, whiskey, and sausage. Set on Low, and cook for 6 hours. Serve hot with toothpicks.

# Barbequed Ribs

## Ingredients

- 4 pounds baby back pork ribs
- 4 cloves garlic, sliced
- 1 tablespoon white sugar
- 1 tablespoon paprika
- 2 teaspoons salt
- 2 teaspoons ground black pepper
- 2 teaspoons chili powder
- 2 teaspoons ground cumin
- 1/2 cup dark brown sugar
- 1/2 cup cider vinegar
- 1/2 cup ketchup
- 1/4 cup chili sauce
- 1/4 cup Worcestershire sauce
- 1 tablespoon lemon juice
- 2 tablespoons onion, chopped
- 1/2 teaspoon dry mustard
- 1 clove crushed garlic

## Directions

Preheat oven to 300 degrees F (150 degrees C). Place ribs on a rack in a shallow roasting pan. Scatter 4 cloves of sliced garlic over ribs. Cover, and bake for 2 1/2 hours. Cool slightly.

In a small bowl, mix together white sugar, paprika, salt, black pepper, chili powder, and ground cumin. Rub spices over cooled ribs. Cover, and refrigerate overnight.

In a small saucepan, mix together brown sugar, cider vinegar, ketchup, chili sauce, Worcestershire sauce, lemon juice, onion, dry mustard, and 1 clove garlic. Simmer over medium-low heat, uncovered, for 1 hour. Reserve a small amount for basting; the remainder is a dipping sauce.

Preheat grill for medium heat.

Place ribs on grill. Grill, covered, for about 12 minutes, basting with the reserved sauce, until nicely browned and glazed. Serve with remaining sauce for dipping.

# Oklahoma Brisket

## Ingredients

1/2 cup honey  
3 tablespoons soy sauce  
seasoned salt to taste

1 (5 pound) beef brisket  
1 cup apple cider  
seasoned salt to taste

3/4 cup ketchup  
1/4 cup packed brown sugar  
2 tablespoons Worcestershire  
sauce  
1/4 cup apple cider vinegar  
seasoned salt to taste  
1/2 teaspoon garlic powder, or to  
taste

## Directions

Preheat the oven to 300 degrees F (150 degrees C). Season the brisket all over with seasoned salt, and place in a roasting pan. Pour the apple juice over it, and cover tightly with aluminum foil.

Roast the brisket for 3 hours in the preheated oven. Don't peek.

Prepare a grill for low heat. In a small bowl, stir together the honey and soy sauce, and season with seasoned salt.

When the roast comes out of the oven, place it on the preheated grill. Grill for 30 minutes, turning frequently and basting with the honey sauce.

Meanwhile, in a saucepan over low heat, make a barbeque sauce by combining the ketchup, brown sugar, Worcestershire sauce, cider vinegar, seasoned salt, and garlic powder. Cook and stir over low heat for 15 minutes without allowing the sauce to boil. If you boil the sauce, it becomes very vinegary.

Let the brisket rest for about 10 minutes after it comes off the grill. Slice and serve with the barbeque sauce.

# Old Settlers' Baked Beans

## Ingredients

1/2 pound ground beef  
1/2 pound bacon, diced  
1 medium onion, chopped  
1/3 cup sugar  
1/3 cup packed brown sugar  
1/4 cup ketchup  
1/4 cup barbecue sauce  
1 tablespoon prepared mustard  
1/2 teaspoon pepper  
1/2 teaspoon chili powder  
1 (16 ounce) can pork and beans,  
undrained  
1 (16 ounce) can kidney beans,  
rinsed and drained  
1 (16 ounce) can Great Northern  
beans, rinsed and drained

## Directions

In a large skillet, cook beef, bacon and onion until meat is done and onion is tender. Drain any fat. Combine all remaining ingredients except beans. Add to meat mixture; mix well. Stir in beans. Place in a greased 2-1/2-qt. casserole. Bake, covered, at 350 degrees F for 1 hour or until heated through.



# Belle's Baked Beans

## Ingredients

1/2 pound fresh, ground pork  
sausage  
1 small onion, chopped  
2 (16 ounce) cans baked beans  
with pork  
1/2 teaspoon mustard powder  
1/2 cup brown sugar  
1/4 cup white sugar  
2 tablespoons ketchup  
2 tablespoons barbeque sauce  
2 tablespoons Worcestershire  
sauce

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Cook sausage and onions in a skillet until sausage is browned.  
Drain excess fat.

Add to browned sausage: baked beans with pork, mustard powder,  
brown sugar, white sugar, ketchup, barbeque sauce and  
Worcestershire sauce; mix well. Pour into a casserole dish and bake  
40 to 50 minutes.

# Barbara's Hot Sauce

## Ingredients

64 ounces canned crushed tomatoes  
2 cups minced onion  
6 jalapeno peppers, chopped  
2 teaspoons ground cumin  
2 tablespoons salt  
2 tablespoons white sugar  
1/2 cup white vinegar  
1 teaspoon minced garlic  
1 (15 ounce) can tomato sauce  
1/2 (6 ounce) can tomato paste  
1/2 cup ketchup  
1 cup water

## Directions

In a large soup or stock pot, combine tomatoes, onion, jalapenos, cumin, salt, sugar, vinegar, garlic, tomato sauce, tomato paste, ketchup, and water (add enough water to bring the mixture to your desired consistency). Bring mixture to a slow boil, reduce heat and let simmer for at least 2 hours.

Let the mixture cool completely, then pour into individual jars. Store in refrigerator. Will keep for several weeks.

# Bacon Wrapped Hamburgers

## Ingredients

1/2 cup shredded Cheddar cheese  
1 tablespoon grated Parmesan cheese  
1 small onion, chopped  
1 egg  
1 tablespoon ketchup  
1 tablespoon Worcestershire sauce  
1/2 teaspoon salt  
1/8 teaspoon pepper  
1 pound ground beef  
6 slices bacon  
6 hamburger buns, split

## Directions

Preheat a grill for high heat.

In a large bowl, mix together the Cheddar cheese, Parmesan cheese, onion, egg, ketchup, Worcestershire sauce, salt and pepper. Crumble in the ground beef, and mix together by hand. Form into 6 patties, and wrap a slice of bacon around each one. Secure bacon with toothpicks.

Place patties on the grill, and cook for 5 minutes per side, or until well done. Remove toothpicks before serving on hamburger buns.

# Root Beer BBQ Sauce

## Ingredients

2 cups root beer  
2 cups ketchup  
1/2 cup no-pulp orange juice  
1/4 cup Worcestershire sauce  
1/4 cup molasses  
1 teaspoon ground ginger  
1 teaspoon hot paprika  
1 teaspoon chipotle chile powder  
2 teaspoons garlic powder  
2 teaspoons onion powder  
1/2 teaspoon crushed red pepper flakes

## Directions

Stir together the root beer, ketchup, orange juice, Worcestershire sauce, and molasses in a saucepan. Season with ginger, paprika, chipotle powder, garlic powder, onion powder, and red pepper flakes. Bring to a boil over high heat, then reduce heat to medium-low and simmer 15 minutes, stirring occasionally. Use immediately or store in the refrigerator up to a week.

# Granny's Swiss Steak

## Ingredients

1/4 cup vegetable oil  
4 (4 ounce) cube steaks  
1/2 teaspoon salt, or to taste  
1/4 teaspoon ground black pepper, or to taste  
1/2 cup all-purpose flour  
1 green bell pepper, seeded and chopped  
1 medium onion, chopped  
1 stalk celery, chopped  
1 (6 ounce) can mushroom stems and pieces, undrained  
1 (1 ounce) envelope dry onion soup mix  
1/2 teaspoon dried oregano  
salt and pepper to taste  
1 1/2 cups tomato juice  
1 cup ketchup

## Directions

Preheat the oven to 350 degrees F (175 degrees C). Heat oil in a large skillet over medium-high heat. Dredge the cube steaks in a mixture of flour, salt and pepper, and brown them in the hot oil.

Arrange steaks in a 9x13 inch baking dish. Sprinkle the green pepper, onion, celery, mushrooms, oregano, and onion soup mix over the steaks. Stir together the tomato juice and ketchup; pour over everything in the dish.

Bake for about 1 hour in the preheated oven, or until the meat is cooked through, and the sauce is thickened.

# Tender 'n' Tangy Ribs

## Ingredients

3/4 cup vinegar  
1/2 cup ketchup  
2 tablespoons sugar  
2 tablespoons Worcestershire sauce  
1 garlic clove, minced  
1 teaspoon ground mustard  
1 teaspoon paprika  
1/2 teaspoon salt  
1/8 teaspoon pepper  
2 pounds pork spareribs  
1 tablespoon vegetable oil

## Directions

Combine the first nine ingredients in a slow cooker.

Cut ribs into serving-size pieces; brown in a skillet in oil. Transfer to slow cooker.

Cover and cook on low for 4-6 hours or until tender

# Roast Chicken Pita Pockets

## Ingredients

2 honey-roasted skinless,  
boneless chicken breast halves  
1 white pita bread  
2 cups shredded lettuce  
1 large onion, chopped  
1/2 cup shredded Cheddar  
cheese  
1/2 cup mayonnaise  
1/2 cup ketchup  
1/2 cup chili sauce  
1 dash hot pepper sauce  
1 teaspoon lemon juice  
1/4 teaspoon ground black  
pepper

## Directions

Preheat oven to 250 degrees F (120 degrees C).

Heat pita breads in preheated oven for about 5 minutes, or until slightly browned.

Meanwhile, in a large bowl combine the chicken, lettuce, onion, cheese, mayonnaise, ketchup, chili sauce, hot pepper sauce, lemon juice and ground black pepper. Mix well. (Note: If making this for kids, you may want to exclude chili sauce and hot pepper sauce.)

Slice hot pita breads around the edges to form pockets; fill bread pockets with chicken mixture. Serve hot.

# Mandarin Pork Roast

## Ingredients

2 teaspoons dried rosemary,  
crushed  
4 garlic cloves, minced  
1 teaspoon pepper  
1 (5 pound) bone-in pork loin roast  
1 (11 ounce) can mandarin  
oranges, drained

### GLAZE:

1/2 cup orange marmalade  
6 tablespoons orange juice  
concentrate  
1/4 cup soy sauce  
1/4 cup ketchup  
2 tablespoons honey  
2 1/4 teaspoons ground mustard  
1 1/2 teaspoons ground ginger  
2 garlic cloves, minced

## Directions

Combine rosemary, garlic and pepper; rub over roast. Place roast, fat side up, on a rack in a shallow roasting pan. Bake, uncovered, at 350 degrees F for 1-1/4 to 1-1/2 hours. Arrange oranges over roast. Combine glaze ingredients; brush over roast. Bake 30 minutes longer or until a meat thermometer reads 160 degrees F-170 degrees F, brushing often with glaze. Let stand 10 minutes before slicing.



# Simple BBQ Sauce

## Ingredients

1/2 (1 ounce) package dry onion soup mix  
1/2 cup packed brown sugar  
2 cups ketchup  
1 teaspoon Worcestershire sauce

## Directions

In a medium bowl, mix together onion soup mix, sugar, ketchup, and Worcestershire sauce. Do not use until the last few minutes of cooking, because this sweet sauce will burn if cooked for too long or over too high heat.

# Paprika Chili Steak

## Ingredients

1 medium onion, chopped  
1/2 cup ketchup  
1/4 cup cider vinegar  
1 tablespoon paprika  
1 tablespoon canola oil  
2 teaspoons chili powder  
1 teaspoon salt  
1/8 teaspoon pepper  
1 1/2 pounds beef flank steak

## Directions

In a large resealable plastic bag, combine the first eight ingredients; add steak. Seal bag and turn to coat; refrigerate for 3 hours or overnight, turning occasionally.

Coat grill rack with nonstick cooking spray before starting the grill. Drain and discard marinade. Grill steak, covered, over medium-hot heat for 6-8 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F, well-done, 170 degrees F).

# Asian Style Meatloaf

## Ingredients

1 1/2 pounds ground beef  
1/2 pound ground pork  
3 slices bread, broken up into small pieces  
2 eggs, lightly beaten  
1 small onion, finely chopped  
2 stalks celery, finely chopped  
3 tablespoons soy sauce  
1 tablespoon minced fresh ginger  
2 tablespoons hoisin sauce  
B  
1/2 cup hoisin sauce  
2 tablespoons ketchup

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl, mix together the beef, pork, bread crumbs, eggs, onion, and celery. Season with 3 tablespoons soy sauce, ginger, and 2 tablespoons hoisin sauce. Pat mixture into a shallow 2 quart baking pan.

Bake in preheated oven for 40 minutes.

Drain grease from pan. In a small bowl, mix 1/2 cup hoisin with 2 tablespoons ketchup. Spread over top of meatloaf. Continue baking for 20 minutes or so. Remove from oven, and let rest for 5 minutes.

# Marinated Lamb Chislick

## Ingredients

1/2 cup Worcestershire sauce  
1 teaspoon liquid smoke flavoring  
1/2 teaspoon lemon pepper  
1 1/4 pounds cubed lamb stew meat

1 tablespoon creamy salad dressing (such as Miracle Whip „Ÿ)  
1 tablespoon thousand island salad dressing  
1 teaspoon Worcestershire sauce  
1 teaspoon yellow mustard  
1 teaspoon ketchup  
1/2 teaspoon onion powder

## Directions

Whisk together 1/2 cup of Worcestershire sauce, liquid smoke, and lemon pepper in a bowl. and pour into a resealable plastic bag. Add the lamb cubes, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 1 hour. Prepare the dipping sauce by whisking together the salad dressings, 1 teaspoon Worcestershire sauce, mustard, ketchup, and onion powder in a small bowl. Refrigerate until ready to serve.

Preheat the oven's broiler and set the oven rack in the middle of the oven. Spray a broiler pan with nonstick cooking spray.

Drain the lamb cubes in a colander in the sink, discarding the marinade. Place the lamb cubes onto the prepared broiler pan. Cook in the preheated oven until the lamb has cooked to your desired degree of doneness, 10 to 15 minutes for medium.

Place the lamb cubes on a plate covered with paper towels. serve hot with the dipping sauce using toothpicks. Do not reheat as lamb tends to lose flavor when reheated.

# Zippy Shepherd's Pie

## Ingredients

1 pound potatoes, peeled and chopped  
1 tablespoon canola oil  
1 pound ground beef  
1 large onion, finely chopped  
1 red bell pepper, finely chopped  
2 cloves garlic, finely chopped  
1 (14 ounce) can beef broth  
2 tablespoons ketchup  
1 tablespoon soy sauce  
1 tablespoon Worcestershire sauce  
1 teaspoon mild curry powder  
1 tablespoon cornstarch  
2 tomatoes, coarsely chopped  
1 (16 ounce) package frozen mixed peas and carrots  
1/4 cup milk  
1 tablespoon butter  
1 cup shredded extra-sharp Cheddar cheese  
salt and pepper to taste

## Directions

Bring a large pot of lightly salted water to a boil. Add potatoes, and cook until tender but still firm, about 15 minutes; drain, and return to pan.

While potatoes are boiling, heat oil in a large skillet. Cook ground beef with onion, red pepper, and garlic until beef is evenly brown. Stir in beef broth, ketchup, soy sauce, Worcestershire sauce, and curry powder. Bring to a boil, and simmer 3 to 4 minutes. Mix cornstarch with a little water to form a paste, then stir into skillet with tomatoes, peas and carrots. Cook until thickened; season with salt and pepper. Spoon into a casserole dish.

Preheat oven on broiler setting. Add milk and butter to cooked potatoes, and whip until smooth and creamy. Spoon over meat mixture. Sprinkle top with shredded cheese.

Place under broiler for 3 to 5 minutes, or until cheese is melted and speckled with brown.

# Hot Dog Pie

## Ingredients

1 pound lean ground beef  
4 hot dogs , cut into 1/4-inch slices  
1 (15 ounce) can vegetarian baked beans  
1/2 cup ketchup  
2 tablespoons brown sugar  
2 tablespoons prepared yellow mustard  
2 ounces Cheddar cheese, cubed  
1 (1.25 ounce) package taco seasoning mix  
4 slices processed American cheese  
1 (9 inch) deep dish pie shell

## Directions

Preheat oven to 400 degrees F (200 degrees C). Bake empty pie shell for 10 minutes.

In a large skillet over medium heat, cook ground beef until browned, stirring occasionally to crumble; drain fat. Stir in hot dogs, beans, ketchup, brown sugar, mustard, taco seasoning, and cheese cubes. Cook for 2 to 3 minutes.

Spread beef mixture into baked pie shell. Cut American cheese slices into strips, and make a lattice on top of pie.

Bake for 5 to 10 minute, or until cheese is slightly melted.

# Seven Flavor Hamburger

## Ingredients

1 pound ground beef  
1/2 cup chopped onion  
1/4 cup chopped celery  
1/4 cup chopped green bell pepper  
1 teaspoon salt  
1 pinch ground black pepper  
1/3 cup ketchup  
1 tablespoon white vinegar  
1 tablespoon white sugar  
2 tablespoons Worcestershire sauce  
1 (8 ounce) can tomato sauce  
6 hamburger buns, split

## Directions

Cook ground beef in a large skillet over medium heat until no longer pink. Stir frequently, and break into pieces. Drain off grease.

Add onion, celery, and green pepper to the skillet, and season with salt and pepper. Cook, stirring until onion is soft, about 5 minutes. Stir in ketchup, vinegar, sugar, Worcestershire sauce, and tomato sauce. Cover, reduce heat to low, and simmer for 20 minutes. Spoon onto buns, and serve.

# Saucy Barbecued Spareribs

## Ingredients

- 1 1/2 pounds pork spareribs
- 1/2 cup chopped onion
- 1/2 cup molasses
- 1/2 cup ketchup
- 1/4 cup orange juice
- 1 tablespoon butter or margarine
- 1 tablespoon vegetable oil
- 1 tablespoon steak sauce
- 1 1/2 teaspoons cider vinegar
- 3 whole cloves
- 1 garlic clove, minced
- 1/2 teaspoon orange zest
- 1/2 teaspoon prepared mustard
- 1/2 teaspoon Worcestershire sauce
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon hot pepper sauce

## Directions

Cut ribs into serving size pieces. Line a 11-in. x 7-in. x 2-in. baking dish with foil; grease the foil. Place ribs meat side up in prepared pan. Bake, uncovered, at 350 degrees F for 1 hour; drain.

Meanwhile, in a saucepan, bring remaining ingredients to a boil. Reduce heat; simmer, uncovered, for 15 minutes. Discard cloves. Baste ribs with sauce. Bake, uncovered, 40-45 minutes longer or until ribs are tender, basting several times. Serve with remaining sauce.



# Pork Chops in Beer

## Ingredients

2 cups ketchup  
1 (12 fluid ounce) can or bottle  
beer  
3/4 cup packed brown sugar  
8 pork chops

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a medium bowl, combine the ketchup, brown sugar and beer. Mix well and pour into a 9x13 inch baking dish. Place the pork chops over this mixture in the dish.

Bake, uncovered, at 350 degrees F (175 degrees C) for 1 hour, or internal pork temperature reaches 160 degrees F (175 degrees C). (Note: Place foil over pork chops if they start to brown too quickly.)

# Japanese Shrimp Sauce

## Ingredients

2 cups mayonnaise  
1/2 cup water  
1 teaspoon white sugar  
1 teaspoon paprika  
1 teaspoon garlic juice  
1 tablespoon ketchup  
1 teaspoon ground ginger  
1 teaspoon hot pepper sauce  
1 teaspoon ground mustard  
1/4 teaspoon salt  
3/4 teaspoon ground white pepper

## Directions

Whisk mayonnaise, water, sugar, paprika, garlic juice, ketchup, ground ginger, hot pepper sauce, ground mustard, salt, and white pepper together in a bowl.

# Campbell's® Slow-Cooked Pulled Pork

## Ingredients

1 tablespoon vegetable oil  
3 1/2 pounds boneless pork  
shoulder roast, netted or tied  
1 (10.5 ounce) can Campbell's®  
Condensed French Onion Soup  
1 cup ketchup  
1/4 cup cider vinegar  
3 tablespoons packed brown  
sugar  
12 round sandwich rolls or  
hamburger rolls, split

## Directions

Heat the oil in a 10-inch skillet over medium-high heat. Add the pork and cook until it's well browned on all sides.

Stir the soup, ketchup, vinegar and brown sugar in a 5-quart slow cooker. Add the pork and turn to coat.

Cover and cook on LOW for 8 to 9 hours\* or until the pork is fork-tender.

Remove the pork from the cooker to a cutting board and let stand for 10 minutes. Using 2 forks, shred the pork. Return the pork to the cooker.

Divide the pork and sauce mixture among the rolls.

# Lit'l Smokies® Mummy Dogs

## Ingredients

32 Hillshire Farm® Lit'l Smokies®  
1 (8 ounce) can refrigerated  
crescent dough rolls  
Mustard or ketchup, if desired

## Directions

Preheat oven to 375 degrees F.

Unroll dough, separate at perforations, creating 4 rectangles. Press perforations to seal.

With a knife or pizza cutter cut each rectangle lengthwise into 8 strips making a total of 32 strips. Wrap one strip of dough around each Lit'l Smokies® stretching dough slightly to look like bandages, leaving tip exposed to create face. Place on ungreased cookie sheet.

Bake 12 to 14 minutes or until golden brown. Draw features on tip of Lit'l Smokies® to create face. Serve with mustard or ketchup, if desired.

# Christmas Meatballs

## Ingredients

2 eggs  
1 envelope onion soup mix  
1/2 cup seasoned bread crumbs  
1/4 cup chopped dried cranberries  
2 tablespoons minced fresh parsley  
1 1/2 pounds lean ground beef  
SAUCE:  
1 (16 ounce) can whole berry cranberry sauce  
3/4 cup ketchup  
1/2 cup beef broth  
3 tablespoons brown sugar  
3 tablespoons finely chopped onion  
2 teaspoons cider vinegar

## Directions

In a bowl, combine eggs, soup mix, bread crumbs, cranberries and parsley. Crumble beef over mixture and mix well. Shape into 1-in. balls; place 12 to 14 balls on a microwave-safe plate. Cover with waxed paper; microwave on high for 3-4 minutes or until no longer pink. Remove to paper towels to drain. Repeat with remaining meatballs.

In a 2-qt. microwave-safe dish, combine sauce ingredients. Cover and microwave on high for 3-4 minutes or until heated through.

# Szechwan Shrimp

## Ingredients

4 tablespoons water  
2 tablespoons ketchup  
1 tablespoon soy sauce  
2 teaspoons cornstarch  
1 teaspoon honey  
1/2 teaspoon crushed red pepper  
1/4 teaspoon ground ginger  
1 tablespoon vegetable oil  
1/4 cup sliced green onions  
4 cloves garlic, minced  
12 ounces cooked shrimp, tails removed

## Directions

In a bowl, stir together water, ketchup, soy sauce, cornstarch, honey, crushed red pepper, and ground ginger. Set aside.

Heat oil in a large skillet over medium-high heat. Stir in green onions and garlic; cook 30 seconds. Stir in shrimp, and toss to coat with oil. Stir in sauce. Cook and stir until sauce is bubbly and thickened.

# Gumbo Joes

## Ingredients

1 1/2 pounds ground beef  
1 large onion, chopped  
1/4 cup chopped green pepper  
1 (10.75 ounce) can condensed chicken gumbo soup, undiluted  
1/2 cup ketchup  
1/4 cup packed brown sugar  
3 tablespoons vinegar  
1 tablespoon prepared horseradish  
1 bay leaf  
1 teaspoon salt  
1/4 teaspoon pepper  
12 sandwich rolls, split

## Directions

In a large skillet, cook beef, onion and green pepper over medium heat until meat is no longer pink; drain. Stir in soup, ketchup, brown sugar, vinegar, horseradish, bay leaf, salt and pepper. Cover and simmer for 30 minutes. Discard bay leaf. Spoon onto rolls.

# Picnic Bean Casserole

## Ingredients

2 (15 ounce) cans pork and beans  
1 (16 ounce) can kidney beans,  
rinsed and drained  
1 (15 ounce) can lima or butter  
beans, rinsed and drained  
1 medium onion, chopped  
1/2 cup packed brown sugar  
1/2 cup ketchup  
4 bacon strips, cooked and  
crumbled

## Directions

In a large bowl, combine the beans, onion, brown sugar and ketchup. Transfer to a greased 2-1/2-qt. baking dish. Sprinkle with bacon. Cover and bake at 350 degrees F for 1 hour. Uncover; bake 30 minutes longer.



# Glazed Meatloaf I

## Ingredients

1/2 cup ketchup  
1/3 cup brown sugar  
1/4 cup lemon juice, divided  
1 teaspoon mustard powder  
2 pounds ground beef  
3 slices bread, broken up into small pieces  
1/4 cup chopped onion  
1 egg, beaten  
1 teaspoon beef bouillon granules

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a small bowl, combine the ketchup, brown sugar, 1 tablespoon lemon juice and mustard powder.

In a separate large bowl, combine the ground beef, bread, onion, egg, bouillon, remaining lemon juice and 1/3 of the ketchup mixture from the small bowl. Mix this well and place in a 5x9 inch loaf pan.

Bake at 350 degrees F (175 degrees C) for 1 hour, drain any excess fat, coat with remaining ketchup mixture and bake for 10 more minutes.

# Blooming Onion and Dipping Sauce

## Ingredients

### Dipping Sauce:

1/2 cup mayonnaise  
1 tablespoon ketchup  
2 tablespoons cream-style horseradish sauce  
1/3 teaspoon paprika  
1/4 teaspoon salt  
1/8 teaspoon dried oregano  
1 pinch ground black pepper  
1/3 teaspoon cayenne pepper

### Blooming Onion:

1 egg  
1 cup milk  
1 cup all-purpose flour  
1 1/2 teaspoons salt  
1 1/2 teaspoons cayenne pepper  
1 teaspoon paprika  
1/2 teaspoon ground black pepper  
1/3 teaspoon dried oregano  
1/8 teaspoon dried thyme  
1/8 teaspoon ground cumin  
1 large sweet onion  
3/4 cup vegetable oil for frying

## Directions

To make sauce: In a medium bowl, combine mayonnaise, ketchup, horseradish, 1/3 teaspoon paprika, 1/4 teaspoon salt, 1/8 teaspoon oregano, a dash ground black pepper and cayenne pepper; mix well. Keep sauce covered in refrigerator until needed.

To make the batter: In a medium bowl, beat egg and add milk. In a separate bowl, combine flour, salt, cayenne pepper, paprika, ground black pepper, oregano, thyme and cumin; mix.

To slice onion: slice 1 inch off of the top and bottom of the onion and remove the papery skin. Use a thin knife to cut a 1 inch diameter core out of the middle of the onion. Now use a very sharp, large knife to slice the onion several times down the center to create 'petals': First slice through the center of the onion to about three-fourths of the way down. Turn the onion 90 degrees and slice it again in an X across the first slice. Keep slicing the sections in half, very carefully until the onion has been cut 16 times. Do not cut down to the bottom of the onion. (The last 8 slices will be difficult, be careful).

Spread the 'petals' of the onion apart. To help keep them separate you could plunge the onion into boiling water for 1 minute and then into cold water.

Dip the onion into the milk mixture and then coat it liberally with the flour mixture. Again separate the petals and sprinkle the dry coating between them. Once you're sure the onion is well-coated, dip it back into the wet mixture and into the dry coating again. This double-dipping ensures you have a well-coated onion because some of the coating will wash off when you fry the onion.

Heat oil in a deep fryer or deep pot to 350 degrees F (175 degrees C). Make sure you use enough oil to completely cover the onion when it fries.

Fry the onion right side up in the oil for 10 minutes or until it turns brown. When the onion has browned, remove it from the oil and let it drain on a rack or paper towels. Open the onion wider from the center so that you can put a small dish of the dipping sauce in the center.

# Tempura Shrimp

## Ingredients

32 vanilla wafers, crushed  
1 egg, beaten  
3/4 cup water  
1/3 cup apricot nectar  
2 teaspoons cornstarch  
1/4 cup packed brown sugar  
3 tablespoons red wine vinegar  
1 tablespoon ketchup  
2 cups vegetable oil  
3/4 pound medium shrimp -  
peeled and deveined

## Directions

In a small bowl mix vanilla wafers, egg, and water until well blended. Refrigerate 1 to 2 hours.

To make dipping sauce: In a small sauce pan blend nectar into cornstarch. Stir in brown sugar, vinegar and catsup. Heat mixture over a medium heat, stirring constantly until mixture thickens and comes to a boil. Set aside.

In a stockpot or deep fryer heat 2 cups oil to 375 degrees F (175 degrees C). Dip shrimp in vanilla wafer batter and fry 4 to 6 shrimp at a time until golden brown. Drain well. Serve hot with dipping sauce.

# Tropical Pork Chops

## Ingredients

1/3 cup ketchup  
2 tablespoons prepared mustard  
2 tablespoons brown sugar  
1 tablespoon cider vinegar  
1 1/2 teaspoons soy sauce  
1/8 teaspoon garlic salt  
1/8 teaspoon onion salt  
dash cayenne pepper  
4 boneless pork loin chops  
salt and pepper to taste  
1/4 cup chopped onion  
2 garlic cloves, minced  
1 tablespoon vegetable oil  
1/3 cup water  
1/4 cup pineapple tidbits  
Hot cooked rice

## Directions

In a saucepan, combine the first eight ingredients. Cover and simmer until sugar is dissolved, about 10 minutes. Remove from the heat; set aside. Season pork chops with salt and pepper. In a skillet, cook pork, onion and garlic in oil until meat is browned. Add water and reserved sauce. Cover and cook over medium-low heat for 20-25 minutes or until the meat is no longer pink, adding more water if needed. Stir in pineapple and heat through. Serve over rice.

# Excellent Basting Sauce

## Ingredients

3/4 cup SLENDA® No Calorie  
Sweetener, Granulated  
1/2 cup rice vinegar  
1/4 cup ketchup  
2 tablespoons soy sauce  
1 tablespoon grated fresh ginger  
1 tablespoon cornstarch  
2 cloves garlic, minced

## Directions

Stir the SLENDA® Granulated Sweetener, vinegar, ketchup, soy sauce, ginger, cornstarch and garlic together in a saucepan over medium-high heat until mixture boils and thickens slightly.

# Jack BBQ Sauce

## Ingredients

- 1 cup ketchup
- 2 tablespoons steak sauce
- 1 teaspoon garlic salt
- 2 teaspoons liquid smoke flavoring
- 1 teaspoon onion powder
- 3 tablespoons brown sugar
- 2 teaspoons lemon juice
- 4 drops hot pepper sauce, or to taste
- 4 dashes Worcestershire sauce
- 2 tablespoons whiskey

## Directions

In a saucepan combine ketchup, steak sauce, garlic salt, liquid smoke, onion powder and brown sugar. Add lemon juice, pepper sauce, Worcestershire sauce and whiskey. Warm over medium low heat until simmering.

Refrigerate for at least one hour before using, to let flavors mingle. Brush on meat during the last few minutes of grilling or baking.

Not recommended for marinating unless you omit the lemon juice, as the acid makes the chicken grainy.

# Beef and Tomato Pie

## Ingredients

1 pound ground beef  
1 large onion, chopped  
2 tablespoons ketchup  
1/2 teaspoon salt  
2 cups biscuit/baking mix  
2/3 cup milk  
1 cup diced fresh tomato  
1/2 cup shredded Cheddar  
cheese

## Directions

In a skillet over medium heat, cook beef and onion until meat is no longer pink; drain. Remove from the heat. Stir in ketchup and salt; set aside.

Combine biscuit mix and milk just until moistened. Turn onto a lightly floured surface and knead 6-8 times. Roll into a 10-in. circle; transfer to a greased 9-in. pie plate. Flute edges. Spoon meat mixture into crust. Sprinkle with tomatoes.

Bake at 425 degrees for 20-25 minutes. Sprinkle with cheese; bake 2 minutes longer or until cheese is melted.

# Dad's Prussian Dressing

## Ingredients

1 cup white sugar  
1 cup vegetable oil  
1 cup ketchup  
1/4 cup distilled white vinegar  
1/4 cup lemon juice  
1/4 cup water  
1/4 cup Worcestershire sauce  
1/4 cup dried minced onion

## Directions

Stir the sugar, vegetable oil, ketchup, vinegar, lemon juice, water, Worcestershire sauce, and minced onion together in a bowl until the sugar is dissolved and the ingredients are completely mixed. Chill in refrigerator 2 hours before serving.



# Divine Meatloaf

## Ingredients

1 pound extra-lean ground beef  
1 green bell pepper, diced  
1 bunch green onions, diced  
4 ounces sliced fresh mushrooms  
4 ounces saltine crackers, finely crushed  
2 eggs  
1 (1.25 ounce) package beef with onion soup mix  
  
1 1/2 cups ketchup  
1 tablespoon yellow mustard  
2 teaspoons brown sugar

## Directions

Preheat oven to 375 degrees F (190 degrees C).

In a large mixing bowl, combine the ground beef, green pepper, green onion, mushrooms and saltine crackers. Stir in the eggs and the beef with onion soup mix; mix thoroughly.

Press mixture into a 9x13 inch baking dish.

In a small mixing bowl, whisk together the ketchup, yellow mustard and brown sugar. Mix thoroughly and pour over the meat mixture, spreading evenly.

Bake in the preheated oven for 1 hour.

# Toronto Pad Thai

## Ingredients

1 (8 ounce) package pad thai rice noodles  
1/4 cup tamarind paste  
1/3 cup boiling water  
1/4 cup ketchup  
2 limes, juiced  
3 tablespoons soy sauce  
1 tablespoon white sugar  
1 tablespoon chili paste (sambal oelek)  
  
1/4 cup vegetable oil  
1/2 pound firm tofu, drained and cubed  
5 cloves garlic, minced  
4 eggs, beaten  
3 cups bean sprouts  
1/2 cup coarsely ground peanuts  
5 green onions, thinly sliced

## Directions

Place the rice noodles in a large bowl, pour in enough very hot tap water to cover, and let them soak for 30 minutes. Drain the noodles, and set aside.

Stir together the tamarind paste with boiling water in a bowl until well mixed, and let the mixture stand for 15 minutes. Press the paste mixture through a fine-mesh sieve to strain, and discard any fibers or seeds. Combine the strained tamarind paste with the ketchup, lime juice, soy sauce, sugar, and chili paste in a bowl.

Heat the vegetable oil in a wok over medium-high heat until the oil shimmers. Cook and stir the garlic and tofu until the tofu begins to show brown edges, 3 to 4 minutes. Pour in the eggs, and scramble for 30 seconds, then add the noodles, tamarind mixture, and bean sprouts. Cook and stir until the noodles are separated, heated through, and covered with sauce, about 5 minutes. Sprinkle with peanuts and sliced green onions.

# Savory Meat Loaf

## Ingredients

- 1 egg
- 1 cup fat-free milk
- 3/4 cup quick-cooking oats
- 2 slices bread, crumbled
- 1/2 cup finely chopped onion
- 1 teaspoon rubbed sage
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 pound lean ground beef
- 3/4 cup ketchup
- 1/2 cup water
- 2 tablespoons brown sugar
- 2 tablespoons cider vinegar
- 1 tablespoon Worcestershire sauce

## Directions

In a bowl, combine the first eight ingredients. Crumble beef over mixture and mix well. Shape into a loaf; place in a 11-in. x 7-in. x 2-in. baking dish. In a bowl, combine the ketchup, water, brown sugar, vinegar and Worcestershire sauce; pour over meat loaf. Bake at 325 degrees F for 1 to 1-1/4 hours or until meat is no longer pink and a meat thermometer reads 160 degrees F. Let stand for 10 minutes before slicing.

# Zesty French Dressing

## Ingredients

1 small onion, chopped  
2/3 cup vegetable oil  
1/2 cup sugar  
1/3 cup vinegar  
2 tablespoons ketchup  
1 1/2 teaspoons Worcestershire sauce  
1 1/2 teaspoons salt  
1 teaspoon prepared mustard  
1 teaspoon paprika  
1/2 teaspoon garlic powder  
1/2 teaspoon celery seed

## Directions

In a blender or food processor, process all ingredients until smooth and thickened. Cover and refrigerate for at least 1 hour. Shake well before serving.

# Braunschweiger Spread

## Ingredients

1 pound braunschweiger  
liverwurst  
1 (8 ounce) package cream  
cheese, softened  
2 drops ketchup  
1/2 onion, chopped  
2 teaspoons steak sauce  
1 (5 ounce) jar pitted green olives

## Directions

In a medium-size mixing bowl, combine braunschweiger, cream cheese, ketchup, onion, and steak sauce. Mix until blended. Shape mixture into a ball. Press olives into the ball. Chill before serving.

# Jack-O-Lantern Burgers

## Ingredients

1 envelope onion soup mix  
1/4 cup ketchup  
2 tablespoons brown sugar  
2 teaspoons prepared horseradish  
2 teaspoons chili powder  
2 1/2 pounds ground beef  
10 slices process American cheese  
10 hamburger buns, split

## Directions

In a large bowl, combine soup mix, ketchup, brown sugar, horseradish and chili powder. Crumble beef over mixture; mix well. Shape into 10 patties. Grill, broil or pan-fry until the meat is no longer pink.

Cut eyes, nose and mouth out of each cheese slice to create a jack-o-lantern. Place cheese on burgers; cook until cheese is slightly melted, about 1 minute. Serve on buns.

# Amish Meatloaf

## Ingredients

2 pounds ground beef  
2 1/2 cups crushed butter-flavored crackers  
1 small onion, chopped  
2 eggs  
3/4 cup ketchup  
1/4 cup brown sugar  
2 slices bacon

1 cup ketchup  
2 tablespoons vinegar  
3/4 teaspoon salt, or to taste  
2 tablespoons prepared yellow mustard  
1/2 cup brown sugar

## Directions

Preheat the oven to 350 degrees F (175 degrees C).

In a medium bowl, mix together ground beef, crushed crackers, onion, eggs, 3/4 cup ketchup, and 1/4 cup brown sugar until well blended. Press into a 9x5 inch loaf pan. Lay the two slices of bacon over the top.

Bake for 1 hour in the preheated oven, or until cooked through. While the loaf bakes, mix together the remaining 1 cup ketchup, vinegar, salt, mustard and 1/2 cup brown sugar. Spread over the top of the meat loaf for the last 15 minutes of baking.

# Hong Kong Sweet and Sour Pork

## Ingredients

2 teaspoons light soy sauce  
1/8 teaspoon white sugar  
2 teaspoons potato starch  
1 teaspoon sesame oil  
ground black pepper to taste  
1 pound pork loin, cut into 1-inch cubes

1 cup water  
2 tablespoons white vinegar  
1/4 cup ketchup  
1/4 cup white sugar  
1 pinch salt  
2 teaspoons potato starch  
1 dash red food coloring

1 egg, beaten  
1 cup potato starch  
2 cups peanut oil for frying

1 green bell pepper, cut into large chunks  
2 cayenne peppers, sliced  
4 slices canned pineapple, chopped  
2 cloves garlic, sliced  
2 green onions, sliced

## Directions

Whisk together the soy sauce, sugar, 2 teaspoons potato starch, sesame oil, and black pepper in a large bowl. Mix the pork into the marinade and turn until all the pork is covered. Allow to rest for 15 minutes.

To make the sauce, whisk together the water, vinegar, ketchup, 1/4 cup sugar, salt, 2 teaspoons potato starch, and red food coloring in a separate bowl. Set aside.

Dip the pork pieces in the beaten egg, then dredge in the 1 cup potato starch. Use your hand to press the starch onto the pork, assuring a consistent coating.

Heat the peanut oil in a wok over medium-high heat to a temperature of 375 degrees F (190 degrees C).

Fry the pork pieces in the hot oil until crisp and light brown, 4 to 5 minutes. Remove the pork from the oil and drain, keeping the oil hot. Return the drained pork pieces to the hot oil for 30 seconds more. Remove and drain again. Pour off all but 1 tablespoon of oil from the wok.

Heat 1 tablespoon of reserved oil in the wok over medium heat. Cook the green bell pepper, cayenne pepper, pineapple, garlic, and green onion in the heated oil for about 5 minutes. Add the sauce and stir until it thickens. Stir in the pork and toss until the pork is coated with sauce. Remove from heat and serve.



# Singaporean Chile Crab

## Ingredients

1 pound whole Dungeness crab  
5 tablespoons ketchup  
1 cup water  
2 tablespoons cornstarch  
3/4 teaspoon dark soy sauce  
5 tablespoons vegetable oil  
7 cloves garlic, crushed  
2 tablespoons chopped shallots  
10 red chili peppers, pounded  
with seeds  
3/4 teaspoon lemon juice  
1 egg, beaten  
4 green onions, minced

## Directions

Wash crabs and separate claws from body. Crack the shell and cut the body into 4 to 6 pieces.

In a large bowl, mix together ketchup, water, cornstarch, and soy sauce.

Heat skillet and the oil, stir in garlic and shallots. Fry the garlic and shallots for 1 to 2 minutes before adding the chili. Fry another 2 minutes. Add crab pieces and fry until they turn red, about 4 minutes.

Stir sauce mixture into the skillet until the crabs are well coated. Cover the skillet and let simmer on high heat, for 7 minutes or until the shells turn bright red.

Remove cover and stir in the lime juice. Stir in beaten egg until it is fully cooked. Turn the heat off and stir in green onions.

# Ground Beef for Tacos

## Ingredients

1 pound lean ground beef  
1 onion, diced  
1/2 cup ketchup  
1 (1.25 ounce) package taco  
seasoning mix  
2/3 cup cold water

## Directions

In a large skillet over medium heat, brown the ground beef with onion; drain fat.

Stir in ketchup, taco seasoning, and cold water. Reduce heat and simmer for 20 minutes.

# Tangy Barbecue Sauce

## Ingredients

1 cup ketchup  
2/3 cup packed brown sugar  
2 teaspoons prepared mustard  
1/2 teaspoon ground nutmeg

## Directions

In a bowl, combine all ingredients. Use as a basting sauce for grilled meat.

# Mom's Best Meatloaf

## Ingredients

1 1/2 pounds ground beef  
1/4 cup chopped onion  
1/4 cup quick-cooking oats  
1/8 cup cornmeal  
1 cup dried bread crumbs  
1 1/2 teaspoons salt  
1 tablespoon white sugar  
1 egg, beaten  
1/2 cup tomato juice  
1/2 cup water  
1 tablespoon barbecue sauce  
1 dash liquid smoke flavoring  
1 tablespoon distilled white vinegar  
1/4 cup ketchup  
1 tablespoon brown sugar  
2 teaspoons prepared mustard  
2 dashes liquid smoke flavoring

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl, combine the beef, onion, oatmeal, cornmeal, bread crumbs, salt, sugar, egg, tomato juice, water, barbecue sauce, 1/8 teaspoon liquid smoke and vinegar. Mix together thoroughly and place mixture into a lightly greased 9x5 inch loaf pan.

In a separate small bowl, combine the ketchup, brown sugar, mustard and 2 drops liquid smoke and mix thoroughly. Spread over the top of the meatloaf.

Bake at 350 degrees F (175 degrees C) for approximately one hour.

# Kitchen Sink Meatloaf

## Ingredients

1 egg, lightly beaten  
1/4 cup ketchup  
2 tablespoons barbeque sauce  
2 tablespoons steak sauce  
1 teaspoon Worcestershire sauce  
1/4 cup brown sugar  
1 medium onion, finely chopped  
2 cloves garlic, minced  
1 teaspoon dried parsley (optional)  
1/2 teaspoon seasoned salt  
salt and pepper to taste  
1 pound ground beef  
2/3 cup dry bread crumbs  
1/3 cup shredded Cheddar cheese

## Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 5x9 inch loaf pan.

In a bowl, stir together the egg, ketchup, barbeque sauce, steak sauce, Worcestershire sauce, brown sugar, onion, and garlic, seasoned salt, and salt and pepper. Mix in ground beef, bread crumbs, and Cheddar cheese. Spread into the loaf pan.

Bake 55 minutes in the preheated oven, to a minimum internal temperature of 160 degrees F (70 degrees C).

# Superb Sausage Casserole

## Ingredients

6 links pork sausage  
1 large red bell pepper, chopped  
1 large orange bell pepper,  
chopped  
1 large yellow bell pepper,  
chopped  
1 large onion, diced  
1/2 cup ketchup  
3/4 cup hot water  
salt and pepper to taste

## Directions

In a large skillet, brown sausage on medium heat. Remove from heat and cut into thirds.

In a 2-quart casserole dish, combine the sausages, red bell pepper, orange bell pepper, yellow bell pepper, onion, ketchup and hot water. Mix together until well combined, and season with salt and ground black pepper.

Bake at 350 degrees F (175 degrees C) for 1 hour, stirring every 15 minutes.

# Tangy Bar-B-Que Sauce

## Ingredients

- 1 cup butter
- 1 onion, chopped
- 1 teaspoon garlic powder
- 2 (15 ounce) cans tomato sauce
- 1 (28 ounce) bottle ketchup
- 3/4 cup water
- 2 tablespoons Worcestershire sauce
- 2 tablespoons brown sugar
- 1/2 lemon, juiced
- salt and pepper to taste
- 1 teaspoon hot pepper sauce

## Directions

In a large skillet, melt the butter or margarine over medium heat. Stir in the onion and garlic powder. Saute until onions are soft. Stir in the tomato sauce, ketchup, water, Worcestershire sauce, brown sugar and Season to taste with salt, pepper and hot pepper sauce. Reduce heat to low and simmer, uncovered, for 10 minutes.

# Sweet and Sour Tofu Veggies

## Ingredients

3 cups water  
1 1/2 cups long-grain brown rice  
1 pound firm tofu  
1/4 cup unsweetened pineapple juice  
2 tablespoons fresh lemon juice  
2 tablespoons ketchup  
2 tablespoons real maple syrup  
2 tablespoons tamari  
1 tablespoon dark sesame oil  
2 1/4 teaspoons arrowroot powder  
2 1/2 teaspoons grated fresh ginger root  
2 tablespoons vegetable oil  
1 onion, thinly sliced  
1 carrots, sliced diagonally  
4 ounces fresh green beans, cut into 1-inch lengths  
1 large chopped red bell pepper  
8 ounces fresh mushrooms, sliced  
1 zucchini, cut into 1/2-inch slices  
1 cup pineapple chunks

## Directions

In a medium saucepan bring 2 cups of the water to a boil over high heat. Add the rice, reduce the heat, and simmer until the rice is tender and water is absorbed, 30 to 40 minutes. Transfer to a serving platter and keep warm.

Remove excess water from the tofu, and then cut it into 1/2-inch cubes.

In a small bowl, whisk the pineapple juice, lemon juice, ketchup, maple syrup, tamari, sesame oil, arrowroot, and ginger together.

In a wok or large skillet, heat the vegetable oil over medium-high heat. Add the onion, carrot, green beans, bell pepper, mushrooms, and zucchini and stir-fry until tender, 3 to 5 minutes.

Add the pineapple juice mixture, tofu and pineapple. Cook, stirring often, until the sauce is thickened, about 2 minutes. Spoon the veggies and sauce over the brown rice and serve.



# Bill's Sauce

## Ingredients

2 quarts white vinegar  
2 cups white sugar  
1 1/2 cups ketchup  
1/2 cup Worcestershire sauce  
1/4 cup hot sauce  
1/4 cup salt  
1/4 cup ground black pepper

## Directions

Combine vinegar, sugar, ketchup, Worcestershire sauce, hot sauce, salt and pepper in a large jar and shake well.

# Slippery Shrimp

## Ingredients

2 cups peanut oil for frying  
1 pound peeled and deveined large shrimp  
1/4 cup cornstarch  
2 large cloves garlic, minced  
1/2 teaspoon minced fresh ginger  
1/2 teaspoon cayenne pepper  
1 tablespoon white wine  
1 tablespoon white vinegar  
1 tablespoon ketchup  
5 teaspoons white sugar  
1/2 teaspoon salt  
1/4 cup water  
2 teaspoons cornstarch  
2 teaspoons water  
5 green onions, sliced

## Directions

Heat peanut oil in a wok to 375 degrees F (190 degrees C).

Toss the shrimp with 1/4 cup of cornstarch to coat, then drop into the hot oil, and quickly fry until golden brown, about 45 seconds. When done, drain shrimp, and set aside.

Pour all but 1 tablespoon of oil from the wok, then stir in the garlic, ginger, and cayenne pepper. Cook and stir until the garlic is fragrant and beginning to brown, about 30 seconds. Pour in the wine, vinegar, ketchup, sugar, salt, and 1/4 cup of water, and bring to a boil over high heat. Dissolve the cornstarch in 2 teaspoons of water, stir into the boiling sauce, and boil until thickened, about 1 minute. Stir the shrimp and green onions into the sauce until coated.

# Lemonade Chicken

## Ingredients

6 (4 ounce) skinless, boneless  
chicken breast halves  
3/4 cup lemonade concentrate  
3 tablespoons ketchup  
2 tablespoons brown sugar  
1 tablespoon cider vinegar  
2 tablespoons cornstarch  
2 tablespoons cold water

## Directions

Place chicken in a 5-qt. slow cooker. Combine the lemonade, ketchup, brown sugar and vinegar; pour over chicken. Cover and cook on low for 2-1/2 hours or until chicken juices run clear.

Remove chicken and keep warm. For gravy, combine cornstarch and water until smooth; stir into cooking juices. Cover and cook on high for 30 minutes or until thickened. Return chicken to the slow cooker; heat through.

# Hot Dog Sauce

## Ingredients

- 1 pound ground beef chuck
- 1 onion, finely chopped
- 3 cloves garlic, minced
- 1/2 cup ketchup
- 1/4 cup barbeque sauce
- 1 tablespoon chili powder
- 2 tablespoons prepared yellow mustard
- 1/2 teaspoon ground black pepper
- 2 teaspoons salt, or to taste
- 2 teaspoons ground cumin
- 1 tablespoon Worcestershire sauce
- 1 pinch crushed red pepper flakes
- 1 cup water

## Directions

Brown beef and onion in a large skillet over medium-high heat. Drain fat; cool mixture slightly. Place in food processor; pulse until mixture is finely crumbled, about 5 or 6 pulses. Return meat to skillet; stir in garlic. Cook for 3 minutes.

Pour the ketchup and barbeque sauce into the skillet. Stir in the chili powder, mustard, pepper, salt, cumin, Worcestershire sauce, red pepper flakes, and water. Cook, uncovered, until most of the liquid has evaporated, about 10 minutes. Season sauce with additional salt, if necessary.

# Fried Green Tomatoes with Shrimp Remoulade

## Ingredients

1/2 cup Creole mustard  
1/2 cup olive oil  
2 tablespoons ketchup  
1 teaspoon Worcestershire sauce  
2 teaspoons prepared horseradish  
2 cloves garlic, chopped  
1 tablespoon lemon juice  
2 teaspoons minced onion  
2 teaspoons chopped green onion  
2 teaspoons paprika  
1/4 teaspoon ground black pepper  
1/8 teaspoon cayenne pepper  
2 teaspoons chopped fresh parsley  
24 cooked medium shrimp, shelled and deveined

1 cup buttermilk  
1 egg  
2 cups yellow cornmeal  
3 large green tomatoes, sliced 1/2 inch thick  
1/4 cup olive oil, or as needed  
2 cups mixed salad greens  
3 tablespoons chopped green onion

## Directions

In a medium bowl, stir together mustard, 1/2 cup olive oil, ketchup, Worcestershire sauce, horseradish, garlic, lemon juice, onion and 2 teaspoons of green onion. Season with paprika, pepper, cayenne pepper and parsley. Gently stir in the shrimp until evenly distributed. Cover and refrigerate until needed.

In a shallow bowl, whisk together the buttermilk and egg with a fork. Spread the cornmeal out on a plate. Heat 1/4 cup of olive oil in a large skillet over medium heat. Add more if needed to maintain an even coating of oil in the bottom of the skillet.

Dip the tomato slices in the buttermilk and egg, then dip into the cornmeal to coat thoroughly. Fry slices in the hot oil until golden brown on each side, about 5 minutes per side. Transfer to a paper towel-lined plate and continue breading and frying the remaining tomato slices.

To serve, arrange salad greens on six plates. Top each one with two slices of fried green tomato, then spoon some of the shrimp remoulade over the tomatoes and sprinkle with the remaining green onion to garnish.

# Tonkatsu / Katsu Sauce

## Ingredients

1 cup ketchup  
4 teaspoons dry mustard powder  
1 1/2 teaspoons garlic powder  
1 1/2 teaspoons ground black pepper  
3 tablespoons Worcestershire sauce

## Directions

In a small bowl, stir together the ketchup, mustard powder, garlic powder, pepper, and Worcestershire sauce. Cover and refrigerate for at least 1 hour to blend the flavors before serving.

# Smokin' Jack BBQ Sauce

## Ingredients

8 cups ketchup  
6 ounces chipotle peppers in adobo sauce  
1/2 cup apple cider vinegar  
1/2 cup molasses  
1 1/2 teaspoons onion powder  
1 1/2 teaspoons garlic powder  
1 1/2 teaspoons ground mustard  
1 1/2 teaspoons smoked paprika  
1 1/2 teaspoons ground coriander  
1 tablespoon kosher salt  
1 1/2 teaspoons freshly cracked black pepper  
1 cup dark brown sugar  
1 cup whiskey (such as Jack Daniels®)  
2 tablespoons liquid hickory smoke flavoring

## Directions

Combine the ketchup, chipotle peppers in their sauce, apple cider vinegar, molasses, onion powder, garlic powder, ground mustard, smoked paprika, coriander, salt, black pepper, brown sugar, whiskey, and liquid smoke flavoring in a large pot, and bring to a gentle boil over medium heat, stirring frequently. Cook the sauce for 15 minutes, then reduce heat to low and simmer 15 more minutes, stirring often. Use immediately or refrigerate.

# Mama's Asian Chicken and Rice

## Ingredients

1/3 cup warm water  
1/4 cup packed brown sugar  
2 tablespoons orange juice  
2 tablespoons soy sauce  
2 tablespoons ketchup  
1 tablespoon white vinegar  
4 cloves garlic, minced  
1/2 teaspoon crushed red pepper flakes  
1/4 teaspoon Chinese five-spice powder  
1 teaspoon grated orange peel  
2 tablespoons olive oil  
1 1/2 pounds skinless, boneless chicken breast halves, cubed

1 cup water  
1 cup uncooked white rice

2 teaspoons cornstarch  
2 tablespoons cold water  
chopped green onions for garnish

## Directions

In a bowl, stir together warm water, brown sugar, orange juice, soy sauce, ketchup, white vinegar, garlic, red pepper flakes, five-spice powder, and orange peel until the sugar has dissolved and the mixture is well combined.

Heat the olive oil in a large skillet or wok over medium heat, and cook and stir the chicken until the outside is golden brown and the inside is no longer pink, 10 to 12 minutes. Pour the sauce mixture over the chicken, bring to a boil, reduce heat to medium-low, and cover the skillet. Simmer for 30 minutes, stirring occasionally.

While the chicken and sauce are simmering, bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes. Set the rice aside and keep warm.

Whisk the cornstarch and 2 tablespoons of cold water in a small bowl until smooth, and stir into the chicken and sauce, a few teaspoons at a time. Let the chicken and sauce cook for about 2 minutes to thicken, then serve over hot cooked rice, sprinkled with green onion.



# Flavorful Meat Loaf

## Ingredients

2 egg whites  
1/2 cup 1% milk  
3 slices whole wheat bread, torn into pieces  
1/4 cup finely chopped onion  
1 teaspoon Worcestershire sauce  
1/4 teaspoon onion powder  
1/4 teaspoon garlic powder  
1/4 teaspoon ground mustard  
1/4 teaspoon rubbed sage  
1/4 teaspoon pepper  
1 pound lean ground beef  
3 tablespoons ketchup

## Directions

In a large bowl, beat egg whites. Add milk and bread; let stand for 5 minutes. Stir in the onion, Worcestershire sauce and seasonings. Crumble beef over mixture and mix well.

Shape into a loaf in an 11-in. x 7-in. x 2-in. baking pan coated with nonstick cooking spray. Bake, uncovered, at 350 degrees F for 35 minutes; drain.

Spoon ketchup over loaf. Bake 10-20 minutes longer or until a meat thermometer reads 160 degrees F. Let stand for 10 minutes before slicing.

# Marinated Rib Eyes

## Ingredients

1/2 cup butter or margarine,  
melted  
1/4 cup lemon juice  
1/4 cup ketchup  
2 tablespoons Worcestershire  
sauce  
2 tablespoons cider vinegar  
2 tablespoons olive or vegetable  
oil  
4 garlic cloves, minced  
1 teaspoon salt  
1 teaspoon sugar  
1/2 teaspoon hot pepper sauce  
dash cayenne pepper  
6 (12 ounce) 1 inch thick rib-eye  
steaks

## Directions

In a large resealable bag, combine the first 11 ingredients. Add the steaks. Seal bag and turn to coat; refrigerate for 6 hours or overnight.

Drain and discard marinade. Grill steaks, uncovered, over medium-hot heat for 8-10 minutes or until the meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F).

# Firehouse BBQ Sauce

## Ingredients

1 (46 fluid ounce) bottle ketchup  
1 1/2 cups apple cider vinegar  
2 cups packed brown sugar  
1/2 cup butter, cut into pieces  
2 tablespoons red pepper flakes,  
or to taste

## Directions

Pour ketchup into a large saucepan. Pour vinegar into the ketchup bottle, shake to loosen any remaining ketchup, and pour into the saucepan. Save the bottle, and clean. Stir in the brown sugar, butter, and red pepper flakes. Cook over medium heat until almost boiling, but do not boil. For convenience, refrigerate leftover sauce in the clean ketchup bottle.

# Kendra's Maid-Rite Sandwiches

## Ingredients

2 pounds ground beef  
1 chopped onion  
3/4 cup ketchup  
2 tablespoons brown sugar  
2 tablespoons distilled white vinegar  
1 tablespoon Worcestershire sauce  
2 teaspoons prepared yellow mustard  
1/2 teaspoon salt  
16 hamburger buns, warmed

## Directions

Heat a large skillet over medium-high heat and stir in the ground beef and onion. Cook and stir until the beef is crumbly, evenly browned, and no longer pink. Drain and discard any excess grease. Stir in the ketchup, brown sugar, vinegar, Worcestershire sauce, mustard, and salt. Bring to a simmer, then reduce heat to medium-low, cover, and simmer 20 minutes longer. Serve on warmed buns.

# Easy Barbecued Pork Chops

## Ingredients

4 bone-in pork loin chops (6 ounces each)  
2 teaspoons canola oil  
1 medium green pepper, chopped  
2/3 cup chopped celery  
1/3 cup chopped onion  
1 cup ketchup  
1/4 cup packed brown sugar  
1/4 cup reduced-sodium chicken broth  
2 tablespoons chili powder

## Directions

In a large nonstick skillet, brown pork chops in oil over medium-high heat. Remove chops and keep warm. Add green pepper, celery and onion to the skillet; cook and stir until vegetables begin to soften.

Return pork chops to the pan. In a bowl, combine the ketchup, brown sugar, broth and chili powder. Pour over chops and vegetables. Bring to a boil. Reduce heat; cover and simmer for 30 minutes or until meat is tender.

# Caribbean Canadian Glazed Chicken

## Ingredients

1/2 cup ketchup  
4 tablespoons unsweetened pineapple juice  
4 tablespoons molasses  
2 tablespoons dark rum  
2 tablespoons prepared Dijon-style mustard  
2 cloves garlic, chopped  
salt and pepper to taste  
8 chicken thighs

## Directions

To Make Glaze: In a medium bowl combine the ketchup, pineapple juice, molasses, rum, mustard and garlic. Season with salt and pepper to taste and mix well.

Place chicken pieces in a lightly oiled 9x13 inch baking dish; brush both sides with prepared glaze, using about 1/2 of the glaze. Cover dish and refrigerate to marinate for at least 2 hours or overnight. Also, refrigerate remaining glaze.

Preheat oven to 375 degrees F (190 degrees C).

Lightly brush chicken pieces on one side with some of the reserved glaze and bake uncovered in preheated oven for about 25 minutes. Turn pieces, brush with remaining glaze and bake for another 25 minutes or until chicken is tender.

Preheat oven to broil.

Put chicken under broiler and lightly brown on both sides, about 2 to 3 minutes each side. (Note: Watch chicken carefully, as this 'sugary' glaze burns easily!)

# Tangy Pear and Blue Cheese Salad

## Ingredients

1/3 cup ketchup  
1/2 cup distilled white vinegar  
3/4 cup white sugar  
2 teaspoons salt  
1 cup canola oil  
2 heads romaine lettuce, chopped  
4 ounces crumbled blue cheese  
2 pears - peeled, cored and  
chopped  
1/2 cup toasted chopped walnuts  
1/2 red onion, chopped

## Directions

In a small bowl, mix ketchup, vinegar, sugar, and salt. Gradually pour in oil, stirring constantly, until well blended.

In a large serving bowl, toss together lettuce, blue cheese, pears, walnuts, and red onion. Pour dressing over salad, and toss well to coat.

# Tenia's Chilled Pasta Salad

## Ingredients

1 (16 ounce) package dry rainbow radiatore pasta  
4 green onions, chopped  
1 green bell pepper, chopped  
4 stalks celery, chopped  
2/3 cup white sugar  
1/2 cup vegetable oil  
1/3 cup ketchup  
1/4 cup white wine vinegar  
1 teaspoon salt  
1 teaspoon paprika  
1/4 teaspoon ground black pepper

## Directions

In a large pot of salted boiling water, cook pasta until al dente, rinse under cold water and drain.

In a large bowl, mix together the pasta, onions, bell pepper and celery.

In a glass jar, combine the sugar, oil, ketchup, vinegar, salt, paprika and pepper. Shake well to mix. Pour dressing over salad, toss to coat evenly.



# Best Cranberry Chicken

## Ingredients

1 tablespoon butter  
1 small onion, chopped  
3 pounds chicken thighs  
2/3 cup ketchup  
1/3 cup brown sugar  
1 tablespoon apple cider vinegar  
1 teaspoon dry mustard powder  
1 (8 ounce) can whole berry  
cranberry sauce

## Directions

Preheat an oven to 400 degrees F (200 degrees C).

Place the butter and onion in a 9x13 inch baking dish, and bake in the preheated oven, stirring occasionally, until the onion is translucent, about 15 minutes. Remove the dish from the oven, push the onion over to one end, and place the chicken thighs in the dish in a single layer. Return to the oven and bake for about 25 minutes.

Stir together the ketchup, brown sugar, vinegar, mustard powder, and cranberry sauce in a bowl. Remove the chicken from the oven, and scoop the cooked onions into the cranberry mixture. Spoon the mixture over the chicken thighs, and return to the oven.

Bake until the cranberry mixture is slightly caramelized and the chicken is done, about 20 more minutes. An instant-read thermometer inserted near the center should read 165 degrees F (74 degrees C).

# Onion Soup Au

## Ingredients

1 French baguette  
3 tablespoons margarine  
2 onions, thinly sliced  
1/4 cup all-purpose flour  
1 (20 ounce) can beef consomme  
5 cups hot water  
1/4 teaspoon salt  
1/4 teaspoon ground black pepper  
1/4 teaspoon garlic powder  
4 tablespoons ketchup  
2 tablespoons Worcestershire sauce  
1 cube beef bouillon cube  
3/4 cup shredded sharp Cheddar cheese  
3/4 cup shredded Swiss cheese  
3/4 cup grated Parmesan cheese  
8 slices Swiss Gruyere cheese

## Directions

Preheat oven to 325 degrees F (165 degrees C). Cut French baguette bread into slices about 3/4 inch thick and place directly on rack in oven for 20 minutes or until bread is dry and lightly browned. Remove and set aside.

Melt butter or margarine in a heavy bottomed saucepan, add onions and cook over low heat, stirring occasionally. Cook until onions are golden brown, about 15 minutes. Sprinkle onions with flour and cook, stirring for about 2 minutes or until flour is well blended.

Add beef consomme, water, salt, pepper, garlic powder, ketchup, Worcestershire sauce and beef bouillon cube; bring to boil and simmer for 20 minutes.

In a mixing bowl, combine Cheddar, Swiss and Parmesan cheese.

Set oven temperature to broil. Ladle soup into oven-proof soup bowls and top each bowl with a slice of toasted French baguette bread. Sprinkle mixed cheese over bread and place one slice of Gruyere cheese on top. Place soup bowls under broiler and broil until cheese is melted, bubbly and lightly browned, about 2 to 3 minutes. Serve immediately.

# Vegetarian Sweet and Sour Meatballs

## Ingredients

### Meatballs:

- 4 eggs
- 1 cup shredded Cheddar cheese
- 1/2 cup cottage cheese
- 1/2 cup finely chopped onion
- 1 cup finely chopped pecans
- 1 teaspoon dried basil
- 1 1/2 teaspoons salt
- 1/4 teaspoon dried sage
- 2 cups Italian seasoned bread crumbs

### Sweet and Sour Sauce:

- 1/4 cup vegetable oil
- 1/4 cup white vinegar
- 3/4 cup apricot jam
- 1 cup ketchup
- 1/4 cup minced onion
- 1 teaspoon dried oregano
- 1 dash hot pepper sauce

## Directions

Preheat the oven to 350 degrees F (175 degrees C).

In a large bowl, mix together the eggs, Cheddar cheese, and cottage cheese until well blended. Mix in 1/2 cup onion, pecans, basil, salt and sage. Stir in bread crumbs. Form the mixture into 2 inch balls, and place them in a 9x13 inch baking dish.

In another bowl, whisk together the vegetable oil, vinegar, apricot jam, ketchup, 1/4 cup onion, oregano and hot pepper sauce. Pour over meatballs.

Bake uncovered for 35 to 40 minutes in the preheated oven, until meatballs are firm, and sauce is thick and bubbly.

# Fresh Spinach Salad

## Ingredients

1/2 cup white sugar  
1/2 cup white vinegar  
1 cup vegetable oil  
2 tablespoons Worcestershire sauce  
1/3 cup ketchup  
1 small onion, chopped  
5 slices bacon  
3 eggs  
1 pound fresh spinach - rinsed, dried and torn into bite size pieces  
1 (4 ounce) can sliced water chestnuts, drained

## Directions

In a blender or food processor, combine sugar, vinegar, oil, Worcestershire sauce, ketchup and onion, and process until smooth. Set aside.

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.

Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

In a large bowl, toss together the spinach, water chestnuts, bacon and eggs. Serve with the dressing.

# Simply Amazing Meatloaf

## Ingredients

1 1/2 pounds lean ground beef  
1 (4.4 ounce) package Spanish  
rice and sauce mix  
2 eggs  
1 tablespoon ketchup  
1 tablespoon yellow mustard  
2 tablespoons ketchup

## Directions

Preheat oven to 400 degrees F (200 degrees C).

In a mixing bowl, combine ground beef, Spanish rice and sauce mix, eggs, 1 tablespoon of ketchup, and mustard. Mix thoroughly.

Coat the inside of a 9x5 inch loaf pan with 2 tablespoons of the ketchup. Transfer the meat mixture to the loaf pan. Top with the remaining ketchup.

Bake in a preheated oven for 1 hour or until cooked through.

# Speedy Salmon Casserole

## Ingredients

1 tablespoon butter or margarine  
1 tablespoon all-purpose flour  
3 tablespoons ketchup  
1/2 cup milk  
1 (14.75 ounce) can salmon,  
drained, flaked and bones  
removed  
2 cups instant mashed potato  
flakes\*  
1 cup shredded Cheddar cheese

## Directions

In a saucepan, melt butter over medium heat. Stir in flour and ketchup until smooth. Gradually stir in milk. Bring to a boil; cook and stir for 2 minutes. Add salmon. Prepared mashed potatoes according to package directions. Spoon half into a greased 11-in. x 7-in. x 2-in. baking dish. Top with salmon mixture, remaining potatoes and cheese. Bake, uncovered, at 375 degrees F for 15-20 minutes or until heated through and cheese is melted.

# Barbecued Beef Liver

## Ingredients

3 tablespoons all-purpose flour  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1 pound beef liver, thinly sliced  
1/3 cup water  
1/4 cup ketchup  
2 tablespoons brown sugar  
1 tablespoon vinegar  
1 tablespoon Worcestershire sauce  
1 dash garlic powder  
1 tablespoon vegetable oil

## Directions

In a resealable plastic bag, mix the flour, salt, and pepper. Place the liver slices into the bag one at a time, seal, and toss to coat.

In a bowl, mix the water, ketchup, brown sugar, vinegar, Worcestershire sauce, and garlic powder.

Heat the oil in a skillet over medium heat. Brown the liver slices on both sides. Pour the sauce mixture over the liver. Bring to a boil, reduce heat, and simmer 20 minutes, until liver is tender.

# Spaghetti Casserole III

## Ingredients

1 pound spaghetti  
1 pound lean ground beef  
1 onion, chopped  
1 green bell pepper, chopped  
1 clove garlic, minced  
1 1/2 cups ketchup  
1 teaspoon dried oregano  
salt and pepper to taste  
1 1/2 cups shredded Cheddar  
cheese

## Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and reserve.

Preheat oven to 300 degrees F (150 degrees C).

In a large skillet, brown ground beef until no longer pink; drain reserving 1 tablespoon of drippings in pan. Set beef aside. In skillet saute onion, green bell pepper and garlic until just soft. Combine browned beef, ketchup, oregano, salt and pepper with onion mixture; mix well.

Pour mixture into a 9x13 inch baking dish. On top of mixture, layer pasta and then sprinkle on cheese. Bake in preheated oven until cheese is melted.



# Embarrassingly Easy Barbecue Chicken

## Ingredients

1 (3 pound) whole chicken, cut into pieces  
1 (12 fluid ounce) can cola-flavored carbonated beverage  
14 ounces ketchup

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Mix the cola and ketchup in a 9x13 inch baking dish. Add the chicken pieces, turning to coat well. Bake skin side down for 30 minutes. Turn and bake for an additional 30 minutes. Let cool for 10 minutes and serve!

# Shish Tawook Marinated Chicken

## Ingredients

3 tablespoons vegetable oil  
2 tablespoons plain low-fat yogurt  
2 tablespoons ketchup  
2 tablespoons prepared mustard  
1 1/2 teaspoons garlic powder  
2 teaspoons paprika  
1 1/2 teaspoons ground allspice  
1/2 teaspoon black pepper  
1/4 teaspoon ground cinnamon  
1/4 teaspoon curry powder  
(optional)  
3 pounds skinless, boneless  
chicken breast halves - cut into  
bite-size pieces

### Dipping Sauce:

1/2 cup mayonnaise  
1 cup plain low-fat yogurt  
3 cloves garlic, minced  
1/4 teaspoon salt

## Directions

In a medium bowl, stir together oil, yogurt, ketchup, and mustard. Season with garlic powder, paprika, allspice, black pepper, cinnamon, and curry powder. Stir in chicken pieces, coating all sides with marinade. Cover bowl, and refrigerate overnight.

To make dipping sauce, mix together mayonnaise, yogurt, garlic, and salt. Cover, and refrigerate.

Preheat oven to 400 degrees F (200 degrees C).

Transfer chicken pieces to a shallow baking dish. Bake in a preheated oven 30 minutes.

# My Favorite Pork Turkey Meatloaf

## Ingredients

- 1 pound ground turkey
- 1 pound ground pork
- 1 tablespoon cooking oil
- 1 carrot, minced
- 1/2 red bell pepper, minced
- 1/2 onion, minced
- 2 cloves garlic, minced
- 1/3 cup thawed frozen chopped spinach
- 1/2 cup bread crumbs
- 1/2 cup wheat germ (optional)
- 2 eggs, room temperature
- 2 tablespoons ketchup
- 2 teaspoons salt
- 1 teaspoon ground black pepper
- 1 tablespoon honey
- 1 tablespoon ketchup

## Directions

Preheat oven to 375 degrees F (190 degrees C). Line a baking sheet with aluminum foil.

Set the ground turkey and ground pork out at room temperature to warm slightly.

Heat the oil in a skillet over medium heat; cook the carrot, bell pepper, onion, garlic, and spinach in the heated oil until soft; set aside to cool.

Mix together the turkey, pork, bread crumbs, wheat germ, eggs, 2 tablespoons ketchup, salt, and pepper in a large bowl. Add the vegetable mixture and continue to mix until evenly combined; shape into a loaf; lay on the prepared baking sheet.

Whisk together the honey and 1 tablespoon ketchup in a small bowl; spread over the meatloaf.

Bake in the preheated oven until no longer pink in the center, 60 to 70 minutes; remove to a serving platter and allow to rest 5 minutes before slicing.

# Ashley's Chicken Katsu with Tonkatsu Sauce

## Ingredients

### Sauce

1/2 cup Worcestershire sauce

1/4 cup ketchup

2 tablespoons soy sauce

pepper to taste

### Chicken

2 cups vegetable oil, for deep-fat frying

1/2 cup all-purpose flour

1/2 cup panko bread crumbs

salt and pepper to taste

1 egg, beaten

2 skinless, boneless chicken breast halves - pounded to 1/4 inch thickness

1 green onion, thinly sliced

## Directions

For the sauce, stir together the Worcestershire sauce, ketchup, and soy sauce, and a pinch of pepper to taste. Set aside.

Heat oil in deep-fryer to 350 degrees F (175 degrees C).

Place flour and panko bread crumbs onto separate plates and season with salt and pepper. Place the beaten egg in a medium bowl. Dip flattened chicken pieces first into flour, then egg, and lastly bread crumbs.

Fry breaded chicken breasts in preheated oil until golden brown and no longer pink in center, about 8 minutes. Transfer to a paper towel-lined plate to absorb excess oil. Slice chicken into thin strips and top with a drizzle of sauce and a sprinkling of sliced green onions. Serve remaining sauce on the side for dipping.

# Hamburger Salad

## Ingredients

1 pound ground beef  
1 pound bacon  
1 cup chopped onion  
1/2 cup ketchup  
2 tablespoons white vinegar  
3/4 cup brown sugar  
1/2 cup white sugar  
1 teaspoon mustard powder  
1 (15 ounce) can baked beans  
with pork  
3 (15 ounce) cans pinto beans,  
drained

## Directions

Fry the bacon in a large skillet over medium heat until crisp, turning as needed. Remove to paper towels and drain off the grease from the skillet . Crumble the ground beef into the same skillet; cook and stir over medium heat until evenly browned. Add the onions and cook just until wilted.

Transfer the beef, onions and bacon to a slow cooker, crumbling the bacon as you put it in. Pour in the baked beans and pinto beans. Stir in the ketchup, vinegar, brown sugar, white sugar and mustard powder. Cover and heat on Low setting for 5 to 6 hours before serving.

# Honeyed Beef Stew

## Ingredients

2 tablespoons vegetable oil  
2 pounds lean beef chuck,  
trimmed and cut into 1 inch cubes  
1 large onion, chopped  
1 green bell pepper, chopped  
3 strips celery, chopped  
2 large carrots, peeled and sliced  
2 tablespoons honey  
2 tablespoons fresh lemon juice  
2 teaspoons yellow mustard  
1/4 cup ketchup  
2 cups water  
salt to taste  
freshly ground pepper, to taste

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large pot over medium/high heat, heat the olive oil and quickly brown the beef pieces on all sides. Place the onion, green pepper, celery, and carrots into the pot and fry for 5 minutes; stirring occasionally. Remove from heat.

In a mixing bowl, combine the honey, lemon juice, mustard, ketchup, water, salt and pepper. Mix thoroughly.

Transfer the meat and vegetables to a 2 quart casserole dish. Pour the ketchup mixture over the meat and vegetables.

Bake in a preheated oven for 2 to 2 1/2 hours or until meat is tender.

# Traditional Indiana Breaded Tenderloin Sandwich

## Ingredients

4 (4 ounce) slices of pork tenderloin, cut across the grain

1 egg, beaten

2 tablespoons milk

1/4 teaspoon garlic powder

1/4 teaspoon onion powder

1/4 teaspoon seasoned salt

1/4 teaspoon dried marjoram

1/4 teaspoon dried oregano

1 teaspoon salt

1/4 teaspoon ground black pepper

1 1/2 cups bread crumbs

1/2 cup peanut oil for frying

4 Kaiser rolls, split

4 teaspoons mayonnaise, or as needed (optional)

4 teaspoons ketchup, or as needed (optional)

4 teaspoons prepared yellow mustard, or as needed (optional)

4 leaves lettuce (optional)

4 slices tomato (optional)

4 slices onion (optional)

4 slices pickle, for garnish (optional)

## Directions

Place each slice of pork tenderloin between two pieces of sturdy plastic (such as a cut-up large plastic freezer bag), and flatten the cutlet until it's about 1/4 inch thick, and about 3 1/2 by 5 inches in size.

Beat the eggs and milk together in a shallow bowl, and whisk in the garlic powder, onion powder, seasoned salt, marjoram, oregano, salt, and pepper until the spices are well blended into the mixture. Place the bread crumbs in a shallow bowl.

Dip each flattened cutlet into the seasoned milk-egg mixture and then into the bread crumbs, thoroughly coating the cutlets with crumbs. Set the breaded cutlets aside on a piece of parchment or waxed paper; do not stack.

Heat the oil in a large skillet until the oil is shimmering. Gently lower the cutlets, one at a time, into the hot oil, and fry until golden brown on each side, about 8 minutes per cutlet. Drain the cutlets on paper towels.

Preheat oven broiler, and set the oven rack about 6 inches from the heat source.

Spread the Kaiser rolls open with the cut sides up, and broil until the rolls are toasted and hot, about 1 minute. Top each roll with a fried cutlet (hopefully the sides of the meat will hang out of the roll by at least an inch on each side); top each cutlet with choice of mayonnaise, ketchup, mustard, lettuce, tomato, onion, and a pickle slice, if desired.

# Cola Chicken

## Ingredients

1/2 cup chopped onion  
2 tablespoons vegetable oil  
4 (4 ounce) boneless, skinless chicken breast halves  
1 (12 fluid ounce) can cola-flavored carbonated beverage  
1 cup ketchup  
1/8 teaspoon garlic powder  
1/8 teaspoon salt  
1/8 teaspoon pepper  
4 1/2 teaspoons cornstarch  
3 tablespoons cold water

## Directions

In a skillet, saute onion in oil until tender. Add chicken; brown on all sides. Carefully add cola, ketchup, garlic powder, salt and pepper. Cover and simmer for 25-30 minutes or until chicken juices run clear. Remove the chicken and keep warm. Combine the cornstarch and cold water until smooth; add to the skillet. Bring to a boil; cook and stir for 2 minutes or until thickened. Return chicken to pan; heat through.



# Indian Spiced Onions

## Ingredients

- 1 onion, chopped
- 2 teaspoons ketchup
- 1 teaspoon lemon juice
- 1 tablespoon white sugar
- 1 pinch salt
- 1 teaspoon chopped fresh cilantro
- 1 teaspoon chopped fresh fenugreek leaves
- 1 teaspoon chili powder

## Directions

In a medium bowl, stir onion and ketchup until onion is thinly and evenly coated. Mix in the lemon juice. Season with sugar, cilantro, fenugreek and chili powder, and mix thoroughly. Cover, and chill for 24 hours. This allows the lemon juice to neutralize the onion flavor slightly.

# Carolina BBQ Pork Sauce

## Ingredients

2 cups distilled white vinegar  
2/3 cup ketchup  
1 cup water  
1 tablespoon white sugar  
salt and pepper to taste  
1 teaspoon crushed red pepper  
1 teaspoon red pepper flakes

## Directions

In a sauce pan, combine vinegar, ketchup, water and sugar. Season with salt, black pepper, cayenne pepper and red pepper flakes. Bring to a boil, reduce heat and simmer until sugar is dissolved.

# Dressing for Potato Salad

## Ingredients

1/2 cup mayonnaise  
1/2 cup sour cream  
2 teaspoons prepared mustard  
1 tablespoon ketchup  
1 1/2 teaspoons Worcestershire sauce  
1/2 cup diced onion (optional)  
salt and pepper to taste

## Directions

Mix together the mayonnaise, sour cream, mustard, ketchup, Worcestershire sauce, onion and salt and pepper. Refrigerate until ready to toss with potatoes.

# Barbeque Pork Two Ways

## Ingredients

2 1/2 pounds pork shoulder  
1/2 cup chopped onion  
1 clove garlic, minced  
1/4 cup brown sugar  
1 teaspoon dry mustard  
1/2 teaspoon salt  
1/4 teaspoon ground black pepper  
2 cups ketchup  
1/4 cup Worcestershire sauce

## Directions

Cut boneless pork shoulder crosswise into 1/4 inch slices. Partially freezing it will make slicing easier.

In the slow cooker, combine sliced pork, onion, garlic, brown sugar, dry mustard, salt, pepper, ketchup, and Worcestershire sauce; mix well, and cover. Cook on Low, stirring occasionally, for 6 to 8 hours or until the meat is tender.

OR : In a Dutch oven or large saucepan, combine pork, onion, garlic, brown sugar, dry mustard, salt, pepper, ketchup, and Worcestershire sauce; mix well. Bring to a boil, reduce heat, and cover. Simmer, stirring occasionally, for 2 1/2 to 3 hours or until pork is tender.

# Dalton's Beans

## Ingredients

1/2 pound lean ground beef  
1 onion, chopped  
1/2 pound bacon, cooked and crumbled  
1 (15 ounce) can baked beans  
1 (15 ounce) can lima beans, drained  
1 (15 ounce) can kidney beans, drained  
1/2 cup ketchup  
1/2 cup brown sugar  
1 teaspoon prepared mustard

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a Dutch oven, saute the ground beef and onion for 5 to 10 minutes, or until beef is browned; drain excess fat. Stir in the bacon, baked beans, lima beans, kidney beans, ketchup, brown sugar and mustard. Mix all together well and cover.

Bake at 350 degrees F (175 degrees C) for about 1 hour.

# Eyeball Sub

## Ingredients

1/2 cup drained canned cannellini beans or other white beans  
1 large egg, lightly beaten  
1 tablespoon ketchup  
1 tablespoon apple butter  
1 tablespoon soy sauce  
1 1/2 pounds ground turkey  
8 pitted colossal green olives, cut in 3 round slices  
2 (15 ounce) cans tomato sauce with Italian herbs  
2 small black olives, cut in 1/4-inch dice  
12 small club rolls (about 5-inches long), split  
1 1/2 cups shredded mozzarella cheese  
Equipment:  
Baking sheet  
Mixing bowl  
Saucepan

## Directions

Preheat oven to 400 degrees F.

Mash the beans with a fork, potato masher or food processor until completely smooth. Mix with egg, ketchup, apple butter and soy sauce. Mix the ground turkey using your hands until ingredients are evenly distributed. Wet your hands with cold water, form 24, 1-1/2-inch meatballs, and put them on 2 sheet pans leaving plenty of space in between.

Push a green olive ring deeply into the center of each meatball, with the circular side facing up. Mold the meat around the olive into a football shape so that each meatball looks like an eye. Bake for 10 minutes until the meat is cooked through.

While the eyeballs are cooking heat the tomato sauce in a saucepan until simmering, and keep warm.

Remove eyeballs from the oven. Dab away any juice from the top with a paper towel and insert a piece of black olive into the hole in the center of each green olive, giving each eye a dark pupil.

To serve: Spoon 1/4 cup sauce in each roll, top with 2 tablespoons cheese and insert 2 eyeballs side-by-side staring out from each roll.

# Tater Tot Casserole

## Ingredients

1 pound ground beef  
1 medium onion, chopped  
1 (10.75 ounce) can Campbell's®  
Condensed Cream of Mushroom  
Soup (Regular or 98% Fat Free)  
1 tablespoon ketchup  
1 tablespoon Worcestershire  
sauce  
3 cups frozen Tater Tot

## Directions

Cook beef and onion in 10-inch skillet over medium-high heat until beef is well browned, stirring to break up meat. Pour off fat.

Stir soup, ketchup and Worcestershire into skillet. Spoon beef mixture into 12x8-inch shallow baking dish. Arrange potatoes around edge of casserole.

Bake at 425 degrees F for 25 minutes or until potatoes are done.

# Smoky Roll Ups

## Ingredients

3 skinless, boneless chicken  
breast halves - pounded thin  
12 slices smoked beef  
1/2 cup ketchup  
1/2 cup mayonnaise  
1/2 cup apricot jam

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Trim the fat from the smoked meat, place a piece on each chicken breast slice and roll. Fasten with toothpicks and place seam side down in a 9x13 inch baking dish.

Mix together ketchup, mayonnaise and jam. Pour mixture over chicken and bake uncovered in the preheated oven for 20 to 25 minutes.



# Brown Sugar Meatloaf

## Ingredients

1/2 cup packed brown sugar  
1/2 cup ketchup  
1 1/2 pounds lean ground beef  
3/4 cup milk  
2 eggs  
1 1/2 teaspoons salt  
1/4 teaspoon ground black pepper  
1 small onion, chopped  
1/4 teaspoon ground ginger  
3/4 cup finely crushed saltine cracker crumbs

## Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 5x9 inch loaf pan.

Press the brown sugar in the bottom of the prepared loaf pan and spread the ketchup over the sugar.

In a mixing bowl, mix thoroughly all remaining ingredients and shape into a loaf. Place on top of the ketchup.

Bake in preheated oven for 1 hour or until juices are clear.

# Thick 'n' Zesty Ribs

## Ingredients

4 pounds pork baby back ribs, cut into serving size pieces  
1 teaspoon garlic salt  
1 cup ketchup  
1/2 cup vinegar  
1/4 cup sugar  
1 1/2 teaspoons chili powder  
1 teaspoon salt  
1 teaspoon paprika  
1 teaspoon ground mustard  
1 teaspoon celery seed  
1/2 teaspoon pepper

## Directions

Place ribs in a greased 13-in. x 9-in. x 2-in. baking dish. Rub with garlic salt. Bake, uncovered, at 350 degrees F for 45 minutes; drain. Combine the remaining ingredients; mix well. Pour over ribs. Bake, uncovered, for 40-50 minutes or until ribs are tender, basting several times.

# Sunshine Chicken

## Ingredients

3 pounds chicken thighs  
2 tablespoons soy sauce  
1/2 cup ketchup  
1/4 cup corn syrup  
1 pinch garlic powder

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Rinse the chicken pieces and place them, single layer and skin side up, in a 9x13 inch baking dish.

Mix the soy sauce, ketchup, corn syrup and garlic powder in a small bowl. Baste the chicken with the sauce, reserving some sauce for basting during baking. Bake uncovered in the preheated oven, basting approximately every 15 minutes, for 1 hour (or until chicken is done and juices run clear).

# Stuffed Pepper Loaf

## Ingredients

1 small green bell pepper  
2 eggs  
1/2 cup milk  
1/2 cup shredded sharp Cheddar cheese  
1/4 cup ketchup  
2 teaspoons Worcestershire sauce  
1/2 cup dry bread crumbs  
1 teaspoon salt  
1/4 teaspoon pepper  
2 pounds lean ground beef

## Directions

Remove top and seeds from green pepper; cut in half lengthwise. In a large saucepan, cook the pepper halves in boiling water for 5 minutes or until crisp-tender; set aside. In a large bowl, beat eggs. Add the next seven ingredients. Crumble beef over mixture and mix well. Stuff pepper halves with some of the meat mixture. Pat half of the remaining meat mixture into an ungreased 9-in. x 5-in. x 3-in. loaf pan. Arrange pepper halves, stuffed side down, over meat mixture. Cover with remaining meat mixture. Bake, uncovered, at 350 degrees F for 1 hour. Cover and bake 15-20 minutes longer or until meat is no longer pink and a meat thermometer reads 160 degrees F; drain. Let stand 10 minutes before slicing.

# French Salad Dressing

## Ingredients

1 1/2 cups vegetable oil  
1 cup ketchup  
3/4 cup sugar  
1/2 cup vinegar  
1 small onion, chopped  
1 teaspoon lemon juice  
1 teaspoon paprika  
1/2 teaspoon salt

## Directions

In a blender or food processor, blend all ingredients until smooth.  
Store in the refrigerator.

# Marinated Venison Steaks

## Ingredients

6 (4 ounce) boneless venison steaks  
1/2 cup white vinegar  
1/2 cup ketchup  
1/4 cup vegetable oil  
1/4 cup Worcestershire sauce  
4 garlic cloves, minced  
1 1/2 teaspoons ground mustard  
1/2 teaspoon salt  
1/2 teaspoon pepper

## Directions

Place venison in a large resealable plastic bag. In a bowl, combine the remaining ingredients. Pour half over the venison; seal bag and turn to coat. Refrigerate overnight. Refrigerate remaining marinade.

Drain and discard marinade from steaks. Broil 3-4 in. from the heat for 4 minutes. Turn; baste with reserved marinade. broil 4 minutes longer, basting often, or until a meat thermometer reads 160 degrees F for medium or 170 degrees F for well-done.

# Asian Tuna Patties

## Ingredients

2 (6 ounce) cans tuna, drained and flaked  
1 egg, beaten  
3/4 cup dry bread crumbs  
3 green onions, minced  
1 clove garlic, peeled and minced  
1 tablespoon soy sauce  
1 tablespoon teriyaki sauce  
1 tablespoon ketchup  
1 teaspoon sesame oil  
1 teaspoon black pepper  
1/2 cup cornmeal  
2 tablespoons vegetable oil

## Directions

In a large bowl, mix tuna, egg, bread crumbs, green onions, and garlic. Blend soy sauce, teriyaki sauce, ketchup, sesame oil, and pepper into the mixture. Form the mixture into about 6 patties approximately 1 inch thick. Lightly sprinkle each patty on all sides with cornmeal.

Heat oil in a medium skillet over medium heat. Fry each patty about 5 minutes on each side, until golden brown.

# Shrimp Dip

## Ingredients

2 (8 ounce) packages cream cheese, softened  
4 tablespoons ketchup  
2 tablespoons prepared horseradish  
1 pound cooked and peeled shrimp

## Directions

In a medium bowl, mix the cream cheese, ketchup and prepared horseradish. Gently fold in the shrimp. Cover and chill in the refrigerator at least 1 hour before serving.



# Westcoast Style Clam Chowder

## Ingredients

1/2 pound diced bacon  
2 small onion, chopped  
12 cups water  
3 carrots, chopped  
4 (6.5 ounce) cans minced clams  
2 1/4 cups clam juice  
4 potatoes, peeled and cubed  
1 teaspoon kosher salt  
2 (14.5 ounce) cans stewed tomatoes  
1 1/2 teaspoons ground black pepper  
4 large stalks celery, chopped  
1 cup ketchup  
4 cups whole milk  
1 1/2 cups dry potato flakes

## Directions

In medium skillet lightly fry bacon over medium heat; drain off fat and discard. Add onions to bacon and saute approximately 3 minutes. Do not brown.

In a large stock pot add water and bring to boil. Once boiling add carrots, baby clams (including liquid), clam juice, potatoes, salt and pepper.

Using a food processor or blender, puree tomatoes. Add to stock pot along with bacon-onion mixture and bring to boil.

Reduce heat and simmer for 30 minutes or until carrots and potatoes are tender. Do not overcook.

Stir in celery and ketchup and cook for another 5 minutes.

Slowly add milk, stirring constantly while bringing just to boiling.

Finally, add instant potato flakes and cook for 3 minutes.

Adjust seasoning to taste. If soup is not to your desired thickness add more instant potato flakes, about 2 tablespoons at a time.

Remove soup from heat and let sit for about 15 minutes before serving.

# Honey-Ginger Barbecued Ribs

## Ingredients

4 pounds pork spareribs  
2 cups chicken broth  
1 cup soy sauce  
3/4 cup ketchup  
1/2 cup pineapple juice  
1/2 cup honey  
1 garlic clove, minced  
1/2 teaspoon pepper  
1 teaspoon minced fresh  
gingerroot  
GLAZE:  
2/3 cup honey  
2 tablespoons soy sauce  
1 teaspoon minced fresh  
gingerroot

## Directions

Place ribs on a rack in a shallow baking pan; cover with foil. Bake at 325 degrees F for 1-1/2 hours; cool. In a bowl, combine the broth, soy sauce, ketchup, pineapple juice, honey, garlic, pepper and ginger. Place ribs in a gallon-size resealable plastic bag; add marinade. Seal bag and turn to coat; refrigerate overnight, turning occasionally.

Coat grill rack with nonstick cooking spray before starting the grill. In a small bowl, combine glaze ingredients; set aside. Drain and discard marinade. Grill ribs, uncovered, over medium heat for 20-25 minutes or until heated through, brushing with glaze during the last 10 minutes.

# Cheesesteak Egg Rolls

## Ingredients

1 tablespoon vegetable oil  
1 onion, chopped  
1 (12.5 ounce) package frozen sandwich steak meat  
1 (14 ounce) package egg roll wrappers  
4 slices American cheese, halved  
2 cups oil for frying, or as needed  
1/4 cup ketchup

## Directions

Heat skillet with the tablespoon oil over medium heat. Add onion; cook and stir until onion is translucent, about 5 minutes. Break frozen steak pieces into skillet; cook and stir until steak is no longer pink, about 10 minutes. Remove from heat and set aside.

Arrange egg roll wrappers on a flat surface; place a half slice of cheese on each one. Layer an equal amount of steak mixture on top of each cheese slice. Roll up egg rolls according to package directions, and seal edges, wetting with water if necessary.

Heat 1 inch of oil in a large skillet, or preheat a deep-fryer to 375 degrees F (190 degrees C).

Fry the rolls in the hot oil until golden brown on all sides, about 5 minutes. Remove; drain on paper towels. Serve warm with ketchup for dipping.

# Bahamian Style Peas and Rice

## Ingredients

1/4 cup butter  
2 ounces sliced bacon, diced  
1 large onion, diced  
1 stalk celery, diced  
1 large tomato, diced  
1/2 (6 ounce) can tomato paste  
1 tablespoon ketchup  
salt and pepper to taste  
1 (15 ounce) can pigeon peas,  
with liquid  
1 2/3 cups water  
1 1/2 cups uncooked long-grain  
white rice  
1 sprig fresh thyme, chopped

## Directions

Melt butter in a large, heavy saucepan over medium high heat. Place bacon in the saucepan, and cook until evenly brown. Stir in onion and celery, and cook until tender. Mix in tomato, tomato paste, and ketchup. Season with salt and pepper. Reduce heat to low, and continue cooking about 15 minutes.

Stir pigeon peas and their liquid, water, rice, and thyme into the saucepan. Bring to a boil, cover, and reduce heat. Cook 40 minutes on low, or until all liquid is absorbed. Fluff rice with a fork.

# Back to School Sloppy Joes

## Ingredients

1 pound ground beef  
1 (10.75 ounce) can  
Campbell's® Condensed  
Tomato Soup  
2 tablespoons ketchup  
1 teaspoon prepared mustard  
6 Pepperidge Farm® Farmhouse  
Premium White Rolls with Sesame  
Seeds

## Directions

Cook the beef in a 10-inch skillet until it's well browned, stirring often to separate the meat. Pour off any fat.

Stir the soup, ketchup and mustard in the skillet and cook until the mixture is hot and bubbling. Serve on the rolls.

# Samish Island Salmon Barbecue Sauce

## Ingredients

1 cup butter  
8 cloves garlic, minced  
1/2 cup soy sauce  
1/4 cup yellow mustard  
1/3 cup ketchup  
1 lemon, juiced  
1 dash Worcestershire sauce

## Directions

Combine the butter, garlic, soy sauce, mustard, ketchup, lemon juice and Worcestershire sauce in a small saucepan. Heat very slowly over medium-low heat. Do not allow it to come to a boil, or it will separate. Serve slightly warmer than room temperature.

# Sweet and Sour Hotdogs

## Ingredients

1 tablespoon vegetable oil  
1 (16 ounce) package frankfurters,  
cut into 1/2 inch pieces  
1 cup ketchup  
1/2 cup red currant jelly  
2 teaspoons lemon juice

## Directions

Heat oil in a large skillet over medium high heat. Cook frankfurters until browned. Reduce heat to simmer.

In a medium saucepan over low heat, mix ketchup, red currant jelly and lemon juice until simmering, about 10 minutes.

Pour ketchup mixture over frankfurters. Thoroughly coat frankfurters. Remove from heat and serve with toothpicks.

# Teriyaki Tenderloin

## Ingredients

1/2 cup soy sauce  
1/4 cup sugar  
2 tablespoons ketchup  
1 (1 pound) pork tenderloin

## Directions

In a large resealable plastic bag, combine the soy sauce, sugar and ketchup. Add the pork tenderloin; seal bag and turn to coat. Refrigerate for 8 hours or overnight.

Drain and discard marinade. Place pork in a greased 13-in. x 9-in. x 2-in. baking dish. Bake, uncovered, at 425 degrees F for 35-40 minutes or until a meat thermometer reads 160 degrees F. Let stand for 5 minutes before slicing.



# Sunday Afternoon Slow-Cooked Spare Ribs

## Ingredients

8 meaty pork loin spareribs  
1 tablespoon light olive oil  
1 (14 ounce) can beef broth  
1/2 cup ketchup  
1/4 cup brown sugar  
1/4 cup lemon juice  
2 tablespoons vinegar  
2 tablespoons Worcestershire sauce  
2 tablespoons soy sauce  
1/2 teaspoon crushed red pepper flakes  
1 tablespoon seafood seasoning (such as Old Bay®)  
1/4 cup dried minced onion  
1/2 teaspoon ground nutmeg  
salt and black pepper to taste

## Directions

Place the ribs into a large pot, and cover with lightly salted water. Bring the ribs to a boil, and boil for 45 minutes. Drain off the water and set the ribs aside.

Heat the olive oil in a large, heavy pot or Dutch oven over medium heat until the oil shimmers, and brown the ribs on all sides, about 10 minutes per side. Remove the ribs, and pour in the beef broth, ketchup, brown sugar, lemon juice, vinegar, Worcestershire sauce, soy sauce, red pepper flakes, seafood seasoning, dried onion, nutmeg, and salt and pepper. Stir the ingredients until the sauce has dissolved any brown bits of flavor from the bottom of the pan. Bring the sauce to a simmer over medium-low heat, and transfer the ribs back into the sauce.

Coat the ribs with sauce, cover the pan, and simmer over low heat until the meat is very tender and falls off the bones, about 3 hours.

# Conch Fritters

## Ingredients

### Fritters:

1 quart oil for frying  
3/4 cup all-purpose flour  
1 egg  
1/2 cup milk  
ground cayenne pepper to taste  
seasoned salt to taste  
salt and pepper to taste  
1 cup chopped conch meat  
1/2 onion, chopped  
1/2 green bell pepper, chopped  
2 stalks celery, chopped  
2 cloves garlic, chopped

### Dipping Sauce:

2 tablespoons ketchup  
2 tablespoons lime juice  
1 tablespoon mayonnaise  
1 tablespoon hot sauce  
salt and pepper to taste

## Directions

Heat the oil in a large pot or deep fryer to 365 degrees F (185 degrees C).

In a bowl, mix the flour, egg, and milk. Season with cayenne pepper, seasoned salt, salt, and pepper. Mix in the conch meat, onion, bell pepper, celery, and garlic.

Drop the batter by rounded tablespoons into the hot oil, and fry until golden brown. Drain on paper towels.

In a bowl, mix the ketchup, lime juice, mayonnaise, hot sauce, salt, and pepper. Serve dipping sauce on the side with the fritters.

# Sloppy Sams

## Ingredients

3 cups water  
1 cup lentils, rinsed  
salt to taste (optional)  
1 cup chopped onion  
3 tablespoons olive oil  
2 cups chopped tomato  
2 cloves garlic, minced  
1/2 (6 ounce) can tomato paste  
1/2 cup ketchup  
1 teaspoon mustard powder  
1 tablespoon chili powder  
3 tablespoons molasses  
1 dash Worcestershire sauce  
salt and ground black pepper to taste  
4 hamburger buns, split

## Directions

Combine water and lentils in a saucepan; season to taste with salt if desired. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 30 minutes, stirring occasionally.

Meanwhile, cook onions with the olive oil in a large skillet over medium heat until the onions have softened and turned translucent, about 4 minutes. Add tomatoes and garlic, and cook for 5 minutes. Stir in tomato paste, ketchup, mustard powder, chili powder, molasses and Worcestershire sauce; simmer 5 to 10 minutes until thickened.

Drain lentils and reserve cooking liquid. Stir lentils into sauce mixture, adding cooking liquid or water as needed to obtain the desired "sloppy joe" consistency. Serve on buns.

# Burgers with Garden Sauce

## Ingredients

1 large onion, diced  
2 medium carrots, diced  
1 medium green pepper, diced  
2 celery ribs, diced  
1 tablespoon minced fresh parsley  
1 tablespoon vegetable oil  
2 pints cherry tomatoes  
1/2 cup ketchup  
2 tablespoons brown sugar  
2 tablespoons lemon juice  
2 tablespoons vinegar  
2 tablespoons prepared mustard  
1 tablespoon Worcestershire sauce  
salt and pepper to taste  
**BURGERS:**  
4 slices bread  
1/2 cup water  
2 eggs, beaten  
1 medium onion, finely chopped  
2 teaspoons minced fresh parsley  
1 teaspoon salt  
1/2 teaspoon pepper  
2 pounds ground beef  
8 sandwich rolls, split

## Directions

In a Dutch oven or large saucepan, saute onion, carrots, green pepper, celery and parsley in oil until vegetables are tender. Add tomatoes, ketchup, brown sugar, lemon juice, vinegar, mustard, Worcestershire sauce, salt and pepper. Cover and simmer for 1-1/2 hours. Meanwhile, soak bread in water; squeeze dry and crumble into a bowl. Add the eggs, onion, parsley, salt and pepper. Crumble beef over mixture and mix well. Shape into eight patties. Broil or pan-fry until no longer pink; drain. Add to sauce. Cover and simmer for 30 minutes or until heated through. Serve on rolls.

# Mom's Meatballs

## Ingredients

1 1/2 cups chopped onion  
1/3 cup ketchup  
3 tablespoons lemon juice  
1 tablespoon Worcestershire sauce  
3/4 cup crushed saltine crackers  
3 pounds ground beef

## Directions

In a bowl, combine the onion, ketchup, lemon juice, Worcestershire sauce and crackers. Crumble beef over mixture and mix well. Shape into 1-in. balls. Place in ungreased 15-in. x 10-in. x 1-in. baking pans.

Bake, uncovered, at 400 degrees F for 10 minutes or until meat is no longer pink. Serve meatballs immediately, or refrigerate or freeze for use in other recipes.

# Shepherd's Pie

## Ingredients

1 pound ground beef  
1 medium onion, chopped  
1 (10.75 ounce) can Campbell's®  
Condensed Cream of Mushroom  
Soup (Regular or 98% Fat Free)  
1 tablespoon ketchup  
1/8 teaspoon ground black  
pepper  
1 cup frozen peas and carrots  
1 cup milk  
2 tablespoons butter  
1 1/3 cups instant mashed potato  
flakes or buds

## Directions

Cook beef and onion in 10-inch skillet over medium-high heat until well browned, stirring to break up meat. Pour off fat.

Stir soup, ketchup, black pepper and peas and carrots into skillet. Spoon beef mixture in 9-inch pie plate.

Heat milk and butter in 2-quart saucepan over medium-high heat to a boil. Remove from heat. Slowly stir in potatoes. Spoon potatoes over beef mixture.

Bake at 400 degrees F for 15 minutes or until potatoes are lightly browned.

# Avocado Shrimp Ceviche-Estillo Sarita

## Ingredients

2 pounds large shrimp - peeled, deveined and chopped  
3/4 cup fresh lime juice  
5 roma (plum) tomatoes, diced  
1 white onion, chopped  
1/2 cup chopped fresh cilantro  
1 tablespoon Worcestershire sauce  
1 tablespoon ketchup  
1 teaspoon hot pepper sauce  
salt and pepper to taste  
1 avocado - peeled, pitted and diced  
2 (4 ounce) packets saltine crackers

## Directions

Place the shrimp and lime juice into a large bowl, and stir to coat. Let stand for about 5 minutes, or until shrimp are opaque. The lime juice will cook them. Mix in the tomatoes, onion, and cilantro until coated with lime juice; cover and refrigerate for 1 hour.

Remove from the refrigerator, and mix in the Worcestershire sauce, ketchup, hot sauce, salt and pepper. We have our own hot sauce recipe, but you can use whatever hot sauce you like, or leave it out and let people add their own when serving.

Serve in glass tumblers and top with avocado pieces. Set out extra Worcestershire sauce, ketchup, lime wedges and hot sauce for people to individualize their dish. Serve with saltine crackers.

# Jenn's Catfish Sandwich Sauce

## Ingredients

2 cups mayonnaise  
1/2 cup prepared brown mustard  
2 teaspoons dill pickle juice  
2 teaspoons ketchup  
2 teaspoons Worcestershire sauce  
1 canned chipotle pepper  
1 teaspoon adobo sauce from  
canned chipotle peppers  
2 cloves garlic, peeled  
1/4 cup fresh parsley

## Directions

In a food processor, combine the mayonnaise, mustard, pickle juice, ketchup, Worcestershire sauce, chipotle pepper, adobo sauce, garlic and parsley until smooth.



# Kids Favorite Meatloaf

## Ingredients

1/2 cup ketchup  
2 tablespoons brown sugar  
1 teaspoon prepared mustard  
1 tablespoon Worcestershire sauce  
1 teaspoon salt  
1 1/2 teaspoons onion powder  
1/4 teaspoon garlic powder  
1 egg  
1 tablespoon milk  
1/4 teaspoon ground black pepper  
1 1/2 cups crispy wheat cereal squares  
1 1/2 pounds ground beef

## Directions

In a large bowl, combine the ketchup, brown sugar and mustard and mix well. Remove 4 tablespoons of this mixture and reserve for later for the top of the loaves. To the mixture in the bowl, add the Worcestershire sauce, salt, onion, garlic, egg, milk and ground black pepper and mix together well.

Stir in the wheat cereal squares and let stand for 5 minutes. Then break up the cereal squares and add the ground beef, mixing well. Shape the mixture into the mini loaf pans you've decided to use.

Bake at 350 degrees F (175 degrees C) for 65 minutes. Brush on reserved ketchup mixture and bake for 15 more minutes.

# Drunken Shrimp

## Ingredients

2 tablespoons canola oil  
1 onion, chopped  
6 cloves garlic, chopped  
2 tablespoons minced fresh ginger root  
2 pounds large shrimp, peeled and deveined  
1 pinch salt  
1/2 teaspoon ground black pepper  
1 tablespoon red pepper flakes, or to taste  
3/4 cup beer  
1/4 cup ketchup  
1 tablespoon white sugar  
1 tablespoon cornstarch  
1 tablespoon water  
1 tablespoon sesame oil  
3 green onions, chopped

## Directions

Heat canola oil in a large skillet over high heat, and cook and stir onion, garlic, and ginger just until fragrant, about 15 seconds. Add the shrimp, salt, and black pepper, and cook and stir until the shrimp is slightly pink, about 5 minutes. Stir in the beer, ketchup, and sugar, and bring the sauce to a boil.

Dissolve the cornstarch in the water, and stir into the boiling sauce. Cook until the sauce returns to a boil and thickens, the shrimp are bright pink on the outside, and the meat is no longer transparent in the center, about 5 minutes. Stir in the sesame oil; remove from heat. Sprinkle with the green onions.

# Wiener Wraps

## Ingredients

1 (.25 ounce) package active dry yeast  
1 1/4 cups warm water (110 degrees to 115 degrees F)  
2 cups whole wheat flour  
1/4 cup packed brown sugar  
1 teaspoon salt  
1 teaspoon vanilla extract  
1 1/2 cups all-purpose flour  
8 slices processed American cheese  
3 tablespoons ketchup  
8 hot dogs

## Directions

In a large mixing bowl, dissolve yeast in warm water. Add whole wheat flour, brown sugar, salt and vanilla; beat until smooth. Add enough all-purpose flour to form a soft dough. Turn onto a floured surface; knead for 6-8 minutes or until smooth and elastic. Cover and let rest 10 minutes. Roll into a 20-in. x 14-in. rectangle; cut into eight 7-in. x 5-in. pieces. On each piece of dough, place a slice of cheese, 1 teaspoon ketchup and a hot dog. Fold edges of dough over and press tightly to seal. Place on a greased baking sheet. Bake at 350 degrees F for 30 minutes or until golden brown.

# Grandpa Crotts BBQ Sauce

## Ingredients

1/4 cup vegetable oil  
1 1/2 cups ketchup  
1 onion, chopped  
1/4 cup fresh lemon juice  
2 tablespoons prepared mustard  
1/8 teaspoon hot pepper sauce  
1/4 cup Worcestershire sauce

## Directions

Place the oil, ketchup, onion, lemon juice, mustard, hot pepper sauce and Worcestershire sauce in a medium saucepan over low heat. Mix well and allow to simmer for 30 minutes.

# Micky's Sticky Licky Sweet n Zesty BBQ Sauce

## Ingredients

2 tablespoons butter  
1/8 cup chopped onion  
1/2 cup chopped celery  
2 teaspoons minced garlic  
1 cup ketchup  
1/4 cup lemon juice  
2 tablespoons white sugar  
2 tablespoons white vinegar  
1 tablespoon Worcestershire sauce  
1 teaspoon dry mustard  
1/2 teaspoon ground black pepper

## Directions

Melt butter in a large skillet over medium heat. Saute onion, celery and garlic until soft and translucent. Stir in ketchup, lemon juice, sugar, vinegar, Worcestershire sauce, mustard and pepper. Simmer 15 to 20 minutes.

# Cocktel de Camaron

## Ingredients

8 ounces cooked shrimp, peeled and deveined  
1 avocado - peeled, pitted and diced  
1/2 bunch fresh cilantro, chopped  
1/4 cup orange-flavored carbonated beverage  
3/4 cup ketchup  
1 (4 ounce) packet saltine crackers

## Directions

Chop the shrimp into smaller pieces and transfer to a bowl. Stir in the avocado and cilantro. In a separate bowl, stir together the orange soda and ketchup until the foaming stops. Pour over the shrimp mixture and toss to coat. It should be soupy. Refrigerate for about 30 minutes to blend the flavors before serving with saltine crackers.

# A Good Barbeque Sauce

## Ingredients

1 (12 fluid ounce) can cola-flavored carbonated beverage  
1 cup ketchup  
1/4 cup minced onion  
garlic powder to taste  
1/2 teaspoon hot pepper sauce

## Directions

In a medium saucepan, combine the cola, ketchup, onion, garlic powder and hot pepper sauce. Cook over medium heat until reduced by a third and thickened.

# Blackberry BBQ Sauce

## Ingredients

1/2 cup blackberry preserves  
1 1/2 cups ketchup  
1/8 cup brown sugar  
1/8 teaspoon cayenne pepper  
1/4 teaspoon mustard powder  
2 tablespoons red wine vinegar

## Directions

In a medium bowl, mix together blackberry preserves, ketchup, brown sugar, cayenne pepper, mustard powder, and red wine vinegar. Use to baste pork or beef ribs while grilling.



# Prawn Nasi Goreng

## Ingredients

2 tablespoons vegetable oil  
3 eggs, beaten  
1 zucchini, chopped  
1 carrot, chopped  
8 green onions, sliced  
1 clove garlic, crushed  
2 cups cooked rice  
1/2 pound cooked prawns  
2 tablespoons dark soy sauce  
2 tablespoons ketchup  
1 tablespoon brown sugar  
1 teaspoon toasted sesame oil  
1 teaspoon sweet chili sauce  
2 tablespoons fresh chives,  
chopped

## Directions

Heat half of the oil in a skillet over medium heat. Swirl the beaten egg into the pan so that it coats the surface. Flip the egg after 30 seconds, and cook for an additional 20 seconds on the other side. Remove the egg from the pan and, when cool enough to handle, roll up on a cutting board. Slice the rolled egg to make thin strips and set aside.

Heat the remaining oil in a skillet or wok over medium-high heat. When hot, add the zucchini, carrot, and green onions. Stir fry for three minutes. Add the garlic, rice, prawns, soy sauce, ketchup, sugar, sesame oil, and chili sauce; stir thoroughly.

Serve immediately, topped with the egg strips and chopped chive.

# Spiced Chicken Loaf

## Ingredients

1 pound ground chicken  
2/3 cup herb stuffing mix, crushed  
into fine crumbs  
1/4 cup grated Parmesan cheese  
1 egg  
1 cup diced onion  
1/2 teaspoon salt  
1/2 teaspoon ground black  
pepper  
1 pinch garlic pepper seasoning  
2 teaspoons ketchup  
2 teaspoons barbeque sauce

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl combine the chicken, stuffing mix crumbs, cheese, egg, onion, salt, pepper and garlic pepper seasoning. Mix together, then stir in ketchup and barbeque sauce. Mix well and pour mixture into a bread loaf pan.

Bake in preheated oven for 50 minutes. Turn oven off and let sit in hot oven for an additional 15 minutes.

# Guava Barbeque Sauce

## Ingredients

1 cup cold water  
1 cup guava paste  
1/3 cup apple cider vinegar  
1/4 cup dark rum  
1/4 cup tomato paste  
1/4 cup fresh lemon juice  
2 tablespoons minced onion  
1 tablespoon minced fresh ginger root  
1 tablespoon soy sauce  
2 teaspoons ketchup  
2 teaspoons Worcestershire sauce  
2 cloves garlic, minced  
1/4 scotch bonnet chile pepper (or to taste), minced  
kosher salt and pepper to taste

## Directions

Place the water, guava paste, vinegar, rum, tomato paste, lemon juice, onion, ginger, soy sauce, ketchup, Worcestershire sauce, garlic, and scotch bonnet pepper into a saucepan. Bring to a simmer over medium-high heat, whisking until evenly blended. Season to taste with salt and pepper. Reduce heat to medium-low and simmer until the sauce has slightly thickened and is richly flavored, 10 to 15 minutes. The sauce should be pourable. If it has become too thick, thin it with some water. Serve hot or cold.

# Baby Burgers on Baguettes

## Ingredients

1 pound ground beef  
salt and pepper to taste  
1 pinch mesquite seasoning  
1 French baguette, sliced into 1/4 inch rounds  
6 leaves romaine lettuce  
12 cherry tomatoes, thinly sliced  
ketchup  
prepared yellow mustard

## Directions

Preheat the oven to 350 degrees F (175 degrees C). Arrange baguette slices in a single layer on a cookie sheet. Place in the preheated oven, and bake until lightly toasted, about 5 minutes. Remove from the oven, and allow to cool.

Season the ground beef with mesquite seasoning, and mix lightly. Form tablespoonfuls of dough into mini burger patties. Season the patties with a little salt and pepper.

Heat a skillet over medium-high heat. Cook patties for 1 to 2 minutes per side, until browned and well done.

Place baguette slices on a large serving tray, and top each one with a piece of romaine leaf. Then place a mini burger on each one, and top with tomato slices. Apply ketchup and mustard before serving, or allow your guests to dress their own burgers.

# Homestyle Meatloaf

## Ingredients

1/2 cup ketchup  
2 teaspoons brown sugar  
1 teaspoon dry mustard  
1 (1 pound) package Bob Evans®  
Original Recipe Sausage Roll  
1 pound lean ground beef  
1/4 cup chopped onion  
1 egg, beaten  
1 teaspoon salt  
1 cup uncooked quick oats  
1/4 teaspoon black pepper

## Directions

Preheat oven to 350 degrees F. Combine ketchup, brown sugar and mustard in small bowl; set aside. Combine 1/3 cup ketchup mixture and remaining ingredients in large bowl; mix well. Shape mixture into loaf in large shallow baking dish. Bake 1 hour and remove from oven. Pour remaining ketchup mixture over loaf and bake an additional 10 minutes. Let stand 5 minutes before slicing. Serve hot. Refrigerate leftovers.

# Honey Garlic BBQ Sauce II

## Ingredients

- 2 cups ketchup
- 1 bulb garlic, peeled and crushed
- 1 cup water
- 2 tablespoons hot sauce
- 1/4 cup honey
- 2 tablespoons molasses
- 2 tablespoons brown sugar
- 1 teaspoon Worcestershire sauce
- 1 teaspoon soy sauce
- 1 teaspoon salt
- 2 tablespoons Cajun seasoning
- 1 pinch paprika
- 1 pinch crushed red pepper
- 1 pinch ground white pepper
- 1 pinch ground black pepper
- 2 tablespoons cornstarch
- 1 tablespoon water
- 1/2 cup butter

## Directions

In a large saucepan over medium low heat, mix together ketchup, garlic, 1 cup of water, hot sauce, honey, molasses, brown sugar, Worcestershire sauce, soy sauce, salt, Cajun seasoning, paprika, red pepper, white pepper and black pepper. Allow the mixture to simmer approximately 30 minutes.

In a small bowl, dissolve cornstarch in 1 tablespoon of water. Adjust amount of water as needed to fully dissolve cornstarch. Stir into the sauce mixture. Continue simmering approximately 15 minutes.

Stir butter into the sauce mixture. Continue simmering mixture approximately 15 more minutes, or until butter is melted and the sauce has begun to thicken. Serve over meats prepared as desired.

# Grampa Dave's Texas Chainsaw Bar-B-Que

## Ingredients

- 2 tablespoons butter
- 1 medium onion, finely chopped
- 2 garlic, minced
- 1/2 cup orange juice
- 1 cup cider vinegar
- 2 tablespoons fresh lemon juice
- 2 slices lemon
- 1 cup real maple syrup
- 1/4 cup Worcestershire sauce
- 2 cups ketchup
- 1/4 cup molasses
- 1/4 cup brown sugar
- 2 tablespoons dry mustard
- 1 teaspoon salt
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon ground cumin
- 1/2 teaspoon paprika

## Directions

Melt butter in a large saucepan over medium heat. Add the onion and garlic; cook and stir until tender, about 5 minutes. Stir in the orange juice, cider vinegar, lemon juice, lemon slices, maple syrup, Worcestershire sauce, ketchup, molasses, and brown sugar. Season with dry mustard, salt, red pepper flakes, cumin and paprika. Simmer for 45 minutes to 1 hour. Remove lemon slices before using.

# Leftover Oven Barbequed Chicken

## Ingredients

2 1/2 pounds leftover fried chicken legs  
1 cup water  
1 cup ketchup  
1/2 cup apple cider vinegar  
salt and pepper to taste

## Directions

Preheat oven to 325 degrees F (165 degrees C).

Place chicken legs in a 9x13 inch baking dish. In a medium bowl, mix together the water, ketchup and vinegar . Season with salt and pepper to taste, and pour mixture over chicken. Turn chicken pieces to ensure that all are well coated.

Warm in preheated oven for about 25 minutes, or until heated through.



# Rayna's Freezer Antipasto

## Ingredients

1 cup marinated cocktail onions,  
cut in half  
20 ounces canned mushrooms,  
drained and minced  
1 red bell pepper, minced  
1 green bell pepper, minced  
1 cup stuffed green olives, minced  
1 cup black olives, minced  
1 cup dill pickles, minced  
1 (14.5 ounce) can green beans,  
drained  
2 (6 ounce) cans tuna, drained and  
flaked  
2 1/2 cups ketchup  
1/4 cup vinegar  
1/4 cup olive oil

## Directions

In a large saucepan over medium high heat, mix the pearl onions, canned mushrooms, red bell pepper, green bell pepper, green olives, black olives, dill pickles, green beans, tuna, ketchup, vinegar and olive oil. While stirring, bring to a boil. Reduce heat and simmer 20 minutes.

Remove from heat. Allow to cool completely before transferring to sterile freezer containers, leaving 1 inch of space in the containers. Store in the freezer.

# Sweet and Sour Meatballs II

## Ingredients

1 pound ground beef  
1 egg  
1 onion, chopped  
1 cup dry bread crumbs  
salt and pepper to taste  
1 cup water  
1/2 cup cider vinegar  
1/2 cup ketchup  
2 tablespoons cornstarch  
1 cup brown sugar  
2 tablespoons soy sauce

## Directions

In a large bowl, combine beef, egg, onion, bread crumbs, salt and pepper. Roll into meatballs about 1 to 1 1/2 inches in size.

In a large skillet over medium heat, saute the meatballs until browned on all sides.

In a separate medium bowl, mix together the water, vinegar, ketchup, cornstarch, sugar and soy sauce. Pour over the meatballs, and allow sauce to thicken. Continue to heat until the sauce just starts to bubble.

# Sweet and Sour Salad Dressing

## Ingredients

3/4 cup white sugar  
1/4 cup apple cider vinegar  
1 tablespoon Worcestershire  
sauce  
1 cup minced onion  
1/3 cup ketchup  
1 cup vegetable oil

## Directions

Stir together sugar, vinegar, Worcestershire sauce, onion, and ketchup until the sugar has dissolved. Whisk the vegetable oil into the onion mixture until incorporated. Cover and refrigerate 1 hour; shake well before using.

# 3BC (Best Baked Bean Casserole)

## Ingredients

1 tablespoon butter  
1 small onion, diced  
1/2 pound bacon  
1 (28 ounce) can baked beans  
(such as Bush's OriginalB®)  
2 teaspoons Worcestershire sauce  
1 tablespoon ketchup  
1 teaspoon prepared yellow  
mustard  
1 cup brown sugar, divided

## Directions

Preheat an oven to 400 degrees F (200 degrees C).

Melt the butter in a skillet over low heat. Cook and stir until the onion has softened and turned translucent, 10 to 15 minutes. Meanwhile, place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain the bacon slices on a paper towel-lined plate. Cut bacon into bite-sized pieces and set aside.

Combine the baked beans, Worcestershire sauce, ketchup, mustard, and onions in a 2-quart casserole dish. Stir in 2/3 of the cooked bacon and 1/4 of the brown sugar until evenly mixed. Cover the bean mixture with the remaining bacon, and sprinkle with the remaining brown sugar.

Bake in the preheated oven until hot and bubbly, about 45 minutes.

# Pineapple Pepper Chicken

## Ingredients

4 cups unsweetened pineapple juice  
2 1/2 cups sugar  
2 cups vinegar  
1 1/2 cups water  
1 cup packed brown sugar  
2/3 cup cornstarch  
1/2 cup ketchup  
6 tablespoons soy sauce  
2 teaspoons chicken bouillon granules  
3/4 teaspoon ground ginger  
3 tablespoons vegetable oil  
2 (3 pound) broiler-fryer chickens, cut up  
1 (8 ounce) can pineapple chunks, drained  
1 medium green pepper, julienned

## Directions

In a saucepan, combine the first 10 ingredients; stir until smooth. Bring to a boil; cook and stir for 2 minutes or until thickened. Set aside.

Heat oil in a large skillet over medium-high heat. Add the chicken; brown on all sides. Place in two greased 13-in. x 9-in. x 2-in. baking dishes. Pour reserved sauce over chicken. Bake, uncovered, at 350 degrees F for 45 minutes. Add pineapple and green pepper. Bake 15 minutes longer or until heated through.

# Crab on a Cracker

## Ingredients

1 (6 ounce) can crabmeat  
1 (8 ounce) package cream  
cheese, softened  
1 (8 ounce) can crushed pineapple  
4 dashes Worcestershire sauce  
2 tablespoons ketchup  
1 pinch garlic powder

## Directions

In a medium-sized mixing bowl combine crabmeat and cream cheese into the bowl. Mix the pineapple into the mixture, and season with Worcestershire sauce, ketchup and garlic powder. Refrigerate overnight.

# Thousand Island Dressing I

## Ingredients

2 tablespoons mayonnaise  
1/2 teaspoon evaporated milk  
1 1/2 tablespoons ketchup  
1 dash Worcestershire sauce  
1 pinch garlic powder  
1/2 dill pickle spear

## Directions

In a small bowl, whisk together the mayonnaise and evaporated milk until smooth. Mix in ketchup, Worcestershire sauce and garlic powder, and whisk until well blended. Chop dill pickle and gently stir it into the mixture. Refrigerate or serve immediately.

# Quick and Easy Chicken

## Ingredients

2 tablespoons olive oil  
1 onion, chopped  
4 skinless, boneless chicken breast halves  
3 tablespoons ketchup  
2 tablespoons soy sauce  
3 tablespoons white sugar  
2 tablespoons lemon juice  
1 teaspoon ground black pepper

## Directions

Saute onion in oil until translucent.

Add chicken, and brown lightly.

Combine ketchup, soy sauce, sugar, lemon juice, and pepper; mix well. Pour over chicken, and bring to a boil. Cover, reduce heat, and simmer for 25 to 35 minutes.



# Sweet Green Tomato Ketchup

## Ingredients

5 green tomatoes, chopped  
1 red bell pepper, seeded and chopped  
1 white onion, chopped  
1/2 cup kosher salt  
1 cup white vinegar  
2/3 cup packed brown sugar  
1 teaspoon ground cinnamon  
1 teaspoon pumpkin pie spice  
8 whole cloves  
10 tablespoons white sugar  
1 tablespoon dark corn syrup

## Directions

In a large bowl, layer the tomatoes, bell peppers and onion, seasoning each layer with salt as you go. Keep making layers until you run out of vegetables. Cover the bowl, and refrigerate for 4 to 5 hours.

Pour off the liquid from the vegetables, reserving 1/2 cup. Transfer the vegetables to a colander and rinse off the salt under running water. Put them into a pot with a lid, and stir in the vinegar, brown sugar, cinnamon, pumpkin pie spice, white sugar, whole cloves, and corn syrup. Bring to a boil, and then simmer over medium heat, uncovered, for about 30 minutes. The tomatoes will start to turn pale.

When the vegetables are very soft, press them through a sieve, being sure to find all of the cloves and remove them. Cool the sauce and store in the refrigerator.

# Easy Beer and Ketchup Meatballs

## Ingredients

1 (28 ounce) bottle ketchup  
24 fluid ounces beer  
1 1/2 pounds ground beef  
2 teaspoons garlic powder  
1 onion, chopped

## Directions

Preheat oven to 400 degrees F (200 degrees C).

Place the beer and ketchup in a slow cooker on high setting and allow to simmer..

Meanwhile, in a large bowl, combine the ground beef, garlic powder and onion, mixing well. Form mixture into meatballs about 3/4 inch in diameter. Place meatballs in a 9x13 inch baking dish.

Bake at 400 degrees F (200 degrees C) for 20 minutes.

Transfer meatballs to the slow cooker with the beer and ketchup and simmer for 3 hours; sauce will thicken.

# Jamaican Barbecue Sauce

## Ingredients

1 bacon strip, halved  
1/2 cup chopped onion  
2 tablespoons chopped green onion  
1 tablespoon chopped jalapeno pepper  
1 cup ketchup  
1/2 cup chicken broth  
1/2 cup molasses  
2 tablespoons cider vinegar  
2 tablespoons lemon juice  
1 tablespoon soy sauce  
1 tablespoon Worcestershire sauce  
1 tablespoon prepared mustard  
1 tablespoon minced fresh thyme  
1 teaspoon salt  
1/2 teaspoon pepper  
1/4 teaspoon ground cinnamon  
1/4 teaspoon ground nutmeg

## Directions

In a saucepan, cook bacon over medium heat until crisp. Discard bacon or save for another use. In the drippings, saute the onions and jalapeno until tender. Stir in the remaining ingredients. Bring to a boil. Remove from the heat; cool. Store in the refrigerator.

# Dipping Sauce

## Ingredients

1/2 cup mayonnaise  
2 teaspoons ketchup  
2 tablespoons prepared horseradish  
1/4 teaspoon paprika  
1/4 teaspoon salt  
1/8 teaspoon dried oregano  
1 dash ground black pepper  
cayenne pepper to taste

## Directions

In a small bowl combine mayonnaise, ketchup, horseradish, paprika, salt, oregano, black pepper and cayenne pepper. Store, covered, in the refrigerator.

# Dinner in a Pumpkin II

## Ingredients

1 small sugar pumpkin  
2 onions, chopped  
2 cups diced celery  
1/4 cup shortening  
5 pounds lean ground beef  
1/2 teaspoon ground black pepper  
1 (20 ounce) bottle ketchup  
3 cloves crushed garlic  
5 teaspoons salt  
3 tablespoons Worcestershire sauce  
2 (15 ounce) cans tomato sauce  
  
1/4 cup soy sauce  
1 (4.5 ounce) can mushrooms, drained  
2 tablespoons brown sugar  
1 (10.75 ounce) can condensed cream of celery soup  
2 cups cooked white rice

## Directions

Preheat oven to 375 degrees F (190 Degrees C). Cut off top of pumpkin, scrape out seeds and pith.

In a large deep skillet, saute vegetables in 1/4 cup shortening until soft. Add beef; cook and crumble until evenly brown. Add the pepper, ketchup, garlic, salt, Worcestershire sauce and tomato sauce. Simmer 15-20 minutes.

In a large mixing bowl, combine 2 cups of the beef mixture, soy sauce, mushrooms, brown sugar, soup and rice. Mix well, pour into pumpkin and replace lid. Cover and freeze remaining beef mixture.

Place filled pumpkin on a baking sheet and bake for one hour or until pumpkin is tender. As you serve dinner, be sure to scoop out a little of the cooked pumpkin too.

# Maple Glazed Ribs

## Ingredients

3 pounds pork spareribs, cut into serving size pieces  
1 cup pure maple syrup  
3 tablespoons frozen orange juice concentrate  
3 tablespoons ketchup  
2 tablespoons soy sauce  
1 tablespoon Dijon mustard  
1 tablespoon Worcestershire sauce  
1 teaspoon curry powder  
1 clove garlic, minced  
2 green onions, minced  
1 tablespoon toasted sesame seeds

## Directions

Preheat oven to 350 degrees F (175 degrees C). Place ribs meat side up on a rack in a 9x13 inch roasting pan. Cover pan tightly with foil. Bake for 1 1/4 hours.

In a saucepan over medium heat, combine maple syrup, orange juice concentrate, ketchup, soy sauce, mustard and Worcestershire sauce. Stir in curry powder, garlic and green onions. Simmer for 15 minutes, stirring occasionally.

Remove ribs from roasting pan, remove rack, and drain excess fat and drippings. Return ribs to pan, cover with sauce, and bake uncovered for 35 minutes, basting occasionally. Sprinkle with sesame seeds just before serving.

# Venison Meatloaf

## Ingredients

- 1 pound ground venison
- 1 tablespoon brown sugar
- 8 saltine crackers, crumbled
- 1 egg, beaten
- 1/2 teaspoon spicy brown mustard
- 1/4 teaspoon dried cilantro
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried minced onion flakes
- 1/4 teaspoon ground thyme
- 1 dash cinnamon
- 1 dash paprika
- 3 tablespoons ketchup
- 1 tablespoon brown sugar

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Mix together venison, 1 tablespoon brown sugar, crackers, and egg in a bowl. Season with mustard, cilantro, garlic powder, onion flakes, thyme, cinnamon, and paprika; mix well. Pat mixture into a 9x9-inch pan, or a loaf pan.

Bake in preheated oven to an internal temperature of 160 degrees F (70 degrees C), about 40 minutes. Stir together the ketchup, with 1 tablespoon brown sugar. Spread on top of the meatloaf, and place back in the oven for 10 minutes more.

# Wagon Wheel Chili

## Ingredients

2 cups uncooked wagon wheel or spiral pasta  
1 (15 ounce) can chili  
1 (8 ounce) can tomato sauce  
3 tablespoons ketchup  
1/2 teaspoon chili powder  
Shredded Cheddar cheese

## Directions

Cook pasta according to package directions. Meanwhile, in a large saucepan, combine the chili, tomato sauce, ketchup and chili powder. Mix well; heat through. Drain and rinse pasta; stir into chili. Garnish with cheese if desired.



# Appetizer Meatballs

## Ingredients

2 cups ketchup  
1/2 cup water  
1/2 cup white vinegar  
1/2 cup honey  
2 tablespoons Worcestershire sauce  
1 tablespoon dried minced onion  
1/4 teaspoon pepper  
1 dash garlic powder  
dash cayenne pepper  
2 1/2 pounds frozen fully cooked meatballs

## Directions

In a Dutch oven, combine the first nine ingredients. Bring to a boil. Reduce heat; simmer, uncovered for 15 minutes. Meanwhile, thaw meatballs in microwave according to package directions. Stir into sauce; heat through.

# Tangy Tomato Dressing

## Ingredients

1 cup ketchup  
1/2 cup corn syrup  
1/4 cup tomato and clam juice  
cocktail  
2 tablespoons tomato sauce  
1 teaspoon prepared horseradish  
1 teaspoon lemon juice  
1/2 teaspoon Worcestershire  
sauce  
1/2 teaspoon black pepper  
1/2 teaspoon cayenne pepper

## Directions

Thoroughly blend ketchup, corn syrup, tomato and clam juice cocktail, tomato sauce, lemon juice, prepared horseradish, Worcestershire sauce, black pepper, and cayenne pepper. Cover, and chill until serving.

# Island BBQ Sauce

## Ingredients

- 2 tablespoons olive oil
- 1 cup minced onion
- 2 cloves garlic, minced
- 3 (1 inch) pieces fresh ginger root, minced
- 2 cups ketchup
- 1/4 cup SLENDA® Brown Sugar Blend
- 1/4 cup molasses
- 1/2 cup spiced rum, divided
- 3 tablespoons hoisin sauce
- 2 tablespoons tomato paste
- 2 tablespoons sherry vinegar
- 1 tablespoon chili powder
- 1/8 teaspoon cayenne pepper

## Directions

Heat the olive oil in a saucepan over medium-high heat. Stir in the onion, garlic, and ginger, and cook until tender. Reduce heat to low. Mix in ketchup, SLENDA® Brown Sugar Blend, molasses, rum, hoisin sauce, tomato paste, vinegar, chili powder, and cayenne pepper. Cook and stir 5 minutes, until well blended and heated through. Stir in remaining rum.

# Grilled Cheeseburger Pizza

## Ingredients

3/4 pound ground beef  
1 cup ketchup  
2 tablespoons prepared mustard  
1 (14 ounce) package pre-baked Italian bread shell crust  
1 cup shredded lettuce  
1 medium tomato, thinly sliced  
1/8 teaspoon salt  
1/8 teaspoon pepper  
1 small sweet onion, thinly sliced  
1/2 cup dill pickle slices  
1 cup shredded Cheddar cheese  
1 cup shredded mozzarella cheese

## Directions

Shape beef into three 1/2-in.-thick patties. Grill, covered, over medium-hot heat for 5 minutes on each side or until meat is no longer pink. Meanwhile, combine ketchup and mustard; spread over the crust to within 1 in. of edge. Sprinkle with lettuce; top with tomato. Sprinkle with salt and pepper. When beef patties are cooked, cut into 1/2-in. pieces; arrange over tomato slices. Top with onion, pickles and cheeses.

Place pizza on a 16-in. square piece of heavy-duty foil; transfer to grill. Grill, covered, over indirect medium heat for 12-15 minutes or until cheese is melted and crust is lightly browned. Remove from the grill. let stand for 5-10 minutes before slicing.

# Roasted Turkey Legs

## Ingredients

1/2 cup salt  
1/2 cup white sugar  
4 turkey drumsticks  
2 cups white wine  
1/2 cup pomegranate molasses  
1/2 cup brown sugar  
1/4 cup molasses  
1/4 cup balsamic vinegar  
1/2 cup ketchup  
2 tablespoons Worcestershire sauce  
4 tablespoons dried sage leaves, divided  
4 tablespoons dried thyme leaves, divided

## Directions

Place the salt and sugar into a large resealable bag. Pour in enough water to cover the turkey legs, and squeeze the bag to dissolve salt and sugar. Immerse the turkey legs in the brine, and seal the bag. Refrigerate for at least 2 hours to brine.

In a saucepan, stir together the white wine, pomegranate molasses, brown sugar, regular molasses, vinegar, ketchup and Worcestershire sauce. Bring to a boil, and cook until reduced by half. Season with 1 tablespoon of sage and 1 tablespoon of thyme. Taste and adjust sugar, salt and pepper if desired.

Preheat the oven to 325 degrees F (165 degrees C). Remove the turkey legs from the brine and pat dry with paper towels. Discard the brine. Heat a large oven-proof skillet over medium-high heat. Cast iron will work well. Fry the turkey, turning frequently, until browned on all sides. Place the pan with the turkey into the oven.

Roast uncovered for 45 minutes in the preheated oven. Remove and turn legs over. Season with some of the remaining thyme and sage, and spoon some of the sauce onto the legs to coat. Return to the oven for an additional 30 minutes.

Repeat the seasoning and baste with the sauce again, and return to the oven. Roast for 15 more minutes, then test for doneness. The internal temperature should be 180 degrees F (82 degrees C) when taken with a meat thermometer. Serve turkey with remaining sauce on the side.

# Sweet and Sour Spareribs

## Ingredients

5 pounds pork spareribs or  
backribs  
1/2 cup sugar  
1/2 cup packed brown sugar  
2 tablespoons cornstarch  
1 cup ketchup  
2/3 cup cider vinegar  
1/2 cup cold water

## Directions

Place ribs on a rack in a large shallow roasting pan. Bake, uncovered, at 350 degrees F for 1-1/2 hours.

Meanwhile, in a small saucepan, combine the sugar, brown sugar, cornstarch, ketchup, vinegar and water until smooth. Bring to a boil. Cook and stir for 1-2 minutes or until thickened. Remove ribs and rack from pan. Drain and discard fat. Return ribs to roasting pan; drizzle 1-1/2 cups sauce over ribs. Bake 30 minutes longer. Cut ribs into serving-size pieces; brush with remaining sauce.

# Mouth Watering Ribs

## Ingredients

1 1/2 pounds pork spareribs  
1 onion, chopped  
1 cup ketchup  
2 tablespoons cider vinegar  
2 tablespoons lemon juice  
1 tablespoon prepared mustard  
2 tablespoons brown sugar  
1 teaspoon salt  
1/2 teaspoon ground black pepper

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Place ribs in a large pot over high heat with water to cover. Boil for 45 minutes. Remove ribs, allow to cool slightly, then cut into individual ribs.

In a separate medium bowl, combine the onion, ketchup, vinegar, lemon juice, mustard, brown sugar, salt and ground black pepper.

Arrange ribs in a 10x15 inch baking dish. Pour sauce over ribs.

Bake at 350 degrees F (175 degrees C) for 45 minutes to 1 hour.

# Aunt Betty's French Dressing

## Ingredients

2/3 cup ketchup  
3/4 cup white sugar  
1/2 cup white wine vinegar  
1/2 cup vegetable oil  
1 small onion, quartered  
2 teaspoons paprika  
2 teaspoons Worcestershire sauce

## Directions

Prepare the dressing by combining the ketchup, sugar, vinegar, oil, onion, paprika and Worcestershire sauce in a blender or food processor. Blend until the onion is well chopped. Chill and serve.



# Bayou Samburgers

## Ingredients

2 1/2 pounds extra lean ground beef  
4 cloves roasted garlic, chopped  
1 pinch garlic pepper  
1 pinch lemon pepper  
1 pinch Cajun seasoning  
4 slices sweet onion, 1/2 inch thick  
4 large Hawaiian sweet rolls  
4 slices American cheese  
4 slices smoked Edam cheese  
4 green leaf lettuce leaves  
3 roma (plum) tomatoes, sliced  
8 dill pickle slices  
Creole mustard (optional)  
creamy salad dressing, e.g.  
Miracle Whip в.,ŷ (optional)  
ketchup (optional)

## Directions

Preheat an outdoor grill for high heat.

Mix together the ground beef and roasted garlic. Form the mixture into four balls, and flatten into patties about 3/4 inch thick. Sprinkle the patties with garlic pepper, lemon salt, and Cajun seasoning.

Lightly oil the grilling surface. Place onions on the grill, and toast on both sides. Place beef patties on the grill, and set the onions on top of them. Grill for about 5 minutes on each side, or to desired doneness. If you're lucky (or trashy) enough to still have a coffee can of grease on your stove, brush both sides of the Hawaiian rolls, then toast them on the grill.

To assemble, place the patties on buns, and top with slices of American and Edam cheese, lettuce, tomato, pickles, and your choice of condiments such as ketchup, Creole mustard, and salad dressing. These listed are some of mine.

# Tender N Tangy Ribs

## Ingredients

3/4 cup vinegar  
1/2 cup ketchup  
2 tablespoons sugar  
2 tablespoons Worcestershire sauce  
1 garlic clove, minced  
1 teaspoon ground mustard  
1 teaspoon paprika  
1/2 teaspoon salt  
1/8 teaspoon pepper  
2 pounds pork spareribs  
1 tablespoon vegetable oil

## Directions

Combine the first nine ingredients in a slow cooker. Cut ribs into serving-size pieces; brown in a skillet in oil. Transfer to slow cooker. Cover and cook on low for 4-6 hours or until tender.

# Homemade Barbecue Sauce

## Ingredients

2 tablespoons butter, melted  
2 tablespoons chopped onion  
1 tablespoon chopped green bell pepper  
1 cup water  
1 cup ketchup  
2 teaspoons mustard powder  
1 teaspoon salt  
1 teaspoon celery seed  
2 tablespoons brown sugar  
2 teaspoons lemon juice

## Directions

In a medium nonporous bowl, combine the butter or margarine, onion, green bell pepper, water, ketchup, mustard powder, salt, celery seed, brown sugar and lemon juice. Mix well and use on your choice of meat.

# Maple Baked Beans

## Ingredients

2 (16 ounce) cans pork and beans  
1/2 cup ketchup  
1/2 cup maple syrup  
1 dash ground cinnamon

## Directions

In a large microwave-safe bowl, combine all ingredients. Microwave, uncovered, on high for 15-20 minutes or until mixture reaches desired thickness, stirring every 5 minutes. let stand for 5 minutes before serving.

# Hazel's Meatballs

## Ingredients

2 eggs  
1 small onion, minced  
2 pounds ground beef  
1/2 cup milk  
1 teaspoon salt  
1 cup cracker crumbs  
  
1 1/2 cups ketchup  
1/4 cup prepared yellow mustard  
1/2 cup distilled white vinegar  
3/4 cup brown sugar

## Directions

Preheat an oven to 350 degrees F (175 degrees C).

Beat the eggs in a mixing bowl. Add the onion, beef, milk, and salt; mix well. Sprinkle in the cracker crumbs and mix until evenly combined. Form the mixture into 40 meatballs and place into a 9x13 inch baking dish; set aside. Whisk the ketchup, mustard, vinegar, and sugar in a bowl; pour over the meatballs.

Bake in the preheated oven until the meatballs are no longer pink in the center, about 1 hour.

# Peachy Chicken

## Ingredients

6 pounds skinless, boneless chicken breast halves  
3/4 cup all-purpose flour  
2 teaspoons salt  
1/2 teaspoon ground black pepper  
1 1/2 teaspoons paprika  
2 tablespoons vegetable oil  
1 cup blanched slivered almonds  
1 1/4 cups water  
1 (10.75 ounce) can beef consomme  
2 tablespoons ketchup  
1 cup reduced fat sour cream  
1 (15 ounce) can sliced peaches  
1/2 cup grated Parmesan cheese

## Directions

Combine the flour, salt, pepper, and paprika in a shallow dish. Dredge chicken pieces. Set flour mixture aside.

In a skillet, heat oil over medium heat, and brown chicken pieces. Transfer browned chicken pieces to an oiled baking dish. Set aside.

Add the almonds to the skillet, and stir over medium heat until golden. Stir in the remaining flour mixture, and add the water, beef consomme and ketchup. Cook until thick and bubbly. Remove from heat, and stir in the sour cream. Pour sauce over chicken. Cover.

Bake at 350 degrees F (175 degrees C) for 40 minutes. Remove from oven, and top with drained peach slices. Sprinkle with Parmesan cheese. Return to oven. Bake uncovered for 20 minutes more, until cheese is brown and chicken is done.

# Slow Cooker Honey Garlic Chicken

## Ingredients

1 tablespoon vegetable oil  
10 boneless, skinless chicken thighs  
3/4 cup honey  
3/4 cup lite soy sauce  
3 tablespoons ketchup  
2 cloves garlic, crushed  
1 tablespoon minced fresh ginger root  
1 (20 ounce) can pineapple tidbits, drained with juice reserved  
2 tablespoons cornstarch  
1/4 cup water

## Directions

Heat oil in a skillet over medium heat, and cook chicken thighs just until evenly browned on all sides. Place thighs in a slow cooker.

In a bowl, mix honey, soy sauce, ketchup, garlic, ginger, and reserved pineapple juice. Pour into the slow cooker.

Cover, and cook 4 hours on High. Stir in pineapple tidbits just before serving.

Mix the cornstarch and water in a small bowl. Remove thighs from slow cooker. Blend the cornstarch mixture into remaining sauce in the slow cooker to thicken. Serve sauce over the chicken.

# Mom's Meat Loaf

## Ingredients

1 egg  
1/4 cup 2% milk  
1/3 cup crushed saltine crackers  
3 tablespoons chopped onion  
1/4 teaspoon salt  
1/8 teaspoon rubbed sage  
Dash pepper  
1/2 pound lean ground beef  
1/4 cup ketchup  
2 tablespoons brown sugar  
1/4 teaspoon Worcestershire  
sauce

## Directions

In a bowl, beat the egg. Add milk, cracker crumbs, onion, salt, sage and pepper. Crumble beef over mixture and mix well. Shape into two loaves; place in a shallow baking dish coated with nonstick cooking spray.

Combine the ketchup, brown sugar and Worcestershire sauce; spoon over meat loaves. Bake at 350 degrees F for 40-45 minutes or until meat is no longer pink and a meat thermometer reads 160 degrees F; drain.



# Nana's Barbeque Sauce

## Ingredients

- 1 cup ketchup
- 1/4 cup white vinegar
- 1/2 cup brown sugar
- 2 tablespoons chopped onion
- 2 teaspoons lemon juice
- 1 teaspoon Worcestershire sauce
- 1/4 teaspoon black pepper
- 1/8 teaspoon ground allspice
- 1 pinch celery salt
- 1 pinch mustard powder

## Directions

Combine ketchup, vinegar, sugar, onion, and lemon juice in a small saucepan. Season with Worcestershire sauce, black pepper, allspice, celery salt, and mustard powder. Simmer over medium low heat for 5 minutes.

# Barbecued Lima Beans

## Ingredients

1 pound dried lima beans  
6 cups water  
1 1/2 cups chopped onions  
1 teaspoon salt  
1 cup ketchup  
3/4 cup packed brown sugar  
1/3 cup pancake syrup  
1/4 teaspoon hot pepper sauce  
4 bacon strips, cooked and crumbled

## Directions

Place beans in a large saucepan; add water to cover by 2 in. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 hour. Drain and rinse beans, discarding water. Return beans to the saucepan. Add 6 cups water, onions and salt; mix well. Bring to a boil. Reduce heat; cover and simmer for 1-1/2 to 1-3/4 hours or until beans are tender.

Drain and discard liquid. Stir in the ketchup, brown sugar, syrup, hot pepper sauce and bacon. Transfer to an ungreased 2-qt. baking dish or bean pot. Cover and bake at 350 degrees F for 30 minutes. Uncover and bake 30 minutes longer or until bubbly.

# Rachel's Turkey Loaf

## Ingredients

1 pound ground turkey  
2 eggs, lightly beaten  
1/2 cup chopped fresh mushrooms (optional)  
1 1/2 cups Italian seasoned bread crumbs  
1 (1 ounce) envelope dry onion soup mix  
2/3 cup ready-to-serve creamy tomato soup, divided  
1/4 cup ketchup, divided  
1/4 cup barbeque sauce, divided  
2 tablespoons Worcestershire sauce, divided  
chili powder to taste

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a bowl, mix the turkey, eggs, mushrooms, bread crumbs, soup mix, 1/3 cup creamy tomato soup, 2 tablespoons ketchup, 2 tablespoons barbeque sauce, and 1 tablespoon Worcestershire sauce. Mold the mixture into a loaf shape, and place in a baking dish. Sprinkle with chili powder.

In a separate bowl, mix the remaining creamy tomato soup, remaining ketchup, remaining barbeque sauce, and remaining Worcestershire sauce. Set aside.

Bake loaf 45 minutes in the preheated oven. Top with the sauce, and continue baking 15 minutes, to a minimum internal temperature of 165 degrees F (74 degrees C).

# Bloomin' Onion Dipping Sauce

## Ingredients

1/2 cup sour cream  
2 tablespoons ketchup  
1/2 teaspoon seasoned salt  
1/8 teaspoon crushed red pepper flakes  
1 1/2 teaspoons finely grated raw horseradish  
1/4 teaspoon paprika

## Directions

In a medium mixing bowl, combine sour cream, ketchup, seasoning salt, red pepper flakes, horseradish, and paprika. Serve immediately or refrigerate before serving.

# Hot Dog Sauce

## Ingredients

1 tablespoon vegetable oil  
1 large onion, chopped  
2 cups ketchup  
1/3 cup sweet pickle relish  
2 tablespoons white sugar  
2 tablespoons distilled white vinegar  
1/2 teaspoon salt  
1/4 teaspoon ground black pepper

## Directions

In a medium saucepan over medium heat, slowly cook and stir the onion in vegetable oil until soft. Mix in the ketchup, sweet pickle relish, sugar, vinegar, salt and pepper. Simmer until ready to serve.

# Saucy Herb Hamburgers

## Ingredients

- 1 egg
- 1/4 cup sour cream
- 1/4 cup dry bread crumbs
- 1/4 teaspoon dried parsley flakes
- 1/4 teaspoon dried thyme
- 1/4 teaspoon salt
- Dash pepper
- 1 pound ground beef
- 1 cup ketchup
- 1/4 cup packed brown sugar
- 2 teaspoons prepared mustard
- 4 hamburger buns, split

## Directions

In a bowl, combine the first seven ingredients. Crumble beef over mixture and mix well. Shape into four patties. For the barbecue sauce, combine ketchup, brown sugar and mustard in a small bowl. Grill patties, uncovered, over medium-hot heat for 3 minutes on each side. Brush with barbecue sauce. Grill 4-6 minutes longer or until juices run clear, basting and turning several times. Serve on buns.

# Hawaiian Chicken

## Ingredients

1 broiler/fryer chicken (3 to 4 pounds), cut up  
1/4 cup butter or margarine, melted  
1 (20 ounce) can pineapple chunks  
1/4 cup packed brown sugar  
2 tablespoons cornstarch  
1 teaspoon salt  
1/3 cup ketchup  
1/4 cup cider vinegar  
1 teaspoon chili powder  
1 teaspoon Worcestershire sauce  
1 teaspoon soy sauce  
1 pinch ground ginger

## Directions

Place chicken in a greased 13-in. x 9-in. x 2-in. baking dish; drizzle with butter. Drain pineapple, reserving juice; set pineapple aside. In a saucepan, combine brown sugar, cornstarch and salt; stir in reserved pineapple juice until smooth. Add the ketchup, vinegar, chili powder, Worcestershire sauce, soy sauce and ginger. Bring to a boil; cook and stir for 2 minutes or until thickened. Pour over chicken.

Cover and bake at 350 degrees F for 1 hour. Uncover and bake for 30 minutes. Top with reserved pineapple; bake 15 minutes longer or until chicken juices run clear and pineapple is heated through.

# Elaine's Sweet and Tangy Loose Beef BBQ

## Ingredients

7 pounds boneless chuck roast  
1 cup water  
3 tablespoons white vinegar  
4 tablespoons brown sugar  
2 teaspoons dry mustard  
4 tablespoons Worcestershire sauce  
3 cups ketchup  
2 teaspoons salt  
3/4 teaspoon ground black pepper  
1/4 teaspoon cayenne pepper  
6 cloves garlic, minced

## Directions

Place the roast into a slow cooker along with the water. Cover, and cook on LOW for 2 to 4 hours, or until beef can be easily shredded with a fork.

Shred the beef, removing fat as you go. Remove 1/2 cup of the broth from the slow cooker, and reserve for later. Add the vinegar, brown sugar, dry mustard, Worcestershire sauce and ketchup. Mix in the salt, pepper, cayenne, and garlic. Stir so that the meat is well coated.

Cover, and continue to cook beef on LOW for an additional 4 to 6 hours. Add the reserved broth only if necessary to maintain moisture. Serve on toasted buns. The meat can be frozen for future use.



# Armenian Pizzas (Lahmahjoon)

## Ingredients

1 pound lean ground lamb  
1/2 teaspoon salt  
1/4 teaspoon ground black pepper  
1 tablespoon extra-virgin olive oil  
1/2 cup chopped red onion  
3 cloves garlic, minced  
1/2 green bell pepper, chopped  
1 tablespoon freshly ground cumin seed  
1 teaspoon ground turmeric  
1 teaspoon paprika  
1 pinch fenugreek seeds, finely crushed (optional)  
1 lemon wedge  
1 (14.5 ounce) can diced tomatoes  
2 tablespoons ketchup  
1 cup chopped flat-leaf parsley  
6 (6 inch) pita bread rounds  
1/3 cup crumbled feta cheese (optional)  
1 lime, cut into wedges  
1 tablespoon chopped fresh mint

## Directions

Preheat oven to 450 degrees F (230 degrees C). Season lamb with salt and pepper, and set aside.

Heat olive oil in large skillet over medium-high heat. Add onion, garlic, and bell pepper and stir until just beginning to brown. Stir in the cumin, turmeric, paprika, and fenugreek.

Immediately add the ground lamb. Squeeze lemon wedge over lamb, and drop the peel into the mixture. Break up the meat and stir until it has browned. Remove lemon peel.

Stir in the tomatoes, ketchup, and parsley. Continue to simmer until most of the liquid has evaporated, 10 to 15 minutes. The mixture should be spreadable but not too wet or the pitas will become soggy.

Arrange pitas on a large baking sheet unless you are baking them directly on the oven rack. Spoon meat mixture onto pitas and smooth into an even layer to within 1/8 inch of the edge of the pita. Sprinkle feta cheese on the meat mixture.

Bake pitas until the edges are slightly crisp and meat is lightly browned but not dried out, about 10 to 20 minutes depending on whether pitas are on a baking sheet or on the oven rack. Squeeze lime lightly over the top, sprinkle with chopped mint and enjoy!

# No-Fuss Meat Loaf

## Ingredients

2 eggs  
1/2 cup water  
1 (6 ounce) package instant stuffing mix  
2 pounds ground beef  
Ketchup

## Directions

In a large bowl, beat eggs and water. Add stuffing mix and contents of seasoning packet; mix well. Add beef; mix well. Press into an ungreased 9-in. x 5-in. x 3-in. loaf pan. Top with ketchup. Bake, uncovered, at 350 degrees F for 1-1/4 to 1-1/2 hours or until no pink remains and a meat thermometer reads 160 degrees F.

# Country-Style Grilled Ribs

## Ingredients

3 pounds boneless country-style pork ribs  
1 cup water  
1 cup ketchup  
1/4 cup packed brown sugar  
1/4 cup cider vinegar  
1/4 cup Worcestershire sauce  
1 tablespoon celery seed  
1 teaspoon chili powder  
1/8 teaspoon hot pepper sauce  
Dash pepper

## Directions

Place ribs in a shallow roasting pan. Cover and bake at 325 degrees F for 1-1/4 hours or until a meat thermometer reads 160 degrees F. Meanwhile, in a small saucepan, combine the remaining ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes, stirring occasionally. Pour 1 cup sauce over ribs, turn to coat. Let stand for 15 minutes.

Grill ribs, uncovered, over medium heat for 10-12 minutes, basting with 1 cup sauce and turning occasionally. Serve with remaining sauce.

# Classic Chulent

## Ingredients

1/2 pound cubed beef brisket  
6 potatoes, diced  
1/4 cup dry kidney beans  
1/2 cup barley  
1 onion, chopped  
2 cloves garlic, minced  
2 tablespoons honey  
1 tablespoon ketchup  
1 tablespoon barbeque sauce  
1 tablespoon soy sauce  
1 tablespoon onion soup mix  
1 tablespoon salt  
1/4 teaspoon ground black pepper  
1/2 teaspoon paprika

## Directions

Combine the beef brisket, potatoes, kidney beans, barley, onion, garlic, honey, ketchup, barbeque sauce, soy sauce, onion soup mix, salt, pepper, and paprika in a 6-quart slow cooker. Cook on High for 1 hour. Then, turn to Low and continue cooking for another 7 hours.

# Charlotte's Tortellini Soup

## Ingredients

1 pound sausage  
1 cup chopped onion  
2 cups sliced carrots  
1 cup sliced celery  
6 cups beef broth  
1/2 cup red wine  
1 (16 ounce) can whole peeled tomatoes, with liquid  
1 cup ketchup  
1 teaspoon Italian seasoning  
2 cloves garlic, minced  
1 cup zucchini, sliced  
1 pound fresh tortellini pasta  
1 red bell pepper, diced  
1/4 cup chopped parsley  
salt and pepper to taste  
2 tablespoons grated Parmesan cheese

## Directions

Brown sausage in pot; drain off fat. Add onions and saute until tender. Add carrots, celery, beef broth, red wine, tomatoes, ketchup, Italian seasoning, and garlic. Bring to a boil and simmer for 30 minutes. Skim away the fat from the soup.

Stir in the zucchini, tortellini, red bell pepper, and parsley. (If you use fresh tortellini, cook them according to package directions.) Simmer, covered, for about 25-30 minutes or till the tortellini are tender. Season with salt and pepper. Sprinkle with cheese right before serving.

# Jewish Style Sweet and Sour Brisket

## Ingredients

4 pounds beef brisket  
1 cup water  
1 cup ketchup  
1/2 cup white vinegar  
2 onions, sliced  
1 clove garlic, minced  
3/4 cup brown sugar  
1 tablespoon salt

## Directions

Heat brisket in a large skillet or dutch oven over medium-high heat. Cook until browned on all sides. Stir in water, ketchup, vinegar, onions, garlic, brown sugar, and salt. Bring to a boil, then cover and reduce heat to medium-low. Continue simmering until tender, turning brisket occasionally, 2 hours and 30 minutes to 3 hours and 30 minutes.

Remove brisket and allow to cool before slicing the meat against the grain. Place brisket slices in a 9x13 inch baking pan or large platter and pour gravy on top. Cover and refrigerate overnight. Remove any excess fat and reheat before serving.

# Sweet 'n' Tangy Pork Chops

## Ingredients

2 bone-in center-cut pork loin chops  
1/8 teaspoon salt  
Dash pepper  
1/4 cup beer or beef broth  
4 1/2 teaspoons ketchup  
1 tablespoon brown sugar

## Directions

Sprinkle pork chops with salt and pepper. In a large nonstick skillet coated with nonstick cooking spray, brown chops for 3 minutes on each side.

In a small bowl, combine the beer or broth, ketchup and brown sugar. Pour over pork; bring to a boil. Reduce heat; simmer, uncovered, for 10-15 minutes or until a meat thermometer reads 160 degrees F. Remove chops and keep warm. Simmer sauce until reduced to 1/2 cup, about 5 minutes. Serve with pork chops.

# Posole Stew

## Ingredients

8 ounces blue corn posole  
2 quarts water  
Salt to taste  
3 cloves garlic, minced  
10 drops hot pepper sauce  
1 1/2 pounds pork loin, cut into 1 inch cubes  
3 tablespoons ketchup  
2 tablespoons diced green chile pepper  
1 tablespoon dried minced onion  
3 carrots  
1/3 large eggplant, diced  
1 onion, chopped  
2 yellow squash, chopped  
3 cloves garlic, minced

## Directions

Soak the posole in 6 cups of salted water overnight. Drain and rinse.

In a large stock pot combine 2 quarts water, salt to taste, garlic and hot pepper sauce. Bring to a boil and boil for two hours, checking often to make sure posole is fully covered; add water as necessary. If adding meat, do so at this time. Cook one more hour.

Add the ketchup, green chile peppers, onion flakes, carrots, eggplant, onion, squash and garlic. Stir together and reduce heat to low. Let simmer for 1/2 hour to 1 hour depending on altitude.



# Barbeque Ham

## Ingredients

2 tablespoons chopped onions  
1/2 cup ketchup  
1/4 cup water  
1/4 cup vinegar  
1/4 cup prepared mustard  
3 tablespoons brown sugar  
1 tablespoon Worcestershire  
sauce  
1 pound cooked ham, thinly sliced  
and chopped

## Directions

In a skillet with a small amount of oil, fry onions until brown. In a bowl blend together ketchup, water, vinegar, mustard, brown sugar and Worcestershire sauce. Combine this mixture in skillet with onions and ham and simmer until hot, about 5 to 10 minutes.

# Chicken Hurry

## Ingredients

1 (3 pound) whole chicken, cut into pieces  
1/2 cup ketchup  
1/4 cup water  
1/4 cup packed brown sugar  
1 (1 ounce) package dry onion soup mix

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Place chicken pieces in a single layer in a lightly greased 9x13 inch baking dish.

In a medium bowl, combine the ketchup, water, brown sugar and dry soup mix. Carefully pour over the chicken, making sure that all of the pieces are covered.

Cover dish and bake in the preheated oven for 1 hour.

# M's Sloppy Joe Sauce

## Ingredients

1 tablespoon extra-virgin olive oil  
1 large onion, diced  
1 green bell pepper, diced  
1 tablespoon minced garlic  
1 pound ground turkey  
1 cup canned pureed tomatoes  
1/4 cup barbeque sauce (such as KC Masterpiece®)  
2 tablespoons ketchup  
2 tablespoons white vinegar  
2 tablespoons Worcestershire sauce  
1 tablespoon brown mustard  
1 tablespoon chile-garlic sauce (such as Sriracha®)

## Directions

Heat the olive oil in a skillet over medium heat; cook the onion and bell pepper in the hot oil until they begin to soften, about 5 minutes. Add the garlic and ground turkey to the skillet; cook and stir until the turkey is completely crumbled and browned, another 5 to 7 minutes.

Stir the pureed tomatoes, barbeque sauce, ketchup, vinegar, Worcestershire sauce, mustard, and chile-garlic sauce into the turkey mixture. Simmer until completely heated, 7 to 10 minutes more.

# BBQ Cola Meatballs

## Ingredients

1 1/2 pounds lean ground beef  
1 1/4 cups dry bread crumbs  
1 egg  
3 tablespoons grated onion  
1 (1 ounce) package dry Ranch-style dressing mix

1 cup ketchup  
2 tablespoons apple cider vinegar  
3/4 cup cola-flavored carbonated beverage  
1/2 cup chopped onion  
1/2 cup chopped green bell pepper  
1 teaspoon seasoning salt  
1/2 teaspoon ground black pepper  
1 tablespoon Worcestershire sauce

## Directions

Preheat the oven to 375 degrees F (190 degrees C).

In a large bowl, mix together the ground beef, bread crumbs, egg, grated onion and Ranch dressing mix until well blended. Shape into 1 inch meatballs, and place on a 10x15 inch jellyroll pan, or any baking sheet with sides to catch the grease.

Bake for 30 minutes in the preheated oven, turning them over half way through. While the meatballs are roasting, mix together the ketchup, cider vinegar, cola, chopped onion and green pepper in a slow cooker. Season with seasoning salt, pepper, and Worcestershire sauce.

Remove meatballs from the baking sheet, and place into the sauce in the slow cooker. Cover and cook on Low for 3 hours, then remove the lid and cook for an additional 15 minutes before serving.

# Cheeseburger Loaf

## Ingredients

1 pound ground beef  
1 small onion, chopped  
2/3 cup shredded Cheddar cheese  
1/3 cup shredded mozzarella cheese  
1/4 cup ketchup  
1 1/2 teaspoons salt, divided  
1/4 teaspoon pepper  
1 3/4 cups all-purpose flour  
1 tablespoon baking powder  
1/4 cup shortening  
3/4 cup milk

## Directions

In a skillet, cook beef over medium heat until no longer pink; drain. Add onion, cheeses, ketchup, 1/2 teaspoon salt and pepper; set aside. In a bowl, combine the flour, baking powder and remaining salt. Cut in shortening until mixture resembles coarse crumbs. Using a fork, stir in milk until mixture forms a ball. On a floured surface, roll out dough into a 15-in. x 10-in. rectangle. Spread meat mixture to within 1 in. of edges. Roll up, jelly-roll style, starting with a long side. Pinch edges to seal. Place seam side down on an ungreased baking sheet. Bake at 425 degrees F for 30 minutes or until golden brown. Cut into slices.

# Worth County Deer Jerky

## Ingredients

3/4 cup Worcestershire sauce  
1/4 cup soy sauce  
1 tablespoon liquid smoke  
1 tablespoon fresh lemon juice  
3 tablespoons teriyaki sauce  
1 tablespoon ketchup  
1 teaspoon hot pepper sauce (e.g. Tabasco<sup>®</sup>), or to taste  
1 tablespoon garlic powder  
1 teaspoon onion powder  
1 teaspoon black pepper  
1 pound venison, cut into 1 x 1/4 inch strips

## Directions

Stir together Worcestershire sauce, soy sauce, liquid smoke, lemon juice, teriyaki sauce, ketchup, and hot pepper sauce in a bowl. Season with garlic powder, onion powder, and pepper. Mix in the sliced venison until completely coated. Cover tightly, and marinate at least 8 hours in the refrigerator.

Prepare jerky in a food dehydrator according to manufacturer's directions, or dry on racks in the oven at 150 degrees F (65 degrees C) until the jerky has dried and will snap when bent, 10 to 12 hours.

# Tangy Barbecue Sandwiches

## Ingredients

3 cups chopped celery  
1 cup chopped onion  
1 cup ketchup  
1 cup barbecue sauce  
1 cup water  
2 tablespoons vinegar  
2 tablespoons Worcestershire sauce  
2 tablespoons brown sugar  
1 teaspoon chili powder  
1 teaspoon salt  
1/2 teaspoon pepper  
1/2 teaspoon garlic powder  
1 (3 pound) boneless chuck roast, trimmed and cut in half  
14 hamburger buns, split

## Directions

In a slow cooker, combine the first 12 ingredients; mix well. Add roast. Cover and cook on high for 1 hour. Reduce heat to low and cook 7-8 hours longer or until meat is tender. Remove roast; cool. Shred meat and return to sauce; heat through. Use a slotted spoon to serve on buns.

# Slow Cooker Barbecue Beans

## Ingredients

1 pound lean ground beef  
3/4 cup chopped raw bacon  
1 small onion, finely chopped  
2 (16 ounce) cans baked beans with pork  
1 (15.25 ounce) can red kidney beans, with liquid  
1 (15 ounce) can lima beans, partially drained  
1 cup ketchup  
1 tablespoon liquid smoke flavoring  
1 tablespoon salt  
1 tablespoon hot sauce  
1/4 tablespoon garlic powder

## Directions

Place beef in a large, deep skillet. Cook over medium high heat until evenly brown. Drain and set aside.

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain and set aside.

In a slow cooker combine ground beef, bacon, onion, baked beans, kidney beans, lima beans, ketchup, liquid smoke, salt, hot sauce and garlic powder. Cook on low for 4 to 6 hours.



# Meatloaf California

## Ingredients

1 pound ground beef  
3/4 cup diced red onion  
1/2 cup diced green bell pepper  
1/2 cup diced celery  
2 eggs  
1/4 cup soy sauce  
1/3 cup ketchup  
2 tablespoons dried basil  
1 tablespoon dried parsley  
1 tablespoon dried oregano  
2 teaspoons garlic powder  
2 teaspoons ground black pepper  
1 cup quick cooking oats, or as needed  
  
1/4 cup brown sugar  
1/4 cup ketchup  
3 tablespoons brown mustard  
1/2 teaspoon liquid mesquite smoke flavoring  
1/2 teaspoon ground black pepper  
1/2 teaspoon paprika

## Directions

Preheat oven to 350 degrees F (175 degrees C). Line a 9x13 inch baking pan with aluminum foil.

In a large bowl, mix the beef, onion, green bell pepper, celery, eggs, soy sauce, and ketchup. Season with basil, parsley, oregano, garlic powder, and 2 teaspoons pepper. Mix in 1/2 cup oats. Gradually mix in remaining oats 1/4 cup at a time until the beef mixture is firm but not stiff. Transfer to the prepared baking pan, and form into a loaf shape.

In a small bowl, mix the brown sugar, ketchup, brown mustard, mesquite smoke flavoring, 1/2 teaspoon pepper, and paprika. Drizzle evenly over the meat loaf.

Bake meat loaf 1 hour in the preheated oven, or to a minimum temperature of 160 degrees F (72 degrees F).

# Meatballs with Pepper Sauce

## Ingredients

1 cup evaporated milk  
1 tablespoon Worcestershire sauce  
1 envelope onion soup mix  
2 pounds ground beef  
Sauce:  
1/2 pound fresh mushrooms, sliced  
1 1/2 cups ketchup  
3/4 cup packed brown sugar  
3/4 cup water  
1/2 cup chopped green pepper  
1/2 cup chopped sweet red pepper  
2 tablespoons chopped onion  
1 tablespoon Worcestershire sauce

## Directions

In a large bowl, combine the first three ingredients. Crumble beef over mixture and mix well. Shape into 1-in. balls. Place on a greased broiler pan. Broil 4-6 in. from the heat for 5-8 minutes or until browned. In a Dutch oven, combine the sauce ingredients. Bring to a boil. Reduce heat; add meatballs. Simmer, uncovered, for 1 hour or until the meat is no longer pink.

# Old-World Cabbage Soup

## Ingredients

1/2 medium head cabbage, chopped  
4 large carrots, cubed  
1 sweet onion, minced  
4 stalks celery, cubed  
3/4 cup ketchup  
1 1/2 cups tomato-vegetable juice cocktail  
3 cups vegetable broth  
1 (14.5 ounce) can chicken broth  
1 (14.5 ounce) can peeled and diced tomatoes

## Directions

Place chopped cabbage into an 8-quart soup pot.

Microwave diced carrot in 2 tablespoons water for 6 minutes on high.

Microwave diced celery in 2 tablespoons water for 4 minutes on high.

Add the microwaved vegetables to the pot. Add minced sweet onion, celery, and ketchup. Add juice cocktail, vegetable broth, chicken broth, and tomatoes. Fill each can with water, and add the water to the mixture. Cover, and bring to a boil. Continue boiling for 30 minutes.

Reduce heat to simmer and cook for 2 to 3 hours.

Serve with slices of a French baguette. Have salt, black pepper, and Tabasco available to season to taste at the table.

# Chicken Oriental

## Ingredients

2 pounds chicken wings  
1 cup all-purpose flour, for dredging  
2 tablespoons butter  
1 onion, chopped  
2/3 cup orange juice  
1/3 cup ketchup  
1 tablespoon brown sugar  
1 tablespoon soy sauce  
1/4 teaspoon ground ginger  
1 teaspoon garlic salt (optional)

## Directions

Preheat oven to 350 degrees F(175 degrees C).

Dredge chicken wings in flour and brown slowly in butter or margarine over medium heat. Place browned chicken in a 9x13 inch baking dish.

Add the onion, orange juice, ketchup, brown sugar, soy sauce, ground ginger and garlic powder/salt to the frying pan. Bring to a boil. Pour mixture over chicken and bake in preheated oven for 30 minutes. Turn chicken and continue baking for 30 additional minutes or until very tender.

# Individual Egg Bakes

## Ingredients

8 bacon strips  
1 cup ketchup, chili pepper  
ketchup or salsa  
8 eggs  
salt and pepper to taste  
Chopped fresh parsley

## Directions

Partially cook bacon in microwave or oven until about halfway done (do not overcook); drain. Spray eight 10-oz. custard cups with nonstick cooking spray. Line each cup with one bacon strip. Spoon 2 tablespoons ketchup or salsa on top of bacon. Break one egg into each cup; season with salt and pepper. Place cups on a baking sheet. Bake, uncovered, at 375 degrees F for 18-20 minutes or until eggs reach desired doneness. Let stand 2 minutes. Run a knife around edge of cups; slip eggs out of cups onto a serving platter. Spoon sauce from the custard cups over eggs. Garnish with parsley if desired.

# Crab Casserole

## Ingredients

1 (8 ounce) package egg noodles  
3/4 cup low-fat mayonnaise  
1 teaspoon Worcestershire sauce  
3 tablespoons ketchup  
1 chopped onions  
1 large green bell pepper,  
chopped  
1 1/2 cups cooked crabmeat  
1 (4 ounce) can small shrimp,  
drained  
1 cup diced celery  
salt and pepper to taste  
1/4 cup dry bread crumbs

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large pot of salted boiling water, cook pasta until al dente. Drain, and transfer to a large bowl.

Add mayonnaise, Worcestershire sauce, ketchup, and onion to the noodles; mix well. Stir in green pepper, crab, shrimp and celery. Salt and pepper to taste. Spoon mixture into an 8x8 inch casserole dish. Sprinkle bread crumbs to taste over the casserole.

Bake 35 minutes in the preheated oven, until brown and bubbly.

# Dad's New Zealand Mince Stew

## Ingredients

- 1 tablespoon vegetable oil
- 3 large onions, sliced
- 2 pounds ground beef
- 2 cloves garlic, chopped
- 1 cup water
- 2 cups ketchup
- 1 cup beef stock
- 2 tablespoons teriyaki sauce
- 3 tablespoons black pepper
- 1 tablespoon curry powder
- 1 teaspoon garlic powder
- 1 tablespoon onion powder
- 1 tablespoon all-purpose flour
- 1/2 cup water

## Directions

Heat oil in a large pot over medium heat. Saute onions until browned; remove from pot, and set aside. Add ground beef to pot, and cook until evenly brown. Add garlic, and cook for 2 minutes. Stir in browned onions, and cook on high heat for 3 to 5 minutes. Stir in 1 cup of water. Reduce heat, cover, and simmer for 20 minutes.

Stir in ketchup, beef stock, and teriyaki sauce. Season with pepper, curry powder, garlic powder, and onion powder. Cover, and simmer for about 2 hours.

Mix together 1 tablespoon flour and 1/2 cup water. Stir into stew, and cook until thickened.

# Tangy Hot Dogs

## Ingredients

1 (16 ounce) package hot dogs, chopped  
1 medium onion, chopped  
1 teaspoon vegetable oil  
1/4 cup all-purpose flour  
1/2 teaspoon ground mustard  
1/4 teaspoon pepper  
1 cup finely chopped celery  
1/2 cup water  
1/2 cup ketchup  
1/2 cup shredded, processed American cheese  
8 hot dog buns, split

## Directions

In a large saucepan, saute hot dogs and onion in oil until onion is tender. Sprinkle with flour, mustard and pepper. Stir in celery, water and ketchup until blended. Cook and stir over medium heat for 10 minutes; remove from the heat. Stir in cheese. Spoon about 1/2 cup hot dog mixture into each bun.