

Heavenly Oils Recipes: <https://heavenlyoliveoils.com/recipes/>

Strawberry-Balsamic Baked Beans

Excellent use of Heavenly Oils used at WOW zoom meeting October 8, 2020

Submitted by Jeanne Lueders

2 Tbs olive wood smoked olive oil
1 onion, diced
2 garlic cloves, diced
Dash of salt & ground black pepper
2 strips bacon, diced (not cooked)
1 can navy beans, drained
1/4 cup ketchup
2Tbs strawberry-balsamic jam
1Tbs brown sugar
1/2 tsp ground mustard
1/4 tsp red pepper flakes
1 tsp Traditional Balsamic vinegar (Heavenly oils)
1 1/4 cups water

Heat oil to sauté onion and garlic, salt & pepper.

Add bacon, cook slightly until caramelized 5-7 mins.

Add remaining ingredients; turn heat to medium-low to simmer, 30 - 40 minutes. Serve immediately.

Pineapple Bacon Coleslaw

Submitted by Bernie Botbyl

THE DUKE'S FAVE

The secret ingredient
—pineapple!—
adds sweet tang to
this refreshing
slaw.



PINEAPPLE BACON COLESLAW

All you need is a handful of ingredients to make this flavorful slaw from The Official John Wayne 5-Ingredient Homestyle Cookbook.

Place 4 slices **thick-cut bacon**, diced, in a cold skillet over medium. Cook, stirring frequently, 5–7 minutes or until crisp. Use a slotted spoon to transfer bacon to a paper-towel-lined plate.

Drain 1 (20-oz) can **pineapple chunks in juice**, reserving 3 Tbsp juice. In a small bowl, whisk reserved juice, 6 Tbsp **mayonnaise**, 1 tsp **salt** and ½ tsp **black pepper**. In a large bowl, combine 1 (16-oz) pkg **tricolor coleslaw mix**, bacon, pineapple and 4 **green onions**, thinly sliced. Add mayonnaise mixture; stir well to combine. **Serves 6.**

Head to Parade.com/neworleans for a make-ahead muffuletta sandwich from game-day guru Daina Falk.

Corn Casserole

Submitted by Marla Worley

16 ounce can of corn, drained
16 ounce can of cream of corn
8 Tablespoons Butter
8 ounces sour cream
1 Jiffy Corn Muffin Mix

Mix everything together. Add salt and pepper to taste. I add a little sugar, just about 2 tablespoons, as we like it a little sweeter.

Fits in an 8x8 or 9x9 pan. For large dinners, double the recipe and bake in a 9x13 pan.

Bake 400° for 30 minutes, add time if making 9x13 size. Needs to be well set.

This is great if you are making a large dinner. It can be made a day ahead, refrigerated, set out for around an hour just before baking, so it isn't so cold going into the oven, and then may need a bit longer to bake.

Dee Windsors' Cole Slaw

Submitted by Nancy Potter

10 ounces angel hair cabbage (1 medium head) set slicer blade to 2 ½ mm
1 Large onion
1 Large green pepper (or any color pepper you want)
½ cup sugar and 1 tsp salt (sprinkle over above mix) Note: even if you think that's too much sugar, try it once-it's good)

Boil together:

½ tsp salt
1 tsp sugar
½ tsp dry mustard
½ tsp celery seed
½ cup peanut oil
½ cup vinegar (apple cider)
Pour over cabbage and chill for 4 hours before serving
Good for at least 10 days in the frig.