

Rocky Mount Public Utilities



Cookbook

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Watt's Cooking Recipe Contest

There are so many ways to save energy throughout the home! In the kitchen, one way to save energy is by changing your cooking method. For instance, using a toaster oven instead of the stovetop cuts the energy usage in half!

As part of the celebration of Public Power and Public Natural Gas Week, Rocky Mount Public Utilities hosted a recipe contest to encourage customers to use less energy in the home.

To enter the contest, customers took original recipes that typically require the oven or stovetop and instead used electric appliances that use less electricity, such as a microwave or toaster oven.

When everyone makes an effort to save energy, everyone's a winner. All customers who entered an energy-saving recipe received a free chef's hat and potholder. The first, second and third place winners were also awarded \$150, \$75 and \$50 off their utility bills!

Average Appliance Costs

Appliance	Watts	Time	Cost
Oven	2000	1 hour	\$0.26
Stovetop	2400	1 hour	\$0.32
Crockpot	200	4 hours	\$0.11
Microwave	950	15 minutes	\$0.03
Toaster Oven	1200	1 hour	\$0.16
Electric Griddle	1500	30 minutes	\$0.10
Electric Indoor Grill	1500	30 minutes	\$0.10
Electric Skillet	1500	30 minutes	\$0.10

**Cost calculated using the following formula with the City of Rocky Mount electric rate of \$0.131538 per kWh: (Watts/1000) X Time X \$0.131538*



Bruschetta Caprese

Darren Lau
Rocky Mount

“It is an Italian toasted bread usually served as an appetizer, but it can be an entree, as well.” -Darren Lau

Ingredients

4 slices of country loaf bread (1 inch thick)
10 cherry tomatoes
Mozzarella cheese
1 clove of garlic
Extra virgin olive oil
8 leaves of basil
Salt and pepper

Cooking Instructions

Cut tomatoes and garlic into pieces. In a bowl, marinate tomatoes with garlic, olive oil, salt and pepper for at least 10 minutes. Thinly slice the mozzarella cheese. Put the tomatoes (with or without the garlic) on the sliced country loaf bread and top with slices of mozzarella cheese.

Cook in a toaster over for 10-15 minutes or until the mozzarella cheese is melted.

Once ready, top with basil. The bruschetta is ready to serve.



*Cooking Time: 15 minutes
Makes: 2 servings
Appliance Used: Toaster Oven*



Chicken Alfredo with Penne Pasta

Darlene Spencer-Harris
Rocky Mount

“Not only am I going to show you how to save energy but time, as well. This meal costs approximately \$12.00 and serves 7-9 people at less than \$2.00 per serving.” -Darlene Spencer-Harris

Ingredients

1 lb. boneless chicken breast
4 tomatoes
1 cup fresh basil
1 cup fresh Parmesan cheese
2 cloves garlic
¼ cup olive oil
2 13 oz. cans chicken broth
2 jars Alfredo sauce
1 box Penne pasta noodles

Cooking Instructions

Wash chicken and season with garlic, herb and olive oil. Place in covered microwaveable dish and cook for 15 minutes. While cooking, put tomatoes and basil in food processor, chopping until fine. Using a garlic press, press garlic into mixture and set aside. Remove chicken from microwave and place on cutting board to be diced. Pour noodles in covered microwaveable dish with chicken stock; add broth and cook 10 minutes. Shred 1 cup Parmesan cheese and put aside. Remove dish from microwave and add all ingredients. Mix well and top with cheese. Return to microwave for 5 minutes. Dinner is served.



*Cooking Time: 30 minutes
Makes: 7-9 servings
Appliance Used: Microwave*



Leftover Grilled Chicken Chili

Renee Johnson
Rocky Mount

"Poppa's Chicken Chili is slightly smoky from the grilled chicken, robustly seasoned, and sticks to the ribs!!" -Renee Johnson

*Cooking Time: 30 minutes
Makes: 8 servings
Appliance Used: Microwave*

Ingredients

7-8 diced leftover grilled chicken breasts
1 can of chili beans
1 can spicy chili beans
2 cans diced tomatoes
1 can tomato paste
2 diced jalapeno
4 cubes beef bouillon
1 can beer
Dash of each: cumin, garlic, chili powder, and cayenne

Cooking Instructions

Combine all ingredients in a large casserole dish.

Microwave on high for 15 minutes. Stir.
Microwave on high for another 15 minutes.

Let stand for 10 minutes, stir, and eat.

Autumn Turkey Barley Soup

Lynne Jaffe
Rocky Mount

Cooking Time: 4-5 hours
Makes: 8 servings
Appliance Used: Crockpot

Ingredients

1 lb. ground turkey
1/2 cup chopped onions
3 cloves garlic, minced
8 oz. fresh mushrooms, sliced
3 cups hot water
1 cup beef broth
1/4 cup lite soy sauce
1 Tbsp. balsamic vinegar
1 cup carrots, chopped (2 carrots)
1 cup potatoes, diced (1 med. red potato - can leave unpeeled)
1/2 cup chopped celery (2 stalks)
1/4 tsp. garlic salt
1/2 tsp. dried basil
14.5 oz. can diced tomatoes, undrained
1/2 cup ketchup
1/2 cup quick-cook barley
salt and pepper to taste



“A nice hearty soup that makes a meal when accompanied by crusty bread and a salad.” -Lynne Jaffe

Cooking Instructions

Brown ground turkey with onions and garlic, drain and set aside.

In a crockpot (3-4 quart): Layer vegetables (carrots, potatoes, celery and mushrooms) and then browned meat and onions. Add tomatoes, ketchup, barley, and seasonings. Pour liquids (soy sauce, balsamic vinegar, broth and water) over all. Cook on low for 4-5 hours, until vegetables and barley are tender.

Buttermilk Biscuits

Jeff Stephens
Rocky Mount

Cooking Time: 8 minutes

Makes: 4 servings

Appliance Used: Toaster Oven

Ingredients

1 can Piggly Wiggly brand biscuits

Cooking Instructions

Bake 8 minutes at 350 degrees in toaster oven



Creamy Potato Bake

Amy Taylor
Rocky Mount

Cooking Time: 30-45 minutes

Makes: 8 servings

Appliance Used: Oven/Stovetop

Ingredients

Diced potatoes or 32 oz. frozen hash browns

2 cups cheddar cheese

16 oz. sour cream

1 can cream of chicken soup

3/4 cup butter

1 cup corn flakes

Optional: Bacon, ham, or chicken

Cooking Instructions

Boil potato dices until tender; mix butter, sour cream, cheese, and cream of chicken soup.

Lightly spray casserole dish with Pam and spread potatoes to cover the bottom. May include bacon, ham, or chicken for complete meal. Pour the mixture on top.

Melt butter in flakes, spread on top and bake at 350 degrees.

“For a quick, easy and filling meal, the creamy potato bake is sure to satisfy even the biggest appetite. It is a hardy meal that can be served for breakfast, lunch or dinner. A comfort food that aims to please.” -Amy Taylor

Crockpot Jambalaya

Deana Batts
Rocky Mount

“This my ‘Southern’ version of classic jambalaya. Great game day pleaser on a cold fall day! Adapted from my recipes.com.” -Deana Batts

Ingredients

4 boneless, skinless chicken thighs
1 pound large shrimp, peeled and deveined
1 kielbasa sausage, cut into 2 inch pieces
1 large diced sweet onion
1 large diced green bell pepper
3 chopped celery stalks
1 can petite diced tomatoes (28 oz. don't drain)
4 chopped, fresh garlic cloves
4 cups chicken broth
1 tablespoon Creole Seasoning
1 tsp. dried thyme
1 tsp. dried oregano
1-3/4 cups long -grain rice
parsley for garnish



Cooking Time: 5 hours 30 minutes

Makes: 6-8 servings

Appliance Used: Crockpot

Cooking Instructions

Combine chicken, sausage, onion, green pepper, celery, tomatoes, garlic, chicken broth, Creole Seasoning, thyme and oregano in a large (5-quart) slow cooker. Cook on low for 5 hours.

Raise heat to high add shrimp and rice. Cook for an additional 30 minutes. Ladle into serving bowls, garnish with parsley if desired. Enjoy!

Crockpot Molten Chocolate Cake

Melinda Van Zant
Rocky Mount

“This decadent cake is amazing topped with vanilla ice cream!” -Melinda Van Zant

Ingredients

1 package devil’s food cake mix
1 2/3 cups water
3 eggs
1/3 cup canola oil
2 cups milk
1 package (3.9 ounces) instant
chocolate pudding mix
1 cup semisweet chocolate chips

Cooking Time: 3-4 hours

Makes: 12 servings

Appliance Used: Crockpot

Cooking Instructions

In a large bowl, combine the cake mix, water, eggs, and oil; beat on low speed for 30 seconds. Beat on medium for 2 minutes. Transfer to a greased 4-quart slow cooker.

In another bowl, whisk milk and pudding mix for 2 minutes. Let stand for 2 minutes or until soft-set. Spoon over cake batter; sprinkle with chocolate chips. Cover and cook on low for 3-4 hours or until a toothpick inserted in cake portion comes out with moist crumbs. Serve warm.



Fabulous 5 Ingredient Recipe

Annette and Bob Allen
Rocky Mount

“Easy recipe good for company.” -Annette and Bob Allen

Ingredients

6 boneless/skinless chicken breast
1 can of mushroom or cream of chicken soup
1 stick of butter (melted)
1 package of dry Italian dressing
8 oz. cream cheese softened
1/4 c. white wine (can be omitted)

Cooking Time: 4-6 hours

Makes: 6-8 servings

Appliance Used: Crockpot

Cooking Instructions

Place chicken in crockpot. Mix 5 ingredients until combined. Pour over chicken. Cook on high 4-6 hours (usually only takes 4 hours).

Hearty Slow Cooker Beans

Janet Nelms
Rocky Mount

Ingredients

1 lb. ground beef
1/2 lb. bacon diced
1 med. onion chopped
16 oz. can red kidney beans, drained
15 oz. can butter (lima) beans drained
15 oz. can pork and beans
15 oz. can hot chili beans
1 tbsp. vinegar
1/2 cup ketchup
1/2 cup brown sugar
1/2 cup sugar or honey
1 tbsp. mustard

Cooking Time: 5-6 hours

Makes: 10 servings

Appliance Used: Slow Cooker

Cooking Instructions

Brown beef, bacon and onion in skillet. Drain.

Combine with all remaining ingredients in slow cooker, Mix well. Cover.

Cook on High for 3 hours or Low 5-6 hours. Enjoy!



Individual Snack Pizzas

Brenda Hagans
Rocky Mount

“These make a great quick snack for kids without having to turn on the stove.”

-Brenda Hagans

Ingredients

A bag of English bagels (usually 12 in the pack)
Pizza sauce (or substitute with spaghetti sauce)
Shredded cheese
Pepperoni (optional)

Cooking Time: 60 seconds

Makes: 12 servings

Appliance Used: Microwave

Cooking Instructions

Split the bagel, spread 2 tbs of pizza sauce, and cheese. Microwave them for 60 seconds or less!

Microwave String Beans

Mrs. Thomas B. Suiter
Rocky Mount

“This bean recipe is excellent. I’ve used it many years. It was given to me by Louise Bennett who taught microwave cooking when microwaves first came out in Miami, Florida. She was a wonderful cook. This was at least 40 years ago.”

-Mrs. Thomas B. Suiter

Ingredients

4 slices of bacon
1 16 oz. can of french cut string beans,
drained
1 med. onion
1/3 cup sugar
1/4 cup vinegar
1/2 tsp. salt
1/4 tsp. black or white pepper

Cooking Time: 15 minutes

Makes: 4 servings

Appliance Used: Microwave

Cooking Instructions

Place bacon and onion in 1 qt. glass casserole. Cover and microwave on High 4 or 5 minutes until onion is tender and bacon is cooked (not crisp), stirring once. Mix sugar and vinegar stirred together until sugar is dissolved. Add to bacon and onion along with salt and pepper. Add drained beans. Microwave on High 8-10 minutes stirring midway through.



Microwave Vegetables

Cindy Thorne
Rocky Mount

Ingredients

4-5 medium potatoes
Salt and pepper to taste
2 large onions (sweet)
2 tbsp. butter
1 large green sweet pepper
Sprinkle of sugar

Cooking Time: 15 minutes

Makes: 4 servings

Appliance Used: Microwave

Cooking Instructions

Peel and dice potatoes into 1/2 inch strips. Peel and cut onions into rings or strips. Cut green pepper into strips. Put all in a microwavable dish with a top. Cover vegetables with water and add 2 Tbsp butter, salt and pepper and sugar and stir. Microwave for 15 minutes until all tender. Great side for steaks!

Microwave/Crockpot Collards

Scott Norris
Rocky Mount

Cooking Instructions

Put one turkey wing in crockpot. Cover with water. Turn pot on high. Wash the collards removing stems as desired or needed. Steam collards in steam basket in microwave on high until tender. This may require several rounds to get all the collards properly steamed depending on the size of the steamer and the amount of collards.

When done, move the steamed collards over into the crockpot with turkey wing. Use water from the steaming process in the crockpot too. Add one drop of liquid smoke. Cook together until tender. When turkey wing is tender, debone it and remove the bone leaving the meat with the collards. Drain collards. Chop collards to desired size and serve or freeze. Total cooking time depends on size of steamer, crock pot and wattage of microwave.

Cooking Time: varies

Appliances Used: Microwave/Crockpot

Ingredients

1 turkey wing
2 bags collards (average size)
Liquid Smoke



Microwaved Meatloaf Masterpiece

Courtney Jackson-Jones
Rocky Mount

Ingredients

Ground Beef
1 tsp. of Lipton's Onion Soup Mix
1/2 tsp. garlic powder
1/4 tsp. brown sugar
Salt and pepper to taste
2 tbsp. milk
1 tbsp. ketchup
2 tbsp. quick cooking oats

Cooking Time: 5 minutes

Makes: 1 serving

Appliance Used: Microwave

Cooking Instructions

Mix all ingredients in a bowl. Transfer to a microwavable safe bowl or cup coated with cooking spray.

Microwave for 3-5 minutes or until meat is no longer pink.

Drain and let stand for about 5 minutes. Enjoy!

New Mexican Chili

Debby Zavadil
Rocky Mount

“Authentic chili recipe from the state of New Mexico. This recipe calls for meat. Some chili recipes only call for beans with no added meat. New Mexican chili uses pinto beans. Other chili recipes use many different types of beans substituting for the pinto beans, which are native to the Southwest.” -Debby Zavadil

Ingredients

1 32 oz. can of tomato juice
2 cans of pinto beans
chopped onions
1 lb. browned hamburger meat
salt and pepper
parsley flakes
dried red chili powder
garlic powder
corn starch to thicken chili

Cooking Time: 4 hours

Makes: 8-10 servings

Appliance Used: Crockpot

Cooking Instructions

Pour one 32 ounce can of tomato juice into your crockpot. Add two cans of pinto beans and one pound of browned hamburger meat. Add salt, pepper, parsley flakes (not too much of any of these as the tomato juice and beans also have salt added). Add chopped onion (as much as you'd like). Add about 1/2 teaspoon of garlic powder. Add dried, red chili powder (start with a tablespoon) and stir all the ingredients.

Begin cooking the chili on low heat. When the ingredients are hot, taste the chili and decide if you'd like to add more chili powder or any of the other spices. The chili should be boiling or near boiling by the 4 hour point. Mix a couple tablespoons of corn starch with cold water in a small bowl. Mix until smooth and slowly add to the chili to thicken it. Cook a few minutes longer then enjoy!

No Bake Chocolate Covered Peanut Butter Balls

Carolyn Allsbrook
Rocky Mount

Ingredients

Appliance Used: Microwave

1 18 oz. jar of smooth or chunky peanut butter
(I prefer smooth)

1 16 oz. bag of confectioners sugar

1/4 c. butter, melted

chocolate almond bark

or chocolate candy melts

or 12 oz. semi-sweet chocolate chips and 2 tsp.
shortening

Cooking Instructions

In a large bowl, stir together the peanut butter, confectioners sugar and melted butter until the mixture is crumbly. For the next step, the best way that I've found to make a smooth filling is to use your hands to mix everything together.

Line a baking sheet with foil. Roll the peanut butter filling into 1 inch balls and line the baking sheet with rows of the balls. Set the baking sheet in the freezer for 5-7 minutes to chill the peanut butter balls for easier dipping.

While the peanut butter balls are chilling, melt the chocolate in the microwave in a microwave safe bowl that is deep enough for dipping. I melted 6 blocks of chocolate almond bark at a time, stirring at 45 second intervals until smooth.

Remove the baking sheet from the freezer. Insert a toothpick or wooden skewer into a peanut butter ball and then dip it into the chocolate, turning quickly to cover the entire candy. Place onto a second baking tray that has also been lined with foil. Swirl the chocolate on the top of each candy for a pretty design. Refrigerate until the chocolate had completely dried.

Store the candies in a sealed container in the refrigerator.

Pineapple Casserole

Judy Williford
Rocky Mount

Cooking Time: 20-25 minutes
Appliance Used: Microwave

Ingredients

2 cans chunk pineapple, (drained)
 $\frac{3}{4}$ cup sugar
6 Tb. Self-rising flour
2 cups shredded sharp cheddar cheese
1 sleeve of Ritz or Club crackers
1 stick of melted butter

Cooking Instructions

Put drained pineapple on bottom of 8x8 dish.
Mix the sugar and flour together, and add 2 cups shredded sharp cheddar cheese. (I just use one 8 oz. block.)
Pour mixture over pineapple.
Crush 1 sleeve of Ritz or Club crackers and spread over mixture.
Pour 1 stick of melted butter over the mixture.
To cook in microwave, cook on high for 20-25 minutes while keeping a check on it.



Savory Slow Cooker Pot Roast

Gloria Harrison
Rocky Mount

Cooking Time: 8 hours 10 minutes
Appliance Used: Slow Cooker

Cooking Instructions

Mix first 3 ingredients until blended.
Place meat in slow cooker; top with vegetables and sauce.
Cover with lid and cook on LOW 8 to 9 hours (or on HIGH 6 to 7 hours) until meat is tender.

Ingredients

$\frac{1}{2}$ Cup A.1. Original Sauce
 $\frac{1}{2}$ Cup Water
1 pkg. (0.9 oz.) onion-mushroom soup mix
1 boneless beef chuck eye roast (2-1/2 lb.)
1 lb. red new potatoes
1 pkg. (16 oz.) baby carrots
1 onion, thickly sliced

Slow Cook Potato Soup

Rick Hening
Rocky Mount

“With temperatures beginning to dip, it’s a good time to think about a hearty soup. This soup is easy to fix and fills one up! Enjoy the taste of this Slow Cook Potato Soup.” -Rick Hening

Ingredients

12 cups of potatoes, peeled and diced
1 cup chopped onion
2 carrots shredded or thinly diced
2 cups chicken broth
1 1/2 teaspoon salt
1 teaspoon black pepper
1 lb. cooked ham diced
1 cup of milk
1 cup heavy cream
1/3 cup flour

Cooking Time: 6-8 hours

Makes: 6 servings

Appliance Used: Crockpot

Cooking Instructions

Combine potatoes, onions, carrots, chicken broth, ham and the spices in crock pot (slow cooker). Cover and cook for 6-8 hours on low.

Stir flour into soup after 6-8 hours.

Stir milk and cream into soup after 6-8 hours.

Cover and cook for 30 more minutes on High.

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Slow Cooker Refried Beans

Gloria Harrison
Rocky Mount

Ingredients

1 onion peeled and halved
2 cups dry pinto beans
1/2 fresh jalapeno seeded and chopped
2 cloves garlic minced
1 tsp salt
1/2 tsp black pepper
one big pinch cumin
6 cups water

Cooking Time: 8-10 hours

Makes: 6 servings

Appliance Used: Crockpot

Cooking Instructions

Combine all ingredients in the slow cooker. Cook on high for 8 hours (or overnight). Remove the bigger onion chunks and drain the excess liquid. If desired, save the extra liquid to add back to the final product to get the optimal consistency. Mash with a potato masher and add any toppings you desire (i.e. sour cream, chives, cheese).

Spinach Cornbread

Martha Boddie
Rocky Mount

Cooking Time: 30 minutes
Makes: 6-8 servings
Appliance Used: Stovetop

Ingredients

1 box Jiffy Corn Muffin Mix
2 eggs beaten
½ cup melted margarine
½ pkg. chopped spinach drained,
thawed
½ cup cottage cheese or sour cream
½ to ¾ cup milk

Cooking Instructions

Mix ingredients well. Electric Stove Oven – combine all ingredients and pour into a greased 9x13 round cake pan.

Bake at 375 degrees for 30-40 minutes or until lightly browned. Serve hot slice (like a pie) in 8 slices. Mmm delicious cornbread.

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Stuffed Pepper Casserole

David and Stacy Bunn
Rocky Mount

Cooking Time: 12 minutes
Makes: 6 servings
Appliance Used: Microwave

Ingredients

2 green peppers, seeded and chopped
1 lb. ground beef
1 onion, chopped
2 cups cooked rice
1 8oz. can of tomato sauce
4-5 stalks of celery, diced
Extra sharp block cheese
Salt and pepper, to taste

Cooking Instructions

Brown hamburger with onion. Mix hamburger and onion with green pepper, rice, tomato sauce, and celery. Add salt and pepper.

Place mixture in a square microwave safe casserole dish. Push cubes of block cheese down into the casserole, about 1 1/2" apart. Cover with clear wrap and microwave for 10 minutes.

Remove clear wrap and place thin slices of block cheese on top to cover casserole. Microwave for an additional 2 minutes or until cheese is melted.

Sweet Potato Pudding

Beverly Merritt
Rocky Mount

Ingredients

Sweet potatoes
coconut
milk
eggs
1 stick of butter
vanilla flavor
Optional: whole pecans, marshmallows

Cooking Time: 15 minutes

Makes: 10 servings

Appliances Used: Microwave/Toaster Oven

Cooking Instructions

Grate sweet potatoes, cook 5 mins. in microwave (with a little water).

Stir in other ingredients (to taste); if watery, add 1 tbsp. of flour (optional).

Cook in toaster oven at 400 degrees for 5-10 mins.

Optional: add marshmallows on top and broil for 1 min. to toast.



Whole Wheat Hockey Pucks

Brenda High
Rocky Mount

Cooking Time: 20 minutes

Makes: 5 servings

Appliance Used: Toaster Oven

“This is what I used for my family of 5 – more than any other single recipe.” -Brenda High

Ingredients

Whole Wheat Flour
Baking Powder
Milk
Salt
Oil

Cooking Instructions

Dump some flour in a bowl. Add salt and a teaspoon or two of baking powder. Pour in some oil to one side. Mix with milk to drop biscuit consistency. Use water if out of milk.

Drop biscuits onto oiled pan. Turn on 400 degrees and bake until brown around edges and a little on top – about 20 minutes.

Our Mission

As a community-owned electric and natural gas system, Rocky Mount Public Utilities' goal is to provide safe, efficient, and reliable electric and natural gas services to all customers. The City of Rocky Mount is a nationally recognized Reliable Public Power Provider (RP₃) and a recipient of the Silver designation in the System Operation Achievement Recognition (SOAR) program. The RP₃ award is given by the American Public Power Association to cities that provide the highest degree of safe and reliable electric service. The SOAR award is given by the American Public Gas Association to natural gas utilities that demonstrate excellence in worker safety, workforce development, system integrity and system improvement.



NC Public Power



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