

Glenda's Kitchen Kapers

BY GLENDA BENTON

Well it's back to school time, fair time, canning and preserving time, and much more. This September also brings a change for The Compass. There will be two papers published each month, and I want to tell you that I will only be contributing once a month, and you will find my recipes in the first publication each month. I bought a new cookbook, no, I bought two - one for each of my granddaughters. It's called *365 Quick, Easy & Inexpensive Dinner Menus*. The recipes are quite easy, and it is fun to check to see what's on the menu each day. Ground turkey seems quite popular now, and so this is a quick meal.

SWEET HONEY BBQ SANDWICHES

- 1 tablespoon oil
- 1 green pepper
- 1 medium onion, finely chopped
- 2 pounds ground turkey
- 1 cup stewed tomatoes, puréed
- 1 teaspoon celery seed
- ½ teaspoon chili powder
- 1 teaspoon salt or to taste
- ¼ cup honey
- ¼ cup brown sugar
- 2 tablespoons apple cider vinegar
- 2 teaspoons prepared mustard (optional)
- buns

In a large skillet, heat oil and add green pepper, onion and ground turkey. Cook until meat is cooked through and vegetables are tender. Add puréed tomatoes, celery seed, chili powder, salt, honey, brown sugar and vinegar. Mix well. Cook for about 5 minutes over medium heat. Taste sauce. If it tastes too sweet, add 2 teaspoons prepared mustard and stir well. Continue simmering over low heat for about 10-15

minutes. Spoon mixture onto buns, and serve each with a slice of cheese and some dill pickles.

BAKED BEANS

This is an easy recipe for baked beans without all the hard work and long baking time.

- 2 large cans of pork 'n' beans
- 1 onion, finely chopped
- ½ cup ketchup
- ¾ cup brown sugar (or a little less)
- 1 tablespoon prepared mustard
- 1 tablespoon Worcestershire sauce

Combine all in a casserole. Heat for 20 minutes.



The really happy man is the one who can enjoy the scenery when he has to make a detour.

Psst...

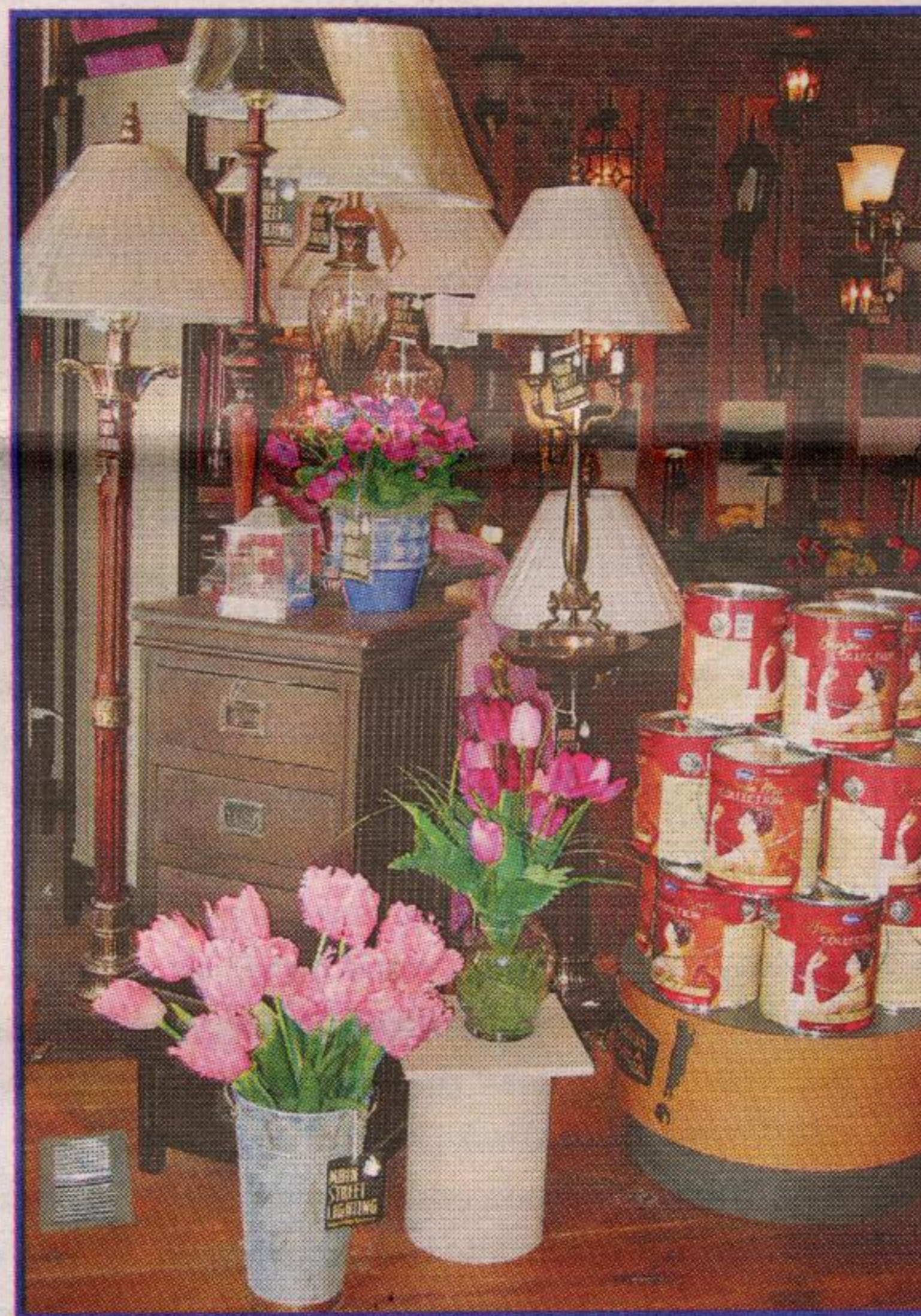
Dear Readers: **Shoebox Memories** will be back in the centrefold of The Compass's next issue when we publish on September 19. That's when we officially begin publishing the newspaper twice a month. Please don't tell the competition. We hope you enjoyed our new Homeworks Section and, as always, look forward to our readers thoughts on this new endeavour and all that we do at The Compass.

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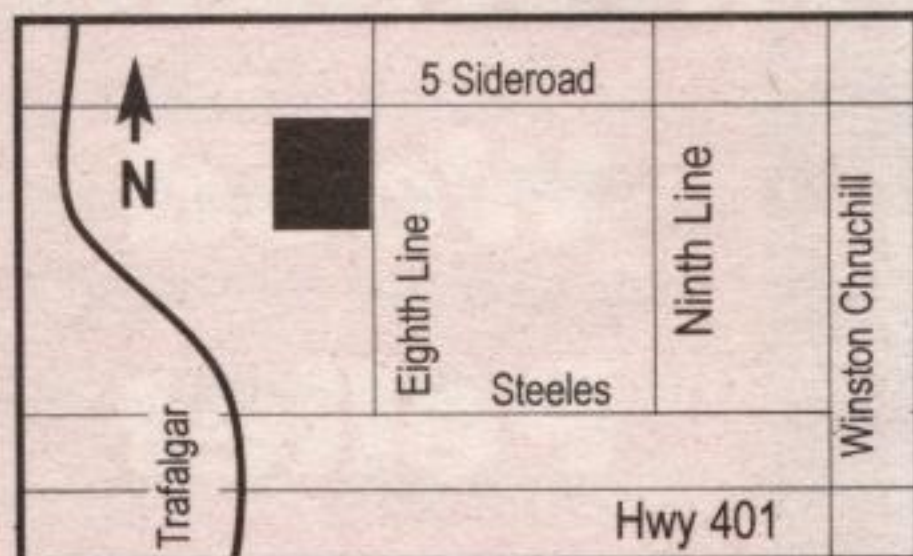
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