



Watt's Cooking Recipe Contest

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

2015 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 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.

- All customers who entered a 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



Chocolate Turtle Bread Pudding

Entered by Carol Mascia

Cooking Time: 3-4 hours
Appliance Used: Slow Cooker

"This is a wonderfully decadent dessert that is easy to make and always gets rave reviews!"

-Carol Mascia

Ingredients

- 8 cups of Italian or French bread cubes
- 8 oz. semi-sweet chocolate chips
- ½ cup crushed Heath bar
- ½ cup caramel bits
- ½ cup toasted pecans
- 1 cup sugar
- ½ cup brown sugar (*dark is best*), firmly packed
- ¼ cup cocoa powder
- 4 large eggs
- ½ cup strong brewed coffee
- 1 cup half and half (*do not use milk*)
- ½ cup milk
- 2 tsp. vanilla

Cooking Instructions

Place bread in a well-greased 4.5 qt. slow cooker. Top with chocolate chips, caramel, Heath bar bits and pecans.

Mix all other ingredients in a bowl and slowly pour over the bread. Carefully stir until all ingredients have been absorbed.

Cook on low 3-4 hours. Check often at the end. Done when toothpick comes out clean. Let rest 15 minutes before serving.

Serve with a scoop of vanilla ice cream if desired. To gild the lily, top with a store bought caramel sauce.



"This is an excellent recipe using a crockpot for a dessert. The recipe is easy to follow, has a great choice of ingredients, and sounds absolutely delicious."

-Frank Bookhardt,
continuing education chef at
Nash Community College



Cajun-Mexican Chili

Entered by
RuthAnn Kleinfelt

*Cooking Time: 6 hours (low)
or 3 hours (high)
Appliance Used: Crockpot*

Ingredients

- 1 small/medium onion, chopped (*about 3/4 cup*)
- Green bell pepper, chopped (*about 3/4 cup*)
- 1 small whole jalapeno pepper, chopped fine (*deseeded unless you like it really hot*)
- 1 15 oz. can tomato sauce
- 2 15 oz. cans whole kernel corn (*DO NOT DRAIN – use liquid in the chili*)
- 1 15 oz. can red kidney beans, drained and rinsed
- 1 15 oz. can black beans, drained and rinsed
- 1 lb. Andouille Sausage (*or any spicy smoked sausage you like*)
- Fresh cilantro, chopped
- Juice of one lime
- Toppings for garnish: shredded cheddar cheese, chopped green onion tops, sour cream

Cooking Instructions

Add first 8 ingredients to crockpot. Stir well. Season with salt and pepper to taste.

Let cook on low 6 hours (or 3 hours on high). Time will vary with wattage of crockpot.

When ready to serve, add cilantro and lime juice to chili. Stir well.

Serve over white rice.

Garnish with any or all of the toppings.



"This is an absolutely fantastic fusion of Cajun and Mexican flavors. It is original, easy to follow and once again uses the crockpot to good effect. The addition of cilantro and lime balances the flavor profile out quite well."

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



Pepper Jack Bake Tilapia

Entered by
Settion Smith



"With a touch of love you will taste the warmth of a butter melting peppery taste. With a wonderful look, Pepper Jack Bake Tilapia gives you a rich melting taste that is light and just right."

-Settion Smith

Cooking Time: 25 minutes

Makes: 2 servings

Appliance Used: Toaster Oven

Ingredients

- 2 Queen Tilapias
- 1 tablespoon white vinegar
- 1 teaspoon sea salt
- 1 teaspoon black pepper
- 1/4 tablespoon melted butter
- 1/2 small onion
- 1/3 cup water



"The Pepper Jack Bake Tilapia is one that uses basic ingredients, but uses the toaster oven as a poacher. That is brilliant. It could easily be modified for almost any fish, and would be a quick, healthful entree."

-Frank Bookhardt,
continuing education chef at
Nash Community College

Cooking Instructions

Clean your two Queen Tilapias with fresh water and put in a small bowl. Season the tilapias with black pepper and sea salt.

Cover the bottom of the toaster oven pan with your 1/3 cup of water, 1 tablespoon of vinegar, and 1/4 tablespoon of melted butter.

Place the Tilapia inside of the pan. Cut up your 1/2 of onion and add to pan. Set your toaster oven temperature on 400°F and cook for 25 minutes.

Boneless Pork Loin and Cranberry Stuffing

Entered by Bernard Barnes

Ingredients

- 2 boxes stovetop stuffing
- 1 can chicken broth
- 1 can whole berries cranberry sauce
- 2 apples, peeled and diced
- 1/2 cup dried cranberries
- boneless pork loin

Cooking Time: 6 hours

Makes: 8+ servings

Appliance Used: Crockpot

"This recipe is a meal by itself. It takes you to the Thanksgiving mindset by simply using the crockpot."

-Bernard Barnes

Cooking Instructions

Place pork loin in crockpot.

Add apples, cranberries and broth to dry stuffing mix. Place on side of pork in the crockpot.

Add the can of cranberry sauce on top of the pork.

Cook on high in the crockpot for at least six hours.

Take out, slice the pork, and serve with the dressing and cranberry sauce.

Colorado Beans

Entered by Sara Anderson

Ingredients

- 1 can French style green beans
- 1 can small butter beans
- 1 can red kidney beans
- 1 can pork and beans
- 1 can giant lima beans (OR 1 can of great northern beans)
- 1/2 pound bacon (about 9 slices)
- 3/4 cup brown sugar, packed
- 1 medium onion, chopped
- 1/4 cup apple cider vinegar
- 1 teaspoon salt, pepper and garlic powder

Cooking Time: 4 hours

Makes: 8 servings

Appliance Used: Crockpot

"These Colorado Beans are delicious and always a crowd hit when I make them."

-Sara Anderson

Cooking Instructions

Drain all cans of beans.

Cut bacon into 1 inch pieces.

Add all ingredients in crockpot, stir, and cook on high for 4 hours or on low for 8 hours.

Crock of Peppers

Entered by Nancy Ludlow

Ingredients

- 1 1/2-2 lbs. ground round (or venison, beef, chuck, etc.)
- 1/2 medium size onion
- 4 green peppers (can substitute orange or red peppers)
- 3/4 cup bread crumbs
- 3/4 cup Rice
- 1 egg
- 1 jar of your favorite spaghetti sauce
- Salt, pepper and garlic powder to taste

*Cooking Time: 8 hours
Makes: 4 servings
Appliance Used: Crockpot*

Cooking Instructions

Chop your onion into small pieces.

Slice off the tops of the green peppers and clean insides. Chop up the tops of the green peppers to add in filling.

In a large mixing bowl add your beef, chopped pepper tops, and all ingredients except your spaghetti sauce.

Mix with hands until compacted together. Lay out on cutting board and cut into 4s (easy, even way to stuff 4 peppers).

Fill your peppers and set in crockpot. Pour in one jar of spaghetti sauce; add salt, pepper and garlic powder to taste.

Cover, turn on low and cook for about 8 hours (or on high for about 5 hours.)

"This hearty recipe is so flavorful and so easy to change up—use different colored peppers, add in any spices you enjoy, use venison or turkey instead of beef! Plus you get a great serving of healthy vegetables and save all that stove or oven cook time! Easy and Yummy!"

-Nancy Ludlow

Crockpot Chicken and Stuffing

Entered by Bobbie Bradley

Ingredients

- 4 chicken breasts
- 1 cup chicken broth
- 1 can Campbell's Cream of Mushroom and 1 can Cream of Chicken soup
- 1/4 cup milk
- 4 slices of any flavor cheese
- 1 box stovetop stuffing, any flavor

*Cooking Time: 6-8 hours (low)
or 4 hours (high)*

Appliance Used: Crockpot

Cooking Instructions

Place chicken breast in large crockpot.

Pour over 1 cup of chicken broth.

Mix the milk and both cans of soup together well. Pour over top of cheese slices.

Pour box of stop top stuffing over top of soups.

Cook in crockpot for 6-8 hours on low or 4 hours on high or until chicken is done.

Crockpot Mac 'N' Cheese

Entered by Maria Lafser

Ingredients

- 1 lb. box pasta (either elbows, shells, or mini penne)
- 3 cups shredded cheese (cheddar blend is best, but you can also add swiss, parmesan, or colby jack)
- 2 cups milk
- 1/2 cup sour cream
- 8 oz. (one block) cream cheese
- salt & pepper to taste
- Optional ingredients:
 - garlic powder, cayenne pepper, chili powder, all to taste
 - chicken or bacon

Cooking Time: 4 hours

Makes: 4-6 servings

Appliance Used: Crockpot

"Who doesn't love Mac 'N' Cheese? This is a simple recipe that anyone can make and impress their family with, and it's definitely 8-year-old approved!"

-Maria Lafser

Cooking Instructions

Put the uncooked pasta, milk, shredded cheese, cream cheese, sour cream, and seasonings of your choice in the crockpot. Cook for about 4 hours, stirring every hour or so, or until the pasta is cooked through. Stir, serve, and enjoy!

Optional: After the pasta is finished cooking, you can add some cooked bacon (bits or pieces) and/or cooked chicken (shredded or cubed, leftover rotisserie chicken is great for this!)

Crockpot Pork Stroganoff

Entered by Jamie Brown

Ingredients

- 2 lb. pork chops
- 1 lb. wide egg noodles
- 1 10.75 oz. Cream of Mushroom soup
- 1/2 can or 4 oz. chicken broth
- 8 oz. sour cream
- 1 teaspoon salt
- 1 teaspoon season salt
- pepper (to your liking)
- 1 teaspoon granulated onion
- 1 tablespoon minced garlic
- 1/2 cup sliced mushrooms
- 2 tablespoons flour

Cooking Time: 4 hours, 20 minutes

Makes: 4 servings

Appliance Used: Crockpot

"Don't think that this is just another soup and pork recipe! The mixture of herbs and spices give a lovely subtle flavor not overpowering to the sauce."

-Jamie Brown

Cooking Instructions

Season pork chops with season salt and pepper.

Combine all ingredients besides the egg noodles and sour cream into the crockpot.

Cook 4 hours on high.

Add sour cream and egg noodles and stir. Cook 20 minutes.

Easy and Tasty Fish

Entered by Jean Holding

Ingredients

- 2 frozen whiting filets
- 1 tbs. canola oil or your choice
- Marcom seasoned salt or your choice

Cooking Time: 3-4 minutes

Makes: 2 servings (double for 4)

Appliance Used: Microwave

Cooking Instructions

Place filets skin side down in microwaveable dish to fit in one layer.

Microwave 1 minute to thaw.

Spread oil on filets; don't turn over. Sprinkle with seasoned salt.

Cook 1 minute. Thin ends will cook first. Cut off when done and add later when rest is done.

Cook another minute.

Check for doneness by flaking with fork. Add a minute, and check for doneness.

It usually takes 3 to 4 minutes. Remove with wide spatula onto warm plates for serving.

Pour cooking juices over fish. Delicious!

Mom's Quick Fix Dinner

Entered by Helen Hultgren

Ingredients

- 2 cups leftover chicken, beef or pork
- 1 10-12 oz. pkg. frozen vegetables (corn, green beans, peas or mixed)
- 1 10 3/4 oz. can Cream of Celery soup
- 1 cup milk
- 25-30 Ritz crackers (or similar style), broken into large pieces
- 3 tbs. butter or margarine

Cooking Time: 10-12 minutes

Makes: 4 servings

Appliance Used: Electric Skillet

"Lunch or dinner on a busy day. Also a good recipe to take for pot luck supper."

-Helen Hultgren

Cooking Instructions

In a large electric skillet, on medium heat, brown meat in butter or margarine. Add frozen vegetables, soup and milk, stirring slowly.

Cover and bring to a boil, then decrease to a simmer for 8 minutes.

Uncover and spread crackers over top.

Serve with your favorite salad and/or bread.

Never Fail Microwave Fudge

Entered by Donald Daniels

Ingredients

- 2 lbs. powder sugar
- 3/4 cup cocoa
- 1/2 cup canned milk
- 2 sticks margarine
- 1 tsp. vanilla
flavoring
- Nuts (optional)

Cooking Time: 5 minutes

Appliance Used: Microwave

Cooking Instructions

Mix together sugar and cocoa in large microwaveable bowl.

Slice margarine on top of mixture. Pour milk on top.

Microwave on High for 5 minutes.

Remove and beat until smooth.

Add vanilla and nuts.

Pour into a greased pan and let cool completely. Cut and store.

No Boil Baked Meat Lasagna

Entered by Darlene Spencer-Harris

Ingredients

- 2 26 oz. cans of spaghetti sauce
- 1 lb. ground beef
- 1 large green pepper, diced
- 1 large onion, diced
- 3 cloves of fresh garlic, pressed
- 9-12 uncooked lasagna noodles
- 1 lb. Ricotta cheese
- 1 lb. Mozzarella cheese
- 2 tbs. Italian seasoning

*Cooking Time: 42 minutes
(microwave times vary)*

Appliance Used: Microwave

Cooking Instructions

In Deep Covered Stone Baker, cook ground beef for approx. 6 minutes, then drain fat off. Return to microwave adding peppers, onion and fresh garlic and cook for an additional 6 minutes. Remove all ingredients from baker to stainless steel mixing bowl. Add sauce to bowl and mix thoroughly. Cover the Deep Covered Baker with a cup of sauce then lay 3 lasagna noodles on top. Break another noodle to fill the gaps. Spread Ricotta cheese on top and sprinkle Mozzarella cheese. Repeat steps until all is used with cheese being on top. Sprinkle Italian seasoning over cheese and cover. Cook 25 minutes in the microwave (times may vary depending on microwave). Remove and let stand for about 5 minutes and there you have it. Bon Appétit.

"I am presenting you with a healthy meal for a family of eight with the correct portion. This recipe was less than \$20 to prepare and it includes all the food groups. Stoneware is very healthy to cook in and you can also take it from the cooking element straight to the table for serving. So I have saved you money, time and not to mention dishes to wash. Other than the Deep Covered Baker, you only used a stainless steel bowl, spoon for mixing, a knife and garlic press."

-Darlene Spencer-Harris

Pot Roast

Entered by John Allsbrook

Ingredients

- 3 lb. Chuck Roast
- 8-10 medium potatoes, peeled and quartered
- 1 lb. mini carrots, peeled
- 1 lb. pkg. baby lima beans
- 1 can Cream of Mushroom soup (+ 1 can of water)

Cooking Time: 8-10 hours

Appliance Used: Crockpot

Cooking Instructions

Place all ingredients in crockpot.

Add salt and pepper to taste.

Cover and cook for 8-10 hours.

Serve when ready.

Slow Cooker Boston Butt

Entered by Julie Love

Ingredients

- 3-4 lb. of Boston Butt
- 4-5 tbs. liquid smoke
- Kosher salt
- Fresh ground pepper
- George's Original BBQ Sauce

Cooking Time: 6-8 hours

Makes: 12 servings

Appliance Used: Slow Cooker

"This is a truly economical meal in that the meat is very inexpensive (often \$1 per lb.), energy efficient to cook and will make enough for 1 meal now and 1 to freeze. Serves 12 now or 6 now and freeze for a 2nd meal."

-Julie Love

Cooking Instructions

Rub and massage liquid smoke into meat.

Place in slow cooker and season with salt and pepper.

Cook on low 6-8 hours or high 4-5 hours.

Remove from slow cooker and let cool to touch. Remove bone (if any) and fat.

Coarsely shred. Add George's BBQ sauce.

Our Mission

Rocky Mount Public Utilities' goal is to provide safe, reliable, and quality utility services for our customers. Rocky Mount operates a public utilities system with over 31,000 households receiving electricity, natural gas, water, sewer and/or refuse services.

RMPU is a nationally recognized Reliable Public Power Provider (RP₃) and a recipient of the Gold 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.



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