



FAVORITE FAMILY RECIPES

*The American Family Insurance
Back to the Family Dinner Table Cookbook*



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Contents

FOREWORD	4
APPETIZERS & SIDES	5
PASTA DISHES	12
SUNDAY SUPPERS	22
CASSEROLES & SLOW COOKER DISHES	35
SEAFOOD	46
SOUPS & SALADS	50
BREAKFAST & BRUNCH	56
DESSERTS	61
THANK YOU	69

FOREWORD

I am a firm believer that there is nothing more important than time spent around the family table.

It is not only where our family is nurtured, it is where dreams are born.



As a mother of four, I have always known this to be true, but I don't think I truly understood the impact our family meals had on my family until the day my oldest left for college. When asked what she would miss most about home, she responded, "The time we spend together in the kitchen. I can't imagine not being home on Sunday for dinner." Her words had such a profound effect on me. At that moment I realized that time around the family table meant as much to my children as it did to me.

We love shopping together at the farmer's market and coming up with new recipes around seasonal ingredients. In fact, it is our favorite thing to do on a Saturday morning. Shopping, planning recipes, cooking together and ultimately conversing around our kitchen table has become a tradition that our family looks forward to. Witnessing how our meals have shaped my own family, inspired the Sunday Supper Movement. Our mission is to bring back Sunday Supper around the family table in every home. It starts off as one day a week, but soon becomes a way of life.

It is such an honor to partner with American Family Insurance and work on this cookbook that brings together favorite recipes from employees, policyholders, and bloggers across the United States. American Family Insurance believes that building the next generation of dreamers starts at the family dinner table. That's the inspiration behind the **Back to the Family Dinner Table Cookbook**. We hope to inspire you to spend time around the family table. May you enjoy great food, meaningful conversations and dream big!

Isabel Laessig

Editor at Family Foodie

Founder of Sunday Supper Movement

Host of The Food And Wine Conference



APPETIZERS & SIDES



Set the stage for family memories with inviting finger foods and heartwarming side dishes! Perfect for passing at family gatherings or around the weeknight dinner table, these recipes feature quick and simple cuisine sure to spread plenty of smiles.

Green Bean and Bacon Bundles

Submitted by: Lisa O.

Glam up your vegetables! Wrapping beans in bacon makes this dish irresistible - even to the pickiest eaters in your family.



Ingredients:

Green beans (may cook first for about 4 minutes, then cool in ice water)
Bacon (may par-cook)
Onion powder
Garlic powder (or salt)
Olive oil
Grated Parmesan cheese

Directions:

Preheat oven to 350°. Clean and snip ends of green beans. Bundle beans in bunches of 5-7 and wrap with 1/2 of a bacon slice. Place all on a pan so they are not touching. Drizzle olive oil over each bundle, and then season with onion and garlic powder. Sprinkle a little Parmesan on each bundle as well.

Bake for a half hour. Put oven on broil setting and broil for another 10 to 15 minutes. Note: if you precooked the beans and bacon, cook for 15 minutes, then sprinkle with Parmesan and bake for another 5 minutes.

Crab Dip

Submitted by: Alana Sue D.

Love crab? This seafood-inspired dip is a flavorful favorite at any family celebration.



Ingredients:

1 C. ranch salad dressing
1- 7 oz. canned crab, drained
1 tsp lemon juice
1/8 tsp hot pepper sauce

Directions:

In a bowl combine the four ingredients. Cover, refrigerate. Serve with vegetables.

Stuffed Mushrooms

Submitted by: Amy H.

Ready in just 30 minutes, these savory mushrooms are the perfect go-to recipe for family fun.



Ingredients:

1 container pre-packed mushrooms
1 package Jimmy Dean® sausage
1 package of cream cheese

Directions:

I buy the pre-packed mushrooms, wash them, and take out the stems. Fry one package of Jimmy Dean® sausage. Once it is fully cooked, mix in a package of cream cheese until melted. Fill the mushrooms with the mixture. Put in a baking dish and cook for about 20 minutes at 350°. Let cool for 5 minutes and serve.

Portuguese Rice

Submitted by: Isabel Laessig of familyfoodie.com

Rice is a Portuguese staple - and for good reason. This simple, savory side dish goes with countless dinners!



Ingredients:

2 C. uncooked long grain rice
4 C. of water
1 small onion, whole
2 chicken bouillon
1 tsp salt
4 tsp butter

Directions:

Bring the water to a boil and add the onion, chicken bouillon and salt. Reduce heat to low and add the rice. Cover and do not touch for approximately 30 minutes or until the rice is cooked and tender. Remove the onion and discard. Stir in the butter and serve.

Fried Green Tomatoes

Submitted by: Georgia S.

Bumper crop of green tomatoes? This creative recipe offers a wonderful way to enjoy your more... well, reluctant tomatoes.



Ingredients:

Green tomatoes
Margarine or butter
Flour
Salt and pepper, as desired

Directions:

Slice green tomatoes into thin slices and flour on both sides. Melt a stick of margarine in a stainless steel pan and place slices in pan. Fry tomato slices until crispy brown on both sides. Salt as needed. Remove to plate using a spatula.

Delicious AuGraten Potatoes

Submitted by: Patricia W.

This warm, comforting dish is the perfect complement to any family dinner.



Ingredients:

1 bag Ore-Ida® hash browns (frozen)
1 can cream of chicken soup
1 C. sour cream
1 C. shredded cheddar cheese
1 onion, chopped
Cornflakes
1/2 stick butter

Directions:

Combine first 5 ingredients together in a 11x7 Pyrex® dish. Top with crushed cornflakes and 1/2 stick butter. Bake one hour at 350°.

Pierogies

Submitted by: Cindy Kerschner of cindysrecipesandwritings.com

*There's an art to making homemade pasta. My Gram used to say,
"You need to know how to make 'em with your eyes shut!"*



Ingredients:

3 C. all-purpose flour,
plus 1 C. reserved
2 large eggs
1/2 C. water
4 C. potatoes, peeled, cubed
1 medium onion, sliced
2 C. (8 oz.) shredded cheddar or
American cheese
Salt, and pepper to taste

Directions:

Filling:

To make filling, cover potatoes with water and boil for 10 minutes, add onions and continue boiling until potatoes are fork tender. Drain. Return to pot, add cheese and mash. Season with salt and pepper to taste. Set aside to cool.

Dough:

In a large bowl, add 3 cups flour, make a depression or "well" in the center and add the eggs. Slowly add water a little at a time, working into the dough as needed. Knead dough until soft and slightly sticky.

Cover bowl with damp towel and let dough rest 15 minutes. Sprinkle some of the reserve flour over the work surface and lightly coat hands and rolling pin. Divide dough into thirds and roll out until about 1/8-inch thickness. Sprinkle reserve flour as needed to keep from sticking. Use sparingly or excess flour will toughen dough. Dip a 3-inch diameter drinking glass, donut cutter or biscuit cutter into reserve flour. Cut out dough circles.

To Assemble:

Scoop about 1 teaspoon of filling onto the center of the dough circle. Lightly wet the outside edge of the dough with water. Fold the dough over the filling. Wet the edge of the outer rim of the dough. Start at one end and begin pinching the edge of the pocket shut. Be careful to keep filling off the seam. Seam should be about 1/4-inch wide. You can seal the seam with a fork if desired. Lay closed pierogie on lightly floured waxed paper. Cover with damp cloth. Repeat above steps with remaining ingredients. Bring 4 quarts of lightly salted water to a rapid boil. Carefully drop pierogies into boiling water. Nudge pierogies from bottom with a slotted spoon. Reduce heat and gently boil until pierogies float (approximately 5 minutes). Test one for doneness. Dough should be cooked through but not soggy. Remove pierogies with slotted spoon to a colander. Rinse with cold water to prevent sticking. Drain. Move to waxed paper to thoroughly cool.

You can then eat them as is, deep fry them, sauté in butter with onions, or freeze them for later!

Fast Corn on Cob

Submitted by: Steven S.

This simple microwave recipe can have you enjoying steaming corn on the cob in no time.



Ingredients:

Ear of corn
Butter, if desired

Directions:

Remove the husk from an ear of corn and wrap the ear in a wet paper towel. Place corn in the microwave, cook for 3 minutes = done! You just cooked the ear of corn! Careful it's hot. Remove paper towel, butter the corn, and serve.

Rice Casserole

Submitted by: Janice B.

Need a quick side the whole family will love? Bring them to the table with this cheesy dish.



Ingredients:

1 1/2 C. cooked long grain rice
1/3 lb. cheddar cheese,
cut and grated
1/3 lb. Monterey Jack cheese, cut
and grated
1 C. sour cream
1- 4oz. can chopped Ortega® chilis
1/2 C. sliced olives, if desired

Directions:

Combine cooked rice and all other ingredients - mix well. Put in a 7x10 casserole pan. Bake, covered for 30 minutes at 350°.

Buffalo Chicken Pizza

Submitted by: Heather King of hezzi-dsbooksandcooks.com

This recipe bakes up in less than 20 minutes, so it's a great idea for nights when families don't have a lot of time to eat together. Plus - the kids can help put on the toppings!



Ingredients:

- 1 Tbsp butter
 - 1/3 C. red onion, thinly sliced
 - 4 garlic cloves, chopped
 - 1 1/2 C. cooked chicken breast, shredded
 - 1/4 C. Frank's Red Hot® hot sauce
 - 1 C. pizza sauce
 - 1 12" pizza crust shell
 - 1 1/2 C. mozzarella cheese
 - 1/4 C. ranch dressing
 - 1 Tbsp green onions, chopped
-

Directions:

Preheat the oven to 425°. Melt the butter in a medium skillet over medium heat. Once it is melted add the red onion and sauté for 4-5 minutes. Add in the garlic and sauté for an additional minute. Add the chicken and hot sauce to the skillet and sauté for 3-4 minutes. Spread the pizza sauce over top of pizza crust. Sprinkle with the mozzarella cheese then top with the buffalo chicken mixture. Drizzle with ranch dressing. Bake for 10-15 minutes or until the crust is browned. Remove from the oven and sprinkle with green onions.

Note: If you don't like spicy foods it's easy to make this a BBQ chicken pizza. Simply substitute BBQ sauce for the ranch dressing and toss the chicken with BBQ sauce instead of hot sauce. Cook as directed.





PASTA DISHES



From fork-twirling classics to creative creations like ‘Straw and Hay’ noodles, your whole family will love trying these pas-tacular dishes! Championing simple techniques and seasonal ingredients, each recipe offers plenty of opportunities for young and old alike to enjoy cooking together.

Linguine with Fresh Tomatoes and Basil

Submitted by: Beate Weiss-Krull of notsocheesykitchen.com

This is an easy dish for a satisfying dinner - even on a weeknight. Fresh tomatoes truly shine with the pasta.



Ingredients:

1 box linguine
1 lb. ripe tomatoes (I used heirlooms)
1 medium onion (a fresh onion with some greens attached is perfect)
3 garlic cloves minced
1/4 C. olive oil
Salt and pepper to taste
Pinch of sugar
1/2 C. or more fresh minced basil
Optional - 1/2 C. grated
Parmesiano Reggiano cheese

Directions:

Cut tomatoes into chunks without seeding them. Cut onion into fine slices setting aside - if using - the sliced greens. Heat olive oil in a large pan and when warm, add onions and sauté them at medium heat until they have softened. Add tomatoes together with garlic as well as a pinch of salt and sugar. Combine well and leave at medium heat. Stir occasionally. In the meantime prepare pasta according to directions, cooking until it is just about al dente. Drain pasta and set aside for a minute. Remove tomatoes from the heat. Adjust salt and pepper, and add fresh basil. Add the drained pasta to the pan with the tomatoes and basil. Toss everything well then transfer immediately to a serving dish. Top with Parmesiano Reggiano, if desired.



Speedy Ziti with Zesty Chicken

Submitted by: Carol C.

A healthy, quick, and delicious meal in no time!



Ingredients:

1 lb. whole wheat ziti, or other medium shape, uncooked pasta
12 oz. cooked chicken, chopped
2 tsp butter
1 medium onion, chopped
1 Tbsp Dijon mustard
2 Tbsp whole-wheat flour
2 C. reduced sodium chicken broth
1/4 C. lemon juice
1 package frozen peas (10 oz.), defrosted and drained
1/4 C. fresh parsley, chopped
Salt and black pepper, to taste

Directions:

Prepare pasta according to package directions. While pasta is cooking, warm the butter over medium heat in a large skillet. Add the onion and cook for 3 minutes. Stir in the Dijon mustard and flour. Very gradually whisk in the chicken broth. Bring the broth to a boil and stir in the lemon juice, peas, and parsley. When pasta is done, drain it well. Toss pasta and cooked chicken with sauce, season with salt and pepper and serve.

Parmesan Noodles

Submitted by: Susan C.

This beloved classic can be further customized with your family's favorite meat or veggies.



Ingredients:

1/4 C. butter
1/4 C. Parmesan cheese
Penne pasta

Directions:

Boil penne pasta, drain. Add butter and Parmesan cheese, stir.

Classic Spaghetti and Meatballs with Homemade Tomato Sauce

Submitted by: Courtney Rowland of neighborfoodblog.com

From simmering homemade tomato sauce to rolling meatballs, this is a meal that gets the whole family involved.

For the Sauce:

3 Tbsp olive oil
1 1/2 C. chopped onions
1 1/2 C. chopped carrots
4 Tbsp chopped fresh parsley
3 cloves garlic, minced
2 - 28 oz. can crushed or whole tomatoes, including the juice, or 1 3/4 pound of fresh tomatoes, peeled, seeded, and chopped
4 Tbsp chopped fresh basil
2 tsp tomato paste
1 Tbsp sugar
Salt and freshly ground black pepper to taste

For the meatballs:

1 C. milk
4-5 slices bread, crusts removed
2 lbs. ground beef
1 lb. Italian sausage
1/3 C. ricotta cheese
1/3 C. Parmesan cheese
3 eggs
3 tsp Kosher salt
1 1/2 Tbsp chopped fresh parsley
3 tsp black pepper
1 1/2 tsp dried oregano
4 garlic cloves, minced
About 1 C. flour
1/4 C. olive, grape, or vegetable oil, for frying

For the pasta:

1 16 oz. box spaghetti noodles

Directions:

The easiest way to manage this recipe is to make sure everything is prepped in advance. This allows you to multi-task so that while the sauce is simmering, you can work on the meatballs, and so forth. Start by prepping all of your sauce ingredients - chop your carrots, onions, and parsley and mince your garlic and basil. Open your canned tomato and paste jars. This will make it much easier to handle the sauce while you're working on the meatballs. Heat a large skillet over medium heat, add oil, and add carrots, onions, and parsley. Toss to coat the veggies with the oil, then reduce heat to low, cover, and cook for 15-20 minutes or until veggies are softened. *At this point you can get started on the meatballs by mixing the bread crumbs and milk together – full directions are below.

Once the veggies are soft, remove the cover, add the garlic, and increase the heat to medium high. Cook the garlic until fragrant (about 1 minute) then add canned tomatoes, paste, and basil. Sprinkle generously with salt and pepper. Bring the mixture to a gentle boil then reduce heat to low and allow to simmer uncovered for 30-45 minutes while you work on the meatballs. Give the sauce a quick whirl in the blender or food processor for a smooth texture then return to the skillet.

Heat the milk in a small saucepan until steaming. Tear the bread into small pieces and add it to the milk. Stir until coated. The texture should be like a thick, wet paste. If mixture is too loose, add a few more bread pieces.

In a large mixing bowl, whisk together the ricotta, Parmesan, eggs, salt, parsley, pepper, oregano, and garlic. Add the bread mixture and the meat then use your hands to stir together until a cohesive mixture forms. It doesn't have to look fully combined, it just needs to stick together. Form the mixture into the size balls of your choice and place on a parchment lined baking sheet. At this point, you can either place the baking sheet in the freezer, flash freeze for a few hours, then remove and place the meatballs in a freezer safe ziplock bag OR you can prepare to cook them.

To cook the meatballs, fill a bowl with flour. Dredge each meatball in a little bit of flour then place back on the baking sheet.

Continued on next page

Heat olive oil in a skillet over medium high heat. Carefully add the flour dredged meatballs to the pot and allow to cook until browned, flipping so both sides brown, usually 2-3 minutes per side.

Add the meatballs to the tomato sauce (which should be gently simmer over medium low to medium heat) and allow them to finish cooking in the sauce, usually 15-20 minutes depending on the size of your meatball. To check for doneness, remove one meatball and slice open. Make sure no pink remains in the middle.

While the meatballs finish cooking, boil your pasta water with a few tablespoons of salt and cook your pasta to al dente. Drain and cover to keep warm or serve immediately.

Serve while everything is hot and steamy with a big green salad and garlic bread.



Simple Spaghetti

Submitted by: Katherine D.

Katherine says, "This recipe is special to us because we love chili, but didn't have all the ingredients one day. We made this up instead, and my whole family loved it."



Ingredients:

1 lb. lean ground beef
1-14.5 oz. Italian-style stewed tomatoes
1-6 oz. can tomato sauce
1 medium onion, diced
2 cloves garlic, chopped
Parmesan cheese
Salt and pepper
1 tsp basil
1 tsp oregano
3/4 C. water
1 tsp olive oil

Directions:

Sauté onion and garlic in olive oil about 1 minute. Add ground beef. Simmer until beef browns. Drain excess oil. Add stewed tomatoes, tomato sauce and water. Add salt and pepper to taste, plus 1 tsp each of basil and oregano. Cover and simmer about 45 minutes. While cooking, boil 1 lb. pasta (any kind). Pour pasta in a serving bowl and top with ground beef mixture. Top with Parmesan cheese and fresh chopped parsley, if desired. Serve with garlic bread.

TABLE TALK

Between “pass the ketchup” and “finish your peas”, it comes as no surprise that actual conversation makes up only ten minutes of each meal! What favorite food dish gets your family talking?

SOURCE: www.splendidtable.org

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