



Essential Preparation for Duluth 2021

Know Your Hotdish

(Or better yet, make one yourself!)

Minnesota is a hotbed for hotdish (better known to many as a casserole). This homemade main course has been a popular mainstay of local cuisine for decades. Hotdish is a snap to prepare (if you have a can of soup, your halfway there!) and a crowd pleaser (who doesn't like tater tots?). In our opinion it is the ultimate comfort food, and we'd like to share!

The following pages includes some of the most popular, and shall we say interesting, hotdish recipes from the Minnesota folks helping with the 2021 Natural Areas Conference. Some of these hotdish recipes come direct from our families! We hope you enjoy, or at least get a chuckle!

TATER TOT HOT DISH

1 lb. ground beef
1/2 tsp. salt
1 tbsp. minced onion
1 can cream of chicken soup
1 small can peas, drained
1 box tater tots

Press ground beef into bottom of 9 inch square baking dish. Sprinkle with salt. Add onion. Spread soup over meat. Spoon peas, drained, over soup. Place tater tots on top. Bake at 350 degrees for 30-45 minutes.

--Mrs. Richard Range

CHOW MEIN NOODLE HOT DISH

1 lb. ground beef, browned in skillet with
1 large onion, chopped, and 1 cup chopped celery

Add:
1 can cream of mushroom soup
1 can chicken with rice soup
1 can of mixed vegetables or 1 pkg. frozen mixed veg.

Mix together and bake for 30 minutes at 350 degrees. Sprinkle with 1 1/2 cups chow mein and return to oven for 30 minutes more.

NOTE: Marlene Hagen uses a little soy sauce also.

--Mrs. Ray Brockberg
Marlene Hagen

CALICO BEAN HOT DISH

1/2 cup chopped onion
1/2 lb. bacon
1 lb. hamburger
1 tsp. salt
1 tsp. mustard
2 tsp. vinegar
1/2 cup catsup
1 can pork and beans
1 can kidney beans
1 can lima beans

Brown onion, bacon and hamburger. Add remaining ingredients. Put in large casserole and bake 1 hour at 350 degrees.

NOTE: Mrs. Miedtke and Elaine Christ also add 3/4 cup brown sugar.

--Mrs. Kenneth Kabe
Mrs. Paul Miedtke
Elaine Christ

FIVE-SOUP HOT DISH

2 lb. hamburger
2 small onions, chopped
1 can cream of chicken soup
1 can beef with barely soup
1 can cream of celery soup
1 can chicken rice soup or
1 can mushroom soup
3/4 cup instant rice

Brown meat and onions. Add soups. Mix well. Fold in 2/3 of 8 oz. pkg. of chow mein noodles. Put in large casserole. Top with remaining noodles. Bake at 350 degrees for 45 minutes.

--Mrs. Wilfred Closs
Mrs. John Schultz

Wild Rice Casserole
1/2 lb. of bacon
1 can of mushroom soup
1 - of chicken's rice soup
1 - of mushrooms drained, chopped
1 cup of wild rice
1/2 cup of chopped celery
1 medium onion

Cook rice fry bacon onion and celery. Drain grease - put cooked rice, beef, bacon, onion and celery in a casserole dish. add soups and a can of water for each can of soup, add mushrooms and sometimes I use some water chestnuts cut up.
Bake one hour - about 350°

ELEPHANT STEW

1 med. elephant
2 rabbits, opt.
150 gal. brown gravy

Cut elephant into small, bite-size pieces. This should take 2 months. Add brown gravy to cover. Cook over kerosene fire for 4 weeks at 450°. This will feed about 3800 people. If more is needed, add 2 rabbits, but only if necessary, as most people do not like hare in their stew.

CHOW MEIN HOT DISHKathy Grosam
Fairfax, Minn.

5 pounds ground beef	3 cups water
2 large onions, chopped	1 1/4 cups rice
4 cups celery, chopped	1/4 cup soy sauce
1 large can chicken rice soup	1 teaspoon salt
1 large can cream of mushroom soup	1/2 teaspoon pepper
	chow mein noodles

Brown ground beef. Cook ground beef, onions and celery in a little water. Add rest of ingredients except chow mein noodles. Put chow mein noodles on top. Bake at 350 degrees for 2 hours. Makes 30 servings.

BEAN HOT DISHMrs. Tim (Schweiss) Frank
Morton, Minn.

1/2 pound bacon, fry crisp	1/2 cup vinegar
1 large onion, chopped	1 large can lima or butter beans
1/2 cup brown sugar	1 large can green lima beans
1 teaspoon dry mustard	1 large can kidney beans
1 teaspoon salt	1 large can baked beans

Fry bacon and onion. Pour off grease. Mix all ingredients in casserole and bake for 1 hour at 350 degrees. Can also make in crock pot.

QUICK AND EASY CASSEROLEMary Lou Brown
Cleveland, Minn.

1 pound hamburger	1 can cream of mushroom soup
1 - 16 ounce can green beans	1 can cream of celery soup
1/2 - 10 ounce package noodles, cooked	salt and pepper to taste

Brown hamburger; stir in noodles, beans, soups and salt and pepper. Pour into lightly greased casserole. Bake 30 minutes at 350 degrees.

HOMEMADE SAUERKRAUT HOT DISHMary Seesz
Fairfax, Minn.

1 quart sauerkraut	1 cup uncooked wide curled noodles
1 pound wieners, cut into 1 inch pieces	1/2 quart water

Mix and put into casserole. Bake about 1 1/2 hours at 350 degrees.

POTATO HAMBURGER HOT DISHTina Schweiss
Fairfax, Minn.

hamburger	2 cups of mashed potatoes
onion	couple of slices of cheese
1 can tomato soup	
1 can French string beans	

Brown hamburger with onion. Put in casserole. Add tomato soup. Top with string beans. Add mashed potatoes. Spread cheese on potatoes. Bake for 25 minutes at 350 degrees.

HONEY HOT DISHMary Seesz
Fairfax, Minn.

1 pound hamburger	1 cup uncooked macaroni
1 green pepper	1 small can stewed tomatoes
2 or 3 stems celery	1 - 8 ounce can tomato sauce
1 can mushrooms and juice	salt and pepper to taste
1 can whole kernel corn with juice	2 to 3 tablespoons honey
1 medium onion, chopped	

Brown hamburger until no pink is left. Add peppers, celery, mushrooms, onions, tomatoes, salt and pepper, honey, tomato sauce, macaroni and seasonings. Cook for 10 to 15 minutes until macaroni starts to swell, then add corn and enough water to be fairly wet. Bake until nice and brown on top at 400 degrees.

And now for something different

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A pioneer woman wrote of Minnesota, "the fish swum ashore to be caught". I guess she felt the lakes and streams were pretty well stocked.

Pickled Fish

Makes 4 Quarts

- 4 quarts fresh fish fillets (sunfish, crappies or northern)
- 1 cup salt
- Vinegar (white)
- 2 large onions, sliced
- 12 tablespoons pickling spices
- 16 heaping tablespoons sugar
- 2 cups Muscatel wine

Fillet fish and cut into ¼-inch strips. Add salt to fish; soak in refrigerator overnight, stirring occasionally. Cover with vinegar; soak in refrigerator 24 hours, stirring occasionally. Drain fish. In 4 quart-size jars, layer fish, onion and pickling spices, 3 layers of each to a jar. Use half of an onion and 3 tablespoons pickling spices per quart jar. On top of each jar put 4 heaping tablespoons sugar and ½ cup Muscatel wine. Fill the rest of the jar with vinegar. Seal jars (preferably with jar rubber and zinc cover). Keep in refrigerator at least two weeks before it is used. Keeps indefinitely.



Main Events

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In 1823, explorers reported seeing thousands of shaggy buffalo on the prairies of Western Minnesota. Buffalo was a prime food source of the Indians for hundreds of years. Although wild buffalo no longer abound in Minnesota, other wild game is still plentiful and provides hunters and their families much enjoyable eating.

Venison Stroganoff

4 Servings

- 1½ pounds venison round steak
- Flour
- Butter
- 1 cup chopped onion
- 1 6-ounce can mushrooms, drained
- 1 cup beef broth
- 1 teaspoon Worcestershire sauce
- 1 teaspoon soy sauce
- Salt to taste
- 1 cup sour cream

Soak venison in salt water overnight. Remove all fat and tendons and cut in ¾-inch strips. Roll in flour and brown in butter. Remove meat and sauté onions and mushrooms in butter until onion is tender. Add meat, broth, Worcestershire, soy sauce and salt to taste. Cover and simmer 45 minutes to an hour. Add sour cream and heat through. Serve over noodles or rice.