

SATISFYING SANDWICHES

Cheese Steak Subs

1/2 cup julienned sweet red pepper
1/2 cup julienned green pepper
1/2 cup sliced onion
1/2 teaspoon vegetable oil

2 slices mozzarella cheese

4 ounce thinly sliced deli roast beef

2 submarine sandwich buns, split

In a skillet, saute peppers and onion in oil until tender. Cut cheese slices in half. Place beef and cheese on the bottom of each bun. Broil 4 inches from the heat for 1 to 2 minutes, or until cheese is melted. Top with pepper mixture and bun tops.

Makes 2 servings.

Bonnie Ross

McVeytown

Berry Turkey Sandwich

4 slices whole wheat bread

2 lettuce leaves

2 slices reduced-fat Swiss cheese

1/4 pound thinly sliced deli turkey breast

4 fresh strawberries, sliced

2 tablespoons reduced-fat whipped cream cheese spread

2 teaspoons finely chopped pecans

On 2 slices of bread, layer the lettuce, cheese, turkey and strawberries. Combine cream cheese and pecans; spread over remaining bread. Place over strawberries. Serve immediately.

Makes 2 servings.

Bonnie Ross

McVeytown

Sandwich

Can of Spam
4 hard boiled eggs
Onion

5 sweet gherkin pickles
or pickle relish

Mayonnaise

Grind Spam, eggs and onion. Add about 1/3 cup pickle relish. Add enough mayonnaise to make it easy to spread. Better if refrigerated for 5 to 6 hours before eating.

Barbara Reed

Mifflintown

Egg Hobo Pie

Spread 2 pieces of bread with butter. Put in Hobo Pie maker. Crack 1 egg and put on top of bread. Put over campfire. You can put cheese or ham into it.

Penny Sheaffer

Richfield

Egg Salad

2/3 cup mayonnaise
1 teaspoon spicy brown mustard

1/2 teaspoon salt
12 hard boiled eggs, peeled and chopped

1/4 cup finely chopped celery

4 slices bacon, cooked and crumbled

2 tablespoons chopped fresh parsley

In a large bowl, stir together mayonnaise, mustard and salt. Stir in eggs, celery, bacon and parsley, stirring until evenly coated. Cover and refrigerate until ready to serve. Serve on a bed of fresh spinach with crackers or as a sandwich.

Charlene Swineford

Lewistown

Sloppy Joes

1 1/2 pounds lean ground beef

1 pound ground pork
1 cup finely chopped yellow onion

1 cup finely chopped red bell pepper

3 cloves garlic, minced
1 (8-oz.) can tomato sauce

1/2 cup ketchup

3 tablespoons brown sugar

3 tablespoons chili powder

2 tablespoons malt vinegar

2 teaspoons salt

1 teaspoon ground cumin

Hamburger buns

In a large nonstick skillet, cook ground beef, ground pork, onion, bell pepper and garlic over medium heat for 9 minutes or until meat is browned and crumbly, but not cooked completely through.

In a 4-quart slow cooker, whisk together tomato sauce, ketchup, brown sugar, chili powder, vinegar, salt and cumin. Stir meat mixture into tomato sauce mixture. Cover and cook on low for 6 to 7 hours. Serve with hamburger buns.

Charlene Swineford

Lewistown

Impossibly Easy Mini Crabcake Pies Sandwich

Crab mixture:

2 cans crab meat, drained and flaked

1/2 teaspoon seafood seasoning

1 teaspoon oil

1 medium onion, chopped (1/2 cup)

1/2 cup chopped red bell pepper

1/2 cup chopped green bell pepper

1 cup shredded mozzarella cheese

Baking mixture:
1/2 cup Original Bisquick

1/2 cup milk
2 eggs

Crab Cake Aioli:
1/2 cup mayonnaise

1/2 teaspoon seafood seasoning

1 tablespoon fresh lemon juice

Heat oven to 375 degrees.

Mix crab and 1/2 teaspoon seasoning. Set

aside.

Heat oil on medium heat, then cook onion and peppers for 4 minutes, stirring often. Add crab meat mixture, stirring until heated through. Cool 5 minutes. Stir in cheese.

Stir baking ingredients with whisk or fork until blended. Spoon 1 scant tablespoon into each muffin cup. Top with 1/4 cup crab mixture. Spoon 1 tablespoon baking mixture onto crab mixture in each muffin cup. Bake 30 minutes until tops are golden brown and tests done. Cook 5 minutes. Loosen from sides of pan, then place top sides up on cooling rack. Cool 10 minutes longer.

Mix aioli ingredients while crab pies cook. Serve each pie topped with a generous tablespoon of aioli.

Carolyn Hayes

Energy, Ill.

Cream of Chicken Sandwiches

1 cup milk
6 boneless, skinless chicken breasts

3 cups cream of chicken soup

6 buns

Mix all ingredients except buns in slow cooker and cook until chicken falls apart. Put on buns to serve.

Carolyn Hayes

Energy, Ill.

Pulled Turkey Barbecue Sandwiches

1 turkey loin
Barbecue sauce

Salt, to taste
Pepper, to taste

Put turkey in slow cooker. Add bottle of barbecue sauce and salt and pepper. Cover and cook on high for 3 hours or until it falls apart with a fork.

Carolyn Hayes

Energy, Ill.

Shred with fork. Cover and cook for 20 more minutes. Serve on hoagie or hamburger buns.

Cook's note: Tastes like pork.

Carolyn Hayes

Energy, Ill.

Turkey Meatball Subs

1 medium onion, finely chopped

1 medium green pepper, finely chopped

2 garlic cloves, minced
1/2 teaspoon dried parsley flakes

1/4 teaspoon each basil, thyme and rosemary, crushed

1/4 teaspoon salt
1/4 teaspoon pepper

1 jar (26-oz.) meatless spaghetti sauce, divided

1 pound ground turkey

4 to 6 submarine or

hoagie buns, split
1/2 to 3/4 cup shredded mozzarella cheese

In a bowl, combine the onion, green pepper, garlic, parsley and seasonings. Stir in 1/2 cup spaghetti sauce. Crumble turkey over mixture and mix well.

Shape into 1-inch balls. Place on a greased broiler pan. Broil 4 to 6 inches from the heat for 8 minutes. Turn and broil 3 to 5 minutes longer, or until the meat is no longer pink.

Transfer the meatballs to a large saucepan; add remaining spaghetti sauce. Bring to a boil. Reduce heat; cover and simmer for 5 minutes. Serve meatballs and sauce on buns. Sprinkle with cheese. Makes 4 to 6 servings.

Gerry Leach

Mifflintown



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