



Michigan Foods
Community Soup May 2010



PEACH BLUEBERRY CRISP

Cook time: 40 min

Prep time: 5 min

Serves: 8

Ingredients

- 6 cups peeled sliced fresh peaches
- 2 cups blueberries
- 1/3 cup brown sugar, packed
- 2 tablespoons all-purpose flour
- 2 teaspoons cinnamon

Topping

- 1 cup quick-cooking rolled oats
- 1 teaspoon cinnamon
- 1/4 cup brown sugar, packed
- 3 tablespoons soft butter

Directions

1. Combine peaches and blueberries in an 8 cup casserole.
2. In a small bowl, combine sugar, flour and cinnamon.
3. Add this mixture to the casserole.
4. Mix well with fruit.
5. Topping-----.
6. Combine rolled oats, sugar and cinnamon.
7. Cut in butter until crumbly.
8. Sprinkle over fruit mixture.
9. Bake at 350°F for 25 minutes or microwave on high for 10 minutes, until mixture is bubbling and fruit is fork tender.
10. Serve warm or cold.



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MICHIGAN MEATBALLS

Cook Time: 50 min

Prep Time: 20 min

Serves: 8

Ingredients

- 2 lbs ground chuck
- 1 egg, slightly beaten
- 1 cup sour cream
- 1 1/2 cups coarse unseasoned bread crumbs
- 1 (1 ounce) package dry onion soup mix
- 2/3 cup flour
- 2 teaspoons paprika
- 1/2 cup butter
- 1 (10 1/2 ounce) can cream of chicken soup
- 1 (10 1/2 ounce) can cream of mushroom soup
- 2 1/2 cups water

Directions

1. Mix together ground chuck, slightly beaten egg, sour cream, bread crumbs and dry onion soup mix.
2. Mix flour and paprika well. Shape meatballs, then roll in flour and paprika mixture.
3. Brown slowly in 1/2 cup butter in large deep skillet.
4. After browning add soups and water.
5. Cover skillet with tight-fitting lid and simmer for 30 minutes.



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MICHIGAN FIZZ

Cook Time: 3 min

Serves: 1

Ingredients

- 3 tablespoons frozen cherry juice concentrate (don't add water!)
- 1 cup ginger ale
- 1 maraschino cherry (optional)
- 1 lime slice (optional)

Directions

1. Mix concentrate into ginger ale in a tall glass.
2. Garnish glass with fruit.



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MICHIGAN CHERRY DARK CHOCOLATE FUDGE

Cook Time: 8 min

Serves: 30

Ingredients

- 2 (12 ounce) packages Hershey's special dark chocolate chips
- 2 (14 ounce) cans sweetened condensed milk
- 2 teaspoons pure vanilla extract
- 1 1/2 cups Michigan dried cherries
- 1/2 cup chopped pecans (optional)

Directions

1. Spray a 13 x 9 inch glass baking dish with non-stick butter flavored baking spray and set aside.
2. In a non-stick skillet, melt chocolate chips and condensed milk over low heat until just smooth. Stir in vanilla, cherries and nuts and pour into glass baking dish.
3. Chill until firm, slice and watch it disappear!



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PUFFY APPLE PANCAKE

Serves: 1 giant pancake

Ingredients

- 1 big green apple (peeled, cored, and diced); Granny Smith recommended
- ¼ tsp cinnamon
- 2 Tbsp sugar
- 1/3 cup flour
- pinch of salt
- 1 ½ tsp vanilla
- ¼ cup milk
- 2 tsp butter
- powdered sugar

Directions

1. Whisk together the cinnamon, sugar, flour, salt, baking powder, egg, vanilla, and milk until combined, but don't worry about lumps (This is one of those recipes with baking powder, so you need to measure carefully)
2. Melt the butter in the skillet on medium heat. Add the apples, and then pour the batter over them. Cover the skillet with the lid and cook for 10-12 minutes.
3. Turn off the stove, take the skillet off the burner, and remove the lid.
4. Use the spatula to loosen the cake from the sides of the skillet. Next, put the serving plate upside-down over the skillet, and flip the pancake onto the plate by turning the whole thing over. (use potholders to protect your hands).
5. Sift powdered sugar over the top (which used to be the bottom). Savor your masterpiece!



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APPLE WALNUT SALAD

Baby spinach

Balsamic vinegarettte

Blue cheese

Apples in pieces

Dried cherries/cranberries

Candied walnuts

Croutons



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MICHIGAN VEGGIES

Grilled Veggies from Farmer's Market: Asparagus