



*Strong Families and Good Cooking often go hand-in-hand. This column is a celebration of both.*

By Bonnie Mullens

# Home cooking

One way to know cold weather is on its way is by the crowds at the grocery stores. People tend to head to the store to stock up on food.

I don't recall being iced in for any period of time, but maybe some of us hope it would happen. Wasn't the snow Sunday beautiful!

My husband Jimmy made a couple trips to the store Sunday for chili fixins.

This week I am going to share a few more of my favorite warm you up recipes. The Red Beans and Rice was one of my dad's favorites. It probably had something to do with his Louisiana roots.

Enjoy!

## NEW ORLEANS RED BEANS AND RICE

- 1 pound dried red beans
  - 8 to 10 cups water
  - 2 T. Crisco Shortening or Crisco Oil
  - 1 large onion, chopped
  - 1/4 cup chopped celery
  - 2 cloves garlic, chopped
  - 1 ham bone with ham (about 1/2 pound)
  - 2 T. chopped parsley
  - 1 tsp. salt
  - 1 bay leaf
  - 1/2 tsp. hot pepper sauce
  - 1/4 tsp. dried thyme leaves
  - 5 cups hot cooked rice
- Place beans in large saucepan. Cover with water.

Let beans soak until they float to top. Heat Crisco Shortening or Crisco Oil in large skillet. Add onions, celery and garlic. Saute until tender. Add to beans.

## CAMELIZED ONION MAC AND CHEESE

- 1 (8 oz) package large elbow macaroni
  - 2 T. butter
  - 2 large onions, halved and thinly sliced
  - 1 tsp. sugar
  - 1 (16-oz) block white Cheddar cheese, shredded
  - 1 cup (4 oz) shredded Parmesan cheese
  - 32 saltine crackers, finely crushed and divided
  - 6 large eggs
  - 4 cups milk
  - 1 tsp. salt
  - 1/2 tsp. pepper
  - 2 T. butter, melted
  - 1/2 cup chopped pecans (optional)
- Preheat oven to 350 degrees. Prepare macaroni according to package directions; drain and set aside. Melt 2 tablespoons butter in a large skillet over medium-high heat. Add sliced onions and 1 tsp. sugar. Cook, stirring often, 15 to 20 minutes or until onions are caramel colored.
- Layer half each of macaroni, onions, cheeses and cracker crumbs in a lightly greased 13x9-inch baking

dish. Layer with remaining macaroni, onions and cheeses. Whisk together eggs and next 3 ingredients and pour over macaroni mixture.

Stir together remaining cracker crumbs, melted butter, and, if desired, chopped pecans. Sprinkle over macaroni mixture. Bake at 350 degrees for 1 hour or until golden brown and set. Let stand 10 minutes before serving.

## CHICKEN LASAGNA

- One roasted whole chicken or six skinned and boned cooked chicken breast halves makes about 3 cups chopped meat.*
- 1 T. butter
  - 1/2 large onion
  - 1 (10 1/2 oz.) can reduced-fat cream of chicken soup, undiluted
  - 1 (10 oz) container refrigerated reduced-fat Alfredo sauce
  - 1 (7 oz) jar diced pimiento, undrained
  - 1 (6 oz) jar sliced mushrooms, drained
  - 1/3 cup dry white wine
  - 1/2 tsp. dried basil
  - 1 (10 oz) package frozen chopped spinach, thawed
  - 1 cup cottage cheese
  - 1 cup ricotta cheese
  - 1/2 cup grated Parmesan cheese
  - 1 large egg, lightly beaten
  - 9 lasagna noodles, cooked

- 2 1/2 cups chopped cooked chicken
  - 3 cups (12 oz) shredded sharp Cheddar cheese, divided
- Preheat oven to 350 degrees. Melt butter in a skillet over medium-high heat. Add onion and saute 5 minutes or until tender. Stir in soup and next 5 ingredients. Reserve 1 cup sauce.

Drain spinach well, pressing between layers of paper towels. Stir together spinach, cottage cheese and next 3 ingredients. Place 3 lasagna noodles in a lightly greased 13x9-inch baking dish. Layer with half each of sauce, spinach mixture and chicken. Sprinkle with 1 cup Cheddar cheese. Repeat procedure. Top with remaining 3 noodles and reserved 1 cup sauce. Cover and chill up to 1 day ahead.

Bake at 350 degrees for 45 minutes. Sprinkle lasagna and remaining 1 cup Cheddar cheese, and bake 5 more minutes or until cheese is melted. Let lasagna stand 10 minutes before serving.

## SLOW COOKER VEGGIE CHILI

- (On the lighter side)*
- 2 large carrots, diced (1 cup)
  - 2 celery ribs, diced (1/2 cup)
  - 1 medium size sweet on-

- ion, diced
  - Vegetable cooking spray
  - 2 (8 oz) packages sliced fresh mushrooms
  - 1 large zucchini, chopped (1 1/2 cups)
  - 1 yellow squash, chopped (1 cup)
  - 1 T. chili powder
  - 1 tsp. dried basil
  - 1 tsp. seasoned pepper
  - 1 (8 oz) can tomato sauce
  - 3 cups tomato juice
  - 2 (14 1/2 oz.) cans diced tomatoes, undrained
  - 4 (15-oz) cans pinto, black, great Northern, or kidney beans, rinsed and drained
  - 1 cup frozen whole kernel corn
- Saute first 3 ingredients in a large nonstick skillet coated with cooking spray over medium-high heat for 10 minutes or until onion is translucent. Add mushrooms, zucchini, and squash; saute 3 more minutes. Add chili powder and next 2 ingredients, and saute 5 minutes more.
- Stir together tomato sauce and tomato juice in a 6-qt. slow cooker until smooth. Stir in diced tomatoes, next 2 ingredients and carrot mixture. Cover and cook on low for 8 hours.
- You can cool leftovers and freeze in plastic freezer containers or zip-top plastic freezer bags for up to 2 months.

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# Rear View Mirror

It Happened This Week . . . 10, 20, 30, 40, 50, 60, 70, 80, 90 Years Ago  
A look back at McGregor's Past  
—by Bonnie Mullens

## JANUARY 16, 1931—

~ Dr. John Thompson opened his medical practice in McGregor for the practice of general medicine and surgery. His office was located in the old offices of Dr. Hudson at the rear of Evers Corner Drug.

~ "If your income exceeds \$750 a year, and you own property valued more than \$1,986, you are more than an average Texan from a financial standpoint" was the opening paragraph of an article concerning the wealth of Texans.

~ Cuenod Dry Goods Store advertised 21 women's silk dresses for \$6.95, originally priced at \$9.95 to \$19.95. Women's fur trimmed coats sold for \$5.95 that were originally priced from \$9.95 to \$19.95.

elected secretary.

## JANUARY 20, 1961—

~ Joan Hudson, daughter of John and Frances Hudson, was pictured receiving a bouquet of roses after being named sweetheart of Frater Sodalitas, Abilene Christian College men's social club. Her escort was Jimmie Roberts.

~ A new low-cost propellant cartridge for starting jet aircraft engines had been developed and successfully test fired by Rocketdyne.

~ McGregor Chamber of Commerce began a campaign for new members and more revenue. Thirty four members met at Tony's Cafe and named Lee Ardell and Joe Paschall as captains for the campaign contest.

spent on pool renovations.

## JANUARY 11, 2001—

~ The Crawford High School Band was putting in a lot of extra rehearsal time, but no one was complaining. As hometown of the the incoming president, the band had been invited to participate in the Presidential Inaugural activities for President George W. Bush on January 20th in Washington D.C. The cost of the trip was estimated at \$30,000. Donations were being accepted.

~ Bonnie Mullens assumed the duties of Board Chairman of the McGregor Chamber of Commerce. Other officers were Donald Citrano, Beth Windendahl and Mike Beard. Board of Directors included Willie Morgan, Cathy

Williams, Ralph Eberspacher, Gerald Popp, Jill Paschall, Trey Scherwitz, Cheryl Pomeranke, Gladys Hollan, Leandra Cole and Terry Arp. Dale Evers was ex-officio and Ellen Johnson served as the Chamber's Executive Vice President.

~ The City of McGregor Building Permits topped the \$3.5 million mark.

## JANUARY 13, 2011—

~ Brent Bowers, the City of McGregor's Director of Finance, was presented with an Award of Financial Reporting Achievement by Mayor Jimmy Hering at Monday night's City Council meeting. This award comes as part of The Certificate of Achievement for Excellence in Financial Reporting awarded to

the City of McGregor by the Government Finance Officers Association of the United States and Canada (GFOA) for its comprehensive annual financial report (CAFR). The Certificate of Achievement is the highest form of recognition in the area of governmental accounting and financial reporting, and its attainment represents a significant accomplishment by a government and its management.

~ The McGregor High School Commons was filled to capacity Monday evening with parents and fans to honor the local athletes at the Fall Sports Banquet. Before the football players were recognized, Athletic Director and Head Coach Tim Seward turned the podium over to Kyle Paschall for a special

treat. Paschall, a former Bulldog in 1983, was speaking on behalf of the McGregor Chamber of Commerce who celebrated a Century of McGregor Football at its last banquet. Paschall and Trey Concilio produced a DVD complete with a narrative and slide show and highlights of teams dating back to 1909. Students receiving awards included Anthony Jones, Kieran Wilson, Keith Reineke, Dylan Brown, Brandon Dietzman, Brett Boles, Dylan Lorenz, Daniel Garcia, Dustin Shilling, Alex Barrera, Veronica Trejo and Melissa Ballard.

~ Brenda Storm of China Spring was the 2010 McGregor Mirror Bowl Game Contest winner.

## JANUARY 17, 1941—

~ Mr. and Mrs. J.R. Breeding celebrated their golden wedding anniversary. Their children were Ernest Breeding, Dennis Breeding and Mrs. Manske.

~ First National Bank of McGregor re-elected the following directors: W. Guy Draper, president; G.W. England, vice president; John D. Mann, vice-president; R.D. McEntire, cashier; Wm. Zacharias, asst. cashier and J.A. Naler, asst. cashier.

~ Charlie Witt and Son announced they had purchased the cafe located just north of Rich Auto Supply Store. Entertainment at the grand opening was furnished by Eddie Witt and his kangaroos.

## JANUARY 21, 1971—

~ The McGregor PTA, under the chairmanship of Mrs. Gladys Fox, sponsored a free Rubella Clinic for McGregor and surrounding areas.

~ Mrs. Addie Mae Baker retired after a 43 year career with the telephone company as an operator and later as a sales representative. She began her career as a relief operator on the manual switchboard.

~ Mike Owen, Lonnie Padgett, Joe Oswald, Charles Fulp and Billy Mack Owen were pictured with 18 big rattlesnakes they had captured.

~ Chamber president Tom Kirk named Lothar Krause, F. C. Luedtke, Dr. Carroll Robertson and Woody Jackson as his one year appointees to the advisory board.

## JANUARY 19, 1951—

~ Mrs. Julia Gardner, possibly McLennan County's longest living resident, celebrated her 89th birthday. She was born in Waco in 1862 and had never resided outside of McLennan County. She had lived in McGregor since 1900.

~ Bluebonnet area, with its industries and experimental farms, gave McGregor's economy a shot in the arm during 1950 and a much bigger dosage for the future was in prospect. These facts were revealed in a report by Paul Charles, local Norwood plant manager.

~ Bob Dowis took over the reigns of the Chamber of Commerce and Agriculture at the first meeting of the year. Ed Riley Naler was the newly

## JANUARY 15, 1981—

~ Westview Manor employees of the year were Brenda Niemeier-LVN, Carlee Hoover and Ruth Dryer.

~ The fishing team of Gary Hanneemann and Wayne Holt won McGregor's first bass tournament of the year with a catch of 5 pounds and 6 ounces.

## JANUARY 17, 1991—

~ The McGregor City Council gave its approval to the renovation plans for the McGregor Swimming Pool through a 50/50 grant from the Texas Parks and Wildlife. The grant for renovating the entire park was \$374,000, with the city's part being \$187,000. About \$130,000 would be

# TEXAS CROSSWORD

by Charley & Guy Orbison  
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### ACROSS

1 TXism: "he rides rough-\_\_\_ over everybody"

5 this Thomas was the first TX woman in the U.S. House

6 former Oilers coach \_\_\_ "Bum" Phillips

7 TX-based carrier: "\_\_\_ hound Lines"

8 this Richards was 45th TX governor

9 TX Audie Murphy 1964 film: "Bullet for \_\_\_"

16 Gulf shrimp catchers

18 small unincorporated town in Donley County (2 wds.)

21 Austin band: "Asleep \_\_\_ the Wheel"

22 TXism: "take a \_\_\_ at it" (try)

23 golf tee, e.g.

24 \_\_\_ bacon

30 TXism: "\_\_\_ empty egg shell"

34 365 days (abbr.)

35 female empowering song by TX-born Ciara (2 wds.)

36 this TX Lisa had a number 1 song with "Stay (I Missed You)"

37 TXism: "nary a soul" (2 wds.)

39 TX Lee Brown was Director of "\_\_\_ Control Policy" office (1993-96)

43 metric base units

44 making sleep noise

45 \_\_\_-yo (toy)

### DOWN

1 "Drive Friendly" or "Don't Mess with Texas," e.g.

2 in Robertson County on U.S. 79

3 \_\_\_ rugs

4 this Tim was in "Wings" with TX Crystal Bernard

9 league for Astros and Rangers

10 items with biggest discounts (2 wds.)

11 Claudia \_\_\_ "Lady Bird" Johnson

12 TXism: "buenas \_\_\_" (good day)

13 in Kaufman County on U.S. 175

14 Astro pitcher, Osuna (1990-93)

15 "siesta" in Mexico

17 TXism: "he's \_\_\_ some snap in his garters" (able)

19 8-across gave this address to DNC in 1988

20 fancy word for "exit"

24 this Guttenberg is a U.S. Supreme Court justice in upcoming "Roe v. Wade" (init.)

25 Texas historian and author, Tinkle

26 Exxon or Valero can be \_\_\_ station

27 TXism: "two-\_\_\_" (bad horse)

46 TXism: "he \_\_\_ tall in the saddle" (good man)

47 TXism: "tame as \_\_\_"

49 remain alive

52 hair goo

53 TXism: "packed \_\_\_ the rafters" (crowded)

54 soft, sheer fabric

55 Dallas-area reservoir: "\_\_\_ Hubbard"

58 dog covered with hair

59 comfy room

60 ending to "improv"

61 univer. in San Marcos, TX