

# **ESSENHAUS FOODS EMPLOYEES'**

## **FAVORITE RECIPES**

### **BEEF/CHICKEN & NOODLES**

7 Cups Essenhau Broth, Water or Combination  
8 oz Essenhau Noodles  
Season to taste with Essenhau Soup Base  
1 can Essenhau Beef/Chicken Meat or Cooked, Boneless Meat of Choice.

Directions: Bring liquid to a boil then add noodles. Bring to a boil again. Cover and let simmer until soft (10-30 minutes depending on noodle size). Add Essenhau Meat of choice and heat through. Serves 4

### **BEEF STROGANOFF**

Jim Fisher

1-½ Pounds Beef Round Steak  
2 Tbsp. Butter  
1-½ Cups Essenhau Beef Broth  
2 Tbsp. Ketchup  
½ tsp. salt  
1 Garlic Clove, Chopped  
8 oz Mushrooms, Sliced  
½ Cup Onion, Chopped  
3 Tbsp. Flour  
1 Cup Sour Cream  
8 oz Essenhau Noodles

Directions: Cook noodles according to package directions. Slice steak into thin strips, then brown in butter in separate pan. Reserve 1/3 cup of broth. Combine remaining broth, ketchup, salt and garlic to the steak and bring to boil. Reduce heat, cover and simmer 10 minutes. Stir in mushrooms and onions, cover and simmer 5 minutes. Mix the 1/3 cup broth with flour and gradually stir into beef mixture. Cook to boiling, stirring constantly, boil and stir one minute. Reduce heat, stir in sour cream until heated through and serve over prepared Essenhau Noodles.

### **CHICKEN POT PIE**

4 Cups Essenhau Broth, Water or Combination  
6- oz. Essenhau Pot Pie Noodles  
Season to taste with Essenhau Soup Base  
1 Can Essenhau Canned Chicken  
¾ Cup Diced Potatoes\*  
¾ Cup Sliced Carrots\*  
½ Cup Chopped Celery\*  
¼ Cup Chopped Onion\*  
14.5 oz can Cream of Chicken Soup

Directions: Bring liquids to a boil, add noodles, and bring to a boil. Cover and simmer 20 minutes. When simmering is complete, reserve 2 cups of broth. Mix can of soup with reserved broth and add this mixture back to the noodles. Combine remaining ingredients and simmer or bake (at 325 degrees) until vegetables are tender. Serves 4

For BEEF POT PIE-substitute Essenhau Beef Meat & Cream of Mushroom Soup.

\*Can substitute frozen vegetables

## **EASY VEGETABLE BEEF SOUP**

Pat Shaffer

1 Bag Mixed Frozen Vegetables  
1 Can Essenhaus Beef  
2 Cups Water  
Essenhaus Beef Soup base

Directions: In a large pan, mix together frozen vegetables, water, and beef. Season to taste with Essenhaus Soup Base, and simmer 'til warmed through and flavors are married.

## **KLUSKI, KRAUT & SAUSAGE BAKE**

Doris Lett

1 Pound of Polish Sausage, Sliced  
1 Medium Onion, Chopped  
2 Celery Ribs, Chopped  
16-oz Sauerkraut Undrained  
1 Can (4-oz) Mushrooms  
Salt & Pepper to taste  
8 oz Essenhaus Kluski Noodles- Cooked & Drained  
1 Can (10 ¾ oz) Cream of Mushroom Soup-Undiluted

Directions: In a large skillet, brown sausage then add onion and celery. Cook until onion is transparent. Stir in sauerkraut, noodles, soup and mushrooms. Salt & pepper to taste. Spoon into a greased casserole dish, cover and bake at 350 degrees 30-40 minutes until hot.

## **PIZZA CASSEROLE**

Ed Velleman

8 oz Essenhaus Noodles  
8 oz Mozzarella Cheese  
2 (15oz) Cans Pizza Sauce  
1 Pound Ground Beef  
1 Chopped Green Pepper  
1 Chopped Onion  
1 Small Can of Mushrooms  
Salt to taste

Directions: Cook noodles according to package and drain; stir in a little margarine. Brown meat with salt, pepper, onion and mushrooms. Layer in a casserole dish: noodles, meat, cheese, sauce. Repeat and bake uncovered at 350 degrees for 30 minutes.

## **RICE & NOODLES**

Michael Carrico

1 Stick Butter  
2 Cups Rice  
1 Cup Essenhaus Fine Noodles  
2 Cups Water with 2 tsp. Essenhaus Chicken Base  
5 Cups Water

Directions: Melt butter in a large skillet. Pour in rice and noodles. Cook until brown, stirring frequently to keep from scorching. Add water with chicken base and stir well. Add 5 cups water, stir and cover. Cook on low heat until rice and noodles are tender. If too moist, cook uncovered for a few minutes. Season to taste.

## **TUNA NOODLE CASSEROLE**

Ed Velleman

8 oz. Essenhause Noodles  
1 Tsp. Garlic Salt  
1 Cup Shredded Cheddar Cheese  
2 Tbsp. Margarine  
¼ Tsp. Dry Mustard  
½ Cup Chopped Onion  
½ Cup Milk  
Salt & Pepper to taste  
1 (6-¼ oz) Can Tuna, Drained  
1 Can Cream of Mushroom Soup

Directions: Cook noodles according to the package. Sauté onions in margarine. Mix all ingredients well and place in a 2-quart casserole dish. Top with breadcrumbs if desired and bake covered at 350 degrees for 45 minutes.

## **EASY MEATBALL STROGANOFF**

1 Pound of Ground Beef  
½ Cup Sour Cream  
¼ Cup Fine Dry Bread Crumbs  
¼ Onion, Chopped Fine  
1 Can Cream of Mushroom Soup  
¼ Cup Water  
1 Egg  
¼ tsp. Salt (to taste)  
8 oz Essenhause Noodles, Cooked

Directions: Mix thoroughly - beef, crumbs, onion, egg and salt. Shape into 16 meatballs. Brown in skillet and drain thoroughly. Add soup, sour cream and water. Cover and simmer for 20 minutes, stirring often. Serve atop Essenhause Noodles.

## **GARLIC SHRIMP & NOODLES**

1 lb. Frozen pre-cooked Shrimp  
8 oz Essenhause Noodles  
4 Cloves of Garlic, Finely Chopped  
1-14.5oz Italian Tomatoes, Diced  
Splash of Lemon Juice

Directions: Defrost shrimp under cold water and pat dry. Cook noodles according to directions on bag. While noodles are cooking, heat 2 tablespoons olive oil on low in large skillet. Add garlic and cook for 1 minute but do not brown the garlic. Add shrimp and cook for 2 more minutes. Add diced tomatoes and cook additional 2 minutes. Season with salt and pepper, top with lemon juice and toss with cooked noodles.

## **OLD FASHIONED CABBAGE & NOODLES**

1 med. head cabbage-shredded  
1 lb. Italian sausage brats-cut into pieces  
4 Tbsp. margarine  
1 tsp. fresh dill weed-chopped fine  
1 tsp. minced garlic  
1 bag Essenhause X-wide Noodles  
Essenhause Beef Base to taste

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Directions: Cook noodles in Essenhau Beef Base and keep warm until serving. In a large covered skillet, fry cabbage and sausage in the butter. Cook for approximately 15 minutes. Add the dill and garlic and cook 20-30 minutes. Serve cabbage over the noodles.

### **BARBEQUE CHICKEN OR BEEF**

½ Large Onion  
1 Tbsp. Oil  
1 Tbsp. Vinegar  
¾ cup Ketchup  
1 tsp. Brown Sugar  
2-14.5 oz Essenhau Canned Chicken or Beef  
Optional: hamburger buns and/or instant brown rice

Directions: In a large skillet, add oil and cook onion until clear. Add remaining ingredients, bring to a boil and serve on hamburger buns or on a bed of brown rice. Makes six (6) servings 2-3 cups each.

### **CHICKEN SALAD SUPREME**

1-14.5 oz Essenhau Canned Chicken  
½ Cup Chopped Celery  
½ Cup Slice White Grapes  
¼ Cup Toasted Almonds-sliced  
1 Tbsp. Minced Parsley  
¼ Cup Whipped Cream  
½ Cup Mayonnaise

Directions: Combine all ingredients and serve on a bed of lettuce or in a buttery croissant.

### **BEEF or CHICKEN BURRITOS**

1- 14.5 oz Essenhau Canned Beef or Chicken  
2 Tbsp. Chopped Green Chilies  
2 Tbsp. Finely Chopped Onion  
¾ Cup Shredded Monterey Jack Cheese  
2 Tbsp. Sour Cream  
4 Flour Tortillas  
Optional – taco sauce

Directions: Combine meat, green chilies, onion, cheese and sour cream. Mix lightly. Spread ½ cup of meat mixture down the center of each tortilla; roll into a cylinder. Wrap lightly in a paper towel. Microwave each burrito on high for 30-45 seconds or until filling is hot and bubbly. Let stand 1 minute before serving. For a little extra zest, top with taco sauce.

### **CHICKEN CASSEROLE**

2- 14.5 oz Cans Essenhau Canned Chicken  
1 bag - any type of frozen vegetable (peas, corn, mixed vegetables, etc.)  
1 Can Cream of Chicken Soup  
½ Cup Milk  
½ Cup Mayonnaise  
1 Tbsp. Lemon Juice  
8-oz. package shredded mild cheddar  
Cracker crumbs

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Directions: Place the chicken in the bottom of a well greased baking dish. Top with vegetable, mix together the soup, milk, mayonnaise and lemon juice. Pour soup mixture over vegetables. Sprinkle with 8-oz package of cheese, top with cracker crumbs and dot with butter. Bake at 350 degrees until golden brown and bubbly.

### **CHICKEN OR BEEF STIR FRY**

½ tsp. Essenhau Chicken or Beef Soup Base (season to taste)  
¼ tsp. Corn Starch  
¼ tsp. Garlic Powder  
¼ tsp. Ginger  
¼ Cup Hot Water  
1 Tbsp. Vegetable Oil  
1-14.5 oz Essenhau Canned Chicken or Beef  
1-10 oz Package Stir Fry Vegetables

Directions: Combine soup base, cornstarch, garlic powder, ginger and water in a cup and mix thoroughly into a sauce; set aside. Heat wok or fry pan over medium heat; add vegetable oil. Add vegetables and stir-fry until heated through (7-10 minutes). Add sauce and cooked meat stirring constantly. Serve over white or brown rice. Serves 4

### **EASY MEAT PIE**

1- 14.5 oz Essenhau Canned Beef or Chicken  
1 Can Cream of Celery or Mushroom Soup  
1 Can Mixed Vegetables-Drained  
1 Unbaked Pie Shell

Directions: Mix vegetables, soup and canned meat. Pour into a well greased 9" pie pan. Top with crust and bake at 400 degrees for 20 minutes or until golden brown.

### **APPLE BUTTER TART**

2/3 Cup Shortening, Chilled  
2 Cups Flour, Sifted  
6 Tablespoons Cold Water  
Sugar  
Essenhau Apple Butter

Directions: Either by hand or with a food processor, cut shortening into flour until finely crumbled. Add water 1 tablespoon at a time until a ball forms. Wrap in plastic and chill for one hour. Roll out dough into 8" circles. Place 2-3 tablespoons of the apple butter on half of the pastry round; fold the pastry over and pinch the edges tightly together. Brush water over the top and sprinkle with white sugar. Cut several slits on top before baking at 350 for 20 minutes or until golden brown.

### **HAM GLAZE**

1 Cup Essenhau Apple Butter  
½ Cup Brown Sugar  
½ Cup Cider  
1 Tbsp. Mustard  
Ham

Directions: Mix all ingredients together. Spread glaze over ham and bake at 275. Baste ham several times while baking.

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\*Add Essenhause Soup Base in any recipe you would normally use bouillon cubes. Less salt and more flavor. Always season to your own personal taste.

\*Add Essenhause Chicken Soup Base when cooking rice or chicken breast for added flavor.

\*Add Essenhause Beef Soup Base to the water when cooking a pot roast, either in the crock pot or oven.

\*Try Essenhause Chicken Soup Base with hot water for a cup of broth.

\*Essenhause Soup Base does not require refrigeration, but it is highly recommended in order to keep the flavor preserved longer.

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