

## Catfish Gumbo

Elizabeth McAnally

- 3 lb. whole catfish or 2 lb. fillets
- 6 cups water
- 1 1/2 tsp. salt
- 1 stick butter
- 3 tbsp. flour
- 1 cup chopped onion
- 1 cup chopped bell pepper
- 2 cups chopped celery
- 1 lb. chopped okra
- 1 (28 oz.) can tomatoes, chopped
- 1/2 tsp. Cajun seasoning
- 1/2 tsp. thyme
- 1 tbsp. chopped parsley

Cook cleaned fish in boiling, salted water for a few minutes until it breaks apart with a fork. Remove fish, debone, cut into chunks, and set aside. Reserve stock. Melt butter in skillet, add flour and stir until lightly browned to make a roux. Toss chopped vegetables except fish and heat until softened, stirring often. Mix everything except fish together into pot with stock and simmer about an hour. Add fish and simmer 30 - 45 minutes. Serve over rice with a sprinkle of parsley. Serves 8.

## Beef in Wine Sauce

Karen Cooper

- 1 lb. stew beef, cut into 1 inch cubes
- 2 tbsp. dry onion soup mix
- 1 can cream of mushroom soup
- 1 tbsp. dry red wine

Combine all ingredients in crockpot. Stir. Cover and cook 8 to 12 hours. Serve over rice or noodles.

## Beef Stroganoff

Karen Cooper

- 1 lb. steak
- 1/4 cup butter
- 6 oz. mushrooms
- 1/2 cup chopped onion
- 1 can beef broth or consomme
- 1 cup sour cream
- 2 1/2 tbsp. flour
- salt and pepper
- cooked rice

Cut steak into small pieces. Brown in butter. Push meat to side and add mushrooms and onion. Cook until tender. Add broth, heat just to boiling. Blend sour cream and flour. Stir into broth. Cook and stir until mixture thickens. Season with salt and pepper to taste. Serve over rice.

## Cherry Crunch

Laurie Cieri

- 1 can (21 oz.) cherry pie filling
- 1 tsp. lemon juice
- 1 pkg. Duncan Hines Deluxe White Cake Mix
- 1/2 c. chopped nuts, if desired
- 1/2 cup (1 stick) butter or margarine, melted
- Sweetened whipped cream or ice cream

Preheat oven to 350 degrees. Spread pie filling in bottom of ungreased 8 x 8 x 2 in. pan. Sprinkle with lemon juice. Combine dry cake mix, nuts, and melted butter (mixture will be crumbly). Sprinkle over pie filling.

Bake at 350 degrees for 40 to 50 minutes or until golden brown. Serve warm with sweetened whipped cream or ice cream.