

The faculty & staff at
Southland Elementary
have the
recipe for Success

1/4 cup **love**

1 cup **joy**

2 T **kindness**

3/4 cup **excitement**

1/2 cup **encouragement**

1/3 cup **preparation**

Pinch of **humility**

Throughout the year, mix all ingredients slowly and patiently. Let sit and add more ingredients as needed. Serve with art, music, math, science, reading, writing, & laughter.

We appreciate all you do! Hope you have a wonderful summer break!

BREADS

- Super Yummy Quick Rolls

SOUPS

- Tortellini Florentine Soup
- Italian Sausage & Kale Tortellini Soup
- Café Zupa's Garden Chowder
- Olive Garden Copycat Zupas Toscana
- Sweet Potato Chili (gluten free & dairy free)

SALADS

- Strawberry Spinach Salad w/ Honey Red Wine Vinaigrette
- Tre Sorelle Blackberry Pear Salad w/ Lemon Basil Vinaigrette

SALAD DRESSINGS

- Poppyseed
- Tomatillo Ranch
- Ranch ("homemade" – prepared with ranch dressing powder mix)
- Olive Garden Italian (purchased from Costco)

SALAD BAR

Greens – romaine, baby spinach, spring mix, tri color slaw

Cheeses – cheddar, mozzarella, blue, feta

Proteins – diced ham, shredded chicken, bacon crumbles (Kirkland), hard-boiled eggs, chickpeas/garbanzo beans

Veggies & Fruits – shoestring beets, carrots (shredded), corn kernels, petite peas (purchased frozen & then thawed corn & peas), bell peppers (red, yellow, orange), mushrooms, tomatoes, cucumbers, broccoli, cauliflower, olives, pineapple tidbits, mandarin oranges

Nuts & Crunch – pistachios, crispy fried onions (pkg), croutons, sunflower seeds, tortilla strips, wonton strips

DESSERTS

- Texas Sheet Cake
- Pumpkin Bars
- Scotcharoos (gluten free)
- Buttermilk Brownies
- Lemon Sheet Cake

Super Yummy Quick Rolls

(shared by Lisa Evans)

1 cup sugar
1 cup real margarine or butter
3 cups milk
1 cup hot water
4 eggs
11 cups flour
4 T *Saf* Instant Yeast
4 tsp salt



Yield: 48 rolls

Combine milk, sugar, margarine, and water. Heat in microwave until warm, about 3-4 minutes. Using a mixer with bread hooks, start mixing. Add eggs and half of flour. Mix well. Add yeast and salt, continue mixing. Add remaining flour. When mixed in, turn to high speed and let knead for 11 minutes.

When finished mixing, turn out on floured cloth and divide into 4 balls (for recipe for 48) Using rolling pin, roll first ball into a circle the size of a pizza. Using pizza cutter, cut circle into twelve wedges. To form a roll, take wedge of dough, fold in corners so they meet. Then roll up like a croissant. Place in greased pan (2 cookie sheets for 48 recipe. 9x13 size for 12). Let raise about 15 minutes, until puffy. Bake at 375 10-12 minutes or until dark golden brown. Optional: rub tops of rolls with a square of margarine.

This recipe is also great for sweet rolls. After mixing, roll dough into a rectangle. Spread two cubes (for 48 recipe) of softened butter on dough. And sprinkle with sugar and cinnamon or brown sugar and coconut. Roll and cut with string or dental floss about 1" thick. Place on greased pan close to each other so they will raise tall and not spread out too flat. Bake until dark golden brown.

Frost when cool with **cream cheese frosting**—8 oz cream cheese softened, 1/2 cup butter softened, and about 2 lbs powdered sugar, 1 tsp vanilla and enough milk to make a fluffy consistency.

Tortellini Florentine Soup

by Ardis Bird (shared by Lisa Evans)

4 cups chicken broth (or 3-14 oz cans)
1- 15 oz container alfredo sauce
2 cups shredded, cooked chicken
1/2 cup oil packed sun-dried tomatoes, drained and diced
1 cup fresh or frozen baby spinach
1 pkg 3 cheese tortellini -Cooked as directed on package
Parmesan cheese



food.com

8-10 servings

In a large pot combine, chicken broth and alfredo. Bring to a boil. Add chicken and tomatoes. Bring to boil again. Simmer 5 minutes. Add spinach and tortellini and serve with parmesan cheese.

Italian Sausage and Kale Tortellini Soup

by Allison Hollinger (shared by Tara Toraya)

1 lb mild Italian sausage, ground
1 yellow onion, diced
4 cloves garlic, minced
15 oz crushed tomatoes
2 T tomato paste
4 cups chicken stock
1 tsp salt
Pepper to taste
10z oz fresh tortellini of choice, found in the refrigerated section
1 bunch kale, washed and stems removed
1 cup evaporated milk or heavy cream
Fresh Parmesan cheese, optional



AllisonHollinger.com

6 servings

Preheat a large soup pot to medium high heat. Add sausage and onion and cook until browned. Add garlic and saute for 1 minute. Drain if needed and return to pot.

Add crushed tomatoes, tomato paste and chicken stock and stir to combine. Season with salt and pepper to taste.

Bring to a boil and simmer for 15 minutes.

While soup is simmering, wash Kale and remove stems. Tear leaves into 2-3 inch pieces and set aside.

Add kale and tortellini. Cook for 3-5 minutes or until tortellini is tender and kale has wilted.

Slowly stir in evaporated milk or cream. Serve with grated Parmesan cheese, if desired.

Café Zupas Garden Chowder

(shared by Lisa Evans)

- 1/3 cup salted butter
- 2 medium zucchinis, chopped (skins on)
- 1 medium onion, finely chopped
- 1 tsp dried parsley (or 2 TBS fresh, chopped)
- 1 tsp dried basil (or 2 TBS fresh, chopped)
- 1/3 cup flour
- 1 tsp salt
- 1 tsp pepper
- 3 cups vegetable broth
- 1 tsp lemon juice
- 4 Roma tomatoes, chopped (keep seeds & juice)
- 1 1/2 cups heavy cream
- 1 cup frozen corn
- 1/2 cup parmesan cheese, freshly shredded
- 2 cups sharp cheddar cheese, shredded



Chewandchat.com

About 10-12 servings

Melt butter into large saucepan. Add the zucchini, onion, parsley and basil. Stir and cook for about 10 minutes until vegetables are tender.

Stir in flour, making sure there are no lumps. Season with salt and pepper.

Gradually, add the broth and stir until smooth. Add the lemon juice.

Cook for a couple of minutes. Add tomatoes, cream and corn. Quickly bring to boil. Cover, reduce heat and simmer for 5 minutes. Remove from heat and stir in the cheese.

Mix well. Serve and enjoy.

Take a few boys & girls.

Mix gently in a classroom.

Marinate with creativity, knowledge, & love.

Let simmer for 9 months.

Sprinkle liberally with laughter and enthusiasm.

***This recipe yields
a classroom full of students
prepared for their next year of school.***

Olive Garden Copycat Zuppa Toscana

<https://www.food.com/recipe/olive-garden-copycat-zuppa-toscana-38298>

(shared by Nichole Johansen)



Approximately 4-6 servings

- 1 lb Italian sausage (I like mild sausage)
- 1 large vidalia onion, chopped
- 2 garlic cloves, minced *or* 1 T of minced garlic from jar
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 tsp red pepper flakes
- 1 tsp Accent seasoning (optional)
- 2 large russet baking potatoes, wash, sliced in half, and then in 1/4 inch slices
- 2 (8 oz) cans chicken broth, add 1 envelope of chicken bouillon for extra flavor
- 1 quart water
- 2 tsp flour or 2 tsp cornstarch, mixed with enough water to make a paste
- 2 cups packed in measuring cup kale or 2 cups swiss chard, chopped
- 4 slices cooked bacon, chopped
- 1 cup heavy whipping cream (tempered)

Chop or slice uncooked sausage into small pieces and cook until browned and meat is ground in bottom of your soup pan over med-high heat.

Add onions, garlic, salt, pepper, and red pepper flakes to Sausage and cook until onions are clear and aromatics of the seasonings blend together.

Reduce heat back to medium and place, potatoes, in the pot. and slowly add the Chicken Stock and water and stir. (use Chicken Bouillon envelope for extra flavor if Chicken Stock is weak).

Cook on medium heat until potatoes are done and stir occasionally. Once Potatoes are done, Add flour or cornstarch and simmer for another 15 minutes.

Reduce heat to lowest setting and sprinkle in your kale and cooked bacon and slowly pour cream while stirring.

Check for taste and then serve.

Sweet Potato Chili

<https://www.tastesoflizzyt.com/paleo-sweet-potato-chili/>

(shared by Susan McDougal)

- 2 lbs hamburger
- 1 red onion chopped
- 1 tsp minced garlic
- 1 can tomato sauce 29.5 ounces
- 2 cups petite diced tomatoes with juice
- 3 cups beef stock
- 1 cup carrots sliced
- 5 cups sweet potatoes, peeled and cubed
 - *1.3 sweet potatoes = 1 cup cubed. So use 4 medium/3 large for this recipe
- 2 bay leaves
- 1/2 tsp thyme
- 2 tsp salt
- 1 1/2 tsp black pepper
- 1/2 cup chili powder
- dash of oregano
- dash of red pepper flakes



10 servings

Indulge yourself in a bowl of Paleo Sweet Potato Chili that is spicy and full of beef. It's thick, rich and slightly sweet while being grain-free, sugar-free and dairy-free.

In a large saucepan, brown hamburger, onions and garlic. Drain off the fat.

Add the remaining ingredients to the saucepan. Mix well, bring to a boil and simmer, covered, for about 30-40 minutes or until the sweet potatoes and carrots are cooked through.

Remove and discard the bay leaves. Then serve!

Slow Cooker Option: Instead of simmering the chili on the stove, you can brown the ground beef, drain off the fat and place it into the slow cooker. Add the other ingredients and let it simmer on low all day (6-8 hours on high for 4-5 hours).

Notes from Susan: I didn't put in the bay leaf, thyme or chili powder in mine, but added a can of corn and it was delicious.

Summer Salad with Strawberries & Feta

<https://www.cookingclassy.com/strawberry-spinach-salad-with-candied-pecans-feta-and-balsamic-vinaigrette/>

<https://ourbestbites.com/quick-fix-summer-salad-with-strawberries-and-feta/> (Honey Red Wine Vinaigrette recipe)

(shared by Tara Toraya)

10 oz salad greens – works great with half baby spinach & half chopped Romaine lettuce

1 lb fresh strawberries , hulled and sliced

5 oz feta cheese , crumbled

1/3 small red onion , thinly sliced

1 pkg bacon, cooked, cooled, and crumbled

3/4 – 1 cup candied pecans (directions below)



In a salad bowl toss together salad greens, strawberries, half of the feta, red onion, crumbled bacon, and candied pecans. Drizzle about 1/3 of the dressing over salad then plate and drizzle remaining dressing over individual portions and top with remaining half of the feta. Serve immediately.

****When serving the salad for a crowd**, layer ingredients on a platter. Have dressing on the side (in a squeeze bottle) works great. Then as people serve themselves some of the salad they will get a little bit of all the toppings and can add their own salad dressing.

Salad variations *Try using different berries such as blueberries. *Apples and pears are a great option instead of strawberries. *Don't have feta? Try a crumbly goat cheese instead. *Can add grilled chicken breast.

Candied pecans

3/4 cup broken or roughly chopped pecans

1 1/2 T brown sugar

1/2 T butter

Add pecans, brown sugar and butter to a small non-stick skillet and cook over medium-heat, stirring constantly until sugar starts to melt and caramelize, about 2 - 3 minutes. Transfer to a plate in a single layer to cool.



Cookiesandcups.com

Honey Red Wine Vinaigrette Dressing

1/2 cup red wine vinegar

1/2 cup honey

1-2 cloves garlic, roughly chopped

1 tsp Kosher salt

1 tsp coarsely ground black pepper

1/2 cup canola oil

In a blender, combine vinegar, honey, garlic, salt, and pepper. Place lid on blender and blend on high. While blender is running, add oil in a steady stream. Store in refrigerator for about 2-3 weeks. Shake well before serving.



Ourbestbites.com

Pizzeria Limone's Tre Sorrelle Blackberry Pear Salad With Lemon Basil Vinaigrette

(shared by Lisa Evans)

12 cups fresh greens

You can use spring mix, spinach, romaine, or a mixture.

1/2 cup fresh basil slightly chopped

2 fresh pears, thinly sliced

2 cups (16 oz) blackberries or blueberries

2 cups shredded cheese (fresh Parmesan, shaved or shredded; or Parmigiano Reggiano, Pecorino Romano, Asiago, or a mixture)

1/2 cup chopped pistachios (really any nut will work if you can't find pistachios)

3 oz prosciutto, sliced in thin strips OR cooked bacon, crumbled (optional)

Mix together and serve immediately.

Lemon Basil Vinaigrette Dressing

1 cup olive oil

1/2 cup sugar

6 fresh basil leaves

Zest of 2 lemons

Juice from 2 lemons

1/4 cup rice vinegar

1/8 tsp salt

Place ingredients in blender and blend for 3-4 minutes until smooth and creamy.

Serve immediately or store in air tight container in refrigerator.



Dealstomealsblog.com



Dealstomealsblog.com

Salad Dressing Recipes

(shared by Tara Toraya)

Poppyseed Salad Dressing

<https://www.allrecipes.com/recipe/24872/poppyseed-dressing/>

- 1/3 cup white sugar
- 1/2 cup white vinegar
- 1 tsp salt
- 1 tsp ground dry mustard
- 1 tsp grated onion
- 1 cup vegetable oil
- 1 T poppy seeds

In a blender or food processor, combine sugar, vinegar, salt, mustard and onion and process for 20 seconds. With blender or food processor on high, *gradually add oil in a slow, steady stream*. Stir in poppy seeds.



liluna.com

14 servings

Tomatillo Ranch Salad Dressing

<https://www.the-girl-who-ate-everything.com/cafe-rios-creamy-tomatillo-dressing/>

- 1 (1 oz) pkg Hidden Valley Ranch Dressing mix (or 2 T)
- 1/3 cup – 1 cup buttermilk (amount of milk will determine thickness of dressing)
- 1 cup mayonnaise
- 1 large or 2 small tomatillos (peel off paper)
- 1 clove garlic, minced
- 1/2 bunch cilantro, chopped (about 1 cup)
- 1/2 tsp lime juice
- 1/2 to 1 small jalapeno, seeds removed



the-girl-who-ate-everything.com

10 servings

Blend all ingredients together in a blender or food processor and store in the refrigerator to let the flavors meld. Beware that the dressing tends to get hotter the longer it sits.

Texas Sheet Cake

(shared by Tara Toraya) This recipe was shared with her by a neighbor.

2 cups all-purpose flour
2 cups sugar
1 tsp baking soda
1/4 tsp salt
1 cup butter
1/3 cup unsweetened cocoa powder
2 eggs
1/2 cup buttermilk or sour milk
1 1/2 tsp vanilla



bigoven.com

Makes 24 servings

Grease a 9x13x2 inch baking pan or a 10x15x1 inch jelly roll pan; set aside.

In a large bowl, combine flour, sugar, baking soda, and salt; set aside

In a medium saucepan combine 1 cup butter, 1/3 cup cocoa, and 1 cup water.

Bring mixture to a boil, stirring constantly. Remove from heat. With an electric hand-held mixer on medium speed, beat chocolate mixture into the dry mixture until thoroughly Blended. Add eggs, buttermilk, and vanilla. Beat for 1 minute (batter will be thin). Pour batter into the prepared pan.

Bake in a 350 degree oven about 25 minutes for the 15x10 inch pan or 35 for the 13x9 inch pan, or until a wooden pick or cake tester inserted in center comes out clean.

Pour warm chocolate frosting over the warm cake, spreading evenly. Place cake in pan one a wire rack; Cool thoroughly before cutting.

Don't exactly know where I got the recipe, but was always glad I had on hand.

Note: *do not cover the cake or it will get very gooey.*

Chocolate frosting *You may want to 1.5x or double frosting recipe.*

1/4 cup butter
3 T unsweetened cocoa
3 T buttermilk
2 1/4 cups sifted confectioners' sugar
1/2 tsp vanilla
1/2 cup chopped pecans, optional

In a medium saucepan combine 1/4 cup butter or margarine, 3 T unsweetened cocoa powder, and 3 T buttermilk. Bring to a boil. Remove from heat; add 2 1/4 cups sifted confectioners' sugar and 1/2 tsp vanilla. Beat until smooth. If desired, stir in 1/2 cup coarsely chopped pecans.

Melanie's Buttermilk Brownies

(shared by Tara Toraya) This recipe comes from her cousin.

- 2 C sugar
- 2 C flour
- 3 T Nestle Nesquik chocolate-flavored powder
 - **or you can sub 2 T cocoa + 1 T sugar
- 1 C cold water
- 1/2 cup margarine or butter
- 1/2 C oil
- 1 tsp baking soda
- 2 eggs
- 1/2 C buttermilk (can sub with 1/2 milk + 1/2 T vinegar or lemon juice)



24 large or 48 smaller servings

Grease a 13 x 18 x 2 inch sheet pan; set aside.

Sift together the sugar, flour, and Nesquik powder.

In a medium saucepan, combine cold water, margarine/butter, and oil. Bring mixture to a boil.

Pour boiled mixture over sugar, flour, and Nesquik mixture.

Add baking soda, eggs, and buttermilk and beat thoroughly.

Pour batter into the prepared pan.

Bake in a 350 degree oven for 15 minutes.

Let the brownies cool before you frost them. Then let the frosting set before you cut the brownies.

Chocolate Buttermilk Frosting

- 1 cube margarine or butter
- 3 T Nestle Nesquik chocolate-flavored powder
 - **or you can sub 2 T cocoa + 1 T sugar
- 1/2 C buttermilk (can sub with 1/2 milk + 1/2 T vinegar or lemon juice)
- 1/2 tsp vanilla
- 1 lb powdered sugar

In a medium saucepan combine margarine/butter, Nesquik powder, and buttermilk. Bring to a boil, while stirring. Remove from heat and add vanilla and powdered sugar. Beat until smooth.

Lemon Sheet Cake

<https://tidymom.net/lemon-sheet-cake/>

(shared by Tara Toraya)

1 box French Vanilla Cake Mix (I prefer Duncan Hines)

+ *eggs, water, and oil as directed on cake mix*

1 cup buttermilk

1 box (4.5 cup size) Lemon Instant Pudding Mix



36 slices

Preheat oven to 350° F. Grease and flour 18" x 13" rimmed baking sheet (half sheet pan).

In a large mixing bowl add cake mix, eggs, water, oil, buttermilk, and pudding mix. Using an electric mixer, beat one minute on low. Continue beating another minute on medium-high, scraping down the sides of the bowl if needed. (do not over mix)

Pour the cake batter into the prepared sheet pan. Bake for 22-25 minutes, or until a toothpick inserted in middle comes out clean. Remove from oven and cool in pan on a wire rack.

Frost cake, garnish with berries and lemon slices if desired. Serve from the pan and enjoy.

Lemon Cream Cheese Frosting

1/2 cup butter, softened

8 oz cream cheese, softened

4 cups powdered sugar

1/4 cup lemon Jell-O gelatin

2 tsp vanilla extract

3 tsp lemon juice + zest of 1 large lemon

2-3 T heavy whipping cream (or milk)

While the cake is cooling, make the frosting. Using an electric mixer cream butter and cream cheese until well combined and fluffy. Add powdered sugar, gelatin powder, vanilla extract, lemon juice, lemon zest, and 1 tablespoon of cream or milk. Beat until smooth. Add more cream/milk if needed, 1 tablespoon at a time, until desired consistency.

VARIATIONS FOR LEMON SHEET CAKE

Meyer Lemons: They are in season from December to May. Meyer lemons are sweeter and less tart than a regular lemon and would make a wonderful substitution in this Lemon Sheet Cake recipe.

Lemon, Lime, or Orange: You could easily make this a Lemon-Lime Sheet Cake or an Orange Sheet Cake by substituting limes (or key limes) or oranges for the jello and or zest and juice.

Yogurt: You could use 1 cup of greek yogurt or sour cream in place of 1 cup of buttermilk.

Candied Lemon Garnish: Simply poach lemon slices in a pan of simple syrup (1 cup water + 1 cup sugar) then lay out on a parchment sheet lined pan and place in a 200° F oven for about 1 hour (flipping occasionally)- or just let them sit out overnight on the counter to dry. Use the candied lemons to garnish your lemon sheet cake or cupcakes.

Pumpkin Bars

<https://www.allrecipes.com/recipe/11646/pauls-pumpkin-bars/>

(shared by Tara Toraya)

- 4 large eggs
- 1 2/3 cups white sugar
- 1 cup vegetable oil (or greek yogurt)
- 1 (15 oz) can pumpkin puree
- 2 cups all-purpose flour
- 2 tsp baking powder
- 1 tsp baking soda
- 2 tsp ground cinnamon
- 1 tsp salt



allrecipes.com

24 large or 48 smaller servings

Preheat oven to **350 degrees F** (175 degrees C).

In a medium bowl, mix the eggs, sugar, oil, and pumpkin with an electric mixer until light and fluffy. Sift together the flour, baking powder, baking soda, cinnamon and salt. Stir into the pumpkin mixture until thoroughly combined.

Spread the batter evenly into an ungreased 10x15 inch jellyroll pan.

Bake for **25 - 30 minutes** in preheated oven. Cool before frosting.

Cream Cheese Frosting

- 1 (3 oz) package cream cheese, softened
- 1/2 cup butter, softened
- 1 tsp vanilla extract
- 2 cups sifted confectioners' sugar

Cream together the cream cheese and butter. Stir in vanilla. Add confectioners' sugar a little at a time, beating until mixture is smooth. Spread evenly on top of the cooled bars. Cut into squares.

Scotcharoos

<https://www.thisfarmgirlcooks.com/best-chocolate-peanut-butter-scotcheroo-bars/>

(shared by Tara Toraya)

To make the Scotcheroo Bars

- 1 cup sugar
- 1 cup light corn syrup (Karo)
- 1 1/2 cup creamy peanut butter
- 6 cups Rice Krispie cereal



www.thisfarmgirlcooks.com

24 servings

In a large saucepan, bring sugar and corn syrup just to a boil. The sugar will melt into the corn syrup. Remove from heat and while still warm, add peanut butter. Stir to incorporate.

Add Rice Krispies and stir to combine.

Put mixture into **a well-greased 9 x 13 pan**. Use clean hands or a spatula to spread mix evenly throughout the pan.

To make the Chocolate Chip & Butterscotch Topping

- 1 cup semi-sweet chocolate chips
- 1 cup butterscotch chips

In a small/cereal sized bowl, combine the chocolate chips and butterscotch chips. Microwave in 30 second increments, stirring occasionally, until chips are melted and smooth.

Spread over scotcheroo bars evenly.

Allow topping to set before cutting into squares and serving.

Tips for Scotcheroo Bars

Don't over boil the sugar and corn syrup. Just heat it to the point of the ingredients combining.

To spread the treats in your 9x13 pan, you can place plastic wrap sprayed with cooking spray on top and spread that way.

As another alternative, you can slightly wet your hands to keep from sticking to the mixture.

Brand names (Rice Krispies and Karo) are used as descriptors but of course other brands can be used!

These are best served within 1-2 days. That is, if you can keep them around that long!