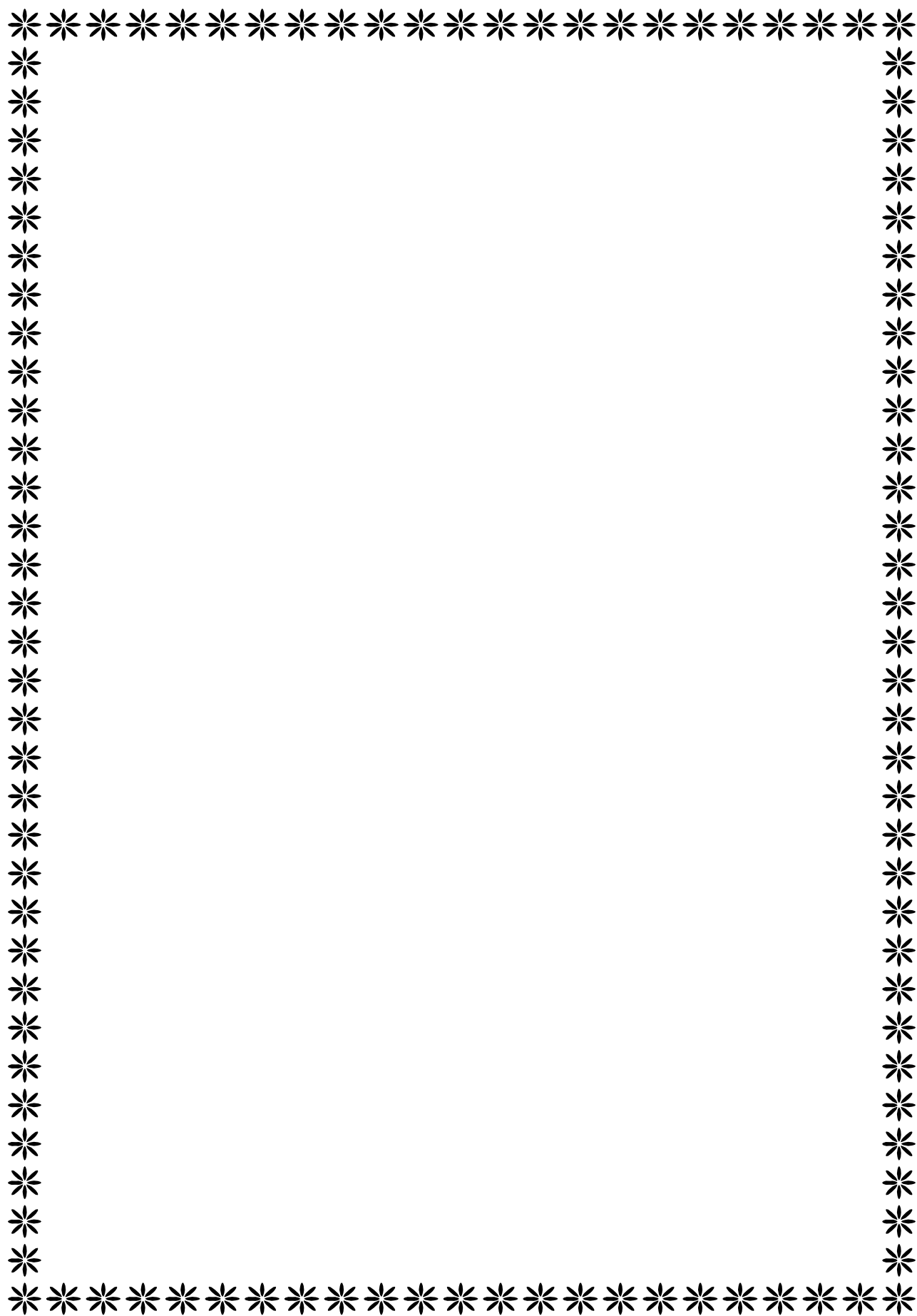


Augsburg College Campus Cookbook



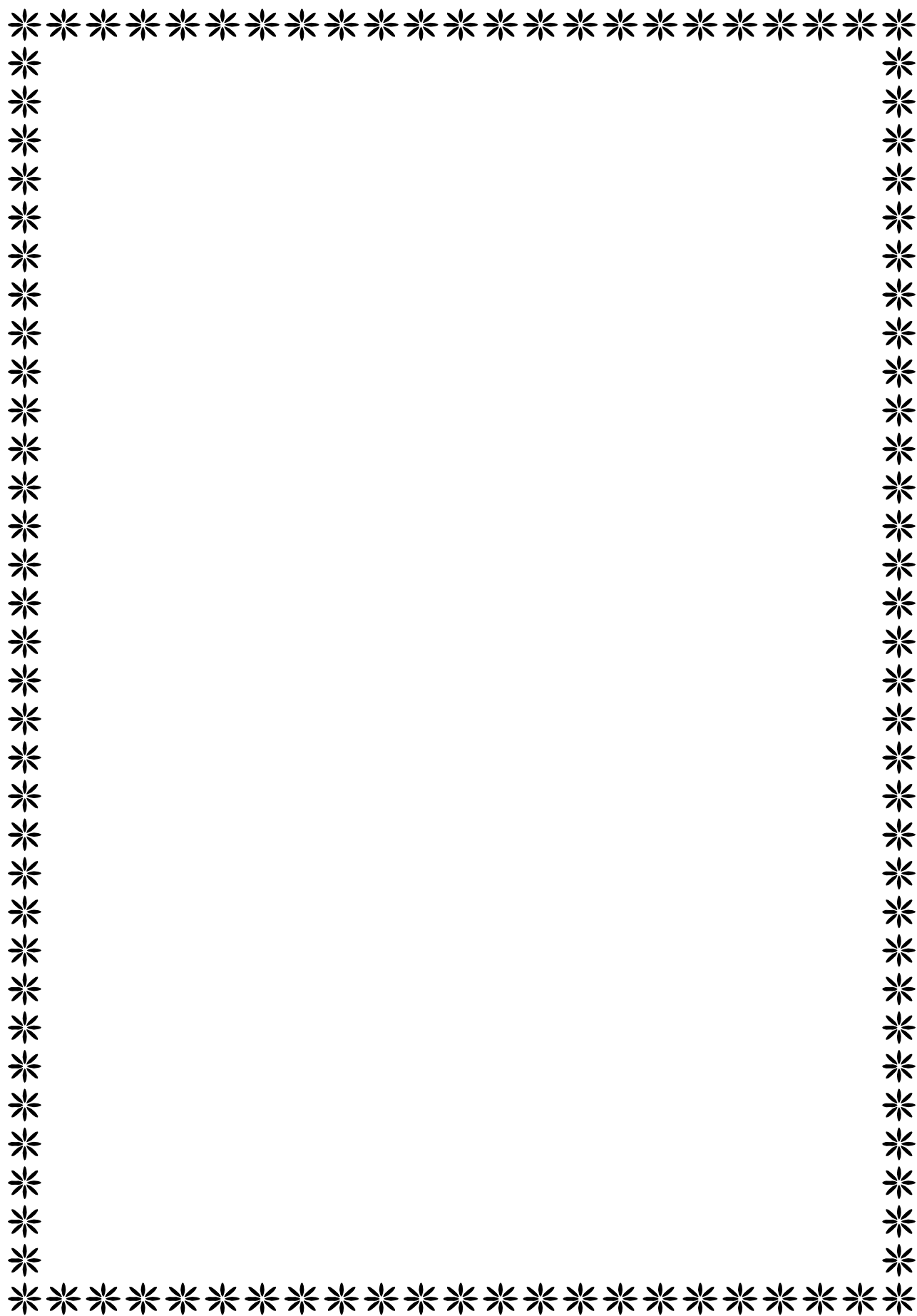
Preface

This cookbook was designed in an attempt to provide college students with simple ideas for low-cost meals. Unbeknownst to many (including the authors at one point), many college students are struggling with meeting basic life necessities. Many students, in an attempt to obtain an education, are spending their scarce resources of tuition, textbooks, and lodging, and simply do not have enough left at the end for food. If this sounds familiar, then this book is for you. Throughout the book, you will see ingredients marked with an (*). These ingredients are commonly found at the campus food shelf and are available to any and all students.

Perhaps you are one of the fortunate ones and are able to afford to luxury of food. If this is you, please, do not disregard this book. Many students, faced with living alone for the first time, do not possess the knowledge or comfort level to cook at home. This can easily result in late-night pizza deliveries and frequent trips to fast food restaurants. This behavior can lead to the infamous “freshman 15”, but it can also instill dietary habits which are carried on long after college.

It is our genuine hope that anyone who comes across this cookbook will be able to find at least one recipe that suits his or her needs. Please, do not take these recipes as Gospel. If you don’t like a certain ingredient, take it out, or replace it with something a bit more palatable. Have fun and experiment! You will notice that the backside of each page is blank. We encourage you to write your own recipes down here. When you are done with this cookbook, please share it with your neighbor or drop it off at the food shelf, so that we can all enjoy your recipes.

Bon Appétit





Green Bean Casserole

1 (10 3/4 oz) Can Soup - Condensed Cream of Chicken *

1/2 Cup Milk

1 Teaspoon Soy Sauce

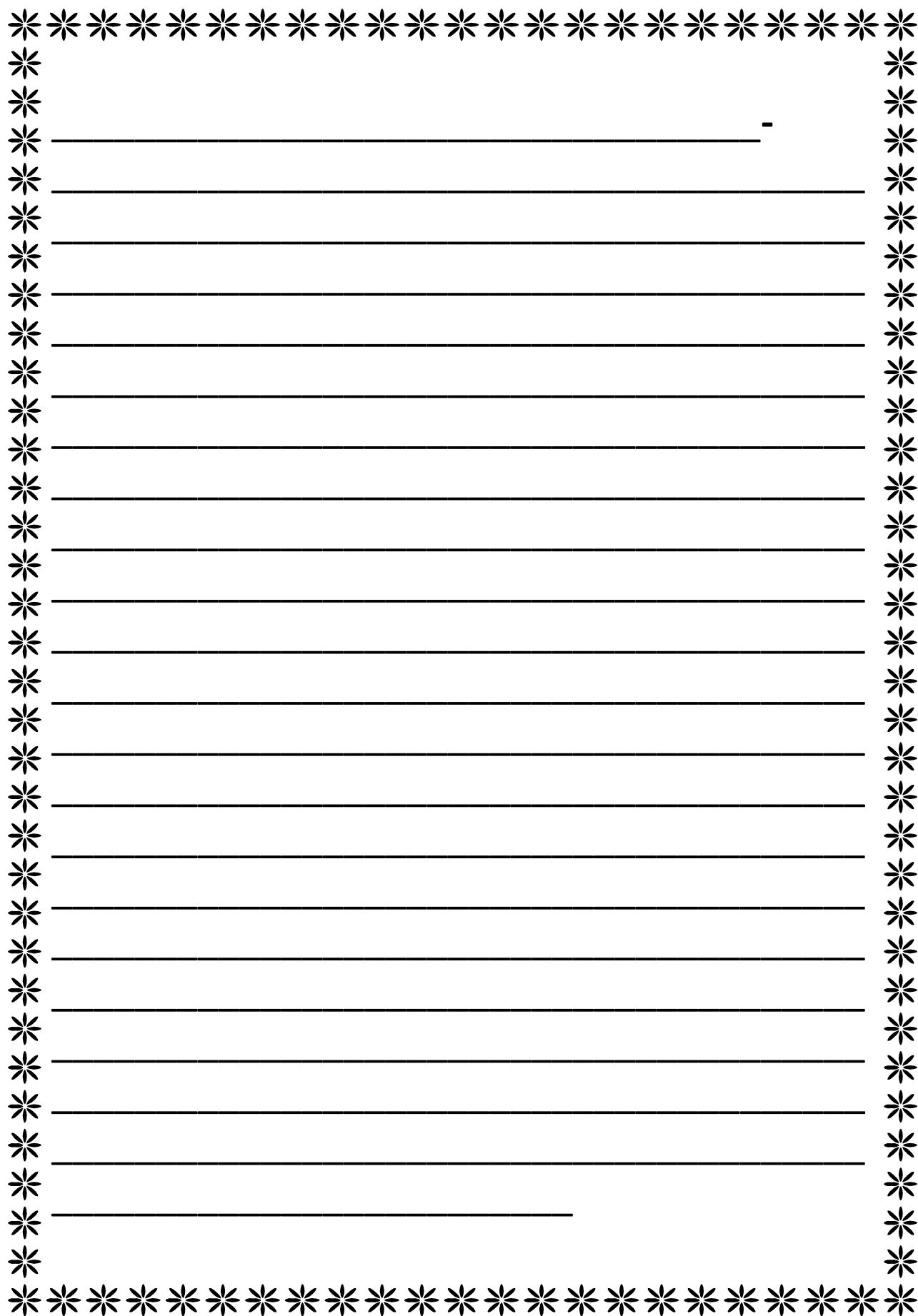
4 cups Beans - Green, cooked, cut *

to taste Seasoning - Black Pepper

1 1/3 Cups French Fried Onions

Preheat oven to 350 (F) degrees. In a 1 1/2 quart casserole dish, mix soup, milk, soy, black pepper, beans and 2/3 cup french fried onions. Bake for 25 minutes at 350 (F) degrees. Sprinkle with remaining french fried onions and bake for 5 additional minutes.

Makes 6 Serving.



Ranch Chicken and Potatoes

1 lb Chicken – Breast

1/4 cup Onions, diced

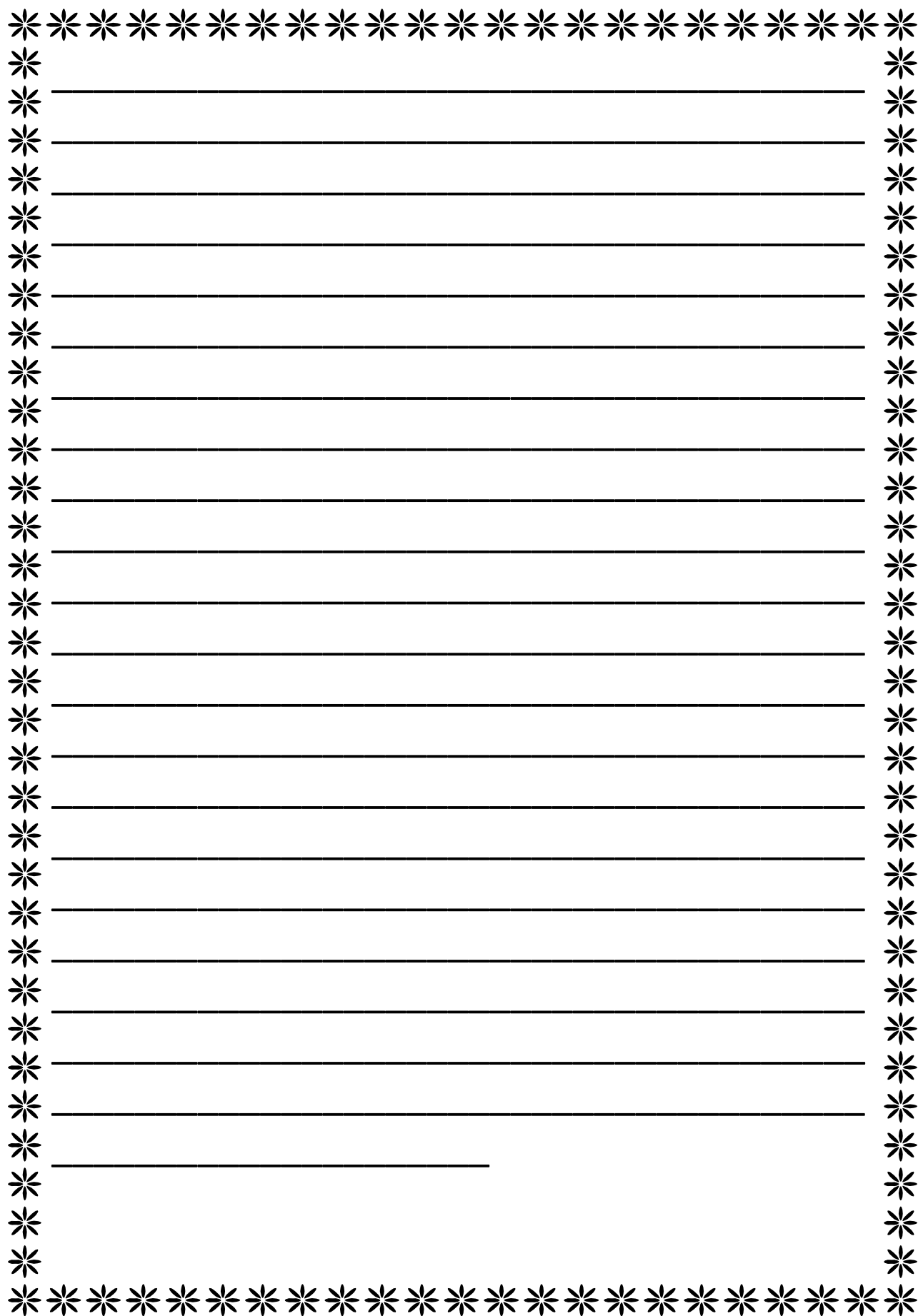
1/2 Cup Sour Cream

1 (10 ounce) Can Soup - Condensed Cream of Chicken Soup *

1 small can Potatoes *

Mix all ingredients and cook in crockpot on low for 6-8 hours or until potatoes are done. Add salt and pepper to taste.

Low Budget Tip – Chicken breast can be purchased frozen from your local grocer. Purchased in packs of 8-10, it will keep for a relatively long time in your freezer.





Spanish Rice

2 Tablespoons Olive Oil

2 Cups Chicken Broth *

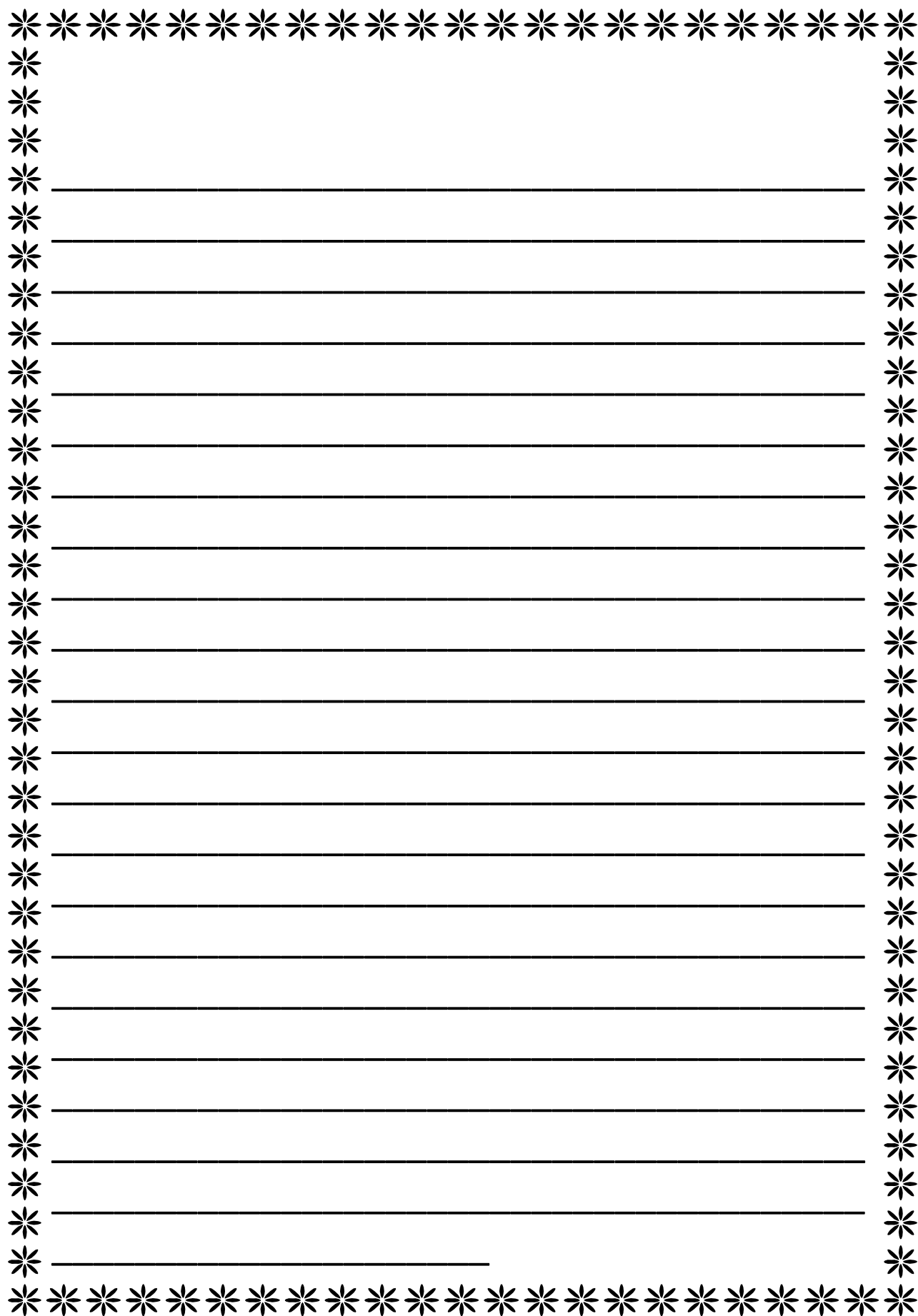
2 Tablespoons Onions, Chopped

1 Cup Salsa, Chunky

1 1/2 Cups Rice - White, Uncooked *

Heat oil in a large, heavy skillet over medium heat. Stir in onion, and cook until tender, about 5 minutes. Mix rice into skillet, stirring often. When rice begins to brown, stir in chicken broth and salsa. Reduce heat, cover and simmer 20 minutes, until liquid has been absorbed.

Makes 4 Servings





Easy Cheesy Broccoli and Rice

1 10 ounce package frozen chopped broccoli

1 cup quick cooking rice *

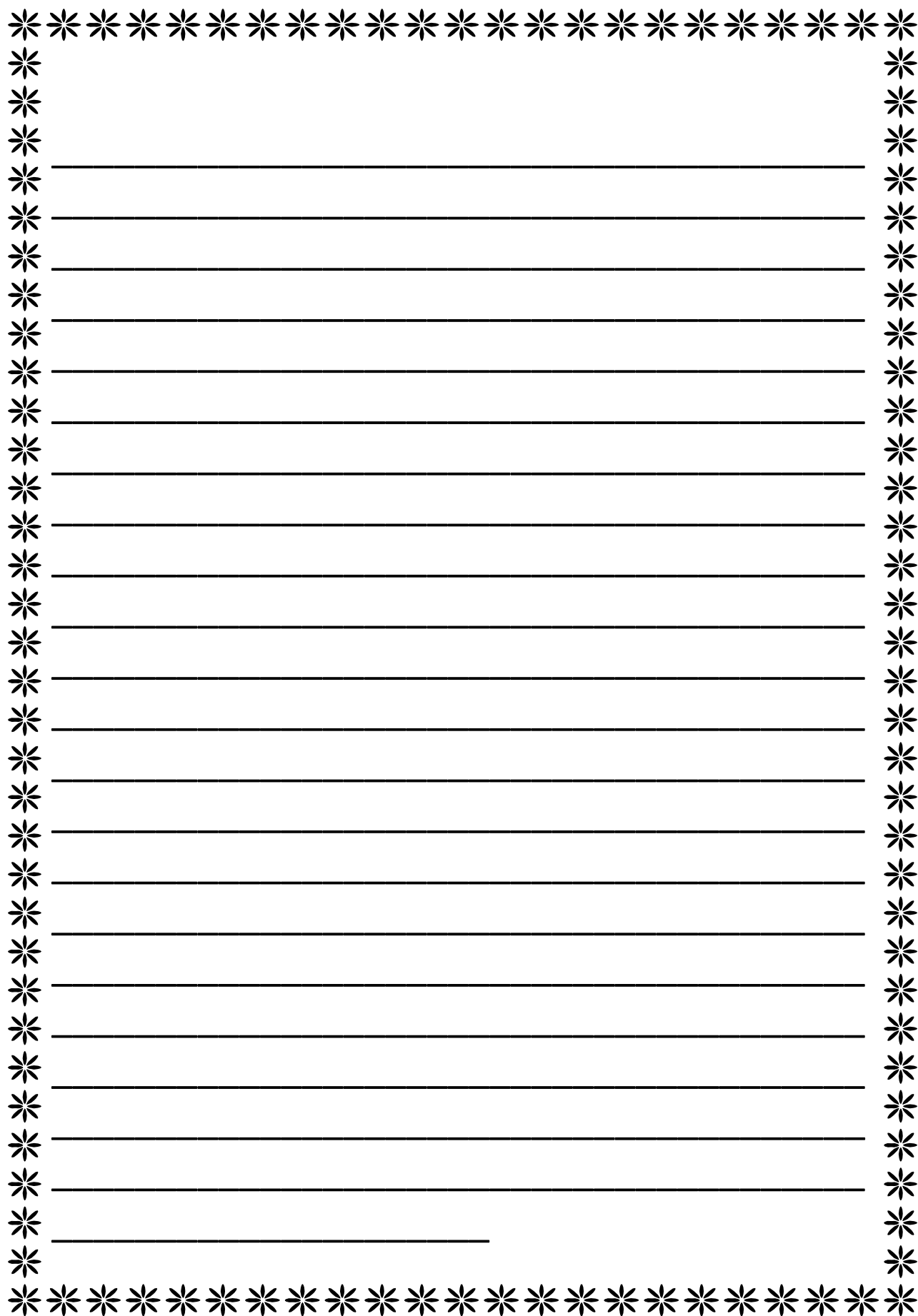
1 cup water

$\frac{1}{4}$ teaspoon salt

1 cup shredded reduced fat cheese

In a medium saucepan combine frozen broccoli, uncooked rice, water, and salt. Bring to boiling, stirring frequently to break up frozen broccoli. Remove from heat. Cover and let stand for 5 minutes. Return saucepan to burner. Over low heat add cheese, stirring just until cheese is melted. If desired, serve in bowls and sprinkle with additional cheese.

Makes 6 servings.



Fajita Style Quesadillas

½ medium red or green sweet pepper, cut into bite size strips

½ medium onion, thinly sliced

1 fresh Serrano pepper, cut into thin strips

2 slices of tomato *

(for all the ingredients above, you can use most any vegetable, and any amount you wish, just try to keep the proportions right. You can also add meat if so desired.)

2 teaspoons vegetable oil *

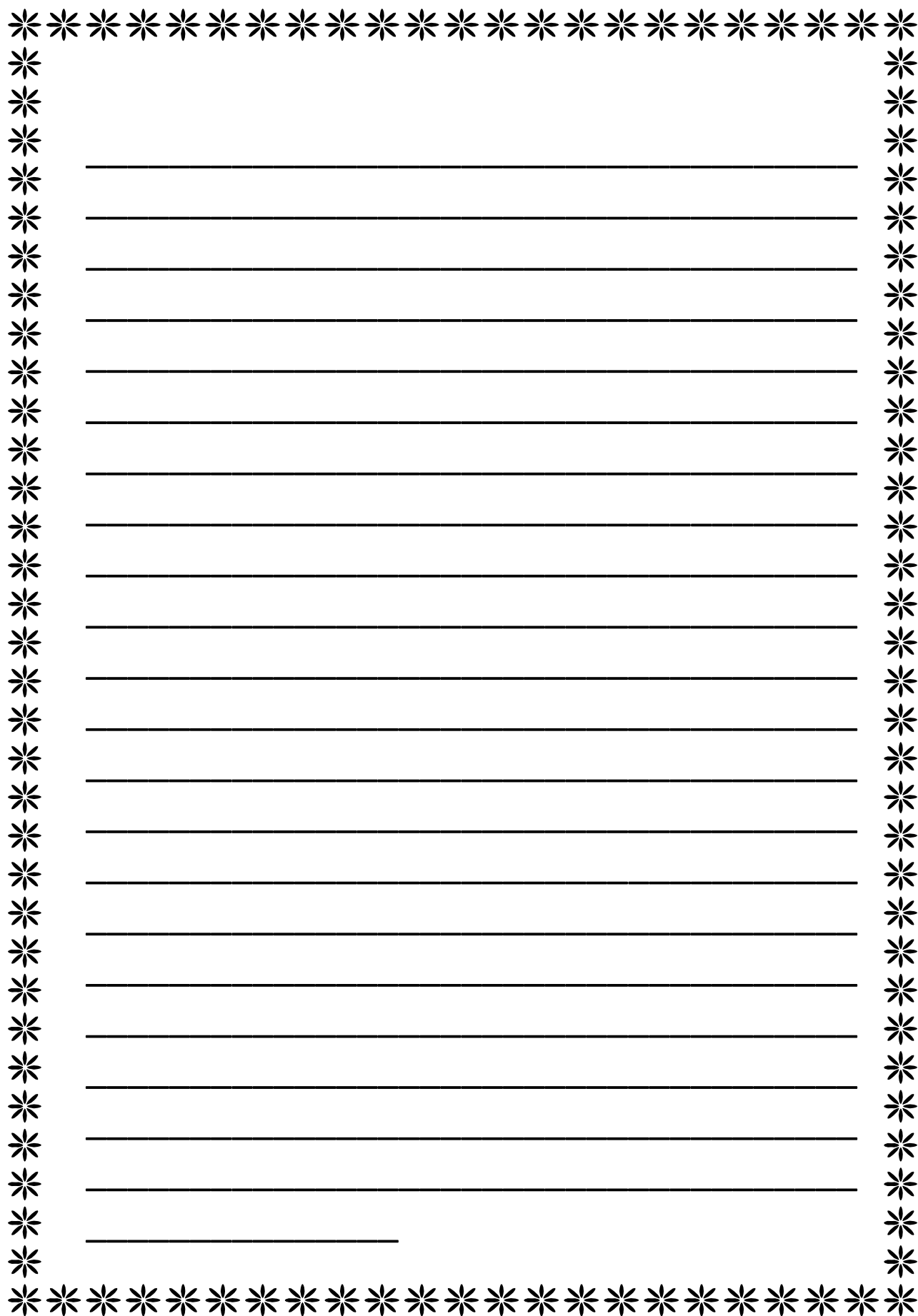
4 white corn tortillas *

½ cup of shredded cheese

Sour cream (optional)

Cilantro and lime wedges (optional)

In a large enough saucepan, cook peppers, and desired vegetables in hot oil over medium heat for 3 to 5 minutes or until vegetables are just tender. Remove from heat. Lightly coat one side of each tortilla with cooking spray. On the uncoated side of two of the tortillas divide the cheese amongst them. Top with your vegetables, cilantro, and more cheese if you wish. Top with remaining tortillas, coated side up. Heat a large skillet, griddle, or pan over medium heat. Cook quesadillas for 4 to 5 minutes per side or until cheese melts or tortillas are lightly browned. Cut quesadillas into four wedges and serve with sour cream, guacamole, or whatever you desire.



Easy Grilled Chicken Teriyaki

4 skinless, boneless chicken breast halves

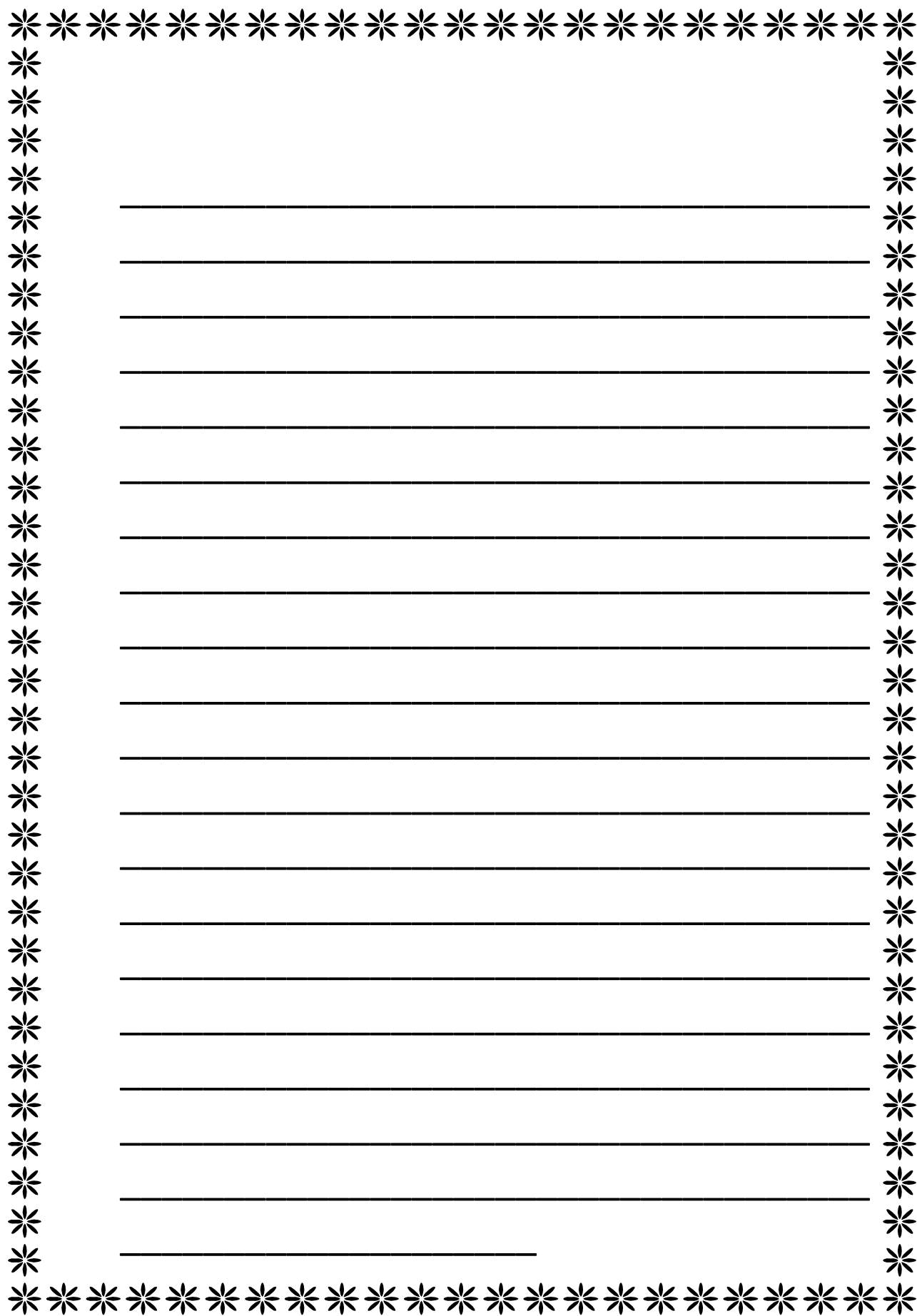
1 cup teriyaki sauce

¼ cup lemon juice

2 teaspoons minced garlic

2 teaspoons sesame oil

Place chicken, teriyaki sauce, lemon juice, garlic, and sesame oil in a large resealable plastic bag. Seal bag, and shake to coat. Place in refrigerator for 24 hours, turning every so often. Preheat grill for high heat. You could also use a skillet on a stove top, or even a pan if you want, but cook times would vary. Lightly oil the grill grate, or whatever pan you are using. Remove chicken from bag, discarding any remaining marinade. Grill for 6 to 8 minutes each side, or until juices run clear when chicken is pierced with a fork.



Cheezy Chicken Spaghetti Bake

4 skinless Chicken – Breast

8 oz Pasta – Spaghetti *

2 (10.75 oz) Soup – Cream of Chicken *

2 (5 oz) Jars (1 with jalapenos) Cheese – Processed Spread

Boil spaghetti as directed on package. Drain. Meanwhile, brown chicken breast until tender and done all the way through. Shred chicken into bite-size pieces. Melt processed cheese spread in a microwave oven as directed on jar. Pour drained spaghetti in a large baking dish. Add melted cheese spread and soup; mix well. Stir in chicken, and mix well. Cover with foil.

Bake at 425 degrees F (220 degrees C) for 25 minutes.

