



The 2021  
Caregiver's  
Cookbook

Tasty Recipes for our  
Family Caregivers

# Dedication

*This Cookbook is dedicated to  
all Family Caregivers that care  
for our Veterans at home.*



Contributions to this cookbook were made by  
Caregivers, VA employees and volunteers.

**VA**



U.S. Department  
of Veterans Affairs

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# Chicken Parmesan

By Margaret L

## Ingredients :

- 3 - whole chicken breasts, skinned and deboned
- 1/2 cup Parmesan Cheese
- 2 - Tbs cornflake crumbs
- 1 or 2 eggs slightly beaten
- 1 - medium chopped onion
- 2 - 15oz cans of tomato sauce
- 1 - tsp salt
- 1/4 tsp pepper
- 1/4 tsp oregano
- 2 cups shredded mozzarella cheese



## Preparation:

1. Dip chicken into egg, then coat with crumb parmesan cheese mixture.
2. Brown in hot oil then place the chicken in a pan
3. Top the chicken with mozzarella cheese
4. Sauté onions in same pan used to brown the chicken
5. Add in tomato sauce & seasonings; simmer for five minutes
6. Top the chicken with sauce and add the extra cheese and crumb mixture
7. Bake uncovered for 30 to 40 minutes until the chicken is tender

## Notes:

Best served with pasta, garlic bread, and a salad.

Enjoy!

Amount per serving	
Calories	254
Fat	12 g
Carbs	12 g
Fiber	1 g
Protein	23 g

# Ruben Chicken

By Kristina D

## Ingredients:

- 4-5 Boneless Chicken Breasts
- 1 can Bavarian Sour Croute (drain and squeeze out all the juices, VERY important!)
- 1 package sliced Swiss Cheese
- 1 bottle Thousand Island Salad Dressing



## Instructions:

- Layer baking pan with chicken breasts
- Cover chicken with Bavarian Sour Croute
- Cover Sour Croute completely with sliced swiss cheese (shredded Swiss cheese will also work)
- Pour Thousand Island Dressing over top of cheese.
- Cover with foil and back at 350 degrees for 40 minute. Remove tin foil and bake for another 15 minutes.

Amount per serving	
Calories	446
Fat	28 g
Carbs	17 g
Cholesterol	104 mg
Protein	33g

*“Always help someone.  
You may be the only one that does.”*

# Taco Macaroni

By Michelle D

## Ingredients

- 2 packages (7 1/4 ounces each) macaroni and cheese dinner mix
- 1 pound ground beef
- 1 cup chunky salsa
- 2 cups crushed tortilla chips
- 1 can (2 1/4 ounces) sliced ripe olives, drained
- 2 cups (8 ounces each) shredded Mexican cheese blend
- Sour cream, optional

## Instructions

1. Prepare macaroni and cheese according to package directions. Meanwhile, in a large skillet, cook beef until no longer pink; drain. Stir in salsa; set aside.
2. Spread macaroni into a greased 13 in. X 9 in. baking dish. Layer with beef mixture, chips and olives; sprinkle with cheese.
3. Bake, uncovered, at 350° for 15-20 minutes or until heated through. Serve with sour cream if desired.



Amount per serving	
Calories	450
Fat	19 g
Carbs	35 g
Cholesterol	86 mg
Protein	33 g

# Time Saver Broccoli Casserole

By Nellie D

## Ingredients

One can be flexible on ingredients with this recipe.

- 14 oz frozen broccoli cuts - cooked
- 2 cups dry white rice, cooked
- 2 cups shredded mild cheddar cheese
- 1/2 cup butter flavored cracker crumbs

## Instructions

Combine cooked broccoli, rice and cheese. Season with salt and pepper. Place in a casserole dish that has been coated with cooking spray. Sprinkle with cracker crumbs. Bake in oven until heated through, about 15 minutes. 350 Degrees F.

Amount per serving	
Calories	248
Fat	14 g
Carbs	17 g
Cholesterol	21 mg
Protein	9 g



# Lazy Man's Cabbage Rolls

## Ingredients:

By Kristina D

- 1 pound Hamburger
- 1 can Cream of Mushroom soup
- 1 tablespoon Rice
- 16 ounces Tomato Juice
- 1 small head of Cabbage, shredded
- Salt & Pepper to taste



## Instructions:

- Brown hamburger and drain. Add everything to hamburger but cabbage and cook for 20 minutes.
- Spray 9x13 casserole dish with non-stick spray then alternately layer with cabbage and beef mixture.
- Cover with foil and bake at 350 degrees for 1 hour



Amount per serving	
Calories	329
Fat	12 g
Carbs	22g
Cholesterol	87mg
Protein	31g

# Chicken Cheddar Spaghetti

By Michelle D

## Ingredients

- 1 package (7 ounces) spaghetti, broken
- 2 cups cubed cooked chicken
- 2 cups (8 ounces) shredded cheddar cheese, divided
- 1 can (10 3/4 ounces) condensed cream of chicken soup, undiluted
- 1 cup milk
- 1 tablespoon diced pimientos, optional
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

## Instructions

1. Cook spaghetti according to package directions. Meanwhile, in a large bowl, combine the chicken, 1 cup cheese, soup, milk, pimientos if desired, salt and pepper. Drain spaghetti; add to the chicken mixture and toss to coat.
2. Transfer to a greased 13 in. X 9 in. baking dish. Sprinkle with remaining cheese. Bake, uncovered, at 350° for 20-25 minutes or until casserole is heated through.



### Amount per serving

Calories	311
Fat	14 g
Carbs	23 g
Cholesterol	68 mg
Protein	21 g

# Snuggle Bunnies

By Marge B

## Ingredients

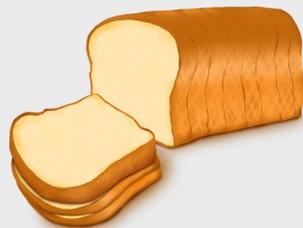
- 2 1/2 lbs ground beef or chuck
- 1/2 onion, chopped
- 2 stalks chopped celery
- 2 cans of tomato soup
- 1 pkg of frozen corn
- Bread slices

## Instructions

Brown the ground beef or chuck, half an onion, and two celery stalks.

When the meat and vegetables are fully cooked add in two cans of tomato soup. Bring it to a simmer and lastly add in a package of frozen corn and let simmer for an additional five minutes.

Pour over a slice of bread and Enjoy!





Amount per serving	
Calories	316
Fat	9 g
Carbs	12 g
Cholesterol	127 mg
Protein	44 g

# Baked Feta Pasta

By Donna P

## Ingredients

- 8 ounces dried cavatappi pasta or pasta of choice
- 2 pints cherry tomatoes
- 8- ounce block of feta cheese
- ½ cup extra virgin olive oil
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- ¼ cup packed chopped fresh basil



## Instructions

1. Preheat oven to 400°F. Place the cherry tomatoes in an oven-safe baking dish. Pour the olive oil on top, and season with salt and pepper. Toss until well combined.
2. Place the feta block in the middle of the baking dish surrounded by the cherry tomatoes, and flip a couple of times to coat it with the olive oil and seasoning.
3. Bake in the preheated oven for 35 minutes until the cherry tomatoes burst and the feta cheese melts.
4. While the tomatoes and feta are baking, cook the pasta in a pot of salted water according to package instructions until al dente. Drain, reserving  $\frac{1}{2}$  cup of the cooking liquid in case you'd like to toss it in.
5. Immediately add the basil leaves to the cooked tomatoes and feta and toss everything to combine.
6. Transfer the cooked pasta to the baking dish and toss to combine. Garnish with more fresh basil and serve warm.

Amount per serving	
Calories	425
Fat	27 g
Carbs	36 g
Cholesterol	34 mg
Protein	12 g

# Walleye Cakes

By Sarah S

## Ingredients

- ½ lb cooked walleye, flaked (poached in simmering water for about 5 minutes)
- 1 ½ cup mayo
- 4 eggs
- 1 cup cooked wild rice
- ½ cup shredded parmesan cheese
- 4 green onions or ¼ cup chopped yellow onion
- 1 tsp garlic powder or 1 garlic clove
- 1 package of saltine crackers
- 2 tsp seasonings (salt, pepper, herbs)
- 2 Tbsp oil or butter

## Instructions

In a large bowl, combine fish, mayo, rice, onion, garlic, and cheese. Add eggs and mix. Add seasonings. Crush saltines and fold into mixture until firm.

Heat oil/butter in skillet over med-high heat. Form cakes to desired size and cook about 2-3 minutes on each side or until golden. Serve with Bleu Cheese or condiment of your choosing.



Amount per serving	
Calories	320
Fat	10 g
Carbs	35 g
Cholesterol	150 mg
Protein	23 g

# Polenta

By Bert P

## Ingredients:

- 1 cup yellow cornmeal ( coarse ground if possible)
- 1-2 cups of water
- Salt

## Instructions:

Put a cup or two of water in a sauce pan. Salt lightly. Bring to a boil. Very slowly, sprinkle cornmeal onto the water while stirring (recommended to do so with a wooden polenta "stick"). Add cornmeal slowly. Stir until the cornmeal is mixed thoroughly. Do not add more cornmeal until the previous sprinkling is completely mixed in with no lumps. The resultant mix should be the consistency of pudding.

For variety, add sliced olives, mushrooms, browned Italian sausage pieces, or chopped pepperoni after adding all the cornmeal to the water.

Reduce heat. Allow the heat to drive out more of the water. Stir occasionally until the mixture gets too stiff to stir. Serve as you would serve mashed potatoes. Cover with meat gravy or Italian sauce.

**Recipe Note:** Polenta is a staple in the northern part of Italy. Brown meat gravy is favored as a sauce in the far north, and tomato-based sauce is preferred in the south. The photograph shows a typical northern-style serving in Castelfondo, Trentino, Italy.



Amount per serving	
Calories	100
Fat	1 g
Carbs	21 g
Cholesterol	0 mg
Protein	2 g

# French Onion Soup

By Mary O

## Ingredients

- 12 cups water
- 1 - 2 cups dry white wine
- 2 Tbl Worcestershire sauce
- 8 - 10 beef bouillon cubes
- 1 package dry onion soup mix
- 1 Tbl olive oil
- garlic powder
- salt & pepper
- chives
- 4 medium onions
- 2 Tbl butter
- 1 clove garlic



## Instructions

Heat all but onions, diced garlic & butter in a large pan. In a frying pan, cook the above last three ingredients until the onions are cooked. Add them to the soup mix. Cover and let simmer.

Use a crusty type of bread such as bakery Italian or French bread. (Toast it first. )Then place soup in crock and put bread on top. Cover with cheese such as swiss, mozzarella or provolone. Bake in oven or under broiler.

Enjoy!!

Amount per serving	
Calories	585
Fat	44 g
Carbs	28 g
Cholesterol	98 mg
Protein	21 g



# Pastina

By Crystal L

## Ingredients

- 4 Chicken Breasts
- 3 Tbl Chicken Base (or 4 bouillon cubes)
- 5 Celery Stalks
- 1/2 Yellow Onion (or onion powder)
- 4 Large Carrots
- 3 Fresh Garlic Cloves (or garlic powder)
- 2 Bay Leaves
- 1 1/2 Tbl Basil
- 1 can Tomato Sauce
- 1/2 Tbl Salt and Pepper
- 1 can Diced Tomatoes
- 1/2 cup Acini di Pepe (dot noodles; ditalini pasta works too)
- Optional: Italian Seasoning such as Mrs. Dash Italian Medley, Parsley, Hot sauce, etc.

## Instructions

\*In a large pot, boil chicken breast with just enough water to cover plus a few chicken bouillon cubes (or a few TBL of chicken base).

\*Chop about 1/2 of a medium sized onion, 4 carrots, 5 celery stalks, and mince 3 garlic cloves. Set aside.

\*When chicken is fully cooked (about 25 minutes of boiling, depending how big they are), turn burner down to a simmer, remove chicken from pot, let cool, then tear or cut into smaller pieces and return them to your pot.

\*Add all your veggies to the pot.

\*Add 1 can of tomato sauce and 1 can of diced tomatoes (OMIT for acid reflux)

- \*Add about 4 more cups of water (more or less depending upon how thick or soupy you like your soup.)
- \*Add about 1.5 TBL of basil, parsley, and Italian seasoning; salt and pepper to taste.
- \*Stir and then add 2 bay leaves to float on top.
- \*Cover and let simmer until veggies are almost done (about 25 minutes depending upon how big or small the pieces are).
- \*When veggies are almost done, add about 1/2 cup of Acini di Pepe
- \*When noodles are done.... It's Pastina!
- Don't forget to remove the bay leaves before serving.

Amount per serving	
Calories	224
Fat	4 g
Carbs	20 g
Cholesterol	49 mg
Protein	24 g



# Seafood Chowder

## Ingredients:

By Stephen S

- 4 cups hot water
- 1 stick of butter ( 1.5 sticks for thicker soup)
- 1/2 gallon of milk
- 2 cups of heavy whipping cream
- 4-6 large potatoes, peeled and diced
- 3/4 to 1 cup of flour
- 1 1/2 - 2 TBL chicken base in 4 cups of hot water
- 1 large onion, chopped
- 1/2 24 oz bag of raw frozen peeled deveined tail of small shrimp
- ½ - 1 lb bag of frozen small bay scallops
- 1-3 lbs of your favorite fish ( fresh or frozen cod or haddock)
- 1—10 oz can of baby clams
- 8 oz bag of imitation crab
- 2 tsp white pepper
- 1 TBSL fish sauce (optional)
- chopped fresh parsley
- 1 tsp Old Bay Seasoning or 1/2 tsp ground celery seed
- 1 TBL salt



## Instructions:

Dice potatoes and cook in separate pot until al dente; drain. Chop crab and cod into bite size pieces and set aside. In a separate large soup pot, melt butter, add chopped onions and garlic, simmer until water has cooked out of onions. On low heat, sprinkle in 3/4 - 1 cup flour and stir until a thick paste is formed, your roue. ( the more roue, the thicker the soup.) Stir continuously and cook over low heat for 2 - 3 minutes. Dissolve chicken base in 4 cups of hot water. Add to roue. Add milk and heavy whipping cream. Turn up heat to medium and stir for a minute to dissolve roue into liquid. Add seasonings; adjust to taste. Slowly bring to a simmer. Add drained potatoes. When soup stock has come to a slight bubbling simmer, add all fish ingredients and let soup slowly simmer until fish is just cooked. Don't overcook or the scallops, clams, and shrimp will get hard and chewy, and the fish will disintegrate. Let soup cool and then serve. The cod can be baked and added after soup cools.

Fish portions are approximate. Adjust to your liking. If soup is too thick, add more milk.

Garnish with fresh chopped parsley

Amount per serving	
Calories	314
Fat	5g
Carbs	32g
Cholesterol	158mg
Protein	35g

# Turkey Wild Rice Soup

## Ingredients

By Lori C

- 1/2 cup butter, cubed
- 2 carrots, finely chopped
- 2 celery ribs, finely chopped
- 1 medium onion, chopped
- 1/2 cup all-purpose flour
- 4 cups chicken or turkey broth
- 2 cups cooked wild rice
- 2 cups cubed cooked turkey
- 2 cups half-and-half cream
- 1 teaspoon dried parsley flakes
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

## Instructions

- In a Dutch oven, heat butter over medium-high heat. Add carrots, celery and onion; cook and stir until tender.
- Stir in flour until blended; cook until bubbly. Gradually stir in broth. Bring to a boil, stirring constantly; cook and stir 1-2 minutes or until thickened.
- Stir in remaining ingredients; return to a boil. Reduce heat; simmer, uncovered, 20 minutes, stirring occasionally.



Amount per serving	
Calories	252
Fat	15 g
Carbs	14 g
Cholesterol	61 mg
Protein	14 g

# Crockpot Chicken Tortilla Soup

By Andrea W

## Ingredients

- 4 chicken breast halves (can be fresh or frozen)
- 1- 15 oz cans of black beans, undrained
- 2 -15 oz cans of Rotel tomatoes with chilies
- 1 can of Mexicorn
- 1 cup salsa, your choice of heat
- 14 ½ oz can of tomato sauce

### Toppings:

- Fritos or tortilla chips, crushed
- Shredded cheese

## Instructions

1. Combine all ingredients except chips and cheese in a large (4-5 quart) slow cooker.
2. Cover the crockpot and cook on low for 8 hours.
3. Just before serving, remove chicken breasts and shred into small pieces. Stir back into soup.
4. Serve in individual bowls. Add toppings to personal preference.



*Tip: This soup is so easy you won't believe it! Just dump a few cans on top of some chicken breasts and enjoy the rest of your day while the crock pot does all the work. Add a crockpot liner for a simple clean up too! It's the perfect lazy day meal to have all ingredients on hand in the pantry and freezer when you don't have time to cook or grocery shop!*

Amount per serving	
Calories	385
Fat	10 g
Carbs	49 g
Cholesterol	37 mg
Protein	26 g

# Stuffed Pepper Soup

By Megan B

## Ingredients

- 1 lb lean ground turkey or ground beef
- 2 Tbl olive oil, divided
- Salt and freshly ground black pepper
- 1 small yellow onion, chopped (1 cup)
- 3/4 cup chopped red bell pepper (a little over 1/2 of a medium red bell pepper)
- 3/4 cup chopped green bell pepper
- 2 cloves garlic, minced
- 2 (14.5 oz) cans petite diced tomatoes
- (Optional) – 1 can of green chiles
- 1 (15 oz) can tomato sauce
- 1 (14.5) can beef broth
- 2 1/2 Tbl chopped fresh parsley, plus more for garnish
- 1/2 tsp dried basil
- 1/4 tsp dried oregano
- 1 cup uncooked long grain white or brown rice
- Cheddar cheese, for serving (optional)

# Instructions

- In a large pot, heat 1 Tbl olive oil over medium heat. Once hot, add turkey to pot and season with salt and pepper. Cook, stirring occasionally while breaking up beef, until browned. Drain beef and pour onto a plate lined with paper towels. Set aside.
- Heat remaining 1 Tbl olive oil in pot then add onions, red bell pepper, green bell pepper, and sauté for three minutes. Then add garlic and sauté 30 seconds longer. Pour in diced tomatoes, green chiles (optional), tomato sauce, beef broth and add parsley, basil, oregano, and cooked turkey. Then season with salt and pepper to taste. Bring just to a light boil, then reduce heat to low, cover and simmer, stirring occasionally for 30 minutes.
- While soup simmers, prepare rice according to directions listed on package, then once soup is done simmering, stir in desired amount of cooked rice into soup\*. Serve warm topped with optional cheese and garnish with fresh parsley.
- \*For a thinner soup don't add all of the rice and for a thicker heartier soup add it all. Also, if you plan on having it for leftovers the next day then don't add the rice to the pot of soup, just add it to each individual bowl, and reserve the rice in a separate container in refrigerator to add to the soup the next day (otherwise it will turn into mush).



Amount per serving	
Calories	374
Fat	13 g
Carbs	43 g
Cholesterol	49 mg
Protein	22 g

# Chili

By David S

## Ingredients:

- 1 – 14oz can Tomato sauce
- 1– 14oz can Tomatoes diced
- 1– 15oz can Chili beans
- 1 – 15oz can Dark kidney beans
- 1 – 15oz can Light kidney beans
- ½-1 pound Hamburger
- 1 – Tbl Paprika
- 1 – Tsp Sugar or other sweetener
- Chili powder to taste

## Instructions:

Put tomato sauce, tomatoes diced, chili beans, dark kidney beans, light kidney beans, paprika, sugar or other sweetener in a large pot on low heat. Heat hamburger (chopped into small pieces) in frying pan. When cooked, add to pot. Slowly bring pot to serving temperature. Add chili powder to taste.

Makes about 2  $\frac{3}{4}$  quarts (10 bowls) of chili.

**Suggestions:** Best when outside temperature is below freezing. Put spaghetti or macaroni in bottom of bowl when serving. Serve with crackers. You can also add chopped mushrooms, chopped onions, and or shredded cheese on top.



Amount per serving	
Calories	334
Fat	11g
Carbs	34g
Cholesterol	49mg
Protein	25g

# Squash Soup

By Robin B

## Ingredients

- 2 Acorn Squash (halved and seeded) or any squash will do
- Add Water (as needed)
- 3 Tablespoons Unsalted Butter
- 1 Large Sweet Onion (chopped)
- 1 Large Carrot (peeled and chopped)
- 1 Clove Garlic (minced)
- 3 ½ Cups Low-Sodium Chicken Stock
- ¼ Cup Half-And-Half
- ½ Teaspoon Ground Nutmeg
- ½ Teaspoon Ground Cinnamon
- 1 Pinch Salt and Ground Black Pepper (to taste)



## Instructions

Preheat oven to 350 degrees F . Place the squash halves cut side down in a baking dish. Bake 45 minutes, or until tender. Remove from heat, and cool slightly. Scoop the pulp from the skins. Discard skins.

Melt the butter in a skillet over medium heat, and sauté the onion, and carrots (I like to sauté a diced potato also) until tender.

In a blender or food processor, blend the squash pulp, onion, broth, brown sugar, half and half, pepper, ground nutmeg, and cinnamon until smooth. This may be done in several batches.

Transfer the soup to a pot over medium heat, and cook, stirring occasionally, until heated through. Garnish with parsley, and serve warm.

You can freeze this soup.

Amount per serving	
Calories	155
Fat	8 g
Carbs	21 g
Cholesterol	21 mg
Protein	4 g

# Dill Pickle Soup

By Kaila B

## Ingredients

- 2 tablespoons salted butter
- 1 large onion, halved and sliced
- ¼ cup white wine (ginger ale works great too)
- 6 cups unsalted chicken broth
- 1 cup grated carrot
- 4 cups of your favorite brand of dill pickles, diced
- 1 cup of the pickle juice
- 5 cups russet potatoes, peeled and diced
- 3 ½ cups ham, diced (optional)
- 1 cup sour cream
- ½ cup all-purpose flour
- 2 teaspoons salt, to taste
- 2 teaspoons granulated sugar
- 1 ½ teaspoon black pepper



## Instructions

1. Sauté the onions in the butter until lightly caramelized
2. Pour in the chicken stock, white wine, and pickle juice.
3. Add the pickles, carrots, potatoes, and ham to the soup. Mix everything together.
4. Simmer the soup until the potatoes are “fork-tender”, about 15-20 minutes.
5. Mix the sour cream and flour together, then temper it by whisking in a cup of the hot soup.
6. Turn the soup down to low heat and whisk in the sour cream mixture.
7. Season with sugar, pepper, and salt (if desired) to taste.

Now all that is left to do is.....ENJOY!!

Amount per serving	
Calories	104
Fat	4 g
Carbs	14 g
Cholesterol	13 mg
Protein	3 g

# Oriental Salad

By Marcia W

## Ingredients

1 bag Shredded Cabbage

½ cup to 1 cup Slivered Almonds

½ cup Sliced Green Onions (optional)

1 can Rice Noodles (Add just before you serve)

Dressing:

½ cup Vegetable Oil

1/3 cup Apple Cider Vinegar

½ cup Sugar AND 1 – 2 Seasoning Packets for the Oriental Ramen Noodles



## Instructions

1. Mix first cabbage, almonds and green onions together; set to the side.
2. In separate dish, mix vegetable oil, apple cider vinegar, sugar and seasoning packets together (mix well – all sugar and seasoning dissolves).
3. Just before serving, add dressing. Mix well.
4. Add rice noodles.

Serve and enjoy!



Amount per serving	
Calories	189
Fat	13 g
Carbs	16 g
Cholesterol	0 mg
Protein	4 g

*“ One Small Positive Thought in the Morning will Change your Day”*

*~ Anonymous*

# Chicken Salad

By Melissa S

## Ingredients

- 3 chicken breasts, cooked and shredded (can use canned white meat)
- 1 ½ cup mayo
- 1 ½ cup sour cream

Mix mayo and sour cream thin with a little pineapple juice and add to chicken.

Add any of these to your liking:

- Chopped celery
- Apple, chopped (I like pink lady or honey crisp)
- Craisins, any flavor (I like pomegranate)
- Red onion
- Slivered almonds
- Salt and pepper to taste
- Onion powder (one shake)

**CHILL BEFORE SERVING-OVERNIGHT IS BETTER!**





“My caregiver mantra is to remember: The only control you have is over the changes you choose to make.”

---

NANCY L. KRISEMAN

Amount per serving	
Calories	438
Fat	30 g
Carbs	16 g
Cholesterol	90 mg
Protein	28g

# Polish Salad

By Patrycja

## Ingredients

- 3 medium potatoes
- 3-4 sticks of green onions (optional)
- 3 carrots
- 3/4 cup of peas (frozen or canned)
- 3 eggs
- handful of parsley (optional)
- 1 stick celery
- 1-2 cups mayo
- 4-5 pickles
- salt & pepper
- 1/2 onion
- Additionally you may add 1/2 cup of red/ black beans and sweet corn (fresh, frozen, or canned)
- 1 apple

## Instructions

1. Boil potatoes and carrots in salted water until tender. Hard boil eggs. Let cool.
2. Dice up celery, pickles, onions, apples, and green onions into small pieces. Once potatoes, carrots, and eggs cool, dice into small pieces as well.
3. In a large mixing bowl, combine all ingredients. Add peas and herbs. Sprinkle with salt and pepper. Add mayo and mix until combined.
4. If too dry, add another tablespoon of mayo. Add more salt pepper if needed.



Amount per serving	
Calories	301
Fat	12 g
Carbs	43 g
Cholesterol	8 mg
Protein	6 g

# Cheryl's Salsa

By Lou Anne B

## Ingredients

4 quarts crushed tomatoes with skins

6 green peppers, chopped

12 chili peppers, crushed

5 large sweet onions, chopped

3 - 12 oz cans tomato paste

2 packs of gelatin

1/4 cup sugar

1/4 cup salt

1/4 cup oil

1/4 cup vinegar

1/2 cup cilantro

2 Tbl garlic powder

Makes about 7 quarts total.

Cook & Prep time - 1.5 hours

## Instructions

1. Cut up veggies
2. Combine all ingredients in a large kettle pot
3. Bring to a boil. Let simmer for one hour
4. Can the salsa and freeze any extra you have for later -

Enjoy!





Amount per serving	
Calories	13
Fat	0g
Carbs	3g
Cholesterol	0mg
Protein	0.4g

*“It is not how much you do,  
but how much love you put  
in the doing.”*

*- Mother Teresa*

# Swamp Sauce

By Lori P

## Ingredients:

1 package Lipton onion  
soup mix

1 can whole cranberry  
sauce

1 cup French dressing

## Instructions:

Put all ingredients into a  
sauce pan. Simmer for 5  
minutes. Serve with pork or  
chicken.

Enjoy!





Amount per serving	
Calories	77
Fat	6 g
Carbs	6 g
Cholesterol;	0 mg
Protein	0 g

# Hash Brown Casserole

By Audra H

## Ingredients

- 1 - 2 lb. bag frozen hash browns
- 1/2 cup butter, melted
- 1/4 tsp pepper
- 1/2 cup chopped onions
- 1/2 pint sour cream
- 1 can cream of chicken soup
- 10 oz grated cheddar cheese

## Instructions

1. Combine all ingredients in order given and blend thoroughly.
2. Top with crushed potato chips, if desired.
3. Bake at 350 degrees for 40 - 50 minutes.

Amount per serving	
Calories	550
Fat	48 g
Carbs	38 g
Cholesterol	101 mg
Protein	17 g



# Grandmother's Buttermilk Cornbread

By Priscila L

## Ingredients

- ½ cup butter
- ⅔ cup white sugar
- 2 large eggs
- 1 cup buttermilk
- ½ teaspoon baking soda
- 1 cup cornmeal
- 1 cup all-purpose flour
- ¼ teaspoon salt

## Instructions

1. Preheat oven to 375 degrees F (175 degrees C). Grease an 8 inch square pan.
2. Melt butter in large skillet. Remove from heat and stir in sugar. Quickly add eggs and beat until well blended. Combine buttermilk with baking soda and stir into mixture in pan. Stir in cornmeal, flour, and salt until well blended and few lumps remain. Pour batter into the prepared pan.
3. Bake in the preheated oven for 30 to 40 minutes, or until a toothpick inserted in the center comes out clean.



Amount per serving	
Calories	284
Fat	12 g
Carbs	39 g
Cholesterol	59 mg
Protein	5 g

# Kropsua

(Finnish Oven Pancake)

By Kristina D

## Ingredients:

- 3 eggs beaten well with mixer
- ½ cup sugar
- 1 teaspoon salt
- 2 ½ cups milk
- 1 stick butter
- 1 cup flour

## Instructions:

Melt ½ stick of butter and milk together. Beat eggs, sugar, and salt. Slowly add melted butter and milk mixture while beating eggs. Once mixed, slowly add flour to mixture.

Melt the other ½ stick of butter and pour in the bottom of a 9x13 inch baking pan. Add egg mixture on top of butter.

Bake at 425 degrees for 20-30 minutes.

Serve with butter, syrup, and jam for toppings.



Amount per serving	
Calories	414
Fat	18 g
Carbs	54 g
Cholesterol	183 mg
Protein	9 g

*“Caregivers are **SUPER HEROES**  
in comfortable clothes”  
- Anonymous*

# Baked French Toast Casserole

By Linda M

## Ingredients

8 ounces whipped cream cheese

1/3 cup chopped pecans

1/4 cup light brown sugar

2 teaspoons maple syrup

1/4 teaspoon cinnamon

2 cups milk

5 eggs

1/4 cup granulated sugar

1/2 teaspoon vanilla

1 loaf thick sliced bread

2 tablespoons sugar

1 ½ teaspoons cinnamon

Confectioner's sugar optional for garnish.



## Instructions

Mix together the cheese, pecans, syrup, brown sugar, and  $\frac{1}{4}$  tsp cinnamon. Set aside.

Next, beat together the milk, eggs, granulated sugar, and vanilla. Spread your cheese mixture on one side of bread slices.

Layer the bread slices at an angle in a 9 by 13 inch baking dish, cheese side up. Pour the milk mixture over the bread evenly.

Cover the dish with plastic wrap and let it chill overnight. Then remove the wrap and sprinkle with 2 tablespoons sugar and 1.5 tsp cinnamon mixed together.

Bake in preheated oven set at 350 degrees for 20 to 25 minutes until browned. Sprinkle with Confectioner's sugar before serving if desired.

Amount per serving	
Calories	277
Fat	9 g
Carbs	42 g
Cholesterol	32 mg
Protein	8 g

# Fruit Salad

By Brenda A

## Ingredients

1 can each:

- Very cherry fruit cocktail
- Pineapple tidbits
- Diced peaches

If you like:

- Fresh bananas
- Apples
- Can of pears
- 1 Package Cook and Serve vanilla pudding
- 1 Cup fruit juice ( I just drain the juice/ syrup from the canned fruits)

## Instructions

- Cook to boiling, stirring constantly.
- Mix drained fruit in a large bowl. Add pudding once boiled. Stir until well mixed.
- Refrigerate until serving.
- Just before serving, add mini marshmallows and any fresh fruits you wish to add.

Amount per serving	
Calories	118
Fat	5 g
Carbs	25 g
Cholesterol	0 mg
Protein	2 g



# Pistachio Torte

By Lucy R

## Ingredients

- 1  $\frac{1}{4}$  cup flour
- $\frac{1}{2}$  cup butter
- $\frac{1}{2}$  cup ground nuts
- 1 (8 ounce) package cream cheese
- 1  $\frac{1}{2}$  cups powdered sugar
- 8 ounces Cool Whip, divided
- 3 (3  $\frac{1}{2}$  ounce) boxes instant pistachio pudding mix
- 4  $\frac{1}{2}$  cups milk

## Directions

1. For the crust, mix the flour, butter and nuts.
2. Press in the bottom of a 9 x 13 inch pan.
3. Bake at 325 degrees for 15 minutes.
4. Let cool.
5. Mix the cream cheese, powdered sugar, and 1 cup Cool Whip.
6. Spread on top of crust.
7. Mix well the pudding and milk.
8. Pour on top of cream cheese mixture and let set.
9. Top with remaining Cool Whip.
10. May top with chopped nuts if desired.



Amount per serving	
Calories	286
Fat	18 g
Carbs	27 g
Cholesterol	43 mg
Protein	5 g

# Key Lime Pie

By Linda S

## Ingredients

### Graham Cracker Crust

1/3 of a 1-pound box graham crackers

5 tablespoons melted unsalted butter

1/3 cup sugar

Preheat oven to 350 degrees for graham cracker crust.

Break up the graham crackers; place in food processor and process to crumbs. If you do not have a processor, put in large plastic bag and crush with rolling pin. Add melted butter and sugar and pulse or stir until combined. Press mixture into bottom and side of a pie pan forming a neat border around the edge. Bake until set and golden brown approximately 8 minutes. Set aside.

### Filling

3 egg yolks---2 tsp Lime zest----1 (14 oz) sweet condensed milk---

2/3 cup freshly squeezed (or store bought) Key lime juice.

In an electric mixer with the wire whisk attachment, beat the egg yolks and lime zest at high speed until fluffy about 5 minutes. Gradually add condensed milk and continue to beat until thick about 3-4 minutes. Lower the speed and slowly add lime juice mixed until combined no longer. Pour mixture into crust. Bake 10 minutes until filling has just set. Cool on a wire rack, then refrigerate. Freeze for 15 to 20 minutes before serving.

## Topping

1 cup heavy or whipping cream chilled.

2 tablespoons confectioners' sugar.

Whip the cream and sugar until nearly stiff. Cut pie into wedges and serve very cold, topping each wedge with a large dollop of whipped cream.

Amount per serving	
Calories	481
Fat	24 g
Carbs	60 g
Cholesterol	76 mg
Protein	10 g



# Banana Bread

By Linda H

## Ingredients

2 1/2 cups flour	3/4 cup buttermilk or milk
1 cup white sugar	1 egg
3 1/2 tsp baking powder	1 cup whole walnuts
1 tsp salt	3 bananas just beginning to turn brown
3 tablespoons oil	

## Instructions

Mix buttermilk, egg, oil, and sugar until creamy. Add flour, baking powder, and salt. Mash up three bananas and stir in with mixture. Add walnuts. Pour into greased loaf pan and bake at 350 for about 65 minute.

Tip:

I like to buy the powdered buttermilk and just mix in what I need



Amount per serving	
Calories	286
Fat	14 g
Carbs	38 g
Cholesterol	31 mg
Protein	5 g

*"Never Give Up Because Great Things Take Time"*

*~ Anonymous*

# Harvest Pumpkin Loaf

By Marge B

## Ingredients

- 3 1/2 cups flour
- 1 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 cup margarine
- 1/2 cup Crisco shortening
- 3 eggs
- 15 oz can of pumpkin
- 1 bag of chocolate chips (semi sweet or dark chocolate)
- 1 1/2 tsp cinnamon
- 1 tsp nutmeg
- 1/2 tsp ginger
- 1/2 tsp cloves

## Instructions

Mix all ingredients together

Put into 2 loaf pans rubbed with Crisco and sprinkle with flour

Bake at 350 degrees for 65 minutes.

Serve with cream cheese

Enjoy!



Amount per serving	
Calories	513
Fat	20 g
Carbs	79 g
Cholesterol	69 mg
Protein	6 g

# Chocolate Chip Cookies

By Gail B

## Ingredients

2/3 cup shortening  
2/3 cup butter or margarine,  
softened  
1 cup granulated sugar  
1 cup brown sugar (packed)  
2 eggs  
2 teaspoons vanilla  
3 cups all-purpose flour  
1 teaspoon baking soda  
1 teaspoon salt  
1 cup chopped nuts  
2 packages (6oz each) semisweet  
chocolate chips

## Instructions

1. Preheat oven to 375°F (190°C).
2. Mix thoroughly shortening, butter, sugars, eggs, and vanilla. Stir in the remaining ingredients. (For a softer, rounder cookie, add 1/2 cup flour.)
3. Drop dough by rounded teaspoonfuls 2 inches apart onto ungreased baking sheet.
4. Bake for 8 - 10 minutes or until light brown.
5. Cool slightly before removing from baking sheet.

Makes about 7 dozen cookies



Spend time with the “living treasures” in your life each day. It’s good for the spirit.

— Gail B

Amount per serving	
Calories	100
Fat	5g
Carbs	13 g
Cholesterol	7 mg
Protein	1g

# Cake Mix Cookies

By Dianne H

## Ingredients

- 1 box cake mix
- 1/2 cup oil
- 2 eggs

## Instructions

Mix ingredients together

Put grease or parchment paper on a baking sheet

Make little balls with the dough and set on sheet

Bake at 350 degrees for 10-11 minutes

Some types of Cake Mix Cookies you can make are:

Yellow cake with chocolate chips

Spice cake with raisins

Strawberry cake with white chocolate chips (1/2 bag)

Chocolate cake with peanut butter chips (1/2 bag)



Amount per serving	
Calories	137
Fat	7 g
Carbs	17 g
Cholesterol	16 mg
Protein	2 g

# Jelly Roll

By Dorothy S.

## Ingredients

- 2/3 cup flour
- 3/4 tsp baking powder
- 1/4 tsp salt
- 4 eggs
- 3/4 cup sugar

## Instructions

Beat eggs with mixer until thick and lemon colored. Add the 3/4 cup sugar, 1 Tbsp at a time, mixing in between. Sift dry ingredients into egg mixture gradually. Pour into lightly greased, shallow 15"x10" jelly roll pan. Bake at 400 degrees for 12-15 minutes. Turn warm cake out onto a cloth sprinkled with powdered sugar. Spread cake with jelly. Roll while warm.



Amount per serving		8
Calories		281
Fat		3 g
Carbs		62 g
Cholesterol		82 mg
Protein		4 g

# Carrot Cake Cookies

## Ingredients

By Lori C

1 cup Butter (Sweet Cream, Salted, Softened)

1 cup Granulated Sugar

1/2 cup Brown Sugar

2 Eggs

1 teaspoon Vanilla Extract

3 cups All-Purpose Flour

2 heaping teaspoons

Cinnamon

1 teaspoon Baking Powder

1 teaspoon Baking Soda

1/2 teaspoon Salt

2 cups grated or chopped raw Carrots

1/2 pound (2 cups) of Powdered Sugar

1/4 cup Butter (We use Salted Sweet Cream Butter)

4 oz Cream Cheese

1 1/2 teaspoons Vanilla

1 cup chopped Pecans



# Instructions

- Grate or chop 2 cups of raw carrots.
- Add dry ingredients to a bowl and whisk together until combined. Set aside.
- In a large mixing bowl, cream the butter and sugars.
- Add the eggs and vanilla and mix until light and fluffy.
- Add the dry ingredients to the cookie dough one cup at a time and mix until just combined.
- Fold in the 2 cups of carrots.
- Bake the cookies in an oven preheated to 375 degrees for 13-15 minutes or until golden brown around the edges.
- Allow cookies to cool.
- Beat cream cheese, butter, and vanilla in a mixer until blended.
- Add powdered sugar a cup at a time and continue to mix until sugar is incorporated.
- Frost cookies.
- Apply chopped pecans around the edges of cookies.

Amount per serving	
Calories	352
Fat	19 g
Carbs	45 g
Cholesterol	55 mg
Protein	3 g

# Low Fat Apple Cake

By Debbie S

## Ingredients

### Cake Ingredients:

- \*1 yellow cake mix (I use Pillsbury Moist Supreme Yellow)
- \*1 (20-21 oz) canned apple pie filling (mashed but will still be chunky)
- \*3 eggs
- \*1 tsp ground cinnamon

### Topping Ingredients:

- \*2/3 cup packed brown sugar
- \*1 tbsp all-purpose flour
- \*1 tbsp melted butter
- \*1 tsp ground cinnamon



# Instructions

## For Cake:

- 1) Preheat oven to 350 degrees. Grease and flour a 9x13 inch pan. (I use glass Pyrex)
- 2) In a medium sized bowl, whisk together 1 tsp cinnamon and the cake mix.
- 3) In a large bowl, whisk together the mashed apple and 3 eggs.
- 4) Combine the cake mix/cinnamon bowl into the mashed apple/egg bowl until fully mixed. It will be lumpy.
- 5) Pour mix into greased/floured pan.

## For Topping:

In a small bowl, mix together the brown sugar, flour, melted butter, and cinnamon. It will not be all moist. Sprinkle the topping on to the cake batter.

## Notes

Bake uncovered for approximately 30 minutes. DO NOT OVER COOK! Cake is done when a toothpick inserted into the center comes out clean. Cool in pan on rack. Once cooled, cover with foil to keep for later.

Amount per serving	
Calories	191
Fat	7 g
Carbs	31 g
Cholesterol	25 mg
Protein	3 g

# Carrot Cake

By Megan B

## Cake Ingredients

- 4 eggs
- 1 1/4 cups vegetable oil
- 1 cup white sugar
- 1 cup brown sugar
- 3 teaspoons vanilla extract
- 2 cups all-purpose flour
- ¼ teaspoon nutmeg
- 2 teaspoons baking soda
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 2 teaspoons ground cinnamon
- 3 cups grated carrots
- 1 cup chopped pecans

## Frosting Ingredients

- 1/2 cup butter, softened
- 8 ounces cream cheese, softened
- 3 1/4 cups confectioners' sugar
- 1 teaspoon vanilla extract
- (Optional) 1 cup chopped pecans



# Instructions

1. Preheat oven to 350 degrees F. Grease and flour a 9x13 inch pan.
2. Put the 8oz of pineapple in a strainer.
3. In a large bowl, beat together eggs, oil, brown sugar, white sugar, and 2 teaspoons vanilla.
4. Mix in flour, nutmeg, baking soda, baking powder, salt and cinnamon.
5. Stir in carrots. Stir in pineapple. Fold in pecans. Pour into prepared pan.
6. Bake in the preheated oven for 40 to 50 minutes, or until a toothpick inserted into the center of the cake comes out clean. Let cool in pan for 10 minutes, then turn out onto a wire rack and cool completely.

**To Make Frosting:** In a medium bowl, combine butter, cream cheese, confectioners' sugar and 1 teaspoon vanilla. Beat until the mixture is smooth and creamy. Stir in chopped pecans. Frost the cooled cake.

Amount per serving	
Calories	575
Fat	35 g
Carbs	64 g
Cholesterol	69 mg
Protein	5 g

# Texas Sheet Cake

By Brenda A

Mix together in a Large bowl

- 2 cups flour
- 2 cups sugar
- A dash of salt
- 1 teaspoon baking soda
- 1 teaspoon cinnamon

Bring to a boil

- 1 stick butter
- ½ cup Crisco
- 4 tablespoons Cocoa Powder
- 1 cup water
- 1 teaspoon vanilla

Once boiled, pour over dry ingredients; beat with hand whisk until smooth. Add 2 eggs, ½ cup sour cream (mostly filled ½ cup of milk with a splash of vinegar). Beat until smooth, pour into a greased 15 ½ x 10 ½ inch pan.

Bake for 20 minutes.

With 5 to 10 minutes left baking time, start making frosting.

## Frosting:

Melt in bowl:

1 stick butter

3 tablespoons milk

1 teaspoon vanilla

In mixing bowl:

\* 1 pound powdered  
sugar

\* A dash of salt

\* 4 tablespoons cocoa powder

Once melted, pour milk and butter mixture over dry ingredients and whisk until smooth.

As soon as the cake comes out of the oven, frost.

Amount per serving	
Calories	475
Fat	21 g
Carbs	71 g
Cholesterol	75 mg
Protein	3 g



# German Chocolate Cake

By Martha R

## Ingredients

- 1 box German chocolate cake mix
- 1 cup coconut
- 1 cup chopped walnuts

## Frosting

- 1 lb. powder sugar
- 1/4 lb. butter
- 8 oz cream cheese





## Instructions

Combine cake ingredients from the directions on the box.

Grease a 9" x 13" cake pan.

Sprinkle coconut and chopped walnuts evenly in the pan.

Pour cake batter on top.

Bake at 350 degrees for approximately 40 minutes.

Once done, let cake cool and then frost.

Amount per serving	
Calories	466
Fat	24 g
Carbs	62 g
Cholesterol	62 mg
Protein	3 g

# Best Ever Chocolate Egg-less Cake

By Marge B

## Ingredients

- 3 cups flour
- 2 cups sugar
- 6 tbl cocoa
- 1/2 tsp salt
- 2 tsp baking soda
- 2 cups water
- 2/3 cups vegetable oil
- 2 tbl white vinegar
- 2 tsp vanilla extract

## Fluffy Chocolate Topping

- 1- 8 oz carton cool whip
- 3/4 to 1 cup sour cream
- 2 tbl Carnation malted milk

## Instructions

In a mixing bowl, combine the first five ingredients. Add water, oil, vinegar, and vanilla to mixture.

Using a mixer, beat on low speed for one minute and beat on medium speed for two minutes.

Pour into a greased and floured 9x13 inch pan. Bake at 350 degrees for 40 minutes.

Once cake is done and cooled, add the chocolate topping along with some chocolate chips.



Amount per serving	
Calories	533
Fat	22 g
Carbs	82 g
Cholesterol	2 mg
Protein	6 g

*"You would not be where you are today if your heart was not growing bigger every day."*

*~ Carole S.*

# Ice Cream Sandwich Cake

By Janice H

## Ingredients:

- 24 vanilla ice cream sandwiches, unwrapped
- 2 - 8 oz containers whipped topping (Cool Whip)
- 1 - 12 oz jar hot fudge ice cream topping, warmed
- 1 - 12 oz jar caramel ice cream topping
- 1/4 cup chopped pecans, or to taste



## Instructions:

- Arrange a layer of ice cream sandwiches in the bottom of a 9x13 inch dish
- Top with a layer of whipped topping, hot fudge topping, and caramel topping
- Repeat layering with the remaining ice cream sandwiches, whipped topping, hot fudge, and caramel
- End with a layer of the whipped topping, hot fudge, caramel
- Sprinkle with pecans
- Cover dish with aluminum foil and freeze until set
- Takes at least 30 minutes to set

Amount per serving	
Calories	576
Fat	25 g
Carbs	85 g
Cholesterol	40 mg
Protein	7 g

# Caregiver's Cleaning Oil

By Lou Anne B

A daily ritual and mindful activity to work through stress. This recipe helps me in a sensory way and also helps those around me.

## Ingredients - Essential Oils to use

Cinnamon - boosts energy

Lavender - calming

Peppermint - energy (yet calming)

Rosemary - Uplifting; stimulates mind and mood

Bergamot - Relieves anxiety and mood elevating

Lemon Balm - Relaxing; improves memory

Ylang Ylang - Eases depression and restlessness

Ginger - Loss of appetite; supports digestion

Eucalyptus - Promotes alertness and focus

Frankincense - Concentration; balances nervous system



Smell your way to a  
better brain!

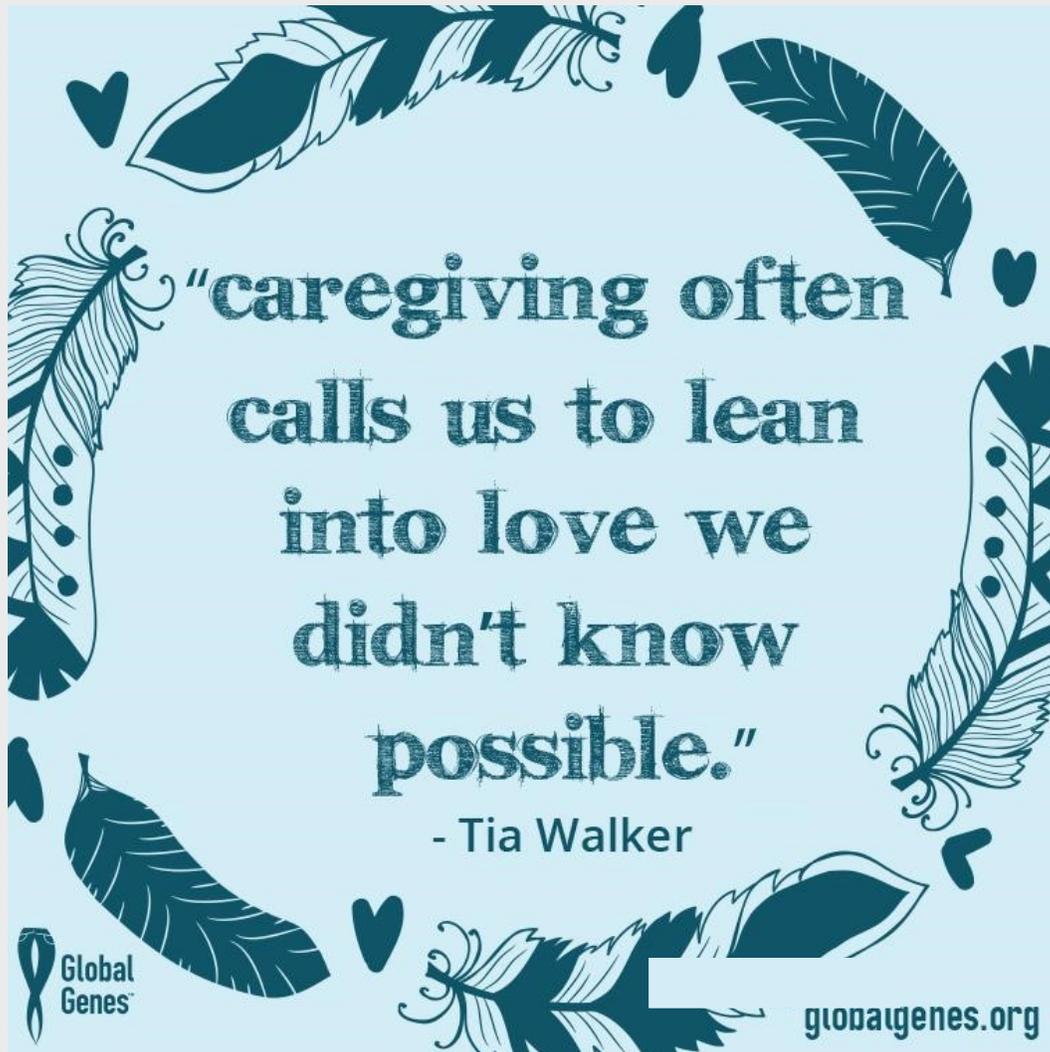
## Directions

Choose a few oils you like or make a combination of all of them.

Use 1 - 2 drops of desired oils using an eye dropper.

Mix oils together then add to a hot bucket of water to get the full use of the aromas.





"caregiving often  
calls us to lean  
into love we  
didn't know  
possible."  
- Tia Walker

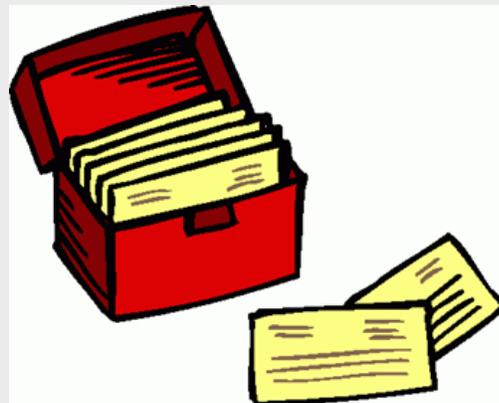
Global Genes [globalgenes.org](http://globalgenes.org)

YOU are a TREASURE, a  
modern-day ANGEL,  
a WARRIOR when times  
are TOUGH, a SOOTHING  
BALM when there is PAIN,  
a SHINING LIGHT when  
THERE is DARKNESS.

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VA  
Caregiver  
Support