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## **Frugal and Easy Thanksgiving Recipes**

**By Cyndi Roberts**

### **Frugal and Easy Thanksgiving Recipes**

by: **Cyndi Roberts**

Here it is - that time of year when everyone's thoughts turn to food! I'm thankful that at our house, we have plenty of food, but sometimes I am not so grateful that I am the one who usually gets to cook it!

So I am always on the lookout for simple, tasty recipes that are also easy on the budget. Here are a few of my family's favorites:

**Corn-Rice Casserole** 1 1/2 cups minute rice (uncooked) 2 cans cream-style corn 1 small onion, chopped 1 medium green pepper, chopped 1/2 cup butter or margarine 8 oz. jar Cheez Whiz

Melt butter in large saucepan and add onion and green pepper. Cook until tender. Add other ingredients and cook on low for about 5 minutes, stirring often.

Pour into greased 2-quart baking dish and bake at 350 degrees until bubbly.

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**Sweet Potato Casserole** 2 16-oz. cans sweet potatoes 1/4 cup butter 3/4 cup sugar 1/2 tsp. salt 2 eggs 1/2 cup milk 1 tsp. vanilla

**Topping:** 1 cup brown sugar 1/4 cup butter 2 tsp. cinnamon 1/4 cup flour

Drain sweet potatoes and mash. Add other ingredients and mix well. Pour into ungreased 9" square baking pan. Mix all topping ingredients till crumbly. Spread on yams then bake at 350 degrees for 40 minutes.

**Tip:** You can make this the day before. Just refrigerate till you are ready to bake.

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This one is perfect for supper the night before Thanksgiving.

Harvest Time Soup 1 1/2 cups water 1 cup cubed potatoes 1/2 cup chopped carrots 1/2 cup chopped celery 3/4 lb. process cheese spread, cubed 1 cup ham, cubed

Bring water, potatoes, carrots and celery to a boil. Reduce heat and simmer till vegetables are tender.

Add cheese and ham; cook, stirring till cheese is melted.

This makes about 4 servings, but it could easily be cut in half or doubled.

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Samuel Adams, father of the American Revolution:

"It is therefore recommended ... to set apart Thursday the eighteenth day of December next, for solemn thanksgiving and praise, that with one heart and one voice the good people may express the grateful feelings of their hearts and consecrate themselves to the service of their divine benefactor ..."—November 1, 1777

(adopted by the 13 states as the first official Thanksgiving Proclamation)

Cyndi Roberts is the editor of the "1 Frugal Friend 2 Another" bi-weekly newsletter and founder of the website of the same name.

Visit <http://www.cynroberts.com> to find creative tips, articles, and a free e-cooking book. Subscribe to the newsletter and receive the free e-course "Taming the Monster Grocery Bill".

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## Do I really need to follow a Recipe?

By Mike Yeager

### Do I really need to follow a Recipe?

by: Mike Yeager

These days, it seems like everyone is looking for different recipes to add to their tried and true favorites. Many people are looking for recipes that are low carb or that fit into the type of diet they are on. Or, they are looking for new things they can make for busy nights like crock pot recipes or quick recipes. Maybe you are looking for a new cookie recipe or even an easy gourmet recipe. Whatever your choice is, you can usually do a search for them online.

There are many, many websites full of different and new recipes for you to try. Most web sites offering recipes are able to provide them free of charge. With so many people looking to expand their cooking ability or learn new recipes, the web is a wonderful tool. Search for quick recipes online and you may find not only recipes that are quick, but time saving tips and things you can do ahead to make dinner time quick and simple. You may find many types of quick recipes as well from crock pot recipes that are prepared well ahead of time to easy gourmet recipes. You'll find low carb or low fat recipes to meet your needs.

Regardless of how you are looking for them or what you are looking for, everyone seems to like new recipes to add to their favorites!

For more information on recipes click on one of the links below.

Mike Yeager

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