

Week 5 Recipes

Beer Cheese Soup with Pretzel Croutons

1 (12-oz.) pkg. light Velveeta cheese	5 tbs. all-purpose flour
2 cups fat free half and half	½ cup water
1 (12-oz.) can light beer	¼ tsp. ground red pepper
1 clove garlic, minced	4 tbs. fresh chives, chopped
16 unsalted pretzel rounds	

Combine cheese, half and half, light beer and garlic in large saucepan. Cook uncovered over medium-low heat, stirring frequently until cheese melts. Combine flour and water. Stir with whisk and add to cheese mixture. Cover and cook over medium-low heat for 15 minutes, stirring constantly until mixture is slightly thick. Stir in red pepper. Ladle into bowls, sprinkle with chives and top with pretzels.

Pepper Steak

¾ - 1 lb. of round steak	¼ tsp. garlic salt
2 tbs. vegetable oil	¼ tsp. pepper
1 (16-oz.) can diced tomatoes	1/8 tsp. ginger
1-2 medium green peppers, diced	1 tbs. cornstarch
2 tbs. soy sauce	½ - 1 cup beef bouillon
¼ tsp. sugar	rice

Slice steak into bite size pieces. Cook steak in oil in a large skillet until brown. Stir in tomato, green pepper, soy sauce, sugar, garlic salt, pepper, and ginger. Cover and simmer for 15 minutes. Combine cornstarch and beef bouillon. Stir into steak mixture. Cover and simmer 30 minutes, stirring occasionally. Prepare rice, serve over rice.

Goosey Butter Cake

1 box yellow cake mix
1 stick butter, melted
4 eggs
1 (8-oz.) package cream cheese, softened
1 tsp. vanilla
1 box powdered sugar

Mix cake mix and melted butter. Stir in 2 eggs. Mixture will be thick. Pour into 9 x 11 inch pan. Smooth up sides. Mix together cream cheese, vanilla, 2 eggs and powdered sugar (reserve 2 tbs.) until smooth. Pour on cake mixture. Bake at 350° for 30 to 45 minutes or until golden brown. Remove from oven to cool. Sprinkle with remaining 2 tbs. of powdered sugar.