



# CONTRA DICTION



*series cookbook*

(Based on the Contradiction Novels by Peggy Martinez)

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Contradiction Series Cookbook  
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own copy. Thank you for respecting the hard work of this author.

A special thanks to Aunt Elaine who helped me dig up a lot of our family's favorite recipes from over the years. There's nothing more amazing than spending time with family, laughing, trying not to kill each other, and enjoying some down-home country cooking.

Love y'all!



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# Pop's Nanner Samich

## Ingredients:

1 Large Banana

Mayo

2 Slices of Bread (Can toast for extra yumminess)

## Directions:

Slice your banana lengthwise. Take your toast/bread and spread a light layer of mayo on both sides. Place banana slices in between the two slices of bread. Enjoy with a tall glass of milk.

*\*Warning: This sandwich is not for everyone. Only the truly southern and truly brave take on the Nanner Sandwich.\**





# The Nutter-Fluffer Sandwich

## Ingredients:

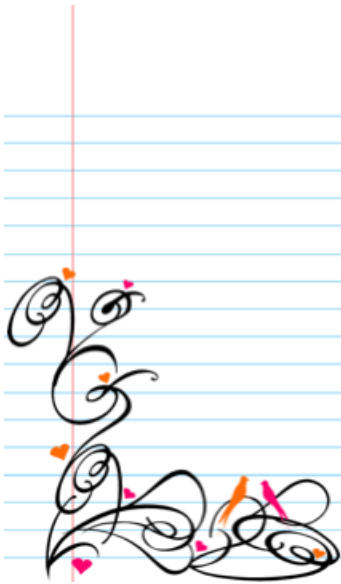
2 Slices of Bread

Peanut Butter

Marshmallow Fluff

## Directions:

Spread peanut butter on one slice of bread & marshmallow fluff on the other slice.  
Mash both sides together and enjoy with a tall glass of ice-cold milk. Yum!



# Sun Tea

## Ingredients:

2 Family-sized Tea Bags

Lots of Sugar

Lots of Sunshine

Directions: Get a large, glass jug and fill it  $\frac{3}{4}$  full with water. (Old, well-washed, 1 gallon pickle jars work well!) Drop your tea bags inside the jar and set it out in the sun for the day. Add tons of sugar and enjoy over a glass of ice. Add lemon if you like it that way.

*\*If all else fails, throw your tea bags into your coffee pot and brew a large pot of tea. Add sugar (as sweet as ya like) and pour over a pitcher  $\frac{2}{3}$  filled with ice. Instant iced tea. Yum.*



# Old-School Cinnamon Drop Biscuits

## Ingredients:

2 Cups Self-Rising Flour

½ tsp. Cinnamon

½ Stick Butter

Milk

Granulated Sugar/Cinnamon Mixture

## Directions:

Preheat oven to 350 degrees. Prep a cookie sheet by rubbing butter lightly over the surface. You could spray with *Pam* or use any oil instead of the butter. Mix cinnamon into flour in a bowl. Use your hand to “crumble” your butter into the flour mixture. Do not mash, just crumble it together until your mixture has the consistency of chunky sand. Slowly add a little milk, mixing as you go. Once the mixture is the consistency of sticky dough, drop by the tablespoon onto your cookie sheet. Sprinkle liberally with sugar/cinnamon mixture and bake. Takes only 12-15 minutes. Watch and take out when a toothpick or fork comes out clean. Enjoy with butter and jam. Or apple butter. Delicious with pumpkin butter!



# Rise & Shine

## Lemon-Berry Scones

### Ingredients:

- 2 Cups Self-Rising Flour
- 1 Stick Butter
- A Dash of Milk (about 3-4 Tablespoons)
- 2 Large Eggs
- 1 Lemon + Grated Rind
- ½ Cup Berries (fresh or frozen)
- 2 Tablespoons Granulated Sugar
- 1 ½ Cups Confectioner's Sugar

### Directions:

Preheat the oven to 450 degrees. Mix (in a large bowl) the flour, granulated sugar, and the zest from the lemon. Mix well.


In a small bowl, whisk the milk and eggs together well.

Cut your cold butter into chunks and add to the dry ingredients. Crumble the butter with your fingers/hands into the flour over and over until it is completely combined with the flour and looks like chunky sand. Add the berries into the wet ingredients and mix. Pour the berry mixture into the bowl of dry ingredients. Stir it with a large spoon—

do not over mix. The dough will be pretty sticky.

Flour your countertop. You can lay down wax paper to avoid a mess if you like. Drop the ball of wet dough onto the floured surface and begin patting it into a circle about 7-8 inches wide and one-inch thick. Take a sharp knife and cut the circle of dough into 8 wedges, like a pie. Place your dough wedges on your cookie sheet and bake for 12-15 minutes.

While your scones are baking, place the confectioner's sugar into a small bowl and then juice your lemon directly into the sugar. Make sure you don't get any seeds in the bowl. Stir and add juice as needed. You want the icing to be thin enough to drizzle over the scones, but not super thin. Once the scones are golden brown and then have cooled, drizzle your icing over them and enjoy.



# Granny's Too-Easy-To-Be-True-Cobbler

## Ingredients:

1 Cup of Self-Rising Flour

1 Cup of Sugar

1 Stick of Butter

1 Cup of Milk

½ tsp. of Cinnamon

2 Cans of a Fruit of your Choice: Canned Apple Pie Filling, Canned Peaches in Heavy or Light syrup, or Canned Cherry Pie Filling.

*\*You can also use frozen, thawed fruits like peaches or berries\**

## Directions:

Preheat oven to 350 degrees. Place one stick of real butter in a 9x12 cake pan. Place the pan in the oven for the butter to melt while you prepare the batter for the cobbler. In a bowl, add the sugar and mix in cinnamon. Add the flour and mix well. Once the butter is melted and bubbling, remove the pan from the oven. Add the milk to the flour mixture and whisk well. The mixture will be pretty thin. Don't worry—it's normal. Pour the mixture right into your melted butter inside the cake pan. Finally, spoon your fruit evenly on top of the batter. Don't mix or anything. Trust me. Stick it in the oven and wait 35 minutes or so before checking. Let the cobbler bake until the batter rises and

turns a nice, golden brown. The cobbler is done when a toothpick inserted in the batter portion of the cobbler comes out clean. Enjoy.



# Family-Secret Banana Nut Bread

## Ingredients:

- 3 Cups Self-Rising Flour
- 3 Cups Sugar
- 4 Eggs
- 3 Large, Ripe Bananas (over-ripe bananas work very well)
- 1 Cup Vegetable Oil
- 1 tsp. Vanilla Extract
- 2 tsp. Cinnamon
- 1 tsp. Nutmeg
- 1 Cup Chopped Walnuts

## Directions:

Preheat oven to 350 degrees. Prepare three loaf pans by oiling the inside bottom and sides. You can use vegetable oil or Pam spray. Mash all the bananas on a plate with the prongs of a fork. Mash well until there are no chunk, until they are the consistency of baby food. Set aside. In a large bowl, mix the flour, sugar, cinnamon, and nutmeg together well. Dig a large “hole” in the center of your dry ingredients and add the vegetable oil, eggs, vanilla extract, and mashed bananas and mix very well. Fold in



walnuts if you prefer at this point. Pour the batter evenly into each of your three bread/loaf pans. Or, if you prefer, these make great muffins, or six mini loaves. Bake the three loaves at 350 degrees for about 40-45 minutes. Loaves are done when golden brown on top and they “spring back” when gently touched on top. A toothpick or knife inserted into the center should come out clean. Enjoy! This recipe has been in my family for a very long time.



# Summer Poke Cake

## Ingredients:

- 1 White Cake Mix
- 2 Boxes of Jell-O (flavor you like)
- 1 Bowl of Cool Whip

## Directions:

Prepare and bake white cake according to instructions on back of the box. For a prettier cake, make sure to use the egg white recipe, excluding the egg yolks. When the cake is done, set aside to cool. Prepare your Jell-O according to the instructions on the back of the box. Put the hot Jell-O mixture into the fridge and allow to cool. Keep a close eye on the mixture. While the Jell-O is cooling in the fridge, take a butter knife or fork and begin poking holes all over your cooled cake. Make sure you poke holes everywhere, even close to the edges. Don't forget your Jell-O! You want it to thicken, but not "gel up". Once the Jell-O is a thick, soupy consistency, pour it evenly and slowly over your cake, allowing it to seep down into the holes you made. Put your cake in the fridge and allow to "set up" for 12-24 hours. I usually make mine at night and then leave in the fridge overnight. Spread the cool whip over the cake. Cut and serve.

Fabulous summer dessert for a southern heat wave!



# Cream Cheese Pie

## Ingredients:

- 1 Pkg. Cream Cheese
- 1 Cup Granulated Sugar
- 1 Bowl Cool Whip
- 1 Graham Cracker Pie Crust
- 1 Can Cherry Pie Filling (or) Blueberry Pie Filling (or) \*Crushed Pineapple

## Directions:

Using a fork, whip together cream cheese and sugar in a medium bowl until fluffy. Add the cool whip to the cream cheese and sugar mixture and “fold” it together until well blended. Spoon the mixture into the pie crust and smooth out, making a slight indentation in the center, building up the sides just a tiny bit. Spoon your pie filling into the center of the pie and then spread it out, leaving a 1” space between the filling and the edge of the pie. Refrigerate for a few hours. Enjoy! Super easy & super yummy!

\*If you’re making a pineapple cream cheese pie, drain your pineapple as well as you can, getting out as much of the extra moisture as you can. Add the pineapple to the mixture BEFORE adding it to the pie crust “folding” the pineapple into the cream cheese mixture and THEN spoon into the pie crust. Smooth the mixture into the crust evenly.

Refrigerate for a few hours. Enjoy!



# Banana Puddin'

## Ingredients:

- 2 Cook-N-Serve Vanilla Puddings
- 1 Pkg. Vanilla Wafers
- 2-3 Large Bananas
- 1 Bowl Cool Whip

## Directions:

Set aside a handful of vanilla wafers for later use. Slice up bananas in  $\frac{1}{4}$ - $\frac{1}{2}$ " thick round slices. Get a 9x9 square baking dish (clear glass makes a pretty puddin'! Or something similar in size. Add a layer (cookie-to-cookie/about  $\frac{1}{2}$  the box) of vanilla wafers to the bottom of the pan and the sides. You can also add crumbled cookies in between the cookies. Place slices of bananas in a layer on top of the wafers and along the sides. Set aside. Prepare the vanilla pudding according to the package instructions. Allow to cool just a bit before adding it, still warm, over the layers of wafers/bananas in the pan. Add  $\frac{1}{2}$  the pudding mixture as the next layer, spreading it out. At another layer of cookies & bananas and then cover with the last of the pudding. Top with a layer of cool whip. Take the wafers you set aside earlier and crumble them well. (A ziplock bag and a meat mallet or hammer would come in handy here!) Sprinkle wafer crumbs over the top of the

cool whip, and you're finished! Refrigerate and enjoy once completely cooled.



# Old Fashioned Bread Puddin'

## Ingredients:

8-10 Slices Day-Old Bread (Getting a bit stale? Good.) About 3 Cups Torn in Chunks.

3/4 Cup Brown Sugar

3 Eggs

2 ½ Cups Milk

½ Stick Butter (melted)

1 tsp. Vanilla Extract

1 tsp. Cinnamon

½ tsp. Nutmeg

½ Cup Raisins (optional)

## Directions:

Preheat oven at 350 degrees. Spread bread chunks out in a 9x9 baking pan. Add a layer of raisins if you prefer. Mix sugar and spices together. Add milk, eggs, melted butter, and vanilla extract and mix thoroughly. Pour mixture over the bread and raisins and allow to “soak” for a few minutes. Bake for 45 minutes or until the bread pudding has set up. You can drizzle a glaze over this pudding while it’s warm if you like or eat it

as is.



A decorative graphic on the left side of the title, featuring black swirls, small orange hearts, and pink hearts.

# Super Easy 3-Ingredient Peanut Butter Cookies

## Ingredients:

1 Cup Sugar

1 Cup Peanut Butter

1 Egg

## Directions:

Preheat oven to 350 degrees. Mix all three ingredients until well blended. Drop by the spoonful onto a cookie sheet. Press lightly with a fork once and then turn the fork to press down again, forming a crisscross pattern in the cookie dough and flattening the cookie a bit. Bake for 6-8 minutes or until lightly brown on bottom. Enjoy warm with a glass of cold milk.



# Pumpkin Dump Cake

## Ingredients:

1 Boxed Yellow Cake Mix 1 ½ Sticks Butter (unsalted!) 1 16 oz Can Pumpkin  
Eggs 1 Can Sweetened Condensed Milk 2 tsp. Cinnamon 1/2 tsp. Pumpkin Pie Spice ½ -1  
Cup Chopped Pecans

## Directions:

Preheat oven to 350. Put two cups of the cake mix in a bowl and then “smoosh” in ½ a stick of butter chunk into the mixture until well blended with a chunky, sand-like consistency. Mash the mixture into a 9x13 cake pan, until there is a nice layer covering the bottom of the pan. Now mix the pumpkin, milk, eggs, and spices until well blended. Pour on top of the cake/butter mixture in the pan. Use the rest of the cake mixture and mix it with ½ a tsp of cinnamon. Sprinkle it all over the top of the pumpkin mixture to form a nice crumble top.

Add the chopped pecans in a layer on top of the cake mix/cinnamon layer. I like tons of pecans, so I use an insane amount. You can add as much as you prefer. Melt about 3-4 Tablespoons of butter and then drizzle that right on top of the pecans and cinnamon cake mix.

Bake at 350 degree for 40 minutes or so. The topping will become golden brown,

and a knife inserted in the center shouldn't have tons of pumpkin when it comes out.



# Tater Salad

## Ingredients:

8-10 Medium Potatoes

4 Eggs (boiled and chopped finely)

1 Large Onion (diced very fine)

2 Cups Mayonnaise


3 Tablespoons Mustard

1 Dill Pickle (chopped finely) or Relish (optional)

Salt & Pepper to Taste

## Directions:

Peel and dice potatoes and then boil until tender. Drain water from potatoes and add eggs, onion, and pickle, mixing until well blended. Mix mayonnaise, mustard, salt, and pepper in a small bowl and then add to potato mixture. Mix well.



# Uncle Terry's Enchilada Casserole

## Ingredients:

2lbs. Ground Beef

Can of Enchilada Sauce

Can of Cream of Mushroom Soup

Doritos

Sliced American cheese or queso

## Directions:

Preheat your oven to 350 degrees. Begin browning your ground beef in a frying pan. In a large saucepan, combine cream of mushroom and the enchilada sauce. Cook on medium-low, and mix well. Once the ground beef is finished, drain it well and add the meat to the soup and enchilada sauce mixture. Mix well and turn off.

Take a 9x13 baking pan and line the bottom with a thick layer of crushed Doritos. You don't have to pulverize them, just mash them up a bit. Pour the beef/soup mixture over the Doritos. Add a nice layer of sliced American cheese (about 8 slices?) to the top. You can use queso if you prefer. Add more Dorito crumbs lightly on top of the cheese. Bake at 350 degrees for 15-20 minutes or until the cheese begins to bubble and brown. Allow to cool for 10 minutes before serving. Enjoy with a big salad. Yum!



# Laminated Veggie Jar

## Ingredients:

2-3 Cucumbers

2 Tomatoes

1 Onion (Vidalia is yummy!)

½ Cup White Distilled Vinegar (or) Apple Cider Vinegar (or) Balsamic Vinegar

¼ Cup Olive Oil

A few shakes of Salt & Pepper

2-3 Chopped up Cloves Garlic (optional, but yummy)

## Directions:

Chop cucumbers, tomato, and onion into medium, bite-sized pieces and place in a large, quart-sized Ball jar. Mix vinegar, olive oil, garlic, salt, & pepper together well and pour over vegetables. Shake well. Can be eaten immediately if preferred. Best if placed in fridge for 12-24 hours before serving. (Shake well again before serving)



# Candied Sweet Potatoes

## Ingredients:

3-4 Cans Yams (or) 3 Sweet Potatoes (peeled & sliced)

½ Cup Granulated Sugar

½ Cup Brown Sugar (packed)

1 Stick Butter

1 Tablespoon Cinnamon

½ - 1 Cup Pecans\* (optional)

Mini Marshmallows

## Directions:

Preheat oven to 350 degrees. Add (drained) cans of yams or sliced sweet potatoes to a baking dish. Mix sugars and cinnamon and then spoon over your yam/potatoes. Cut your butter into slices over the sugar. Bake until candied or if you're using fresh sweet potatoes, bake covered in tinfoil until they are fork-tender. They make their own juice. Remove from oven and add as many mini marshmallows as you like and then bake until marshmallows are melted and golden brown on top.

\*Add pecans just before adding marshmallows if you like.



# Cornbread Casserole

## Ingredients:

- 1 Box of Jiffy Cornbread Mix
- 1 Can of Whole Kernel Corn
- 1 Can of Creamed Corn
- 1 Stick of Butter (melted)
- 1 Large Egg
- 1- 8oz. Sour Cream

## Directions:

Preheat oven to 350 degrees. Melt butter in microwave or on stovetop. In a medium bowl, mix all of the ingredients, including melted butter. Mix well. Pour in 9x9 square baking dish. Bake for 50-55 minutes or until golden brown on top.





# Butter Beans

## Ingredients:

1 lb. Bag of Dry, Large Lima Beans

1 Stick Butter

Salt & Pepper to Taste

## Directions:

Rinse beans and discard any bad ones. Put beans in a large pot and add water, covering the beans by 3-4 inches. Add the stick of butter and about two tablespoons of salt. Cook on medium-high until beans begin to boil. Lower to medium-low and put a lid on the pot. Make sure the lid isn't on completely, allowing some steam to escape the pot. Check often. Beans soak up the water quickly and can burn easily if not watched. Add water to the pot as needed and turn down to low/simmer if necessary. You want to keep a good inch of water/soup covering the bean while they cook completely. The beans are done when a fork can easily mash them. No one likes a crunchy bean. ;) Once the "soup" has thickened and the beans are cooked all the way through, taste it. Add salt and pepper as needed. Serve with a side of cornbread.



# Granny's Goulash

## Ingredients:

1lb. Ground Beef  
2 Cans Stewed Tomatoes  
1 Small Can Tomato Sauce  
1lb. Elbow Noodles  
Salt & Pepper to Taste

## Directions:

Begin browning the ground beef in a skillet with a bit of salt and pepper. When the beef is cooked through, drain the oils off and put back into skillet. Add stewed tomatoes and tomato sauce to the ground beef and allow to simmer. Prepare elbow noodles according to back of package. Drain water off noodles and put back in saucepan. Add your beef/tomato mixture and mix well. Salt and pepper to taste. Enjoy with a slice of buttered bread!




# Southern Cornbread Stuffing

## Ingredients:

- 2 Boxes Stovetop Cornbread (or any) Stuffing
- 3-4 Pieces Cooled & Crumbled Cornbread (see recipe)
- 2 Eggs
- Celery Hearts (finely chopped)
- 2 Cans of Chicken Broth or stock (great time to use the broth off your holiday turkey!)
- 1 Stick of butter.

## Directions:

Preheat oven to 350 degrees. Add stick of butter to a casserole pan or cake pan and let butter melt in the oven. Take the pan out of the oven when the butter is completely melted and then pour stuffing mixture into butter and mix with a fork. Add finely chopped celery and the crumbled cornbread to the stuffing mixture and mix well. Beat two eggs and pour over cornbread mixture. Add cans of broth and mix well. The stuffing should be wet to the touch. If the stuffing mixture is still too dry, add more broth or water until damp to the touch. Bake in oven for 30-45 minutes or until golden brown on the top.



# Chicken-N-Dumplings


## Ingredients:

- 3 Shredded, Cooked Chicken Breasts (or whole chicken deboned)
- 4 Chicken Bouillon Cubes
- 2 Cans Chicken Broth (or broth from chicken)
- 2 Cups Self-Rising Flour
- ½ Stick Butter
- ½-1 Cup Milk
- Salt & Pepper

## Directions:

Add chicken broth and bouillon cubes to a large pot. Cook on Medium until bouillon cubes have mixed into broth. Add water until your pot is around  $\frac{1}{2}$  -  $\frac{3}{4}$  full. Add chicken and stir. Add a few shakes of salt and pepper to the pot and turn up to medium-high to start a rolling boil. While the broth is heating up, put flour into a medium-sized bowl and “cut” cold butter into it. Mix the butter into the flour using your fingers until the flour looks like coarse sand and there are no large lumps of butter. Add milk and fold in until the dough is formed enough to handle without sticking to your fingers. Do not over mix/knead. Once the broth is boiling, turn back down to medium, allowing to

simmer/boil lightly. Pull a handful of the dough out of your bowl and begin pinching off ½-1 inch thick “balls” of dough and drop them into your broth/chicken mixture. The dough will float to the top. Continue dropping balls of dough into the soup until it is all gone. Add a few more shakes of salt and pepper and stir well, folding your chicken up and over the dough. Turn the boiling soup down to a light simmer and cover, leaving the lid on crooked to allow steam to escape so as not to overflow soup all over your stovetop. Cook for about 20 minutes, stirring on occasion. The soup is done when the dough has mostly sank to the bottom and when cut through with a fork has the texture of a dumpling.



# Peggy Sue's Potato & Broccoli Soup

## Ingredients:

12-14 Medium/Large Potatoes

½-1 Head of Broccoli

1 Cup of Milk

½ Stick of Butter

½ Small Block Velveeta

Salt & Pepper

Sour Cream

Bacon Bits

Shredded Cheddar

## Directions:

Half this recipe if you have a smaller family. Peel and Chop potatoes into small, bite-sized pieces. Add to a large pot and cover with water by about 2". Add butter and bring to a boil. Once the potatoes are boiling, reduce heat and simmer until potatoes are cooked and fork-tender. Turn heat off and add salt and pepper. Cook broccoli in small pieces separately. Once the broccoli is cooked, drain well and add to potato soup. Melt Velveeta in a microwave-safe bowl and then stir slowly into soup mixture. Add milk and stir. Taste. Add more salt and pepper if needed. Ladle into bowls and serve with a small

dollop of sour cream, shredded cheese, and bacon bits on top. Delish for fall parties!

*\*Broccoli can be completely omitted if desired. Some people don't like broccoli.*

*Who knew?*



# Super Easy Yeast Rolls

## Ingredients:

- 1 Cup Water
- 2 Tablespoons Warm Water
- $\frac{1}{3}$  Cup Oil
- 2 Tablespoons Active Dry Yeast
- $\frac{1}{4}$  Cup Sugar
- $\frac{1}{2}$  tsp. Salt
- 1 Egg
- $3\frac{1}{2}$  Cups All-Purpose Flour

## Directions:

Preheat oven to 400 degrees. Combine warm water, oil, yeast, and sugar in a medium bowl or in your mixer's bowl. Mix thoroughly. Let dough rest for twelve minutes. Mix  $1\frac{1}{2}$  cups of the flour, salt, and egg into the yeast mixture by hand, with a handheld mixer, or by using a dough hook. Add the remaining 2 cups flour  $\frac{1}{2}$  cup at a time and mix well. Shape dough into twelve balls and place in a 9x13 pan. Leave to rise for ten minutes. Bake for ten minutes or until tops are lightly golden brown.





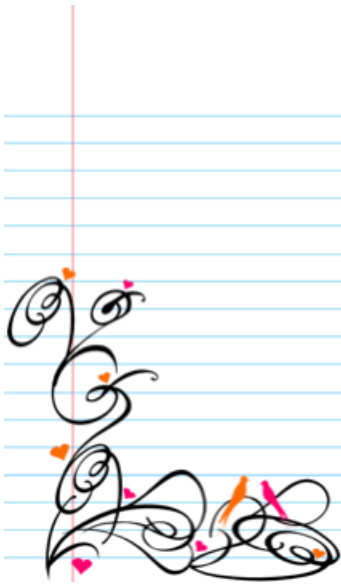
# Beef Tips & Noodles

## Ingredients:

- 1 Package of Beef Tips
- 1 Bag of Egg Noodles
- 1 Can Brown/Beef Gravy
- Sour Cream
- Salt & Pepper

## Directions:

Season beef tips with salt and pepper or seasoning of choice and cook in frying pan until cooked through and tender. Boil egg noodles until tender and then drain thoroughly. Add gravy (1 jar or 1 can) plus  $\frac{1}{2}$ -1 can of water to beef tips, depending on how thick you like your gravy. Mix well and add a little salt and pepper. Stir egg noodle into the gravy/beef tip mixture until noodles are well coated. Serve with a dollop of sour cream on top and some buttered bread.



# Veggie Soup

## Ingredients:

½ Head Cabbage, chopped

3-4 Carrots

3-4 Potatoes

Celery heart or 1-2 stalks chopped finely

2 Large Handfuls Fresh Green Beans

2 cans Stewed Tomatoes

Salt & Pepper to taste

## Directions:

Clean and chop potatoes and carrots into bite-sized pieces and add to a large pot. Add green beans and cabbage to pot. Pour both cans of stewed tomatoes on top and add water until about  $\frac{3}{4}$  covered. (You can add more water as it cooks if needed. Add salt and pepper. Bring to a boil and then turn down to medium/low heat and let simmer half covered with a lid. Mix well once the veggies have cooked for a while. Taste and add more salt and pepper if needed.



# Lemon & Herbed Baked Chicken

## Ingredients:

1 Whole Chicken

1 Lemon


3-4 Sprigs Rosemary

½ Stick Butter

Salt & Pepper & Adobo Seasoning

## Directions:

Preheat oven to 350 degrees. Place well-washed chicken in a baking dish. Cut lemon in half and set one half aside. Cut second half into circles. Cut butter into small pats. Gently lift the skin away from the breasts of the chicken and push pats of butter between the skin and the breast meat. Also stuff a few sprig of rosemary and lemon slices beneath the skin. Put other half of lemon inside the chicken's "cavity". ☺ Bake covered in tinfoil for 35-40 minutes. Remove from oven and take off tinfoil (carefully). Rub a little butter over the skin without touching it with your finger and put back in oven to bake until golden brown and chicken is cooked all the way through. Another 10-20 minutes.



# Simple Cinnamon-Candied Pecans

Ingredients:

Pecans (or almonds!)

Sugar

Cinnamon

Dash of Water

Directions:

Add sugar, cinnamon, and water to a medium saucepan and mix well. Add pecans and cook over medium heat until pecan are well coated and sugar starts to harden. Set aside and let cool.



# Pumpkin Butter

## Ingredients:

6 Cups Fresh Pumpkin Puree (or the canned stuff works!)

3 Cups Sugar

1 ½ Teaspoons Cinnamon

1 ½ Teaspoons Pumpkin Pie Spice

¼ Teaspoon Nutmeg

3 Lemons, juiced

## Directions:

Put all the ingredients in a crockpot to cook on low-medium until thick and smooth or cook on low-simmer on stovetop until same results are achieved.

*\*Can be canned in Ball jars.*



# Homemade Fridge Pickles

## Ingredients:

- 2 Dill Cucumbers or a few Small, Organic Cucumbers.
  - 2 Cloves Garlic
  - ½ Cup White Distilled Vinegar or Apple Cider Vinegar
  - ¼ Cup Sugar
  - 1 Cup Water
  - 2 Teaspoons Sea Salt
  - 3 Teaspoons Dill Seeds
  - 1 Teaspoon Mustard Seeds
- Jar

## Directions:

Slice cucumbers lengthwise or in round “chips”. Put cucumbers and garlic in your large jar. Whisk together water, vinegar, sugar, seeds, and salt in a separate bowl. Pour over cucumbers until covered. Cover with a lid/tin foil and allow to “marinate” in fridge for forty-eight hours. Pickles can stay good for up to four weeks in the fridge.

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# Southern Biscuits & Gravy

Ingredients:

Biscuits:

4 Cups of Self-Rising Flour.

1 Cup of Sugar.

3 Tablespoons Crisco Shortening

Directions:

Preheat oven to 350 degrees.

Mix flour and sugar well with a whisk. Add Crisco shortening and “cut it” into flour mixture with a knife until you have small pieces throughout. Use ice cold water to the flour a little at a time until you can pick it up and put it on a flour service to roll out. Need it a few times until it can be rolled out. Then use a glass or biscuit cutter to cut them. Roll them to about an inch thick or so. However fluffy you want them. Put about a tablespoon of grease into your pan and put it into the oven to melt. Pull pan out and take each biscuit grease each side when putting in pan. Then bake till golden brown on top.



# Freshly Squeezed Lemonade

## Ingredients:

1 ½ Cups Fresh Squeezed Lemon Juice

1 ½ Cups Sugar

8 Cups Water

3-4 Fresh Sprigs of Mint

## Directions:

Juice Lemons until you get 1 ½ Cups of juice. Discard seeds. In a small pan, bring 1 cup of water and sugar to a boil until sugar is completely dissolved. Allow to completely cool in fridge. Mix Sugar-water mixture, lemon juice, and rest of water (7 cups, cold) together in a pitcher. Add sprigs of mints and refrigerate. Serve over ice. Add maraschino cherries in a glass for a special twist!






# Pumpkin Puree

## Ingredients:

Small Baking Pumpkins 4-5lbs each (as many as you want to do)

## Directions:

Preheat your oven to 350 degrees. Cut the top/stem of the pumpkin just like you would a jack-o-lantern. Cut the pumpkin in half from top to bottom. Scoop the innards out of the pumpkin from both halves, making sure to get as much of the stringy stuff out as possible. (Put seeds aside for roasting!) Cut the halves in half. Now you should have 4 pieces of pumpkin. Repeat the process if you are doing more than one pumpkin. Lay pieces of your pumpkin on a baking/cookie sheet and place in oven for 45 minutes or until a fork slides easily into the flesh of the pumpkin. Allow the pumpkin pieces to cool a bit before handling. When they are cooler, the skin of the pumpkin should slide right away from the flesh of the pumpkin by using a fork or a small knife to “peel” it away. You can use a food processor, blender, etc. to “puree” the pumpkin now. If the pumpkin is a bit too dry, add a tiny bit of water to get the right consistency. You can also do it the old fashioned way and use a potato masher if you have nothing else.



# Creamy Cajun Chicken Pasta

## Ingredients:

2-3 Chicken Breast (boneless)  
1 lb. Penne or Rigatoni or Linguini Noodles  
1 Cup Parmesan Cheese (grated or shredded)  
2 Cups Milk  
¼ Cup Corn Starch  
1 Tablespoon Sundried Tomato Paste  
Cajun Seasoning  
Salt & Pepper

## Directions:

Chop chicken up into small strips and liberally coat with Cajun seasoning. Add a dash of olive oil to a pan and heat up on medium heat. Once the olive oil is ready (hot), add strips of chicken and cook/sautee. While the chicken is cooking, in a medium saucepan, add ¼ cup of water and ¼ cup of corn starch and mix well. Add milk, tomato paste, and cheese to pan and mix well with a whisk. Cook over low-medium heat until thickens to a “cheese sauce” consistency. Add salt and pepper and then add chicken to the sauce when the chicken is finished cooking. Cook noodles of choice according to their

instructions and then ladle sauce/chicken over noodles to serve.



# Dadgum! Deviled Eggs

## Ingredients:

½ Dozen Eggs

¼ Cup Mayonnaise

1 tsp. Mustard

Dash Salt

Dash Pepper

Dash Paprika

## Directions:

Boil eggs. Set aside to cool & then peel shells from eggs. Cut in half lengthwise. (from end to end) Gently scoop out yolks from all the eggs and place in a separate bowl. Add mayo, mustard, salt, and pepper and mix well. You can spoon the mixture (or pipe with a small piping bag) back into the scooped-out egg whites. Sprinkle paprika on top. (I like smoked paprika!)



# Easy Peasy Meatloaf

## Ingredients:

2lbs. Ground Beef

2 Eggs

½ Cup Milk

1 Cup Bread Crumbs or Two Pieces of Crusty (day-old?) bread, Torn into Tiny Pieces.

1 Package of Meatloaf Seasoning

## Directions:

Preheat oven to 350 degrees. Mix all ingredients well and then place into a baking pan and pat to form a “loaf” shape. You could also bake in actual loaf pans, leaving a few inches at the top for oil to leak up. If you use loaf pans, I suggest having a cookie sheet underneath to catch any accidental drips. Bake for 45-60 minutes or until meat is cooked through the center. Allow meat to rest for ten minutes or so before slicing and serving.




# Instant Lemon Merengue Pie

## Ingredients:

- 2 boxes Instant Lemon Pie Filling
- 1 Graham Cracker Pie Crust
- 1 Cool Whip

## Directions:

Prepare instant lemon pie filling as directed on back of box and then pour into graham cracker crust. Top with cool whip and refrigerate.



# Shut Your Mouth!


## Pecan Pie

### Ingredients:

- 1 Deep-Dish Unbaked Pie Crust
- 1 ½-2 Cups Pecans (halves or chopped coarsely)
- 1 ½ Cups Corn Syrup
- 1 Cup Sugar
- 4 Eggs
- ½ Stick Butter
- 1 Teaspoon Vanilla Extract

### Directions:

Preheat oven to 350 degrees. In a medium saucepan, bring sugar and corn syrup to a boil. Allow to boil on medium heat for a few minutes. (3-4) Take off heat. In a bowl, beat eggs lightly and then pour slowly into sugar/syrup mixture. Stir continually. Add vanilla, butter, and pecans and mix thoroughly. Pour mixture into pie crust. Bake for 45-60 minutes or until the pie is “set”.



# Cast Iron Skillet Cornbread

## Ingredients:

1 Cup of Self-rising Cornmeal

1 Cup of Self-rising Flour

½ Cup Sugar

1 Egg

¼ Cup Hot Oil

## Directions:

Preheat oven to 375 degrees. Add a small amount of oil to pan and let get hot in your oven. (Best in cast iron skillet, but any pan will do.) Mix all your ingredients together and then pour mixture in hot oiled pan and bake until brown on top. (About 20-30 minutes) Stick a knife in middle to check for doneness.





# Fried Green Tomatoes

## Ingredients:

2 Large, Green Tomatoes

1 Egg

¼ Cup Milk

½ Cup Bread Crumbs

1 Teaspoon Salt

¼ Cup Cornmeal

½ Cup All-Purpose Flour

Pepper

Oil (to fry tomatoes in)

## Directions:

Heat about ½ an inch of vegetable oil in your frying pan on medium heat. Slice tomatoes about ½ an inch thick. Beat eggs and milk together in a bowl and set aside. Add your flour onto a plate and set aside. Mix cornmeal, bread crumbs, and salt and pepper together and then pour that mixture onto another plate. Set aside. Dip tomatoes into flour to coat. Take your tomato slices and coat them in the flour. Next dip them into the milk and egg mixture. Finally, dip them into the bread crumb mixture, coating well. Fry only a

couple tomato slices at a time until brown and then flip to cook on the other side until brown. Drain oil away by placing them on paper towels.



# Day-Old Bread French Toast

## Ingredients:

Sliced Day-Old Bread (French bread preferred, but any bread will do)

2-3 Eggs

½ Cup of Milk

¼ Cup Sugar

½ tsp. Cinnamon

## Directions:

Warm up frying pan or hot plate with a little oil & butter. Beat milk and eggs together well with a whisk. Mix cinnamon into sugar well before adding to the egg/milk mixture. Once everything is mixed well, dip your bread slices into the wet mixture, coating well. Fry on hot pan until golden brown on both sides. Serve with syrup, fresh fruit, or a sprinkle of powdered sugar on top.



# 'Hater Samiches

## Ingredients:

Several Large, Ripe Tomatoes

Bread of choice

Mayonnaise

## Directions:

This is pretty simple. Slice your maters as thin or as thick as you like 'em. Add some mayo to your bread and then slap on two slices of mater. Eat and congratulate yourself. You, my friend, are truly southern.

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# Super Easy Lemon Cake

## Ingredients:

- 1 Yellow Cake Mix
- 1 Lemon or lemon juice
- 1 Cup (+) Powdered Sugar

## Directions:

Preheat oven to 350 degrees. Prepare Cake mixture according to the box. Bake cake and when it is done, set it aside to cool. In a small bowl, add powdered sugar. Juice  $\frac{1}{2}$  a lemon into the powdered sugar until you get a glaze-like consistency. Use other half of lemon if needed. Once your cake is semi-cool, poke small holes all over the top of the cake. Drizzle lemon glaze over the top of the cake. Enjoy.



# Put-Your-Wrists-Into- Salt-Flashed Potatoes

## Ingredients:

5 lb. Bag of Potatoes

1 Stick Real Butter


½-1 Cup Milk

2 oz. Sour Cream

Salt & Pepper

## Directions:

Peel and chop potatoes. Put potatoes on to boil and continue cooking over medium-high heat until a fork goes through the potato easily. Drain water and then add the potatoes back into the pan. Add butter & milk a little at a time, mashing with a potato masher or by using a hand mixer. Add sour cream and the salt and pepper. Taste as you



# Fried Bologna Samich

## Ingredients:


Bologna

Bread

Mustard (or condiment of choice)

## Directions:

Add a little oil to a frying pan and warm up. Cut four “slits” into the bologna on four opposite side, not reaching the center. Fry bologna until it looks good, slather mustard on your bread and add the bologna. (Seriously- mustard is best on a fried bologna samich. Trust me.) Enjoy.



# No-Brainer Chicken-N-Veggie Bake

## Ingredients:

3-4 Boneless Chicken Breasts (or if on a budget, chicken thighs turn out very nicely in this recipe. Just remove most of the skin from the thighs.)

3-4 Potatoes (scrubbed and chopped in bite-sized pieces)

2-3 Carrots (cleaned and chopped up) or a Cup of Baby Carrots

A few Sprigs of Fresh Rosemary

Extra Virgin Olive Oil

Salt & Pepper to Taste

## Directions:

Preheat oven to 350 degrees. Add potatoes and carrots to baking pan. Sprinkle with salt, pepper, and fresh rosemary. Drizzle a little olive oil over veggies and then place chicken right on top or squish into the pan with the veggies. Salt and pepper chicken lightly. Cover in tin foil and then bake in the oven for 40-45 minutes. Remove from oven and remove tin foil. (Careful, steam will burn the dickens out of you!) Check chicken. You can bake longer (10-15 minutes without the tinfoil if chicken isn't done.)

*\*You can easily add other vegies you like or even different seasonings. Very yummy and versatile recipe.*





# Spaghetti & Homemade Sauce

## Ingredients:

1 lb. Spaghetti Noodles or Noodles of Choice

## Sauce Ingredients:

1 lb. Italian \*Sausage (we like the spicy)

1 Small Can Tomato Paste

2 Cans Stewed Tomatoes (I run one can through the blender before adding)

1 Small Onion

2-3 Large Cloves of Garlic

1-2 teaspoon Italian Seasoning

4 Tablespoon Olive Oil

½ Cup Red Wine (can be omitted, but really makes the sauce!)

1 Cup Water (add more if your sauce is too thick)

Salt & pepper to taste

## Directions:

Chop the onion and garlic. Add olive oil to a large pan with garlic and onion. Cook over medium heat until the onions become translucent and are very soft and lightly browned. Add sausage & cook until sausage is done. Add the rest of your ingredients to

the pot. Simmer on low for ½ an hour. Serve over pasta.

*\*You can omit the sausage for a meat-free sauce. This sauce is very versatile and can be used in many recipes calling for a marinara sauce.*



# Potato Candy

## Ingredients:

1 Small Potato

1 tsp. Vanilla

Powdered Sugar (Tons of it. No joke.)

Peanut Butter (Creamy or Crunchy)

## Directions:

Boil your potato until done and when it is cool, peel the skin off and discard. Mash the potato in large bowl. Add the teaspoon of vanilla. Mash and keep mashing until it turns into soup. Now start adding powdered sugar and keep adding and stirring. When it is thick enough to grab and roll out, roll it out onto a surface dusted with powdered sugar. Roll it out to about a 1/4 or 1/2 inch thick. Take creamy or crunchy peanut butter and spread on it when done. Roll it long ways from the side and then cut slices about 1/2 thick. Place on wax paper and let dry. Make sure your potato is very small. You will need tons of powdered sugar if you use a large one.



# Pineapple Upside-Down Cake

## Ingredients:

Yellow Cake Mix

1 Can Crushed Pineapple

1 Jar Maraschino Cherries

1 Cup Brown Sugar

½ Stick of Butter

## Directions:

Heat oven to 350°F (325°F for dark or nonstick pan). Place butter in 13x9-inch pan and place in oven to melt. Sprinkle brown sugar evenly over butter. Drain juice from pineapple very well, catching juice in a measuring cup. Scoop crushed pineapple over brown sugar, spreading out evenly. Press cherries into brown sugar in a pattern, to bake out evenly over cake. Add water to pineapple juice to measure 1 cup total liquid. Make cake batter as directed on box, substituting pineapple juice mixture for the water. Pour batter over pineapple and cherries. Bake 40-50 minutes or until toothpick inserted in center comes out clean. Immediately run knife around side of pan to loosen cake. Place heat-proof serving plate or cookie sheets upside down onto pan; turn plate and pan over. Remove pan after a minute or two. Cool for 15 minutes. Serve warm or cool. Refrigerate

leftovers.



# Better-Than-Sex Cake

## Ingredients:

Yellow Cake Mix

1 Can Crushed Pineapple in Heavy Syrup (drained WELL)

1 Large box Instant Vanilla Pudding

Shredded Coconut

Cool Whip

## Directions:

Bake yellow cake according to package. Allow to cool when done. Poke holes in the top of the cake with the handle of a wooden spoon or something similar. Spread crushed pineapple over the top of the cake. Prepare instant pudding according to package and then spread on top of the pineapple. Spoon cool whip evenly over the pudding and spread out evenly. Sprinkle coconut on top of the cool whip. Serve cold. Refrigerate.



# Microwave Peanut Brittle

## Ingredients:

1 Cup Peanuts (or Pecans)

1 Cup Sugar

½ Cup Corn Syrup

1 tsp Vanilla Extract

1 tsp Butter

1 tsp Baking Soda

## Directions:

Butter or grease a cookie sheet and set aside. Mix sugar and corn syrup and microwave on high for three minutes and thirty seconds. Stir in peanuts and microwave on high for an additional two minutes and thirty seconds. Mix in butter and vanilla and microwave on high for a final one minute and thirty seconds. Quickly fold in baking soda, which will foam up a bit and then (quickly) pour onto your greased cookie sheet. Allow to cool and then break into pieces to enjoy.



# Microwave Popcorn Caramel Corn

## Ingredients:

15 Cups Popped Popcorn (3 bags of microwaved)

1 Cup Brown Sugar

1 Stick of Butter

$\frac{1}{4}$  Cup Karo Syrup

$\frac{1}{4}$  Teaspoon Baking Soda

## Directions:

Preheat oven 200 degrees. Bring sugar, butter, and karo syrup to a full boil on medium-high heat. Take off stove and stir in baking soda. Pour mixture over popcorn, coating well. Spread popcorn out in baking pans and bake. "Stir" popcorn after 15 minutes. Repeat two more times and then remove popcorn to cool.





# Great-Grandma Louise's Corn Relish

(Canning Recipe)

## Ingredients:

10 Cups Corn  
1 Cup Green Bell Pepper  
1 Cup Red Bell Pepper  
½ Head Cabbage  
2 ½ Cups Vinegar  
2 Cups Water  
1 tsp. Salt  
1 ½ Cups Sugar  
2 ½ Tablespoons Mustard Seed  
1 tsp. Celery Seed  
½ tsp. Tumeric

## Directions:

Mix and Boil until tender. Follow proper canning directions.



# Great-Grandma Mary's Pound Cake

## Ingredients:

2 Sticks Real Butter (at room temp)  
2 Cups Sugar  
6 Eggs  
2 tsp. Vanilla Extract  
2 Cups All-Purpose Flour

## Directions:

Grease a Bundt pan. Preheat oven to 350 degrees. Put butter in a large bowl. Whip in sugar until fluffy. Whip in eggs one at a time until fluffy. Add vanilla and mix well. Add flour little by little, mixing well. Pour mixture into Bundt pan and bake for approximately 1 hour.



# Homemade Meatballs

## Ingredients:

2lbs Ground Beef or Ground Turkey

1 ½ Cups Italian Bread Crumbs

2 Large Eggs

½ Cup Milk

1-2 tsp. Seasoning Salt

½ tsp. Pepper

## Directions:

Preheat oven to 350 degrees. Mix all ingredients together well. Form into 1" round balls and place in a cake or casserole pan. Bake 30-45 minutes or until meat is done in the center. These are great in spaghetti or for meatball subs.



# Southern Sayin's

1. Southern Sayin': "Don't let the door hit ya where the good Lord split ya."  
Translation: Go on ahead and leave. We're not going to miss you when you're gone.
2. Southern Sayin': "She's about as useless as tits on a boar." Translation: She's pretty darn useless.
3. Southern Sayin': "Your daddy wasn't no glass maker." Translation: You're in my way and I can't see through you.
4. Quote: I'm having a wish sandwich for dinner. I got two pieces of bread and I wish I had something to put on them. –My Pop, because he thought he was funny & I laughed no matter how many times I heard that same joke.
5. Southern Sayin': "She doesn't have a pot to piss in." Translation: She's pretty danged poor.
6. Southern Sayin': You catch more flies with honey than with vinegar."  
Translation: Try being sweet. It works better than being a smart aleck.
7. Southern Sayin': "You're getting' too big for your britches." Translation: You think you're more important than you are.
8. Southern Sayin': "Can't never could." Translation: You'll never accomplish it if you don't try.
9. Southern Sayin': "Well, butter my butt and call me a biscuit." Translation:

Well, that's surprising.

10. Southern Sayin': "He's walkin' in high cotton." Translation: He's moving up in the world.

11. Southern Sayin': "It's finer than a frog hair split four ways." Translation: It is super, super fine.

12. Southern Sayin': "I'm about to open up a can o' whoop ass!" Translation: Better run. Someone's angry.

13. Southern Sayin': "She ain't got the sense God gave a goose." Translation: She isn't overly smart.

14. Southern Sayin': "She was fit to be tied." Translation: She was mad.

15. Southern Sayin': "Quit yer piddlin'." Translation: Stop messing around and get a move on.

16. Southern Sayin': "She was just plum tuckered out." Translation: She was exhausted.

17. Southern Sayin': "He's gonna get his up-n-comings." Translation: He will get what he deserves.

# About The Author



Peggy Martinez is the author of The Sweet Contradiction Series, which was picked up by Crimson Tree Publishing in early 2014 and is scheduled to release under this new imprint in the Summer of 2014. Martinez's New Adult Contemporary Romance series will include Sweet Contradiction, Perfect Contradiction and Beautiful

Contradiction.

When not writing, Peggy can be found spending time at home with her husband, her teen son and four little girls. She loves reading, writing, soap making, aromatherapy, gangster movies, prepping for the zombie apocalypse and downing insane amounts of Twizzlers and Kazoozles.

As if being a wife and homeschooling mom of five doesn't keep her busy enough, Peggy Martinez is a full time Author who has six published books, including The Time Warper Series and State of Decay. Peggy's dream is to own a small homestead where she can raise some chickens along with her five kids, tend to a large garden and one day take her dream vacation's to Ireland, Greece and Scotland.