



Ellenbecker
Investment Group

Generations of Flavor

family traditions
from the EIG kitchen

2025

I've always loved to cook,

not just because of the food, but because of what happens around it. There is something truly special about picking out the ingredients, following a recipe (or not), and creating something that brings comfort, joy, and connection. For me, cooking has never been about perfection. It is about love.

It's about stirring a pot while thinking about the people I will share it with, hoping that each bite says I love you. It's about those little moments, someone taking a second helping or a photograph sent by one of my grandkids of a meal I made special for them. It is the smell that fills my house with familiarity and warmth.



Some of my sweetest memories live in the kitchen and around the dinner table. Growing up, Saturdays meant cheeseburgers, fried potatoes and sauteed onions. We had an assembly line going, patting the burgers, slicing onions, cutting buns, and peeling potatoes. All four of us kids had a job, preparing a lunch for my dad and uncles who washed cars at my father's gas station. We couldn't wait, we would eat, laugh, and then watch *The Three Stooges* with Larry, Curly, and Moe. Those meals weren't fancy, but they were full of everything that matters; togetherness, tradition, and love. They grounded us and reminded us of who we were. Looking back, it wasn't just about what was on the table but who was around it. Those simple meals, shared moments, and comforting smells have stayed with me all these years. They shaped how I cook, how I gather, and how I show love.

In today's fast-moving world, I hope we don't lose sight of how meaningful it is to gather around a table, to pass the bread, share the stories of our day, and to make memories that will last far longer than the meal. This cookbook is a collection of more than just recipes. It's a reminder that food has the power to bring people together, to comfort, to celebrate, and to create moments that become a part of our family stories. Whether you follow the recipe exactly or add your own little twist, don't forget the most important ingredient...love.

Karen Ellenbecker

Founder & Senior Wealth Advisor
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Breakfast

“What is the best way to start your day?
Breakfast! Or if you got up late, brunch.”

-Tabitha Brown



Breakfast Granola

Matt Slifka

INGREDIENTS

- 4 cups oats
- 2 - 2 ½ cups cashews and peanuts (can be substituted with other nuts, dried fruits, chocolate chips, etc.)
- 1 tsp. cinnamon (for fall/winter flavors, experiment subbing with nutmeg, cardamom, etc.)
- 1 tsp. salt
- 1 tsp. vanilla extract
- ½ cup olive oil
- ½ cup honey

DIRECTIONS

1. Preheat oven to 350 degrees.
2. In a large bowl, combine all dry ingredients and mix thoroughly. Add olive oil, honey, and vanilla extract and stir, ensuring even coating and no dry clumps.
3. Spread evenly on a large parchment-lined baking sheet. Bake for 22 minutes, stirring halfway through to prevent charred edges and underside.
4. Promptly remove from oven and transfer to cooling rack. Once cooled, break granola into clumps, transfer to storage, and enjoy!

NOTES

My fiancé and I make this on a weekly basis!





Breakfast Muffins

Jean Range

INGREDIENTS

- 1 large mashed banana
- ½ cup natural peanut butter
- ½ tsp. vanilla extract
- 1 large egg
- ¾ cup rolled oats
- ¼ tsp. baking powder

DIRECTIONS

1. Preheat oven to 375 degrees. Mash one ripe banana, add the egg, peanut butter, and vanilla. Give it a stir and add the rolled oats and baking powder.
2. Stir again and pour into a muffin tin lined with parchment paper cupcake liners. I get 4 medium muffins out of this recipe so feel free to double or triple.
3. Bake for 22-25 minutes or until light and golden!



NOTES

This goes great with some salted butter!



German Apple Pancakes

Heather Hipke

INGREDIENTS

- 1 medium apple cored and very thinly sliced, about 1 cup
- 1 ½ Tbsp. light brown sugar
- ½ tsp. ground cinnamon or more to taste
- 1 tsp. fresh lemon juice
- ½ cup all-purpose flour (or use tapioca flour to make gluten free)
- ¼ tsp. kosher salt
- ½ cup milk
- 3 eggs
- 2 Tbsp. butter
- Powdered sugar to sprinkle atop before serving!

DIRECTIONS

1. Whisk together flour, salt, and milk. Add eggs and whisk, set aside. Preheat oven to 450 degrees.
2. Heat up cast iron on the stovetop and add butter. Then add apples, sugar, cinnamon and lemon juice in skillet and stir, cooking over medium heat until golden brown, about 5 mins.
3. Spread the apple mixture around the skillet and pour the batter into skillet. Transfer skillet to the oven and reduce heat to 425 degrees.
4. Bake for 10 -15 minutes, until golden brown. The sides of the pancake will rise over the rim and bubble. Cut and serve pancake right from the skillet.

NOTES

I grew up loving these and now enjoy sharing them with my own children



Protein Egg Bites

Julie Ellenbecker-Lipsky

INGREDIENTS

- Cooking spray
- 8 eggs
- 1 cup cottage cheese (full fat)
- ½ cup shredded cheddar
- ¼ tsp. salt
- Smidge of black pepper

Optional Ingredients:

- Chopped chives
- Chopped spinach
- Cubed ham
- Breakfast sausage
- Bacon
- Olives
- Peppers
- Onions

DIRECTIONS

1. Spray the muffin tins. Preheat oven to 350 degrees. Mix the eggs, cottage cheese, cheddar, salt, and pepper.
2. Divide the egg mixture into the cups of the muffin pan each about half full. Sprinkle with chopped chives. You can also add any other mix-ins (add any meat to the bottom of the tin before adding the egg mix.)
3. Bake for 20-22 min. or until muffins are slightly firm to touch in the center.
4. The egg bites will be puffed up but they will settle down after removing from the oven. They should last up to 5 days in a refrigerator.

NOTES

An egg bite has 12g of protein! You can increase that by adding meat!



Sausage and Egg Strata

Michele Pawlak

INGREDIENTS

- 1 lb. ground sausage (Italian, hot, etc.)
- 6 eggs
- 2 cups milk
- ½ tsp. salt
- ½ tsp. pepper
- 6 slices of bread, cut into cubes
- 2 cups shredded cheddar cheese

DIRECTIONS

1. Cook sausage in a pan until browned, breaking up large chunks as much as possible. Remove from heat and drain.
2. Beat eggs, milk, salt, and pepper in a large bowl with a whisk or hand mixer on medium speed until mixture is smooth.
3. Add bread, cheese, and sausage to the egg mixture and stir/fold until solids are coated with the egg mixture.
4. Spray the bottom and sides of a 13" x 9" baking dish with cooking spray and pour in the mixture. Cover with plastic wrap and refrigerate overnight.
5. Bake uncovered at 400 degrees for 30-40 minutes, or until a knife inserted in the center comes out clean. Allow to cool for 5 minutes before serving.





Simple Protein Smoothie Bowl

Amelia Lipsky

INGREDIENTS

- 2 frozen bananas (any other frozen fruit you would like - strawberries, mango, blueberries, raspberries, etc.)
- ½ cup almond milk
- 2 Tbsp. peanut butter (I use peanut butter powder so it doesn't stick to the blender)
- 2 Tbsp. cacao powder
- 2 scoops protein powder
- Toppings: sliced banana, granola, peanut butter drizzle, chia seeds, chocolate drizzle, honey, berries, nuts, etc.

DIRECTIONS

1. Combine frozen fruit, almond milk, peanut butter, protein powder, and cacao powder into blender (mixture should be thick and "spoonable").
2. Transfer to a bowl and top with your choice of ingredients!
3. Serve immediately and enjoy as a light breakfast/lunch/dinner or even a late night sweet treat!

NOTES

This recipe is customizable! I love the sweet chocolate, peanut butter, and banana combination!

Starters & Snacks

“Time is just the thing that
happens between snacks.”

- Jennie Egerdie



Baked Eggplant Sticks

Jean Range

INGREDIENTS

- 10 oz. eggplant
- 1 tsp. olive oil
- ½ tsp. kosher salt and fresh cracked pepper
- ½ cup Italian seasoned breadcrumbs
- 2 Tbsp. Parmesan cheese
- 1 large egg white
- Oil spray

DIRECTIONS

1. Preheat oven to 450 degrees. Line two baking sheets with parchment paper and lightly spray with oil.
2. Place eggplant strips in bowl and season with olive oil, salt, and pepper.
3. Combine breadcrumbs and cheese in a bowl, egg white in another.
4. Dip eggplant strips into egg white, then into breadcrumbs. Place on baking sheets. Spray more oil and bake for 10 minutes in middle rack. Turn over and bake for an additional 5 minutes.

NOTES

For an air fryer, cook in batches, careful not to overcrowd basket. Air fry at 350 degrees for 10 minutes, turn halfway.



Cheese Ball

Kate Murphy

INGREDIENTS

- 2 - 8 oz. packages of cream cheese, at room temperature
- 1 Cracker Barrel extra sharp cheese block, at room temperature
- 1 tsp. grated onion
- 1 tsp. fresh lemon juice
- 2 tsp. Worcestershire sauce
- Dash of salt
- Chopped pecans

DIRECTIONS

1. Combine cream cheese and block of extra sharp cheese in mixer.
2. Mix until well blended.
3. Add remaining ingredients.
4. Form into balls and roll in chopped pecans on a sheet of aluminum foil.

NOTES

These cheese balls freeze well!





Cowboy Caviar

Shelly Jones

INGREDIENTS

- 2 cans black beans, rinsed and drained
- 1-2 pints of cherry tomatoes, halved
- 3 avocados, diced (squeeze lemon juice over avocados to help prevent browning)
- 1 bag of frozen corn thawed
- 3 Tbsp. olive oil
- 3 Tbsp. red wine vinegar
- Salt and pepper, to taste
- Tortilla chips, for dipping

DIRECTIONS

1. Combine the black beans, tomatoes, avocados, and corn in a bowl.
2. Mix in olive oil and red wine vinegar.
3. Add a little salt and pepper if desired.
4. Serve with tortilla chips or as a side dish.
5. Enjoy!





Cranberry Jalapeño Dip

Jennifer Geisler

INGREDIENTS

- 12 oz. fresh, uncooked cranberries
- ¼ cup green onion
- 1-2 fresh jalapeño peppers
- 2 Tbsp. cilantro
- ¾ to 1 cup sugar (according to taste)
- 1 Tbsp. lemon juice
- ⅛ tsp. salt
- 16 oz. cream cheese

DIRECTIONS

1. Use hand food chopper for cranberries (not a food processor). Chop green onion, jalapeño peppers, and cilantro. Add them all to a medium sized bowl.
2. Add sugar, lemon juice, and salt on top and stir until blended. Cover with plastic wrap and refrigerate overnight.
3. Take out of refrigerator and stir, strain out all liquid using a colander.
4. Whip softened cream cheese using a hand mixer and spread over bottom of pie plate or 9x9 dish. Pour cranberry mixture atop cream cheese and keep in the refrigerator until ready to serve.
5. Use a spoon to spread over crackers and enjoy!





Hot Pizza Dip

Tammy Niemann

INGREDIENTS

- 8 oz. package of cream cheese
- ½ tsp. of dried oregano
- ½ tsp. of dried basil
- 1 cup of mozzarella cheese
- 1 cup of parmesan cheese
- 1 cup pizza sauce
- 1 Tbsp. of chopped green bell peppers
- 1 Tbsp. of chopped red peppers
- Black or green olives

DIRECTIONS

1. Mix cream cheese, oregano, and basil together and spread mixture on the bottom of a 9-inch pie plate.
2. Sprinkle ½ cup of mozzarella cheese and ½ cup of Parmesan cheese on top of cream cheese.
3. Spread the pizza sauce overall. Sprinkle with remaining cheese, top with peppers and olives.
4. Cover and bake for 15 minutes at 350 degrees.
5. Serve with tortilla chips or Pita chips.





Party Pretzels

Sara McGuire

INGREDIENTS

- 2 lbs. pretzels
- 1 bottle Orville Redenbacher butter (usually found in the snack aisle)
- 1 Tbsp. dill weed
- 1 Tbsp. garlic powder
- 1 package dry ranch dressing

DIRECTIONS

1. Make these the day before you need them.
2. Combine ingredients into a bowl (ideally with a lid) or zip lock bag large enough to hold everything.
3. Mix, flip, shake in the container over a number of hours to ensure pretzels are well and evenly coated.
4. Allow to sit overnight and enjoy the next day!

NOTES

A large, sealable container (and starting the day before) are key to making these the best pretzels you'll ever taste!





Shrimp Spread

Marina Ziolkowski

INGREDIENTS

- 8 oz. cream cheese, softened
- ¼ cup mayonnaise
- 3 green onions, minced
- 1 can tiny shrimp
- 1 cup chopped celery
- Worcestershire sauce
- Lemon juice
- Crackers

DIRECTIONS

1. Open tiny shrimp can and sprinkle with lemon juice; let stand for 30 minutes.
2. Soften cream cheese to room temperature during this time.
3. Next combine cream cheese, mayonnaise and green onions.
4. Drain shrimp and add to mixture, folding in.
5. Combine celery and a dash of Worcestershire sauce.
6. Transfer to a serving bowl. Best served as spread on top of woven wheat or butter crackers.





Super Simple and Fresh Guac & 'Rita

Sara McGuire

INGREDIENTS

- 4 Hass avocados diced
- Handful fresh chopped cilantro
- ½ cup or so red onion
- 1 medium tomato diced
- Juice of 1 lemon
- Kosher Salt to taste (1 Tbsp. or more)

DIRECTIONS

1. Put all ingredients in a bowl and mash with a fork until desired consistency is achieved.

INGREDIENTS

- 1 ½ ounces silver tequila
- 1 ounce fresh-squeezed lime juice
- ¾ ounce agave nectar
- ¾ ounce water
- Kosher Salt to garnish if desired

DIRECTIONS

1. Combine ingredients, shake, and pour over ice in a small glass - rimmed with salt if desired.

NOTES

The simplicity is what makes both so great! I've been making these for 20 years and am consistently asked for the recipes.



Veggie Pinwheels

Edward Henning

INGREDIENTS

- 8 Flour tortillas burrito size – spinach flavor
- 12 oz. cream cheese, room temp.
- ¾ cup sour cream
- 1 packet Hidden Valley Ranch Seasoning Mix
- ½ cup carrot, finely chopped
- ½ cup broccoli, finely chopped
- ½ cup bell peppers or sweet peppers, finely chopped
- ½ cup sharp cheddar cheese, shredded finely chopped

DIRECTIONS

1. Add the chopped carrots, broccoli, peppers and cheese to a bowl along with the cream cheese, sour cream and ranch seasoning. Stir together.
2. Lay out a tortilla and spread 1/3 cup of the vegetable cream cheese mixture. You want to make layer thin, be sure to cover the entire tortilla including edges.
3. Tightly roll up the tortilla. Wrap each rolled tortilla in saran wrap and lace seam side down on a baking tray. Repeat for the rest of the tortillas.
4. Pop them in the fridge to chill for at least one hour. Once chilled, remove and cut into 1/2" thick slices. Discard the ends of the tortillas (or just eat them like I do hehe).
5. If not served right away, keep refrigerated. Store in an airtight container for up to 4 days.

Mains & Sides

“A recipe is a story that
ends with a good meal.”

- Pat Conroy



Asian Beef and Noodles

Kristen Cantrell

INGREDIENTS

- 1 lb. lean ground beef (90% lean)
- 2 packages (3 oz. each) Soy Sauce ramen noodles (beef flavor works too)
- 2 ½ cups water
- 2 cups frozen broccoli stir-fry vegetable blend
- ¼ tsp. ground ginger
- 2 tsp. soy sauce, divided
- 1 tsp. umami sauce (optional)
- 2 Tbsp. thinly sliced green onion

DIRECTIONS

1. In a large skillet, cook beef over medium heat until no longer pink. Crumble and drain.
2. Add contents of 1 ramen flavoring packet and one teaspoon soy sauce stir until dissolved. Remove beef and set aside.
3. In the same skillet, combine the water, vegetables, ginger, remaining soy sauce, umami sauce, noodles and remaining flavor packet. Bring to a boil.
4. Reduce heat; cover and simmer until noodles are tender, 3-4 minutes, stirring occasionally.
5. Return beef to the pan and heat through. Stir in onion



Aunt Pat's Beef Stew

Stacy Melichar

INGREDIENTS

- 8 carrots, peeled & sliced
- 4-5 potatoes, peeled & cubed
- 1 onion, chopped
- 4 stalks celery, sliced
- 1 green pepper, cut up
- 3 (16 oz.) cans diced tomatoes
- 1 ½ lb. beef stew meat, cut up
- 3 cups water
- 1 ½ tsp. salt
- ½ tsp. black pepper
- 3 rounded Tbsp. of tapioca

DIRECTIONS

1. Put all ingredients into a turkey size roasting pan, cover, and bake at 325 degrees for 3 hours.

NOTES

This pairs great with warm rolls!





Bok Choy Pasta

Karen Ellenbecker

INGREDIENTS

- 1 lb. pasta of your choice
- 1 lb. Bok Choy washed and chopped into 1 inch pieces
- ¼ cup chicken broth
- 1 Tbsp. olive oil
- 1 Tbsp. toasted sesame oil
- 1 tsp. ginger, minced
- 2 cloves garlic, minced
- 2 Tbsp. soy sauce
- 1 Tbsp. oyster sauce
- 1 Tbsp. brown sugar
- ⅓ tsp. red pepper flakes

DIRECTIONS

1. Cook pasta according to package, drain and set aside. In a skillet or Wok, heat olive and sesame oil over medium high heat.
2. Add Bok Choy and sauté for about 7-8 minutes. In a small bowl combine: chicken broth, ginger, garlic, soy sauce, oyster sauce, brown sugar and red pepper flakes (I like to make an hour before, so it blends).
3. Turn heat to low and add sauce to the Bok Choy in the skillet, toss to cover with sauce. Pour mixture over the pasta and stir to fully coat the pasta.

NOTES

I like to add sliced carrots, fresh shrimp, Shitake mushrooms, and spinach!



Bolognese Pasta Sauce

Colin Oquist

INGREDIENTS

- 1 large white onion, diced
- 5 cloves garlic, diced
- 3 bell peppers, diced (can use carrots/celery instead)
- ½ cup fresh basil
- 3 Tbsp. EVOO
- 1 ½ lb. ground beef
- 32 oz. crushed tomatoes
- ½ cup heavy cream
- 1 lb. spaghetti pasta
- ½ cup grated parmesan
- Other spices and herbs: salt, black pepper, smoked paprika, oregano, rosemary, tarragon, red pepper flakes (for spice), to taste and preference

DIRECTIONS

1. Dice onion, garlic, & peppers. Heat oil on stove at medium heat in a large pan. Cook onions for 5-7 min. or until they start to become transparent. Add garlic and cook until it is fragrant. Add bell peppers and cook for 5 min. Start boiling water for pasta.
2. Add ground beef to the pan and cook until brown. Once the beef is cooked, add in crushed tomatoes and spices/herbs.
3. Mix this all up well, cook for a few more minutes on medium heat. Add basil, turn heat down to a simmer, and let the flavors meld for 10-15 min. It is best to cook your pasta now.
4. Add heavy cream, parmesan cheese, and adjust spices if needed. Mix well. Serve the sauce on top of the pasta, top with any leftover parmesan or basil, and enjoy!



Chuck Roast Chili

Sandra Geisler

INGREDIENTS

- 2 ½ to 3 lbs. boneless chuck roast beef, (cut into small cubes)
- Salt and pepper, (for ample seasoning)
- Avocado oil, (for browning)
- 1 large onion, (chopped)
- 1 large red bell pepper, (chopped)
- 5 cloves garlic, (finely chopped)
- 2 Tbsp. chili powder
- 1 tsp. ground cumin
- 1 tsp. paprika
- 1 can (14.5 ounces) fire-roasted diced tomatoes
- 1 can (14.5 ounces) crushed tomatoes
- 2 chipotle peppers in adobo sauce
- 1 1/2 cups beef stock
- 2 Tbsp. tomato puree
- 1 Tbsp. coconut (or light brown) sugar
- 1 can (15 ounces) kidney beans, (drained and rinsed)
- 1 can (15 ounces) pinto beans, (drained and rinsed)
- Fresh cilantro, chopped
- Green onions, sliced
- Crumbled tortilla chips
- Grated cheese

NOTES

This is one of our newest family favorites on a chilly Sunday night!

DIRECTIONS

1. Season and Sear the Meat

- Start by seasoning the chuck roast generously with salt and pepper on all sides.
- Heat some avocado oil in a large pot or Dutch oven over medium-high heat.
- Once the oil is hot, sear the meat in batches to ensure even browning.
- After each batch is seared to a nice brown crust, remove the meat from the pot and set it aside.

2. Sauté the Vegetables and Spices

- Add a little more oil to the same pot if needed, then add the onions and cook until they become translucent, about 4 to 5 minutes.
- Stir in the garlic, bell pepper, chili powder, cumin, and paprika.
- Allow these ingredients to cook together for another 1 to 2 minutes, letting the spices release their aromas.

3. Build the Base of the Stew

- Next, add the remaining ingredients—diced tomatoes, crushed tomatoes, chipotle peppers, beef broth, tomato paste, coconut sugar, and molasses—into the pot with the onion and spice mixture.
- Stir everything together and bring the mixture to a slow boil, ensuring all flavors begin to meld together.

Step 4: Simmer with Meat, Then Add Beans

- Return the seared meat to the pot and reduce the heat to a gentle simmer.
- Cover the pot and let the stew cook for about two hours to allow the flavors to develop and the meat to become tender. After two hours, stir in the kidney beans and pinto beans. Continue to simmer the stew for another hour, this time uncovered, to thicken and allow the beans to absorb some flavors.

Step 5: Serve and Enjoy Your Meal

Once cooked to perfection, taste the stew and adjust the seasoning if necessary. Serve hot, and enjoy a hearty and flavorful meal with rich textures and aromas!



Coconut Rice Salmon Bowl

Amelia Lipsky

INGREDIENTS

- 1 cup water
- 1 cup full-fat coconut milk
- 1 cup organic basmati rice
- 1 mango, peeled and cubed
- ½ shallot, peeled and minced
- 1 small seedless cucumber, chopped
- ½ avocado, cubed
- Fresh lime juice
- Salmon filets (1 per person)
- Sea salt, black pepper, garlic powder, to taste

DIRECTIONS

1. Cook the rice by adding water and coconut milk to a pot and bring to a boil. Add in the rice, cover and cook over low heat for 20 minutes (or follow package).
2. Next add cubed mango, minced shallot, chopped cucumber, cubed avocado, and lime juice into a bowl and mix together.
3. Add seasonings of choice to salmon and grill skin down for 4-5 minutes. Flip fish and cook for another minute or so.
4. Top the rice with your salmon and mango salsa and enjoy the most delicious bowl!

NOTES

This is the best recipe on a warm summer night! It can also be made into tacos!



German Potato Salad

Debbie Just

INGREDIENTS

- 3 red potatoes boiled, peeled, diced
- ½ cup sugar
- ½ cup vinegar
- ½ cup water
- 1 lb. diced, fried bacon
- ½ cup onion diced
- Salt and pepper to taste
- Parsley

DIRECTIONS

1. Add all the liquids together.
2. To liquid mixture, add onion and bring to boil.
3. Boil 2-3 minutes, then add potatoes
4. Once potatoes are fully cooked, add bacon, salt and pepper
5. Top with parsley.
6. Heat thoroughly. Serve warm.





Gourmet Pizza Party

Jamie Williams

INGREDIENTS

- Large or XL flour tortillas (burrito size -2 for each pizza)
- Olive oil
- Italian cheeses: Mozzarella, Parmesan, etc.
- Minced garlic
- Toppings: pepperoni, sausage, bacon, chicken, ham, Canadian bacon, tomatoes, onions, peppers, jalapeño, mushrooms, arugula, cilantro, pineapple, etc.
- Sauce(s): red, white, pesto, vinaigrette, tabasco, etc.
- Seasonings: parmesan and crushed red pepper

DIRECTIONS

1. Grab a few baking sheet and prep a space for everyone to create their own unique pizza. Clean, prepare, slice and arrange all of the ingredients so that you can get started when its time for the fun!
2. Take two flour tortillas and rub all sides with olive oil. Then, place a very thin layer of cheese between and double stack. Next lay your sauce and add whatever ingredients you desire. You are the artist!
3. Bake in oven to 425 degrees and cook evenly until crust and cheese is browned to perfection or approximately 15-20 mins.

NOTES

This is a great unique food gathering idea for fun parties with guests!



Green Bean Casserole

Richard Wolosek

INGREDIENTS

- 1 lb. green beans, trimmed and cut into 1" pieces
- 2 Tbsp. butter
- 8 oz. package baby Portobello mushrooms, chopped
- 2 cloves garlic, minced
- 2 Tbsp. all purpose flour
- 1 ½ cups unsweetened, unflavored non-dairy milk
- ½ cup vegetable broth
- 1 tsp. soy sauce
- 1 package (6 oz.) French crispy fried onions

DIRECTIONS

1. Preheat the oven to 350 degrees.
2. Add green beans to a saucepan lined with a steamer basket and steam for 5-7 min. Melt butter in a large skillet over medium high heat. 3. Add mushrooms and cook for 5 min. Add the garlic and cook for another min. Sprinkle flour over the mushrooms and stir to combine until flour is no longer dry.
4. Add the milk, broth, and soy sauce. Bring to a gentle simmer for 5 min. Stir in the steamed green beans and 1/3 cup of the French fried onions.
5. Add the rest of the onions as a layer on top. Bake for 11-15 minutes or until bubbly.



Ground Beef on Toast

Pam Peterson

INGREDIENTS

- 1 lb. ground beef
- 4 oz. cheddar cheese (diced very small)
- 1 tsp. Worcestershire sauce
- 1 ½ tsp. kosher salt
- ½ tsp. black pepper
- 2 green onions (rinsed under warm water to soften and sliced very thin)
- 8 slices white bread

DIRECTIONS

1. Preheat broiler
2. In a bowl, mix together all the ingredients except the bread (mix with hands)
3. Toast bread slices in toaster until golden brown
4. Place toasted bread slices on a broiler pan or cookie sheet
5. Divide the meat mixture among the toast slices, spreading to form a thin layer covering the toast slices completely to the edges (to prevent edges from burning).
6. Place under the broiler 5-8 minutes until meat is well done but still juicy and the cheese is creamy
7. Serve immediately and enjoy!





Ham Loaf

Isaac Schroeder

INGREDIENTS

- 1 lb. ground beef
- 1 lb. ground ham
- 1 egg, beaten
- 1 cup graham cracker crumbs
- 1 ½ cup milk
- 1 ½ tsp. dry mustard
- 1 can tomato soup
- ½ cup vinegar
- 1 ½ cup brown sugar

DIRECTIONS

1. Preheat the oven to 325 degrees.
2. Combine the ground beef and ham, egg, graham cracker crumbs, and milk and form a loaf.
3. Mix in a bowl the mustard, tomato soup, vinegar, and brown sugar, this will be the sauce.
4. Pour the sauce over top the loaf.
5. Bake for 1 hour at 325 degrees and baste with the sauce.





Nana Lynnette's Sweet & Sour Meatballs

Catherine Watson

INGREDIENTS

- 2 lb. lean ground beef
- 1 sweet yellow onion (diced)
- 1 egg
- 1 small baking potato (finely grated, water pressed out)
- 2 Tbsp. of French dressing
- Salt and pepper
- 1 bottle of Heinz 12 oz. Chili Sauce (use for 1 bottle of water)
- 1 jar of Currant jelly (Grape jelly is a substitute)
- Juice of half a lemon or ReaLemon (1 - 2 Tbsp.)
- 2 Tbsp. of Tapioca pudding to thicken sauce

DIRECTIONS

1. Mix the ground beef, onion, egg, potato and dressing together (salt/pepper to your taste).
2. Shape into 1 inch-1 1/2 inch meatballs. Bake in oven on parchment paper at 400 degrees for 12-15 minutes. Shake and rotate pan as needed at the 6-8 minute mark.
3. In a large pot, combine the bottle of Heinz chili sauce, jar of jelly, and lemon juice. Fill the Heinz chili sauce bottle with water and add to the pot.
4. Bring the sauce to a boil and add tapioca pudding in small amounts while stirring to thicken sauce. Drop in the cooked meatballs. Cover and simmer.



Roasted Butternut Squash with Corn

Sandy Miller

INGREDIENTS

- 1 - 2 lb. butternut squash, peeled and cubed
- 1 large red onion, chopped
- 1½ cups frozen/fresh corn
- ½ cup dried cranberries
- ½ cup chopped cilantro
- 4 Tbsp. olive oil
- 3 tsp. minced garlic
- 1 Tbsp. sea salt
- ⅛ tsp. cayenne pepper (optional)

DIRECTIONS

1. Combine the squash, onion, corn and cranberries in a large bowl.
2. Combine oil, garlic, salt and cayenne pepper in a separate bowl.
3. Pour wet ingredients on top of vegetables and coat well.
4. Pour vegetables out onto a baking sheet. Roast at 400 degrees for 35-45 minutes or until soft.
6. Top with fresh cilantro and serve hot.



NOTES

I first enjoyed this at an African restaurant in Chicago



Sausage & Pepper One Pan Skillet

Jennifer Geisler

INGREDIENTS

- 1 Tbsp. EVOO
- 13 oz. Kielbasa, sliced diagonal into coins
- 1 red bell pepper, diced
- 1 yellow onion, diced
- 3 cloves garlic, minced
- 1 cup halved grape tomatoes
- 2 cups chicken broth
- 1 cup whole milk
- ½ lb. Rotini pasta
- ⅛ tsp. cayenne pepper
- 1 tsp. black pepper
- 4 oz. Parmesan cheese, grated

DIRECTIONS

1. Heat a large skillet over medium heat. Once hot, add EVOO and swirl to coat pan.
2. Add the kielbasa, pepper, and onion and sauté until browned. Add garlic and tomatoes and sauté 30 seconds.
3. Add chicken broth, milk, pasta, cayenne pepper, and black pepper. Stir well and bring to a boil.
4. Cover, reduce to low, and simmer 12-15 minutes or until pasta is al dente.
5. Remove cover and turn off heat.
6. Stir in grated cheese and serve hot.



Slow Cooker Italian Beef Sandwiches

Marina Ziolkowski

INGREDIENTS

- 3 lbs. Beef Chuck Roast
(serves 6)
- 1 cup water
- 1 packet Lipton Onion Soup Mix
- 1 packet dry Italian dressing mix
- Mozzarella cheese
- Ciabatta or hard buns

DIRECTIONS

1. Place all beef in crock pot.
2. Mix soup and onion mixes into the water and pour over top of beef.
3. Cover and cook on low for 5 hours.
4. When tender, pull meat apart with two forks or tongs.
5. Serve on ciabatta or hard buns topped with mozzarella cheese and sweet or hot peppers.





Taco Soup

Janet Otten

INGREDIENTS

- 1 lb. hamburger
- 15 oz. can kidney beans (drained and rinsed)
- 15 oz. can black beans (drained and rinsed)
- 32 oz. can stewed or crushed tomatoes
- 15 oz. can whole kernel corn
- 8 oz. can tomato sauce
- 1 pkg. taco seasoning
- 1 medium chopped onion
- Garnishes: grated cheese, sour cream, corn chips, etc.

DIRECTIONS

1. Brown onion and meat, drain fat.
2. Place in large saucepan.
3. Add all remaining ingredients and simmer for 20 minutes until completely warm and delicious.

NOTES

This soup freezes and reheats wonderfully!





White Chicken Chili

Cara Olson

INGREDIENTS

- 1 Tbsp. olive oil
- 2 cloves garlic, minced
- 1 small onion, chopped
- 1 lb. ground chicken
- 20-25 oz. chicken broth
- 4 oz. diced green chilies
- 1 tsp. cumin
- ½ tsp. paprika
- ¼ tsp. chili powder
- Sea salt & pepper, to taste
- 1 - 15 oz. can corn
- 1 - 15 oz. can cannellini beans
- Cilantro, shredded cheese and chips for topping/serving

DIRECTIONS

1. Heat in a large pot, the olive oil, garlic and onion. Cook over medium heat for 5 minutes.
2. Add the ground chicken and break up with a fork so it cooks in smaller pieces.
3. Cook the chicken over medium heat for 5-7 minutes. Add in the chicken broth, green chilis, and spices. Stir together and bring to a boil.
4. Lower to a simmer then add the corn and beans. Allow the chili to simmer for another 15 minutes then serve warm.
5. Add chips, shredded cheese and cilantro to the top! Enjoy!



Wild Rice Stuffed Peppers

Ashley Olson

INGREDIENTS

- 2 cups wild rice
- 4 cups beef broth
- 2 cups water
- 1 medium onion
- 1 lb. bacon
- 8 mixed bell peppers
- Sliced provolone
- 1 lb. favorite ground meat (sausage, venison, ground beef, chicken)

DIRECTIONS

1. Bring water/broth to boil.
2. Stir in rice, reduce heat to low, cover and simmer 55 minutes.
3. Chop bacon into small pieces, brown bacon until crispy.
4. Chop onion, cook slightly until brown.
5. When cooking rice, bacon, & onion, cook ground meat.
5. Mix bacon, onion, and beef into rice.
6. Cut tops off peppers and remove seeds. Layer rice and cheese, top with cheese.
7. Bake at 350 degrees for 30-45 minutes.

NOTES

Extras are great for lunch the next day!

Sweets

“Life is short and unpredictable.
Eat the dessert first.”

-Helen Keller



Best Ever Cinnamon Rolls

Breanna Jones

INGREDIENTS

- $\frac{3}{4}$ cup warm milk (110 degrees), whole milk or 2%
- 2 $\frac{1}{4}$ tsp. quick rise yeast
- $\frac{1}{4}$ cup granulated sugar
- 1 egg plus 1 yolk, room temp.
- $\frac{1}{4}$ cup butter, melted
- 3 cups bread flour
- $\frac{3}{4}$ tsp. salt

For the filling:

- $\frac{3}{8}$ cup (dark brown sugar
- 1 $\frac{1}{2}$ Tbsp. ground cinnamon
- $\frac{1}{4}$ cup butter, softened

For the frosting:

- 4 oz. cream cheese, soft
- 3 Tbsp. butter, soft
- $\frac{3}{4}$ cup powdered sugar
- $\frac{1}{2}$ tsp. vanilla extract

DIRECTIONS

1. Transfer milk to bowl of electric mixer and sprinkle yeast on top. Add in sugar, egg, yolk and butter. Mix until well combined. Next stir in flour and salt until dough begins to form.
2. Knead dough on medium speed for 8 min. Dough should form into a ball and be slightly sticky. Transfer dough ball to oiled bowl, cover with plastic wrap and a warm towel. Allow dough to rise for 1 hour to 1 $\frac{1}{2}$ hours.
3. After dough has doubled in size, transfer dough to a well-floured surface and roll out into a 14x9 in. rectangle. Spread softened butter over dough, leaving a $\frac{1}{4}$ in. margin at the far side of the dough.

(continued)

DIRECTIONS *(continued)*

4. After dough has doubled in size, transfer dough to a well-floured surface and roll out into a 14x9 inch rectangle. Spread softened butter over dough, leaving a $\frac{1}{4}$ inch margin at the far side of the dough.
5. In a small bowl, mix together brown sugar and cinnamon. Use your hands to sprinkle mixture over the buttered dough, then rub the brown sugar mixture into the butter.
6. Tightly roll dough up, starting from the 9-inch side and place seam side down making sure to seal the edges of the dough as best you can. You will probably need to cut off about an inch off the ends of the dough as the ends won't be as full of cinnamon sugar as we'd want it to be.
7. Cut into 1 inch sections with a serrated knife or floss. You should get 9 large pieces.
8. Place cinnamon rolls in a greased 9x9 inch baking pan or round 9 inch cake pan. (I also recommend lining the pan with parchment paper as well, in case any of the filling ends up leaking out.) Cover with plastic wrap and a warm towel and let rise again for 30-45 minutes.
9. Preheat oven to 350 degrees F. Remove plastic wrap and towel and bake cinnamon rolls for 20-25 minutes or until just slightly golden brown on the edges. You want to under bake them a little so they stay soft in the middle, that's why we want them just slightly golden brown. Allow them to cool for 5-10 minutes before frosting. Makes 9 cinnamon rolls.
10. To make the frosting: In the bowl of an electric mixer, combine cream cheese, butter, powdered sugar and vanilla extract. Beat until smooth and fluffy. Spread over cinnamon rolls and serve immediately. Enjoy!





Black Russian Cake

Courtney Witthuhn

INGREDIENTS

- 1 Box Duncan Hines “moist” Deluxe Butter Recipe Golden Mix
- 1 small package Instant Chocolate pudding mix
- 1 cup vegetable oil
- ½ cup sugar
- 4 large eggs, room temperature
- ¼ cup Kahlua
- ¼ cup vodka
- ¾ cup water

DIRECTIONS

1. Put all ingredients in mixer bowl and beat for 4 minutes. Pour into greased and floured bundt pan. Bake at 325 degrees for 60-70 minutes.
2. Cool in pan for 10 minutes and turn onto serving plate. Poke holes in cake and pour warm glaze over or dap onto cake with pastry brush.
3. Sprinkle with powdered sugar.
4. For Glaze: heat 1/2 stick butter, 1/2 cup sugar, 1/4 cup Kahlua until sugar melts.

NOTES

This cake is very moist and will keep for a week!



Death by Chocolate Trifle

Sandra Geisler

INGREDIENTS

- 1 pkg. brownie mix baked as directed (recommend Ghirardelli triple chocolate)
- 2 pkgs. Nestle chocolate mousse (milk chocolate or Irish cream)
- 8 Skor or Heath Bars, broken into pieces
- 1 large tub Cool Whip

DIRECTIONS

1. Cut brownies into bite sized chunks.
2. Layer into trifle bowl: brownies, mousse, cool whip, candy bars.
3. Repeat layers, ending with candy bars.
4. Enjoy!

NOTES

This was a must-have treat for my sons' birthday every year!





Egg Custard Pie

Cara McCarthy

INGREDIENTS

- Graham cracker or regular pie crust
- 250ml heavy whipping cream
- 250ml milk
- 8 egg yolks
- 100g powered sugar
- 3 tsp. vanilla extract
- ¼ tsp. nutmeg

DIRECTIONS

1. Pre-heat oven to 284 degrees.
2. Bring cream, milk, vanilla extract, and a hint of nutmeg to a boil in a pan.
3. In a separate bowl, beat the egg yolks with the powered sugar until pale.
4. Once boiling, take the pan off the stove and pour into egg yolk/powered sugar mixture while stirring as you go. Strain mixture into a jug (recommend doing this twice) and allow it to settle for a few minutes. Skim off any froth.
6. Carefully pour the custard into the pie crust and sprinkle nutmeg on the top.
7. Bake for 40 minutes or until custard has set. Recommend refrigerating before serving.





Fruit Pizza

Kate Lind

INGREDIENTS

Crust:

- ½ cup butter
- 1 ½ cups sugar
- ½ cup shortening
- 2 eggs
- 2 tsp. cream of tartar
- 1 tsp. salt
- 1 tsp. baking soda
- 2 ¾ cups flour

Filling:

- 8 oz. cream cheese
- ½ cup sugar
- 2 Tbsp. pineapple juice

Topping:

- Your choice of fruit: pineapple, grapes, kiwi, melon, strawberries, raspberries, blueberries, mandarin oranges, bananas

DIRECTIONS

1. Cream together the butter, sugar, shortening, and eggs.
2. Add cream of tartar, salt, baking soda, and flour. When mixed, press into jelly roll pan and bake at 400 degrees for 8-10 minutes. Cool.
3. Mix cream cheese, sugar, and pineapple juice for filling. Cool.
4. Once cool, spread mixture on crust, top with fruit of choice.
5. Optional: Glaze with 3 tablespoons cornstarch and pineapple juice (thicken glaze in microwave).

NOTES

This recipe comes from my mom and was a hit as a college student!



Gluten Free Chocolate Cake

Kristina Schnuckel

INGREDIENTS

- 1 ¾ cup granulated sugar
- ¾ cup dark cocoa powder
- 2 cups Bob's Red Mill GF Flour
- 1 ½ tsp. baking soda
- 2 tsp. baking powder
- 1 tsp. salt
- ¾ cup vegetable oil
- 3 large eggs, room temp.
- 1 cup buttermilk
- ½ cup coffee, room temp.

For frosting:

- 1 cup butter, room temp.
- 1 cup cocoa powder
- 4 cups powdered sugar
- 2 tsp. vanilla extract
- ¼ tsp. salt
- 3 Tbsp. milk or cream

DIRECTIONS

1. Preheat oven to 350 degrees. Grease and line 9x13 pan with parchment.
2. In a large bowl, whisk sugar, cocoa powder, GF flour, baking soda, baking powder, and salt. In a separate bowl, whisk oil, eggs, and buttermilk.
3. Pour the wet ingredients into the dry, whisking till no lumps remain. Pour in the coffee, mixing until combined.
4. Pour batter into pans. Bake for 30 min. Cool on wire rack before frosting.
5. For frosting, place all the ingredients in a mixing bowl. Beat slowly to incorporate, then beat on high for 1 minute.
6. Frost cake and enjoy!



Grandma Karilee's Lorna Doone

Catherine Watson

INGREDIENTS

- 1 large box Jell-O Vanilla Pudding
- 1 cup milk
- ½ gallon vanilla ice cream
- 1 bag Heath Bar Crunch
- 1 box Lorna Doone cookies
- 1 stick butter
- 1 container of original Cool Whip

DIRECTIONS

1. Melt butter. Crush Lorna Doone cookies with rolling pin and mix with melted butter. Press into bottom of rectangular baking pan (glass preferred, so you can see the layers).
2. Bake at about 200 degrees for 15 - 20 minutes. Set aside to cool. Mix together pudding, milk, and ice cream.
3. Pour pudding and ice cream mixture into cooled baking pan on top of Lorna Doone crust.
4. Smooth a layer of Cool Whip over top. Sprinkle Heath Bar crunch over Cool Whip topping.





Grenith's Butter Cut-Out Cookie

Michele Pawlak

INGREDIENTS

- 1 cup softened butter (2 sticks)
- ½ cup sugar
- 1 egg
- 1 tsp. vanilla extract
- 1 tsp. almond extract
- 1 tsp. lemon extract
- 2 ½ cups flour
- ½ tsp. baking powder
- Dash salt
- 1 egg yolk
- 2 Tbsp. water

DIRECTIONS

1. Mix together the softened butter, sugar and egg. Add the vanilla extract, almond extract, and lemon extract.
3. Separately, sift together the flour, baking powder, and salt.
4. Add the flour mixture to the butter mixture gradually using a mixer.
5. Form a ball with your hands, wrap in saran wrap and chill in refrigerator for 30 minutes. Heat oven to 375 degrees.
6. For the glaze, whip together one egg yolk and water.
7. Spread flour on a pastry mat and roll out dough. Use whatever cookie cutters you prefer. Lightly brush the glaze on the cookies and decorate with sprinkles. Cook approximately 6-8 minutes.



Hawaiian Oasis Banana Bread

Janet Otten

INGREDIENTS

- 1 stick butter
- 1 ½ cups sugar
- 2 eggs
- 1 tsp. vanilla
- 2 cups flour
- 1 tsp. baking soda
- 1 tsp. baking powder
- ¾ tsp. salt
- 3 ripe bananas
- 1 cup sour cream
- 1 cup chopped nuts, chocolate chips, etc.
(whatever your choose)

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Cream butter and add sugar a little at a time. Beat in the eggs, one at a time.
3. Add vanilla, mash the bananas and add in, and add sour cream. Mix well.
4. Sift in flour, baking soda, baking powder, and salt. Mix well.
5. Hand stir in nuts, chocolate chips, etc. Pour mixture into a large lightly greased loaf pan.
6. Bake for 1 1/2 hours for one large loaf or 30-45 minutes for mini loaves.

NOTES

*This recipe comes from
Kailua-Kona, Hawaii*



Magic Cookie Bars

Jill Economou

INGREDIENTS

- 1 pkg. graham crackers, crushed
- 1 can sweetened condensed milk
- 1 stick butter
- Chocolate chips
- Walnuts
- Coconut
- English toffee bits (optional)

DIRECTIONS

1. Melt stick of butter in 9x13 pan.
2. Spread crushed graham crackers over melted butter. Pour sweetened condensed milk evenly over the graham crackers.
3. Layer chopped walnuts, chocolate chips and coconut. Add another layer of walnuts, chocolate chips and coconut. Add Heath English Toffee bits on top if so desired.
4. Bake at 350 degrees for about 10 mins or until coconut is toasted on top.
5. Wait to cool and then cut into squares





Pecan Fingers

Heather Deaton

INGREDIENTS

- 1 cup butter
- ¼ cup powdered sugar (plus 2 cups for shaking cookies in)
- ¼ tsp. salt
- 1 tsp. vanilla
- 1 Tbsp. water
- 2 cups flour
- 2 cups chopped pecans

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Cream together the butter, powdered sugar, salt, vanilla, and water.
3. Then, add the flour and chopped pecans.
4. Roll into 2-inch “fingers”.
5. Bake at 350 degrees for 15 minutes on an ungreased cookie sheet.
6. Roll in powdered sugar while warm, cool on rack.





Regal Rhubarb Cake

Amy Andre

INGREDIENTS

Cake:

- ½ cup sugar
- 2 Tbsp. butter
- 1 egg, beat into 1 measuring (may add milk to make 1 cup)
- 2 cups flour
- 2 tsp. baking powder
- Dash of salt
- 3 cups rhubarb, diced
- 1 small box strawberry Jell-O

Topping:

- 1 cup sugar
- ½ cup flour
- ¼ cup melted butter

DIRECTIONS

1. Cream together the sugar, butter, egg, flour, baking powder, and salt. Once mixed, press into 9x13 pan.
2. Sprinkle diced rhubarb over dough.
3. Sprinkle strawberry Jell-O over rhubarb.
4. For the streusel topping combine the sugar, flour, and melted butter. Sprinkle over the rhubarb and Jell-O.
5. Bake at 375 degrees F for 50-60 minutes.

NOTES

*This recipe comes from
Grandma Regal!*



Shirley's Coffee Cake

Michele Brehm

INGREDIENTS

Cake:

- ¼ cup butter
- 1 cup sugar
- ½ cup Crisco
- 3 eggs
- 2 ½ cups flour (sifted)
- 3 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. vanilla mixed with 1 cup sour cream

Filling:

- ½ cup chopped nuts
- ½ cup brown sugar
- 1 tsp. cinnamon

DIRECTIONS

1. Cream butter, Crisco and sugar. Add 1 egg at a time. Beat in dry ingredients – alternate with sour cream mixture.
2. Spoon half of the batter into (greased) angel food cake pan, cover with half of the filling mixture. Spoon balance of batter and cover with the rest of the filling.
3. Bake for 1 hour at 350 degrees. (you may have to lower the temperature/baking time depending on your oven).

NOTES

My mother used to make this cake for our special "brunch" occasions. I remember enjoying it on Easter, Mother's Day, and Christmas!!



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NOTES

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