



THE
GoTriangle
COOKBOOK

Happy Cooking!

***SALADS, SOUPS
& CHILIS***



CININNATI STYLE CHILI



Heather Bruce

Finance | Grants Manager

INGREDIENTS

4 cups beef broth
2 pounds ground beef
(lean as possible)
1 tablespoon olive oil
3 Cups finely chopped onions
1 tablespoon finely minced garlic
3 cup chili powder or
more to taste
1 teaspoon ground cumin
1 teaspoon ground cinnamon
1/4 teaspoon ground allspice
1/4 teaspoon ground cloves
1/2 teaspoon hot red pepper or
more to taste
1 bay leaf
2 cups fresh or canned
tomato sauce
2 tablespoons cider or white
vinegar
1/2 ounce (one-half square)
unsweetened chocolate
Salt, to taste

DIRECTIONS

Put the broth in a pot or Dutch oven and add the beef a little at a time until it separates into small pieces. Bring to the boil. Cover and simmer for 30 minutes. To get the beef very fine, use an immersion blender to help break up the meat.

Heat the oil in a saucepan and add the onions. Cook, stirring often, until the onions are wilted and start to brown. Add the garlic, chili powder, cumin, cinnamon, allspice, cloves, hot red pepper, bay leaf and tomato sauce and bring to the boil.

Add the tomato mixture to the meat mixture. Add cider or vinegar and chocolate. Bring to a boil and cover. Simmer for one hour. Refrigerate. When ready to serve, skim off the fat, reheat and serve over cooked spaghetti topped with cheese, beans and onion.

NOTES

TRADITIONAL GREEK SALAD



Ana Sostaric

Finance | Director of Procurement

INGREDIENTS

3 - 4 medium ripe heirloom tomatoes, cut into wedges

1 medium (here known as English) cucumber, peeled and sliced into half-moons

1 small red onion, thinly sliced

1 green (here known as banana) pepper, sliced into rings

4 oz kalamata olives, whole or pitted

6 oz feta cheese, cut into a thick slab (Kirkland sheep's milk organic feta from Costco)

1 tablespoon dried oregano

Salt, to taste

Freshly ground black pepper, to taste

4 tablespoons extra virgin olive oil

DIRECTIONS

Slice the tomatoes, cucumber, onion, and bell pepper.

Arrange them in a large salad bowl or on a serving platter.

Salt lightly (the feta is salty)

Scatter the kalamata olives over the vegetables.

Place the feta slab on top of the salad (traditional style) or crumble it if you prefer a more mixed presentation.

Sprinkle with dried oregano and freshly ground pepper

Drizzle generously with extra virgin olive oil.

Enjoy fresh, at room temperature.

Note: Lettuce is not an ingredient of a traditional Greek salad!



SLOW COOKER CHILI



Willie Reid

Capital Development | Project Engineer

INGREDIENTS

2 lb lean Ground Beef,
(90/10 or 93/7)

1 large onion, diced

3 garlic cloves, minced

2 tsp cumin powder

2 tbsp chili powder

1 tsp garlic powder

1 tsp dried oregano

1 1/2 tsp salt, or to taste

1/2 tsp black pepper

15 oz can black beans, drained
and rinsed

30 oz kidney beans, two 15oz
cans, drained and rinsed

30 oz diced tomatoes, with their
juice

10 oz diced tomatoes and green
chilis, with their juice

30 oz tomato sauce

DIRECTIONS

Place a large skillet over medium-high heat and sauté beef until it releases fat (4-5 minutes), breaking it up with a spatula.

Add onion to the skillet and sauté until tender (4-5 minutes). Add minced garlic and seasonings: cumin, chili powder, garlic powder, dried oregano, salt and pepper. Cook another 30 seconds stirring constantly. Transfer to a 6 Qt slow cooker.

Add remaining ingredients into the slow cooker: rinsed and drained beans, diced tomatoes with their juice, diced tomatoes and green chilis with juice and tomato sauce. Stir to combine and cook on high for 3-4 hours or on low for 6-8 hours. Season to taste if desired and serve warm.

NOTES

BEEF AND POTATO CHORBA*



Ana Sostaric

Finance | Director of Procurement

INGREDIENTS

1 lb boneless beef
(shoulder or another tender cut;
or pork tenderloin)

1 - 1.5 lb potatoes
(large white or russet)

1 large onion

1 carrot

2 cloves garlic

3 tablespoons olive oil

1 tablespoon flour
(optional, for thickening)

1 teaspoon sweet paprika

1 large, diced tomato
(fresh or canned)

Salt and pepper, to taste

1 bay leaf

6 cups beef broth

2 cups of water

Fresh parsley for garnish

Note: Best if served with fresh,
home baked bread.

DIRECTIONS

Cut the beef into 1/2"-1" cubes.

Heat the olive oil in a pot, add the meat, and brown it on all sides. Season with a little salt and pepper, then remove it from the pot and set aside.

In the same pot, add finely chopped onion and carrot.

Add a bit more olive oil if needed. Sauté for 10 min on low heat, until the onion softens and becomes translucent.

Add minced garlic and cook for another 30 seconds.

Add the diced tomatoes.

Add paprika.

Add broth and water.

Return the meat to the pot.

Add the bay leaf and season to taste.

Cover and simmer gently for 60 minutes, or until the beef becomes tender.

Peel and cut the potatoes in 1/2"-1" cubes, then add them to the soup. Continue cooking for another 30-40 minutes, until the potatoes are soft and the soup slightly thickens.

Optional: To thicken the chorba, dissolve 1 tablespoon of flour in 1/2 cup of water, whisking until smooth and free of lumps. Pour the mixture into the simmering chorba about 10 minutes before taking it off the stove. Taste and adjust seasoning if needed. Sprinkle with fresh chopped parsley.

* Thicker than soup, thinner than stew

MEXICAN CHICKEN SOUP



Michelle Dawson

Executive Office | Clerk to the Board of Trustees

INGREDIENTS

3 tablespoon butter

1/2 cup chopped onion

Dash minced garlic

3-4 cup shredded cooked chicken
(may use rotisserie chicken or
breasts)

2 chicken bouillon cubes

1/2 cup very hot water

1/2 teaspoon cumin

2 cup half & half

2 cup Monterey Jack cheese

16 oz can creamed corn

1 can Rotel tomatoes

Salt & pepper to taste

DIRECTIONS

Sauté margarine, onion and garlic in pan.

Dissolve bouillon in water and add to pan along with cooked,
shredded chicken.

Heat thoroughly.

Add cumin, half & half, corn, tomatoes, salt and pepper to taste and
stir until combined.

Add cheese gradually, stirring to melt.

May serve with tortilla chips, Frito's scoops or warmed tortillas.

NOTES

CHICKEN ALFREDO TORTELLINI SOUP



Michelle Dawson

Executive Office | Clerk to the Board of Trustees

INGREDIENTS

2 tablespoons unsalted butter

1/2 medium yellow onion, diced

4 oz baby carrots, halved lengthwise and sliced into half-moons

2 cloves garlic, minced

1 lb boneless skinless chicken breasts, cut into bite-size cubes

1 teaspoon kosher salt

1/2 teaspoon freshly ground black pepper

1/4 cup all-purpose flour

4 cup chicken stock (or broth)

1 cup half-and-half

1 teaspoon crushed red pepper flakes (or to taste)

9 oz cheese tortellini, frozen or fresh

2 cup freshly shredded Parmesan cheese

2 oz fresh baby spinach

DIRECTIONS

Warm a large pot over medium-high heat and add the butter. Once melted add in the carrots, onion and garlic and cook until the onions are translucent, about 3 minutes.

Add the chicken, salt and pepper. Stir to combine.

Cook for about 3 minutes, until the chicken has a little color, stirring occasionally.

Do not fully cook the chicken at this point.

Sprinkle the flour over the chicken and veggies and stir to coat. Continue cooking for 2-3 minutes.

Stir in the chicken stock, half-and-half and red pepper flakes.

Continue cooking until the soup thickens, about 5-10 minutes.

Add the tortellini to the pot and cook until al dente (has a bite to it), 5-7 minutes (frozen takes longer).

Remove the pot from the heat.

Sprinkle cheese in small batches over the soup and stir until all the cheese has melted into the soup.

Add additional salt and pepper, if needed.

Serve in bowls with spinach on top and warm, crusty bread.

TACO SALAD



Virgie Townsend

Operations | Transit Operator

INGREDIENTS

2lbs Ground Beef

Season with Salt and Pepper

2 Packs of Sazon

Onions

Tomatoes

16oz Jar Catilina Dressing

Pico de gallo (optoinal)

Doritos (Family size bag)
(I use Siracha or Spicy Nacho)

Lettuce

DIRECTIONS

Brown 2 lbs of ground beef seasoned to taste with salt, pepper, 2 packs of sazón, onions, tomatoes and/or pico de gallo, (drain tomatoes or pico before adding to ground beef).

Once mixture is all combined add 16oz (one full jar) of Catilina dressing to the mixture.

Crush up one full bag of your favorite Doritos (Family size bag) (I use Siracha or Spicy Nacho) in one pan pour meat mixture and add crunched up Doritos to the mix.

In another pan keep another bag of Doritos whole, add lettuce to meat mixture.

When serving, scoop meat mixture on a plate or in a bowl Top with shredded cheese, and sour cream, use whole Doritos to dip in the taco salad or eat as is.



MAIN COURSES



SPINACH STUFFED SALMON WITH LEMON HONEY GLAZE



Iman Robinson

Regional Information Center | Customer Information Specialist

This recipe has quickly become a favorite of my girlfriend any time I make this tender dish she swears that she had it in her dream.

INGREDIENTS

Spinach-Cream Cheese Filling:

4 oz (1/2 block) cream cheese, softened

1 cup fresh spinach (roughly chopped)

1 tablespoon butter or olive oil

2 cloves garlic, minced

1/4 cup grated Parmesan cheese (optional but adds richness)

2 tablespoon sour cream or Greek yogurt (optional, for creamier texture)

Salt and pepper, to taste

A squeeze of lemon juice (for brightness)

Mix together and let simmer until it begins to brown.

For the lemon honey glaze:

2 teaspoon honey

3 teaspoon lemon juice

3 teaspoon brown sugar

stir thoroughly and Warm until it bubbles.

For the Salmon:

2-4 salmon fillets (6-8 oz each), skin on or off

Salt and black pepper, to taste

1 tablespoon olive oil or melted butter

1 teaspoon garlic powder

1 teaspoon paprika or smoked paprika

1 teaspoon garlic herb butter seasoning

DIRECTIONS

Cut a pocket into the salmon roughly 5 - 6 inches long

Season the salmon

stuff the salmon with your freshly cooked spinach stuffing

Cook the salmon on medium heat until cooked through.

(Place in air frier for extra crisp and juicy outcome)

Pour on the glaze!!!

NOTES

SOUTHERN POT ROAST



Chris S. Clark

Communications and Public Affairs | Graphic Designer and Web Manager

INGREDIENTS

Beef Chuck Roast

1 cup Red Wine for cooking

1/2 yellow onion, diced

3 stalks of celery, diced

2 bay leaves

Fresh parsley to taste,
no need to chop

fresh thyme to taste,
no need to chop

32oz beef broth/stock

3 tablespoon of tomato paste

Worcestershire sauce to taste

3 garlic cloves chopped

Yukon potatoes cut up

Sliced Carrots

4 tablespoon butter

4 tablespoon flour

Beef seasoning
(I used a butter steak seasoning)

DIRECTIONS

Preheat oven to 325

Season beef thoroughly on both sides.

Sear 3-4 minutes per side in an oiled Dutch oven.

Remove beef and set aside. Add diced onions and cook until golden brown. Add Garlic and cook for 1 minute, stirring.

Add 1/4 Red wine and cook until absorbed.

Add 3 Tablespoon tomato paste and cook until covered.

Add 32oz of beef broth, 3/4 cup red wine, bay leaves, parsley, and thyme. Stir. Add Beef and cook until boiling.

Cover and place in oven for 2 hours.

Remove from oven, add potatoes, carrots and celery. Place back in oven for 1.5-2 hours.

Remove from oven. Remove Beef (carefully) and set aside.

Soften 4 tablespoon butter and combine with 4 tablespoon flour. Knead well. Add to pot and stir until dissolved.

Stir in Worcestershire to taste.

Add Beef back, Serve.

EXTREMELY EASY CHICKPEA SKILLET



Katharine Eggleston

Capital Development | VP for Business Transformation

My four-year-old loves to help me make this, though she will not eat it because she hates tomatoes. My partner's family is Greek Cypriot and introduced me to Halloumi cheese; I think it's delicious so I always keep some in the fridge.

INGREDIENTS

2 cans (9.89 oz each) Trader Joe's Greek Chickpeas with Parsley & Cumin

1 can (15.5-16 oz) plain garbanzo beans, drained

1-2 pints cherry, grape, or other small tomatoes, halved

1 bag (7 oz) fresh arugula

Olive oil

Optional additions:

Halloumi cheese, sliced

Frozen calamari, cooked per package directions

DIRECTIONS

Heat a drizzle of olive oil in a large skillet over medium heat. Add both cans of Greek Chickpeas (including the liquid) and the drained garbanzo beans. Stir and let simmer while you prep the vegetables.

Wash and halve the tomatoes, then stir them into the skillet. Simmer together for about 8 minutes, until the tomatoes soften.

Add the arugula and stir until wilted, about 1-2 minutes.

Optional toppings:

Halloumi: Slice and pan-fry in a separate skillet until golden and crispy on both sides.

Calamari: Prepare according to package instructions (oven recommended).

Serve: Spoon the chickpea mixture into bowls and top with Halloumi or calamari if desired.

This dish is hearty, flavorful, and perfect for a quick weeknight dinner or for packing for lunch. Great warm or at room temperature, and somehow even better the next day.



MEXICAN CASSEROLE



Beth Roberts

Finance | Director of Financial Operations

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 1/2 yellow onion, diced
- 2 lb ground beef
- 2 tablespoon kosher salt
- Freshly ground black pepper
- 2 tablespoon taco seasoning mix
- 1 jalapeño, seeded and minced or 1 can diced green chiles
- 1 can sweet corn, drained
- 1 can black beans, drained and rinsed
- 1 can diced tomatoes, drained
- 6 large eggs, lightly beaten
- 2 cups shredded Mexican cheese
- 1 cup sour cream, for serving (optional)

DIRECTIONS

Preheat oven to 350°. In a large skillet over medium heat, heat oil. Add onion and cook until slightly softened, 2 minutes.

Add ground beef and season with salt and pepper. Cook, breaking up meat with a wooden spoon, until no longer pink, 6 minutes. Sprinkle in taco seasoning and jalapeño/green chiles and cook, stirring, until spices are lightly toasted, 1 minute. Add corn, black beans, and diced tomatoes.

Drain off excess liquid and let cool slightly.

In a greased 13x9 baking dish, spread meat mixture into an even layer. In a large mixing bowl, whisk eggs. Pour eggs over meat mixture and make sure there is even coverage.

Sprinkle with cheese.

Bake until set, about 25 minutes.

NOTES

DRIP SANDWICHES



Matt Lail

Communications and Public Affairs | Public Relations Manager

INGREDIENTS

1 (2 1/2-lb) piece beef chuck roast.
*1 use pork shoulder or pork butt as well.

1 teaspoon minced fresh rosemary

3/4 teaspoon kosher salt

Black pepper, to taste

1 (12-oz) jar pepperoncini

1 cup beef broth

6 Tablespoon salted butter, softened

1 large onion, sliced

6 soft hoagie rolls, split

12 slices provolone cheese.

* I use only 1 slice per sandwich and use the extra thin slices from Harris Teeter

DIRECTIONS

Toss the beef roast in a 6- to 8-quart slow cooker with the rosemary, 1/4 teaspoon salt and a generous grinding of pepper. Add the pepperoncini with their brine, along with the beef broth. Cover and cook on low until the meat is very tender and easy to pull apart, 7 to 8 hours.

When the slow cooker has about 15 minutes left, heat 2 tablespoons butter in a large skillet over medium-high heat. Add the onion, the remaining 1/4 teaspoon salt and a few grinds of pepper. Cook, stirring occasionally, until tender and lightly browned, about 10 minutes.

Remove the roast to a bowl and shred using 2 forks, then return it to the slow cooker. Keep warm.

Preheat the broiler. Put the rolls on a baking sheet and spread with the remaining 4 tablespoons butter. Broil until toasted, about 2 minutes.

Heap a generous portion of meat on each roll, then spoon some of the cooking liquid over the meat. Top with a few pepperoncini from the slow cooker and plenty of caramelized onions. Put 2 slices of cheese on each sandwich and return to the broiler just to melt the cheese, about 1 more minute. Serve with potato chips and the extra cooking liquid on the side for dipping.

NOTES

FRENCH ONION CHICKEN AND RICE



Diana Maher

Communications and Public Affairs | Marketing and Communications Specialist

INGREDIENTS

1 1/2 lbs boneless skinless chicken thighs

Salt and pepper & garlic

1 tablespoon avocado oil

2 large onions, thinly sliced

2 tablespoon butter

2 cloves garlic, minced

1 tablespoon balsamic vinegar

1 1/2 cups beef broth

1 cup heavy cream

1 1/2 teaspoon dried thyme

1 tablespoon Worcestershire sauce

2-3 cups shredded Gruyère

1 cup long-grain rice, rinsed
Fresh chives

DIRECTIONS

In a large skillet, heat the avocado oil over medium-high heat. Season the chicken with salt, pepper, and garlic powder on both sides. Add them to the skillet and cook for about 3-4 minutes per side until golden brown. They do not need to be fully cooked yet. Remove and set aside.

In the same skillet, add the sliced onions and butter. Cook for about 20-25 minutes, stirring occasionally, until caramelized and golden. Add the minced garlic and cook for another minute. Stir in the balsamic vinegar and Worcestershire sauce. Sauté for a couple of minutes, then add the beef broth, heavy cream, and thyme and bring to a simmer.

Stir in the rice and return the chicken to the skillet. Cover and let it cook on low heat for about 20-25 minutes or until the rice is tender and has absorbed most of the liquid. Check partway through to make sure there's enough liquid; if it runs low, add 1/2 cup of water.

Once the rice is cooked, sprinkle the shredded cheese on top. Cover and let it cook for an additional 5 minutes until the cheese is melted and bubbly.

Fluff the rice gently and serve everything straight from the skillet. Top with fresh chives and enjoy!



LOW CARB TACOS



Virgie Townsend

Operations | Transit Operator

INGREDIENTS

1 pack of Romaine Hearts

1-2 lbs Ground Beef

Salt and Pepper

Season Salt

Taco Seasoning

1 Yellow Onion

DIRECTIONS

Break off 1 pack of Romaine hearts, break each piece from the stem and place in a pan cover with a paper towel while you prepare your meat and toppings.

Brown 1-2 lbs of ground beef, season to taste with salt, pepper, season salt, taco seasoning (add water according to instructions on packet, if using taco seasoning from the container, season to taste. Dice or chop 1 yellow onion (optional) add onions to meat mixture toward the last 5 minutes of cooking your meat.

Assemble romaine hearts the way you would assemble your tacos, meat cheese, sour cream, guacamole, tomatoes or pico mixture .



HOT HONEY GLAZED CHICKEN WINGS



Virgie Townsend

Operations | Transit Operator

INGREDIENTS

Chicken Wings

1 cups Olive or Avocado Oil

2-4 Packs Sazon

Salt

Pepper

Adobo

Garlic Powder

Onion Powder

Season Salt

1 Tablespoon Baking Powder

Flour

Honey

Hot Sauce

Orange Juice

Butter

DIRECTIONS

Clean and pat dry with a towel several chicken wings (keep whole or cut into pieces) use 2 cups of olive or avocado oil, heat on 375-400 (depending on your stove) until the oil starts to sizzle

while the oil is cooking season your chicken wings in a large bowl with yellow mustard (as a binder) 2-4 packs of Sazon, salt, pepper, adobe, garlic powder, onion powder, and seasoned salt. Once the wings are coated use same seasonings in your flour, add 1 tablespoon of baking powder to your flour, coat chicken evenly in the flour mixture, set on rack for 10 minutes, coat chicken again in the flour mixture shaking off the excess, drop in oil until golden brown on both sides making sure wings are fully cooked or approximately 175F internally. (Or longer if you want them darker)

in a separate pan add equal parts of honey, hot sauce, and a spoonful of orange juice (optional) to a pan with half a stick of melted butter, mix until well incorporated. Once chicken wings have cooled for about 10 minutes pour mixture over chicken air fry or bake in oven for an additional 5 minutes. Take out, let cool and enjoy.



VIRAL SPAGHETTI



Virgie Townsend

Operations | Transit Operator

INGREDIENTS

- 1 pound spaghetti
- 1 pound ground beef and one
- 1 pack of Chorizo (optional)
- 1 small onion, diced
- 2 cloves garlic
- 1 tablespoon Italian seasoning
- 1/2 teaspoon black pepper
- 1 teaspoon salt
- 1 teaspoon chili flakes, optional
- 1 (32-ounce) jar pasta sauce
- 1 (15-ounce) jar Alfredo sauce
- 2 cups mozzarella, shredded
- Fresh basil, crushed red pepper flakes and grated Parmesan, for serving (optional)

DIRECTIONS

Preheat oven to 350-375

Bring a large pot of salted water to a boil. Add the pasta and cook according to the package directions. Drain and toss to coat with the Alfredo sauce.

While the pasta cooks, add the ground beef, diced onion, garlic and dried Italian seasoning to a skillet over medium heat. Cook, stirring occasionally, until the onions have softened, and the beef is fully cooked.

Reduce the heat to low, pour in a jar of your favorite spaghetti sauce and stir to combine. Let simmer for 5-10 minutes.

Layer/Assemble meal:

Transfer the Alfredo pasta to a lightly greased 13×9-in. baking dish. Spread the meat sauce evenly over the top of the pasta and sprinkle generously with shredded mozzarella cheese. Bake the pasta in a preheated oven for 15-20 minutes until the sauce is bubbling and the cheese is melted.

Let stand 10 minutes to cool before serving.



SIDES



MOM'S TANGIER ISLAND CORN PUDDING



Dr. Brian Smith
President and CEO

Nice dinner side dish to have in place of candied sweet potatoes or other sweet dish for company.

INGREDIENTS

3/4 cup (or a little less) sugar
3 tablespoons of corn starch
2 eggs
1 large can "cream style" corn
1 large can evaporated milk

*If doubling this recipe, use 1 small and 1 large can of evaporated milk

1/4 cup real butter, melted

DIRECTIONS

Blend all ingredients together with a mixer.

Pour into greased casserole dish.

Bake at 350 degrees uncovered for 1 hour or until firm.

(Ready when knife inserted in center comes out clean.)

NOTES

LINDA'S BABY LIMA BEANS AND CORN



Tashuia Williams

Operations | Paratransit Training Specialist

In Honor of My Mother Linda Kelley

INGREDIENTS

2 cups of Baby Lima Beans
(Fresh or Frozen)

1 Cup of Silver Queen Or Shoepeg
Corn (Fresh or Frozen)

3 Tablespoons of Fatback
drippings

5 Cups of Water
1/2 teaspoon of salt

Black Pepper (to your liking)

DIRECTIONS

In a medium size saucepan bring water to a boil.

Place frozen lima beans, fatback drippings, salt and pepper in water. Cover with a lid. Turn heat down to very low heat and let simmer for an Hour and 30 minutes. Careful not to let water boil out.

Add corn kernels into bean mixture and simmer 15 more minutes.

Serve and enjoy!

NOTES

SWEET POTATO CASSEROLE



Audra Foree

Regional Information Center | Senior Manager of Regional Partnerships

INGREDIENTS

3-4 large sweet potatoes enough for about 3-4 cups mashed.

1 cup sugar

1/2 cup milk

2 eggs

1/2 stick butter, softened

1 teaspoon cinnamon

1 teaspoon vanilla extract (I never measure this because I really like vanilla, add to your taste)

1/2 teaspoon Salt
(I double this to serve a group)

Crunch Topping:

(I normally half this for the amount above, If I make for a group then I use this full amount.)

1/2 cup softened butter (1 stick)

1/3 cup All-Purpose flour

1 cup brown sugar

1 cup chopped pecans or walnuts

DIRECTIONS

Bake sweet potatoes until tender. Let cool. Take skin off when cooled and able to handle. Put in a large bowl, mash and whip them until fluffy. Add all other ingredients. Pour into a greased casserole dish and top with the crunch topping.

Bake at 350 for approx 35-45 minutes.

Marshmallows on top are tasty also. Try the French Vanilla flavor by Kraft!

If using marshmallows, bake casserole for 35 mins. Remove from oven, top with marshmallows, and return to oven on broil for a few minutes until marshmallows are toasted and melting. Watch them, they burn easily.

YUMMY! Enjoy!

NOTES

BAKED BEANS



Sharon Willis

Operations / Paratransit Operator

INGREDIENTS

16 oz can of baked beans

1 tablespoon of honey

just a dash of the following
seasons..

Onion powder

Garlic powder

Complete season blend

1 lb of cooked ground
turkey or beef

DIRECTIONS

Mix together well , place in oven in at 350 for about 20 mins ...
Delicious!

NOTES

COWBOY BEANS



Virgie Townsend

Operations | Transit Operator

INGREDIENTS

2-3 Cans of Bush's Baked Beans

2 lbs Ground Beef

Salt and Pepper

1 tablespoon Liquid Smoke

4 tablespoon Dark Brown Sugar

3-4 tablespoon Yellow Mustard

1 tablespoon Sugar

2-3 Chopped Andouille Sausages

DIRECTIONS

Heat 2-3 can of Bush's baked beans, brown 2 lbs of ground beef seasoned to taste with salt pepper, and a tablespoon of liquid smoke added after cooking the ground beef about 5 minutes. Drain off fat, once ground beef is fully cooked add in 1 yellow (or white) onion, 1 chopped green pepper, 4 tablespoons of dark brown sugar, 3-4 tablespoons of yellow mustard, 1 tablespoon of white sugar, 2-3 chopped Andouille sausages (optional) mix all ingredients together until well combined, bake in oven on 350 for 20-25 minutes, let simmer for 15 additional minutes.

Serve.



SKILLET BAKED BEANS



Chris S. Clark

Communications and Public Affairs | Graphic Designer and Web Manager

INGREDIENTS

6 slices thick-cut peppered bacon

1/2 yellow onion

1 green bell pepper and/or
jalapeño

2 28-ounce cans of
pork and beans

1/2 cup dark brown sugar

1/4 cup apple cider vinegar

2 tablespoons Dijon mustard

2 tablespoons molasses

3/4 cup your favorite BBQ sauce

DIRECTIONS

Slightly fry 6 Strips of Bacon

Combine all ingredients in a cast-iron pan. Cook 250F for 3 hours.
(preferably on a smoker but an oven will work as well)

NOTES

KALE CHIPS



Iman Robinson

Regional Information Center | Customer Information Specialist

This simple treat was a staple my mom used to make in the fall for me and my sisters growing up. She had her ways of getting use to eat our greens.

INGREDIENTS

- Kale
- Seasonings of your choice
- Oven Tray

DIRECTIONS

- Step 1: Wash kale
- Step 2: Place kale evenly across oven tray
- Step 3: Season kale to your hearts desire
- Step 4: Pre heat oven at 250°F to 300°F (120°C to 150°C) for optimal crispiness.
- Step 5: Cooking Time: Bake for 10-15 minutes at 275°F (135°C) for a crispy texture. If you prefer a crisper texture, cook for an additional 5-10 minutes.
- Step 6: Check for Crispiness: Remove from the oven when they are dry and crisp to the touch but not burnt.

NOTES

DESSERTS



BROWNIE TRIFLE (AKA THAT BROWNIE BE TRIFLIN)



Wendy Mallon

Communications and Public Affairs | Director of Strategic Communications and Marketing

INGREDIENTS

1 package brownie mix, 18.3 oz

1 package instant chocolate pudding mix, 3.9 oz

1/2 cup water

1 can sweetened condensed milk, 14 oz

1 container frozen whipped topping, thawed, 8 oz

1 container frozen whipped topping, thawed, 12 oz

1 bar Hershey's chocolate candy, 1.55 oz

DIRECTIONS

Prepare brownie mix according to package directions and cool completely. Cut into 1-inch squares.

In a large bowl, combine pudding mix, water, and sweetened condensed milk. Mix until smooth, then fold in 8 ounces of whipped topping until well combined and no streaks remain.

In a trifle bowl or large glass bowl, place half of the brownies, half of the pudding mixture, and half of the 12-oz container of whipped topping. Repeat the layers. Shave chocolate onto the top layer for garnish.

Refrigerate before serving.

This trifle is easy to make and in a bowl can be so pretty to serve. It often takes the place of birthday cake in our house because my boys like it so much!



GINGER MOLASSES COOKIES



Felicia B Martin

Operations | Behind the Wheel Trainer

I love to bake in the winter months. The smell of fresh baked cookies just brings in a warm and homey feeling on a cold winters day. It is my Ginger Molasses Cookies. They are Yummo to my tummy with a hot cup of coffee or a big mug of hot chocolate! Can't wait for the cookbook to come out!

INGREDIENTS

1 1/2 cups shortening (Butter Flavored Crisco)

2 cups sugar

1/2 cup Molasses

2 eggs

4 teaspoon Baking soda

4 1/2 cups flour

1 teaspoon cloves

1 teaspoon Ginger

2 teaspoon Cinnamon

1 teaspoon Salt

1 tablespoon Milk

**Sugar for rolling cookies OR frosting glaze

Frosting Glaze

1 1/4 cups of powdered sugar

3 tablespoons of milk

DIRECTIONS

Preheat the oven to 375 degrees

In a mixer, cream together shortening, sugar, molasses and eggs until smooth and creamy.

Add in the rest of the dry ingredients and mix well.

Pour in the milk to give the dough some moisture.

Roll the dough into 1 inch balls and roll them in sugar if not frosting them with the icing glaze.

Place cookies on greased cookie sheet.

Bake at 375 degrees for 7-9 minutes. Do NOT over bake unless you want Gingersnaps.

Let cool on wire racks.

Glaze the cookies with the frosting if you choose that option, by dipping each cookie top into the glaze and let sit until it hardens.



THE BEST CHEESECAKE EVER. (HARTMAN'S STEAKHOUSE* CHEESECAKE)



Christy Winstead

Human Resources | Director of Human Resources

INGREDIENTS

5 blocks Philadelphia cream cheese, room temp

2 cups sugar

6 eggs

3 Tablespoons SR flour

1 teaspoon Vanilla extract

1 teaspoon lemon extract (or flavoring, do NOT use lemon juice)

1/2 teaspoon salt

1/4 cup heavy whipping cream--

USE LAST

DIRECTIONS

Grease a standard size Bundt pan. Baker's Joy baking spray works just fine and less mess and time.

Beat your cream cheese and sugar till smooth, add eggs and beat one at a time.

When you incorporate the eggs, do them one at a time. By hand is best but an electric hand mixer (SLOW) works great. Too fast and the mixture will have too many air bubbles.

Add remaining ingredients, EXCEPT heavy cream. Mix until well blended. Lastly add the heavy cream and stir gently until it's mixed in well.

Pour mixture into the prepared Bundt pan. Tap your pan carefully on the counter top to let some of the air bubbles escape.

Bake, 500° for 10-12 minutes.

IMMEDIATELY turn oven down to 200° and bake for 55-60 minutes. Depending on your oven, you may opt to cover the top at this stage.

Let cool a good couple of hours before flipping onto your plate. But don't let it get completely cold or it may break coming out.

Add your topping of choice...cherries, caramel, chocolate, etc.

*Hartman's was a very popular, very lucrative restaurant in Durham, NC for many years

CHOCOLATE CHIP SNOWBALL COOKIES



Matt Lail

Communications and Public Affairs | Public Relations Manager

INGREDIENTS

1 cup unsalted butter, softened

1/2 cup powdered sugar

1 teaspoon vanilla

2 1/4 cups flour

1/2 teaspoon salt

1 cup mini chocolate chips
additional powdered sugar for
rolling

DIRECTIONS

Preheat oven to 375

Mix butter, powdered sugar and vanilla until fluffy
Add flour and salt. Mix until dough comes together
Stir in chocolate chips

Scoop 1 tablespoon size balls of dough on prepared cookie sheet
(suggested to use parchment paper)

Bake approx. 7 minutes until the bottoms are slightly brown.
Remove and coat cookies in powdered sugar. (Can roll more than
once if desired)

NOTES

3 INGREDIENT CAKE MIX COBLER



Darius Telfaire

Human Resources | Training and Development Manager

INGREDIENTS

1 - Butter Golden Yellow Cake Mix
(Duncan Hines)

1 1/2 - Stick of Salted Butter

2 - 15.25 oz cans of sliced peaches
in Light or Heavy Syrup (Your
choice, but I like HEAVY)

DIRECTIONS

Preheat oven to 350 Degrees

Drain some of the syrup from the Peaches and pour both cans in the bottom of the 9 x 13 pan.

Pour 1 box of Cake mix over the peaches - "Don't Mix it!"

Melt 1 stick of butter and drizzle over the cake mix

Slice the 1/2 stick of butter and place pats of butter over the cake mix
Place in the oven uncovered and back for 45min - 1 hour, or until
golden brown. For a more well-done crust bake it longer.



DREAM LOVER COOKIES



Matt Lail

Communications and Public Affairs | Public Relations Manager

INGREDIENTS

2/3 cup shortening

2/3 cup butter

1 cup sugar

1 cup brown sugar

2 eggs

2 teaspoons vanilla

3 1/2 cups flour*

1 teaspoon baking soda*

1 teaspoon salt*

1 cup nuts (optional)

12 oz semi-sweet chocolate chips

***in a separate bowl**

DIRECTIONS

Mix shortening, butter and sugar — then add eggs and vanilla
Then add dry ingredients.

Add nuts and chocolate chips

Bake at 375 degrees for 7-8 minutes

NOTES

MOUNTAIN DEW CAKE



Matt Lail

Communications and Public Affairs | Public Relations Manager

INGREDIENTS

Ingredients for Cake:

1/4 cup chopped nuts

1 box yellow cake mix

1 small box instant vanilla pudding

1/2 cup vegetable oil

1 cup Mountain Dew (or soda of choice)

4 eggs

Ingredients for glaze:

1 stick butter

1/4 cup Mountain Dew (or soda of choice)

1 cup sugar

DIRECTIONS

Preheat oven to 350

Grease tube (Bundt) pan. Put nuts on bottom of pan, spread evenly. (Can also add sprinkles for color.)

Mix cake mix, pudding, vegetable oil, Mountain Dew and eggs. Pour into pan.

Bake at 350 for 50 minutes.

To glaze: boil water, Mountain Dew & sugar until spoon is coated.

Pull cake away from edges.

Pour mixture over hot cake
Cool and flip onto plate.

Slice and enjoy!

NOTES

CREAM CHEESE POUND CAKE



Yasmine Shepard

Equal Opportunity and Compliance | EEO Program Specialist

INGREDIENTS

1 cup of softened unsalted butter;
I prefer to bake with salted butter.

6 eggs

3 cups of granulated sugar

3 cups of all-purpose flour

8 ounce package of softened
cream cheese

1 tablespoon of vanilla extract; I
prefer vanilla bean paste (if using
vanilla bean paste, reduce to 1/2
tablespoon)

1 teaspoon of salt (omit if using
salted butter)

1/4 of a teaspoon of baking soda

DIRECTIONS

Preheat oven to 300°. Spray 12 cup Bundt pan with baking spray.

In a separate bowl, sift flour, salt, and baking soda.

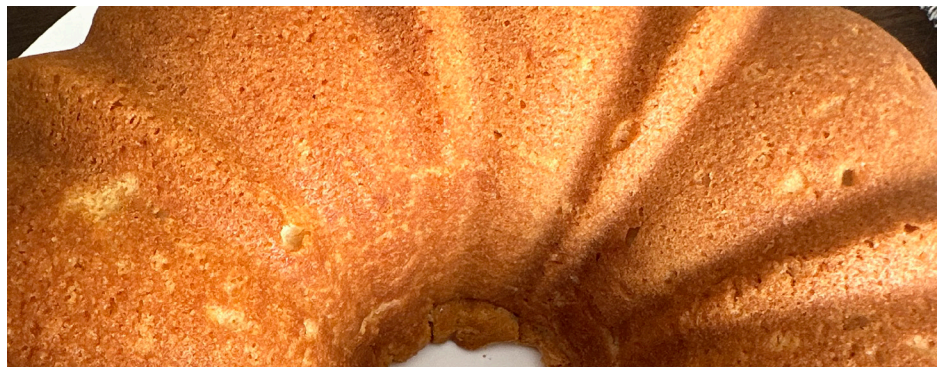
Using a hand mixer or stand mixer, combine softened butter, softened cream cheese, and sugar on medium speed until smooth and creamy.

Turn off mixer, scrape down the sides of the mixing bowl, and add in vanilla extract or vanilla bean paste. Restart mixer on low speed and add in eggs one at a time.

Still on low speed, slowly add in sifted flour, salt, and baking soda mixture. Mix on low speed for 1 to 2 minutes. Batter should be smooth and silky.

Evenly pour batter into Bundt pan and bake for 1 hour and 35 to 1 hour and 40 minutes. Insert a toothpick into the center of the pound cake to check for doneness. Toothpick should come out clean or with a moist crumb.

Remove pound cake from oven and place on a cooling rack for 30 minutes. After 30 minutes, pound cake can be removed from Bundt pan to continue cooling on a cooling rack.



CHRIS' AWESOME APPLE CAKE



Meg Scully

Capital Development | Director of Planning and Engagement

INGREDIENTS

4 cups peeled diced apples

2 cups sugar (I use 1-1 1/2 cup)

1 cup chopped walnuts

Mix all together and let stand
for 1 hour

1/2 teaspoon nutmeg

1 teaspoon cinnamon

2 teaspoon baking soda

3 cups all-purpose flour

1/2 teaspoon salt
Add to apples and mix well

1 cup vegetable oil

1 teaspoon vanilla extract

2 eggs, well beaten

DIRECTIONS

Pour into a greased and floured tube pan. (I've used small loaf pans and a square pan - they work fine. Just check for doneness a little earlier.)

Bake at 350 degrees for approximately 1 hour.

I drizzle a confectioners sugar and water mix over the top.

NOTES

PUMPKIN BREAD



Meg Scully

Capital Development | Director of Planning and Engagement

INGREDIENTS

4 cups flour

3 cups sugar, (1 cup sugar to 2 cups)

2 teaspoon baking soda

1 1/2 teaspoon salt

1 teaspoon baking powder

1 teaspoon cinnamon

1 teaspoon nutmeg

1 teaspoon allspice

1/2 teaspoon cloves
Sift together

1 double all spices.

1 cup oil (Can also use 1/2 cup oil and 1/2 cup apple sauce)

1 (14.5 oz) pumpkin

2/3 cup cold water
Blend well.

DIRECTIONS

Mix ingredients well.

Bake in loaf pans at 350 for 1 hour.

NOTES

