



## Meet Taste of Home Culinary Specialist Jamie Dunn!

Jamie's love of cooking was sparked while taking 8th grade Home Economics, and her parents also encouraged her interest along the way. Jamie's dad was an occasional cook but always eager to try new recipes, and his enthusiasm rubbed off.

Jamie went on to attend Oklahoma State University where she earned a Bachelor of Science degree in Vocational Home Economics Education and Community Service. From there she has worked as a culinary instructor for Tulsa Technology and Bama Cooking School, as well as a high school Home Economics teacher.

As a seasoned Taste of Home Cooking School instructor, Jamie looks forward to sharing time-saving cooking tips and the latest kitchen gadgets with cooking school audiences. One of her favorite gadgets is a pair of battery operated salt and pepper grinders.

Each Cooking School show is live, so Jamie says you never know what to expect. "Years ago at one of my first shows, one of my onstage assistants accidentally set something on fire and was running around the stage with it," Jamie shares. "It was definitely an unexpected, memorable moment!"

When she's not on the road with the Taste of Home Cooking School, Jamie enjoys baking - especially desserts. She makes pies and candies for the holidays. And, one of her favorite dessert recipes is Layered Turtle Cheesecake.

A native of Oklahoma, Jamie lives with her husband and three sons in the town of Owasso. She explains, "It's a great place to live because it's very family oriented and it's a great community for kids."

# Physicians Mutual Brings Simplicity to the Dinner Table

Physicians Mutual announced today it will team up with Taste of Home Cooking Schools to bring simple and satisfying recipes to the dinner table throughout the spring.

Physicians Mutual believes it's the good food, good conversation and good company that make dinners so special. Creating great family moments can be just that simple and it all happens right at life's centerpiece: the kitchen table.

For Physicians Mutual customers, employees and agents, the kitchen table is life's centerpiece. It's where meals are served, laughter is shared, homework is done and unforgettable conversations take place.

It's where families make their best memories.

"We're thrilled to have Physicians Mutual partner with us and share recipes from their Physicians Mutual family cookbook," said Erin Puariea, General Manager of Taste of Home Cooking School. "It's great to see their love for cooking and the importance of spending time around the kitchen table with family."

Physicians Mutual has a 97% customer satisfaction rating\* and the recipes from the Physicians Mutual family cookbook will satisfy those that mean the most to you - your family. This simple dish is sure to bring everyone to the table for good food and conversation.



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### About Physicians Mutual

Physicians Mutual Insurance Company and Physicians Life Insurance Company are members of the Physicians Mutual family. Physicians Mutual Insurance Company offers reliable Medicare Supplement, dental and supplemental health insurance. Physicians Life Insurance Company provides important life insurance coverage and annuities. In 2012, they entered the funeral pre-planning market to help meet the growing needs of funeral home owners and the families they serve. The companies have nearly \$3 billion in assets and consistently maintain some of the highest financial strength ratings in the nation from independent insurance analysts, including A.M. Best Company and Weiss Ratings.

Founded in 1902, Physicians Mutual is headquartered in Omaha, Neb. To learn more about the company, please visit [www.PhysiciansMutual.com](http://www.PhysiciansMutual.com).

\*Physicians Mutual Customer Satisfaction Survey, 2010, conducted by Wiese Research Associates

## Grilled Mushrooms

TOTAL TIME: Prep/Total Time: 15 min.  
MAKES: 4-6 servings

### Ingredients

- 1/2 pound medium fresh mushrooms
- 1/4 cup butter, melted
- 1/2 teaspoon dill weed
- 1/2 teaspoon garlic salt

### Nutritional Facts

1 serving (1 cup) equals 77 calories, 8 g fat (5 g saturated fat), 20 mg cholesterol, 230 mg sodium, 2 g carbohydrate, trace fiber, 1 g protein.

### Directions

1. Thread mushrooms on four metal or soaked wooden skewers. Combine butter, dill and garlic salt; brush over mushrooms.

2. Grill over medium-high heat for 10-15 minutes or until tender, basting and turning every 5 minutes.

Yield: 4 servings.

Originally published as *Grilled Mushrooms* in *Taste of Home* June/July 1994, p29



### Popcorn Cake

- Linda S. Conroe, TX  
Customer of Physicians Mutual

- 1 16 oz bag miniature marshmallows
- 1/2 cup butter
- 10-12 cups popped, unbuttered popcorn
- 1 cup roasted salted peanuts
- 2 cups plain M&M's

1. In a microwave-safe bowl, combine the marshmallows and butter. Microwave, uncovered, on high for 3 minutes or until melted, stirring occasionally. Place the popcorn in a large bowl; pour marshmallow mixture over popcorn and mix well.

2. Stir in peanuts and M&M's. Press into a well-greased Bundt cake pan. Cool until firm. Remove from pan, cut with serrated knife.



(photo by Taste of Home)



SERVED WITH PRIDE SINCE 1945.

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- 1/2 teaspoon crushed red pepper flakes
- Cheddar cheese, shredded (optional)

### Preparation:

In a large saucepan, cook sausage and ground beef over medium heat until meat is no longer pink; drain.

Add the onion, celery and garlic. Cook and stir for 5 minutes or until tender.

Stir in the tomatoes, beans, broth, tomato paste, brown sugar, chili powder, Worcestershire sauce, cumin and red pepper flakes. Bring to a boil.

Reduce heat; cover and simmer for 20 minutes.

Sprinkle with cheese if you like and serve immediately.

Cook Time: 30 minutes

Makes: 10-12 servings



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