



If you can't stand the heat, use less energy!

2016 Cookbook

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Special Thanks!

Special thanks to Frank Bookhardt, continuing education chef at Nash Community College, who judged the recipe entries based on their creativity and content.

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 during the month of October to encourage customers to use less energy in the home. Customers submitted recipes that use a kitchen appliance other than the oven or stovetop.



Prizes

- All customers who entered the contest received a free chef's hat and potholder.
- The first, second and third place winners were also awarded \$150, \$75 and \$50, respectively, off their city of Rocky Mount utility bills!



Average Appliance Costs

Appliance	Watts	Time	Cost
Oven	2000	1 hour	\$0.20
Stovetop	2400	1 hour	\$0.24
Crockpot	200	4 hours	\$0.08
Microwave	950	15 minutes	\$0.02
Toaster Oven	1200	1 hour	\$0.12
Electric Skillet	1500	30 minutes	\$0.07

Cost calculated using the following formula with the city of Rocky Mount electric rate of \$0.09975 per kWh: $(\text{Watts}/1000) \times \text{Time} \times \0.09975



Cooking Time: 6 hours
Makes: 6 servings
Appliance Used: Crockpot

Ingredients

- 2 tablespoons olive oil
- 1 small onion, finely chopped
- 3 garlic cloves, minced
- 2 tablespoons tomato paste
- 1 tablespoon chili powder
- 1 tablespoon cumin
- ½ teaspoon ground coriander
- ¼ teaspoon cinnamon
- ¼-½ teaspoon cayenne pepper, depending on preferred spiciness
- 1 14.5 oz. can diced tomatoes (fire roasted work well here!)
- 1 ½ teaspoons salt
- 4-5 cups water or vegetable stock, depending on preferred thickness
- 1 very small butternut squash, peeled, seeded and chopped in ½-inch pieces (about 2-3 cups chopped)
- ¾ cups dry quinoa
- 2 15.5 oz. cans black beans, drained and rinsed
- ½ cup chopped walnuts
- Salt and pepper, to taste
- Toppings: chopped fresh cilantro, chopped avocado, hot sauce, lime wedges

Slow Cooker Black Bean and Quinoa Chili with Butternut Squash

Entered by Susan Watson

“Better than Beanie Weenies when you are housebound due to a hurricane. Hearty, healthy, seasonal and easy with nice heat and a touch of nuttiness!”

-Susan Watson

Cooking Instructions

Add all ingredients except black beans and walnuts to slow cooker. Stir well until everything is combined. Turn the slow cooker to low and cook for 5 hours.

At this point, check the liquid to see if you would like to add more, depending on whether you want a thicker or soupier chili.

Add the black beans and walnuts. Stir, and allow to cook for 1 more hour. Adjust salt and pepper to taste.

Ladle chili into bowls and garnish with fresh cilantro, chopped avocado, hot sauce and lime wedges, if desired. Shredded cheese, sour cream or Greek yogurt are also good options!

**Mixture will continue to thicken as it cools. Add a few tablespoons of water when reheating if a thinner consistency is preferred.



“This is a fantastic healthy, meatless option that would satisfy just about anyone’s palate. The addition of the quinoa as well as the walnuts will give it an interesting texture while bumping up the protein. This is a good, solid recipe.”

*-Frank Bookhardt,
continuing education chef at
Nash Community College*



French Roast Beef

Entered by RuthAnn Kleinfelt

“Serve over mashed potatoes, buttered noodles or white rice, which can all be easily prepared in the microwave, or eat as is with crusty French bread.”

-RuthAnn Kleinfelt

Cooking Time: 7 hours on low or 4 hours on high

Makes: 4-6 servings

Appliance Used: Crockpot

Ingredients

- 1 1/2 lb. sirloin (or any cut of beef you prefer) cut into 3/4 inch cubes
- 1/2 medium onion, chopped
- 1/2 stalk of celery, chopped
- 1 envelope onion soup mix
- 1 cup water
- 2 cups red wine (Do not use cooking wine. It has other ingredients in it and is usually salty. Use a medium dry wine you would like to drink, like a Merlot or Cabernet.)
- 24 oz. frozen mixed vegetables
- Salt and pepper to taste

Cooking Instructions

Add all ingredients except frozen vegetables to crockpot and stir well.

Cover and cook on low for approximately 6 hours. Depending on crockpot wattage, your time may vary.

When meat is very tender turn crockpot to high and add vegetables. If you like a thicker gravy, make a slurry out of a small amount of cornstarch and water and add during last half hour of cooking.



“This looks like a spin on the French classic Beef Bourguignon, only with more vegetables added to it. This sounds quite delicious.”

-Frank Bookhardt,
continuing education chef at
Nash Community College



Kick it UP! Taco Soup

Entered by Patricia Archer

“Kick it UP! Taco Soup is all about comfort food that saves energy and time. It is a go-to favorite on a cold winter day. This Taco Soup adds a little spice that warms the heart and fills the belly! You can’t just eat one bowl!!”

-Patricia Archer

Cooking Time: 1 hour

Makes: 7-8 servings

Appliance Used: Crockpot, Microwave

Ingredients

- 1 lb. Hamburger (ground turkey can be substituted)
- 2 cans (14.5 oz.) Kernel Sweet Corn
- 1 can (14.5 oz.) Great Northern Beans
- 1 can (14.5 oz.) Black Beans
- 1 can (14.5 oz.) Diced Tomatoes
- 1 large can of Crushed Tomatoes
- 1 package Taco Seasoning
- 1 package Hidden Valley Ranch Dressing Mix
- Garnish: Shredded Cheese
- Tostitos “Scoops”

Cooking Instructions

Prepare a microwave safe dish lined with a paper towel. Drain and rinse black beans and great northern beans.

Place hamburger in dish and cook in microwave until brown.

Remove and drain excess oil. Place hamburger inside crockpot. Stir in taco seasoning and ranch dressing mix. Add (undrained) corn, diced and crushed tomatoes. Stir in (drained) black beans and great northern beans. Cook on low for 1 hour.

Serve each bowl topped with shredded cheese adding Tostitos Scoops on the side. Enjoy!



“This would be a go-to for me and my family on a winter day. Add in the convenience of just setting it up and letting it cook while I am busy just makes it seem better. I’m sure it would be a great recipe to just nosh on all day.”

-Frank Bookhardt,
continuing education chef at
Nash Community College

Crockpot Chicken, Rice & Carrots

Entered by Joey Petway

*Cooking Time: 4 hours on high or
6 hours on low
Makes: 4 servings
Appliance Used: Crockpot*

*“One pot wonder! Healthy dinner for
four boneless skinless chicken thighs
with brown rice and carrots.”*

-Joey Petway

Ingredients

- 4 boneless skinless chicken thighs
- salt/pepper
- 1 cup brown rice
- 1 can cream of mushroom soup
- 2 cups water
- 1 bag of baby cut carrots

Cooking Instructions

Coat 6-quart crockpot with nonstick spray.
Place chicken (seasoned with salt and pepper)
in bottom.
Pour 1 cup of brown rice on top of chicken.
Mix can of cream of mushroom soup with two
cups of water then pour on top of brown rice.
Pour bag of baby carrots on top.
Cook for 4 hours on high or 6 hours on low.

Dump Soup

Entered by G. Monique Thompson

Cooking Time: 2.5 hours
Makes: 12 servings
Appliance Used: Crockpot

“Excellent source of protein.”
-G. Monique Thompson

Ingredients

- 15 oz. can of kernel corn
- 15 oz. can of tomatoes
- 15 oz. can of kidney beans
- 1/2 onion and 1/2 bell pepper or 1/2 container of diced onions or bell pepper sold at Food Lion
- 1 lb. ground turkey or beef
- 1 tsp. season salt
- 1/2 tsp. pepper
- 24 oz. can Hunt’s spaghetti sauce
- 16 oz. jar of Ragu cheese sauce
- 2 bags of 11 oz. Santitas Chips purchased at Food Lion
- Sprinkle garlic salt and basil if desired

Cooking Instructions

Turn crockpot on high. Dice onions and bell pepper (if not purchased diced). Drain corn, tomatoes and beans completely.

Cook meat with onions and bell pepper for 1.5 hours or until completely browned.

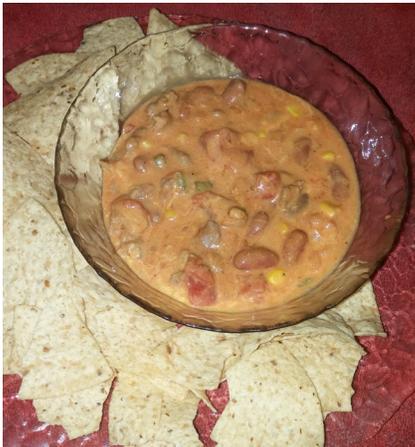
Season meat with pepper and season salt. Sprinkle garlic salt and basil if desired. Cover crockpot.

Drain grease when meat is fully cooked. Dump drained corn, tomatoes and beans into crockpot. No salt kernel corn can also be used. Stir and cook for 30 minutes.

Drain entire mixture again. Add 24 oz. can of Hunt’s pasta sauce. Stir and cook 30 minutes.

Add 16 oz. of Ragu cheese sauce. You may choose to use half the jar instead of the whole. This can be served without cheese sauce. Cook 15 minutes.

Serve hot or cold with chips. No eating utensils needed. Chips are used to dip out Dump Soup. Garlic bread can be used if chips are not desired.



Microwave Fudge

Entered by Deborah Griffin

*Cooking Time: 3 minutes
Makes: 8 servings
Appliance Used: Microwave*

“A great substitution for old fashioned fudge. Quick, easy prep, and a chocolate lovers delight!”

-Deborah Griffin

Ingredients

- 1 box 10x sugar
- 1/2 cup cocoa
- 1/2 cup pecans
- 1 stick butter
- 1/4 cup milk
- 1 tsp vanilla

Cooking Instructions

Mix ingredients in microwave safe bowl and heat for 2-3 minutes.

Take out and spread in dish. Put in refrigerator to cool.

Pooka and Nippers Brunswick Stew

Entered by Michael Aycock

Ingredients

- 1 whole Sam's Club rotisserie chicken, deboned
- 1 15 oz. can sliced carrots
- 1 15.25 oz. can corn
- 1 small bag frozen baby lima beans
- 1-2 large sweet onion, chopped
- 2 10.75 oz. cans tomato soup
- 6 fresh chopped Roma tomatoes or 3 14.5 oz. cans petite diced tomatoes
- 2 6 oz. cans tomato paste
- 2-3 chicken bouillon cubes
- 1 1/2 tsp. pepper
- 1/2-1 tsp. brown sugar
- 1 14.5 oz. can diced tomatoes
- 1/2 tsp. onion powder

Cooking Time: 6-8 hours

Makes: 6-8 servings

Appliance Used: Crockpot

"This is my favorite to cook for family when it starts getting cool. It has protein and veggies, plus it's great to share with family and friends and freezes great too. It's perfect for fall nights and can be made and left while you are at work to be ready when you get home. The taste is easily adjustable for each maker just by adding more of the ingredients you love. I don't use green beans, but for those who do, feel free to add a can or you can even try Garbanzo beans. Fresh, frozen or canned are all great to use. Using the Sam's Club chicken is the perfect size, and it saves time too. Hope you enjoy."

-Michael Aycock

Cooking Instructions

Place all items in your crockpot or slow cooker along with the drippings and juices from the bottom of the chicken and those that have collected in the tray.

Cook 6-8 hours on low. You may add onion powder, salt and pepper to taste.

If you want more chicken flavor, add one or two more bouillon cubes. If you want it sweeter, add a little more brown sugar.

Russian Chicken

Entered by Dee Ann Smith

Ingredients

- Boneless chicken breast
- Apricot preserves
- French onion dry soup
- Russian dressing
- Rice

Cooking Time: all day

Makes: 4-6 servings

Appliance Used: Crockpot

Cooking Instructions

Combine all ingredients except rice. Stir and cook on low all day. After making the rice, put it on each serving plate. Spoon your chicken ingredients on top of rice and serve individually.

Zesty Potatoes

Entered by John and Judy Williford

Cooking Time: 7 minutes

Appliance Used: Microwave

Ingredients

- Medium or large steam bag
- 4 medium potatoes, cut in 1 1/4 inch pieces
- 1/2 cup chopped onion
- 1 tbsp. oil
- 1 tsp. garlic powder
- 1 tsp. chili powder
- 1/2 tsp. salt

Cooking Instructions

Place all ingredients in steam bag. Seal bag and shake. Microwave on high for 7 minutes.

Let stand for 1 minute. Gently shake, and open carefully.

Sprinkle in 1 tbsp. chopped chives. Add salt and pepper to taste. Delicious!



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