

Cooking in the Midwest

A Collection of Favorite Recipes from the Heartland



Compiled by Nancy Lantz

Food and Drink/Regional Recipes/Community Recipes

SHARING TREASURED RECIPES WITH FRIENDS is a long-time tradition. Here's a helping of local, tried and true recipes from all over the Midwest. These are recipes that have been handed down through generations along with current favorites begged and borrowed from friends, relatives, and co-workers. Thanks to all who shared their recipes.



Good cooks abound in the Midwest. There is an abundance of real food at its peak of freshness in this land. Many of the recipes feature foods readily found here, such as apples, strawberries, and berries, a large variety of vegetables, and beef, pork, and chicken. You'll find recipes for these and more in this collection of Midwest recipes.

Experience the Midwest's all-time favorites — from Slow Cooker Red Pepper Soup, to Waldorf Apple Salad, Zucchini Bread, Barbequed Beef Short Ribs, Grilled Pork Loin Roast, Chicken with Eggplant and Veggies plus vegetarian main dishes, to Carrot Layer Cake, Pumpkin Cheese Cake, Upside Down Apple Skillet Pie, Strawberry Pretzel Dessert, and a large array of cookies and candy. This n' That features such favorites as shrimp dip, salsa, granola, party mix, and punch and mint recipes.

Nancy Lantz, who grew up in northwest Missouri, says her purpose in compiling the recipes was to keep all her treasured recipes in one place for everyone to enjoy, as well as to preserve them for future generations. Her hope in sharing these recipes is that they will appeal to your unique and individual taste.

Come, cook, eat, and enjoy!

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