

Soups, Salads, & Sandwiches

Tortilla Chicken Soup

Larry Sunn

- 1 lb Chicken breasts, boneless, skinless
- 1 med Onion, finely chopped
- 1 cn diced tomatoes with green chilies (do not drain) (14 oz)
- 1 cn Ortega chilies, chopped
- 1 qt Chicken broth
- 1 cup Frozen corn, thawed
- 3 tsp Garlic, minced
- 2 tsp Chili powder
- 1½ tsp Cumin, ground
- 1 bag Tortilla strips

Optional toppings: cilantro, sour cream, shredded cheese, diced avocados

Directions: Place chicken in the bottom of a slow cooker. Cover with chopped onions, diced tomatoes, Ortega chilies, chicken broth, corn, garlic, chili powder, and cumin. Cover slow cooker and cook on low for 6-7 hours, or until chicken is fully cooked. Remove chicken from slow cooker, and shred, using 2 forks. Return to slow cooker and mix well. Top servings of tortilla soup with a few tortilla strips and any additional toppings. Serves 6.



At right a Chuck Sunn family photo taken on Labor Day in 2012. Chuck is by far the funniest of the Sunn siblings; he has a knack for turning even the mundane into humor—often double-meaning. I don't think that we could have survived in our family without a sense of humor. We Sunn siblings got our senses of humor from our parents—



and it was sometimes naughty. Our mother was absolutely funny in a show-off sort of way (probably where Larry gets it) and her language could be most colorful (Ma Sunn at left, tongue out, on a tricycle); she had a playful, off color, sense of humor. Dad, on the other hand, rarely swore and he was quietly humorous—he had sort of a dry sense of humor—Chuck's humor is similar to Dad's—for both Dad and Chuck, we often had to listen carefully to "get it". All the Sunn siblings rarely swear and all of the boys are teasers; they speak with a refined playful sense of fun. Family, friendship, caring for, and respecting one another, all coupled with a splash of humor; that is what we grew up with.



Cheeseburger Soup

Heather Kallas

Sally Kallas' sister-in-law (married to Sally's husband Frank's brother, Matthew)

- | | | |
|---|-----|-------------------------|
| 4 | Tbl | Butter (divided) |
| ¾ | cup | Onion, chopped |
| ¾ | cup | Carrots, chopped |
| ¾ | cup | Celery, chopped |
| 1 | tsp | Dried basil |
| 1 | tsp | Dried parsley |
| 3 | cup | Chicken broth |
| 4 | cup | Potatoes, peeled, diced |
| ½ | lb | Ground chuck, browned |
| ¼ | cup | Flour |



- | | | |
|----|-----|-----------------|
| 2 | cup | Velveeta, cubed |
| 1½ | cup | Milk |
| ¾ | tsp | Salt |
| ¼ | tsp | Pepper |
| ¼ | cup | Sour cream |

Directions: In a large saucepan, sauté onion, carrots, celery, basil, and parsley in 1 tablespoon of the butter until tender (about 10 minutes). Add broth, potatoes, and ground chuck and bring to a boil. Reduce heat, cover and simmer until potatoes are tender (about 10 minutes). Meanwhile, in a small sauce pan, melt remaining butter. Add flour to butter, stir and cook 3-5 minutes until bubbly. Add to soup and bring to a boil. Cook and stir for 2 minutes. Reduce heat and add cheese, milk, salt, and pepper. Cook until cheese is melted. Remove from heat and fold in sour cream. Makes eight 2 cup servings. Enjoy!

The Dunkin' Donuts in South Korea offer doughnut flavors such as Kimchi Croquette and Glazed Garlic.

Olive Garden Salad

a Russ Sunn favorite

- | | | |
|-----------------------|-----|----------------------------|
| 1 | bag | Iceberg lettuce (12 oz) |
| ¼ | sm | Red onion sliced thin |
| 12 | ea | Black pitted olives |
| 6 | ea | Pepperoncino peppers, mild |
| 2 | sm | Roma tomatoes sliced |
| Croutons | | |
| Fresh parmesan cheese | | |



Directions: In a large bowl add the lettuce, onion, olives, peppers, tomatoes, and cheese, toss and serve with Italian salad dressing.

A Cinnabon Classic has less sugar than a 20-oz. bottle of Pepsi.

Broccoli Cheese & Potato Soup

Margie Sunn

- 1 sm Onion, chopped
 1 ea Carrot, chopped
 4 cup Broccoli florets,
 1 ea Celery, stalk chopped
 1½ cup Cheddar Cheese,
 2 ea Garlic cloves, minced
 1 Tbl Parmesan Cheese
 1 Tbl Butter
 2 Tbl Flour
 2½ cup Chicken broth
 1 cup Milk
 Salt & Pepper



Directions: Chop onion, carrot, celery and garlic. In a soup pot, melt butter. Add chopped vegetables and sauté on low heat until soft, about 5 minutes. Add flour, salt and pepper to the pot and stir until smooth. Add chicken broth, milk, and potatoes and set heat to high until it comes to a boil, then cover and cook on low until potatoes are soft, about 15 minutes. Add broccoli florets, Parmesan cheese and stir well. Adjust salt and pepper to taste. Cook uncovered until broccoli is cooked, about 5 minutes. Add Cheddar cheese, stir well and remove from heat. Blend 1 - 2 cups of potatoes and broccoli and return to soup. This helps thicken it a bit.

The little paper ribbon that sticks out of Hershey's Kisses chocolate is referred to as a 'Niggle Wiggly'.



This photo of Margie is my favorite. Of all our photographs over the years, it best depicts the love I have for her; it represents the frozen moment in time when I fell in love. It depicts the moment when I discovered I could be my true self with someone; and, I only wanted to be my true self because of her. I was in love; I was euphoric. I didn't know whether my elation came from the qualities of her, or whether my love simply attributed those qualities to her; whether the light that surrounded her came from her or from the meeting of the sparks surrounding her. I have often wondered why other boys weren't falling in love with her as I did, worshipping her mind, body, soul, and spirit as I did. It has occurred to me that maybe lots of boys didn't think she was as stunning as I did. Maybe she only seemed so beautiful because, as did mine when I saw hers, her face came alive when I walked in front of it. I knew there was something about her I needed. Turns out it wasn't something about her at all. It was just her. In her smile I see beauty more stunning than the stars. If I could hold her in my arms forever it would not be long enough. Should I be so blessed as to arrive there, heaven will be no heaven if I do not find her there. With love . . . always. Larry

Grandma Halterman's Veggie Soup

Sam Halterman Sunn
a Halterman family recipe

Veggie amounts can be to your liking. You need a very large soup pot (like 4 quarts).

Potatoes (diced or chopped)

Carrots

Celery

Onions

Corn (1 bag frozen)

Peas (1 bag frozen)

Large box of beef broth

Lawry's seasoning

2 cans diced tomatoes

Beef stew meat (1-2 lbs.) (I use 2 lbs.)

Rutabaga (if you don't use rutabaga, Grandma will haunt you)

Cabbage (if you don't use cabbage, Grandma will haunt you)

1 veggie and 1 beef Knorr concentrated stock or 4 bouillon cubes

1-2 large tomato juice (depends on how thick or thin you want it)

(Campbell's tomato juice is best - I use 2). Salt and pepper to taste

Directions: Pre-season stew meat with Lawry's seasoning. Cook meat and onions in 1 quart of water, Knorr stock, and beef stock until meat is cooked. Add rutabaga, celery, carrots, cabbage, potatoes, green beans, corn, and peas. Also add the tomatoes and tomato juice. Bring to a boil and then simmer for $\frac{1}{2}$ the day. Add salt and pepper to taste.

Eating a lot of onions will make you sleepy

BBQ Pulled Pork Sliders

Melissa Schuttlefield of Ottumwa, IA

friend and Maid of Honor of Rene' Sunn Williams



Melissa writes, "One of my favorite meals to cook is BBQ'd pulled pork sandwiches, but I make the pork differently, & that's the key. I've made this for so many groups, and they LOVE it; they can't believe it's as simple as it is. The root beer tenderizes & sweetens the meat. It's delicious." Margie and Larry have made these for Lions Club potluck events using Slider buns.

3 lb Pork loin or pork butt

1 btl Root beer

Directions: Place pork roast in crock pot.

Pour root beer over it. Cover & cook until done. Drain juices. Shred meat & mix in your favorite BBQ sauce—spicy or not.



It takes 12 honeybees to produce one tablespoon of honey.

Traditional Black Bean Soup

Margie Sunn

- 4 Tbl Bacon drippings
 4 ea Garlic cloves, minced
 1 med Onion, minced
 1 lb Dried Black Beans, washed
 4 ea Ribs Celery, diced
 1 qt Water
 1 qt Beef stock
 1 tsp Salt
 $\frac{1}{4}$ tsp Black Pepper
 $\frac{1}{4}$ tsp Red Pepper
 $\frac{1}{2}$ Cup Green Onion, chopped, for garnish



Directions: Using a stock pot, heat bacon drippings. Sauté' garlic and onion in drippings until tender, stirring occasionally. Add beans, celery, water, and beef stock. Bring soup to a boil and reduce heat to simmer. Cover and continue cooking for 3 hours, stirring occasionally. Add salt and peppers. Remove 2 cups of beans and puree. Return pureed beans to the remaining whole beans and stir.

The first soup was made from hippopotamus and dates back to 6000 B.C.

Sweet & Sour Cabbage Soupa recipe from the Great Depression
Cecile Sunn

- 40 oz Vegetable stock
 1 med Cabbage, grated
 1 ea Onion
 2 lg cooking apples
 1 cup Tomato juice
 $\frac{1}{4}$ tsp Allspice
 $\frac{1}{2}$ tsp Salt
 $\frac{1}{2}$ tsp Pepper
 1 lemon, juiced
 Brown sugar to taste



Directions: Shred cabbage. Peel & slice apples & onion & put them with the cabbage into the vegetable stock. Add tomato juice & allspice. Simmer gently for 30 minutes. Season with salt & pepper. Add lemon juice & brown sugar. Note: add brown sugar one Tbl at a time until you have reached the desired sweetness and taste.

The very first Coca Cola was green.

Creamy Chicken and Rice Soup

Margie Sunn

2 Tbl Olive oil
 ½ ea Onion, diced
 ½ lb Chicken breast, diced
 2 lg Carrots, sliced
 1 Tbl Fresh thyme
 1 ea Celery stalk, sliced
 ½ ea Red Pepper, diced
 1 Tbl Cornstarch
 4 cup Chicken broth
 1 cup Milk
 1 lg Yellow Squash, diced
 Salt to taste



Directions: Heat olive oil over medium-high heat. Add onions, carrots, celery, and pepper. Let vegetables "sweat out" in pot for 3-4 minutes. Stir occasionally. Add the cornstarch and mix with the vegetables. Add chicken broth and bring to boil. Reduce heat to medium-low. Add milk, diced squash, rice, chicken, thyme, and salt. When the liquids bubble again, turn off the heat. Serve.

China has the most pigs; so many that they have more than the next 43 countries' pig populations combined.

Olive Garden Pasta Fagioli Soup

a Russ Sunn favorite

1 lb Ground beef
 1 sm Onion, diced
 1 lg Carrot, chopped
 1 ea Stalk celery, chopped
 2 ea Cloves garlic, minced
 1 qt Tomatoes (or two
 14.5 oz diced
 tomatoes)
 1 cn Red kidney beans
 (15 oz), with liquid

1 cn Great northern beans
 (15 oz) with liquid
 1 cn Tomato sauce (15 oz)
 1 Tbl White vinegar
 1½ tsp Sale
 1 tsp Oregano
 1 tsp Basil
 ½ tsp Pepper
 ½ tsp Thyme
 1 cup Ditali pasta



Directions: Brown the ground beef in a large pot over medium heat. Add the onion, carrot, celery, and garlic, and sauté for 10 minutes, until vegetables are tender. Add remaining ingredients, except pasta, and simmer for 1 hour stirring often. At 50 minutes into simmer time, cook the pasta according to package directions, until al dente. Drain the pasta and add to the pot of soup. Simmer for 5-10 minutes and serve. Top with freshly grated Parmesan cheese.

It took Don Tyson, the guy from Tyson's chicken, 14 years to win over McDonald's to put more chicken on their menu.

Tortellini Vegetable Soup

Margie Sunn

- 4 cup Chicken Broth
 2 ea Zucchini
 2 cn Crushed Tomatoes (14 oz)
 1 pkg Tortellini (9 oz)
 4 tsp Garlic Powder
 2 tsp Garlic Salt
 1 tsp Italian seasoning
 ½ tsp Oregano
 ¼ tsp Black Pepper
 1 cup White Onion, chopped
 1 lg Yellow Squash



Directions: Thinly slice squash & zucchini. In a large soup pot, bring broth, crushed tomatoes, garlics, Italian seasoning, oregano, black pepper, and onion to a slow boil, stirring frequently. Add the squash and zucchini and simmer until tender, stirring frequently. Add the tortellini and simmer until the pasta is cooked to your preference.

Consuming dairy may cause acne.

Tomatillo Cilantro Chicken Soup

Margie Sunn

- 1½ lb Tomatillos, husks removed
 1 ea Onion, chopped
 ½ Cup Butter [1 stick]
 ¼ Cup Garlic, minced
 Salt to taste
 2 can Chicken broth (15½ oz)
 3 ea Chicken breasts,
 boneless, skinless
 1 bnch Cilantro, chopped
 2 cn Corn, cream style (15 oz)
 1 tsp Black Pepper



Directions: Quarter tomatillos. Sauté onion in butter, then add garlic and tomatillos. Cook until soft, then salt to taste. Add broth, chicken breasts, and cilantro; simmer 30 minutes. Remove chicken to plate to cool and continue to simmer soup for another 30 minutes. Chop chicken and add back to soup with creamed corn and pepper. Serve with shredded Mexican Blend cheese and tortilla chips, if desired.

Most wasabi consumed is not real wasabi, but colored horseradish.

Slow Cooker Zuppa Toscana

1 lb Italian sausage, mild
 1 med Onion, diced
 1 tsp Garlic minced
 4 cup Kale, chopped
 10 ea Bacon strips, cooked
 crisp then crumbled
 32 oz Chicken broth
 1 pt Heavy whipping cream
 ¼ tsp Red pepper flakes
 1 Tbl Dried Italian seasoning
 salt and pepper to taste
 4 med Red potatoes
 Freshly grated (or shredded) Parmesan cheese

Directions: Crumble sausage and cook over medium-high heat in a skillet on the stove. Add minced onion to the sausage a few minutes into cooking. Once meat is mostly browned, add garlic. Continue cooking until meat is cooked through and no longer pink. Drain the meat of any excess grease. Pour chicken broth and heavy cream into a large slow cooker (at least 6 quarts). Add kale, bacon, ground sausage with onion and garlic, salt, pepper, red pepper flakes, and Italian seasoning. Stir to combine. Cover and cook on high for about three hours. Scrub potatoes and cut into bite sized cubes with the skins on. Place potatoes into slow cooker and cook for another 40 to 60 minutes or until potatoes are tender. Serve with freshly grated Parmesan cheese if desired.



Dad not only worked in the woods to earn a living during our Sagola years, he was always working in the garage or around the house fixing or building something. Dad was not a gardener—I don't think he had time to garden; Russ, on the other hand is an accomplished gardener. He is good at it, not because he has the time to do it; he is good at it because he TAKES the time to do it. Speaking of the left-handed one, dad had just put an addition on the house and there was an

opening still needing a cover. It formed a picture perfect basketball hoop . . . and, of course, the basketball went through the opening. Russ says, "Ma, can I go up and get the ball?" Mistake #1 was Ma saying "Yes." Mistake #2 was her not telling him to come right back down. Russ went up into the attic but wasn't satisfied with just getting our basketball and coming back down; he made his way along the rafters all the way into the old part of the house. Ma's sitting at the kitchen table, writing, and the dining room door was behind her, and here comes Russ through the door. She said, "Where did you come from?" Russ said, "The ceiling, go see." He had fallen through the ceiling and there was insulation everywhere. As Ma told it, "He was not supposed to be running from me, but he ran anyway; so I chased him. He went on to the bed and got back into the far corner and he said, 'Don't hit me, Ma! You know I love you!'"

Chef Larry Fischer



Crock Pot Chicken Noodle Soup

Debbie Tabler

friend of Larry and Margie Sunn

- 4 ea Carrots, chopped
- 4 ea Celery, chopped
- 1 cn Chicken stock (32 oz)
- 2 can Cream of chicken soup
- 1½ cup Water
- 1 cup Milk
- Salt and pepper to taste
- 1½ Tbl Onion flake,
- 1 Tbl Dry basil
- 6 ea Chicken tenderloins, frozen; or 4 boneless, skinless chicken breasts, frozen



Directions: Place all the wet ingredients including the cream of chicken soup and seasonings in the crock pot, whisk them together. Place the frozen chicken breasts in the crock pot. Cook low 4-6 hrs. Pull out the chicken breasts within the last hour and shred with two forks. During that last hour add in your veggies. Boil and cook one bag of egg noodles, rinse, drain, and add to the soup during the last 45-55 minutes of slow cooking.

The batter used to make pancakes is almost exactly the same as the batter used to make regular cakes. The pancake batter is just a little thinner.

Chicken Avocado Burgers

Jill Price

- 1 lb Ground chicken
- 1 lg Ripe avocado, cut in chunks
- 1 ea Garlic clove, chopped
- 1 lg Egg, slightly beaten

Salt and pepper to taste

Note: If your ground chicken or turkey is considerably moist, add about $\frac{1}{3}$ cup almond meal as a binder to keep it Paleo friendly or $\frac{1}{3}$ cup bread crumbs.

Directions: Add all ingredients to a large bowl and toss gently. Shape into desired size patties and grill inside or out!



Pizza makers have tried virtually every type of food on pizzas, including peanut butter and jelly, bacon and eggs and mashed potatoes!

Tavern Soup

Margie Sunn

$\frac{1}{4}$ cup Celery, finely chopped
 $\frac{1}{4}$ cup Carrot, finely chopped
 $\frac{1}{4}$ cup Bell Pepper, finely chopped
 $\frac{1}{4}$ cup Onion finely chopped
3 cn Chicken Broth (14 oz)
2 Tbl Butter
1 tsp Salt
 $\frac{1}{4}$ tsp Pepper, or to taste
1/3 Cup Flour
3 Cup Shredded Cheese
1 cn Light Beer (12 oz), room temperature



Directions: Combine vegetables in slow cooker. Add chicken broth, butter, salt and pepper. Cover and cook on low 5-6 hours until vegetables are tender. Strain mixture, puree vegetables in blender and return to crockpot with broth. Increase to HIGH setting. Dissolve flour in small amount of water. Add to broth. Add cheese, $\frac{1}{2}$ cup at a time, stirring until blended. Pour in beer. Cover and cook on HIGH for 30 minutes or until cheese is melted and soup is hot.

An average ear of corn has an even number of rows, usually 16.

Miracle Bisque

from the faith-based Sunn clan

1 cup Tension
2 cup Stress
 $1\frac{1}{2}$ tsp Guilt
2 cup Limited Time (heaping)
 $\frac{3}{4}$ Tbl Urgency
A dash of "No Other Choice"
3 cup Faith (heaping)



Directions: Fold ingredients gently into a bowl. Mix vigorously and add a few tears. You'll sweat a little as you knead the dough. Pack it firmly between your hopes and dreams and form into a perfect little ball. Sprinkle it with a little faith, rolling the ball in the flour until fully covered. Place it under a veil of belief and allow it to rise. Put it in an oven that has been pre-set at the perfect temperature for the heat of trials and tribulations. Allow it to brown under the warmth of God's love. Remove after; season and allow cooling in the confidence of His promise. Garnish with praises. Arrange neatly on a platter of thankfulness and serve to friends, families, and strangers . . . invite them too! Pass on the recipe to all who request it and let them know that with this recipe, they have the makings of miracles!

It's estimated that the New York Harbor once was home to half of the world's oyster supply. At the time, Ellis Island and Liberty Island were known as Little Oyster and Big Oyster, respectively, because of that.

Sweet Corn Chicken Soup

Larry Sunn

- 1 lg Chicken breasts (or 2 small ones)
 1 cn Sweet Corn (15 oz) (you can also use cream style corn if you like)
 6 cup Chicken Stock/broth
 1 sm Onion
 3 ea Garlic cloves
 2 ea thin slices of fresh Ginger
 1½ Tbl oil
 2 Tbl sugar
 ½ tsp ground white/black pepper
 1 tsp soy sauce
 2 tsp rice vinegar
 1 tsp Sesame oil
 2 lg egg whites
 3 ea green onions, finely sliced
 2 Tbl corn starch

Seasoning salt (according to taste)

Directions: Start by finely dicing a whole onion. Heat some oil in a pot and sauté the onions on medium heat for a couple minutes until they turn soft and translucent. Then finely mince some garlic and about a ½ tsp of fresh ginger and add it to the pot, stirring to mix everything. When the aromatics have cooked a little, place a cleaned chicken breast (trim any fat from it) over the onion mix and pour in 5-6 cups of chicken stock over the top. I added a little pouch of concentrated chicken broth flavor boost, as my stock was rather watered down. Bring the stock to a boil, cover the pot and turn down the heat to a gentle simmer. Allow the chicken to cook for about 30 minutes, turning over the chicken half-way through the cooking process, so it cooks evenly. After the chicken is cooked all the way through, carefully remove the chicken breast into a dish and set it aside to cool. While the chicken is cooling, turn the heat of the soup up add a can of drained sweet corn to it. Next add some sugar (2-3 tablespoons, depending on how sweet the corn was), seasoning salt (according to taste), pepper, soy sauce, vinegar, and sesame oil. Stir the soup well. Separate 2 eggs and whisk the egg whites with a fork. Now start stirring the soup with one hand to create a little whirlpool and pour the egg whites with a steady stream into the swirling soup, thereby creating little ribbons of egg in the soup. It may not look pretty, but it tastes delicious and adds nutritional value to the soup. Shred or dice (which ever you prefer) into bite size



pieces and add it back to the soup. Give the soup a taste and adjust the seasonings according your taste. If you'd like it little sweeter add a dash more sugar, or little tangier add more vinegar, or more salt etc. Add some finely sliced green onion to the soup (reserving a little of the green part for a garnish). To thicken the soup, dissolve 2 tablespoons of corn starch in a little water and add it to the boiling soup while stirring. Let the soup thicken to your desired consistency and then turn the heat off. Garnish with some fresh green onion slices & serve hot. Serves 4

Coffee was originally called 'Arabian Wine' when it was first brought to Europe.

Cioppino

Sebastien Sunn

This versatile fish stew is a classic of the West Coast. For the best flavor, use the freshest seafood you can find. Cut scallops in half if they are larger than 1 inch. Serve with a sprinkling of fresh basil and a slice of crusty Italian bread to soak up all the juice.

1	Tbl	Olive oil
1	sm	Sweet onion, diced
4	ea	Cloves garlic, minced
¼	cup	Dry white wine
1	cup	Tomatoes puree
1	tsp	Dried oregano
¼	tsp	Pepper
8	oz	Clam juice
8	oz	Shrimp, peeled and deveined
8	oz	Scallops
8	oz	Firm white fish fillets, (such as cod or halibut), cut crosswise in strips



Directions: In large saucepan, heat oil over medium-high heat; cook onion, stirring occasionally, until softened, about 4 minutes. Add garlic; cook for 1 minute. Pour in wine; cook, scraping up browned bits, until slightly reduced, about 1 minute. Add tomato puree, oregano, pepper, and clam juice; bring to boil. Reduce heat and simmer for 5 minutes. Stir in shrimp, scallops and fish; cover and cook over medium heat until shrimp are pink and fish and scallops are opaque, about 5 minutes.

A banana tree is not a tree at all but a giant herb and the banana is actually its berry. A banana plant produces only one bunch or "hand" in its life, but that bunch may have between 100 to 400 banana "fingers."

Despite its shape, the banana is sterile and no fertilization takes place in the banana flowers. A banana plant grows when one of its shoots is planted.

Avgolemono Soup

Margie Sunn

- 4 cup Chicken stock
 1 ea Chicken breast, shredded
 ½ cup Carrots, finely chopped
 ½ cup Celery, finely chopped
 ½ cup Rice, long grain
 3 ea Egg yolks
 4 Tbl Lemon juice (or to taste)
 2 Tbl Parsley garnish
 Salt to taste

Fresh ground pepper to taste

Directions: Add rice to stock and cook until rice is tender, season with salt and pepper. Whisk egg yolks together and add 2 Tablespoons of lemon juice. Whisk to combine and keep whisking until smooth and bubbly. Add a ladle of the hot liquid to the egg yolks and whisk to combine. Remove soup from the heat and slowly add the egg mixture, whisking constantly. The soup must be removed from the heat in order not to curdle the eggs. Taste the soup and add the other 2 Tablespoons of lemon juice if necessary. Stir in parsley and serve immediately. Four servings.

The average fast food consumer ingests around 12 pubic hairs a year.

**Cheesy Potato Soup**

Margie Sunn

- 1 Tbl Butter
 1 cup Onion, chopped
 2½ Tbl All-purpose flour
 3 cup Red potato, chopped
 1¼ cup 1% low-fat milk
 ¾ cup Chicken broth
 ½ cup Water
 ½ cup Sharp cheddar cheese, shredded
 1/8 tsp Ground red pepper
 2 Tbl Green onions, chopped



Directions: Melt butter in a medium saucepan over medium-high heat. Add onion to pan; sauté 5 minutes or until onion is tender. Sprinkle with flour; cook 1 minute, stirring onion mixture constantly. Add potato, milk, broth, and ½ cup water to pan; bring to a boil. Cover, reduce heat, and simmer 10 minutes. Add ½ cup reduced-fat sharp cheddar cheese and ground red pepper; cook 2 minutes or until cheese melts, stirring frequently. Top each serving with onions.

The ground beef at one Mexican fast food chain is actually only 36 percent meat.

Root Beer Pulled Pork Sandwich

2 lb Pork tenderloin, cut in half
 1 Tbl Seasoning salt
 1 can Root beer (12 oz)
 2 oz Liquid smoke
 1 cup Sassy Sauce, recipe
 8 ea Hamburger buns
 Bread and butter pickles, for serving



Caudette "Caudie" Payton

*Sassy Sauce Ingredients:*

1 cup Ketchup
 ½ cup Brown sugar
 ¼ cup Dijon mustard
 ½ cup Molasses
 ½ tsp Garlic salt
 ½ tsp Fresh ground pepper
 1 Tbl Liquid smoke
 2 Tbl Worcestershire sauce
 $\frac{1}{8}$ tsp Cayenne pepper

Directions: Place the pork tenderloin in the bottom of a slow cooker and sprinkle with the seasoning salt. Pour the root beer and liquid smoke over the top. Place the lid on the slow cooker and cook on low for 8 hours. Once the pork is done, remove from the pan and shred with a fork. Place into a bowl and add in the Sassy Sauce, as well as $\frac{1}{2}$ cup of the juice from the slow cooker. Serve on a bun with bread and butter pickles.

Sassy Sauce Directions: Add the ketchup, brown sugar, and mustard into a medium saucepan. Stir in the remaining ingredients and simmer over medium-low heat for about 15 minutes. Remove and serve with pulled pork sandwiches. Makes $1\frac{1}{2}$ cups.

When we Sunn siblings were young, I don't believe we'd have known our middle names had we not gotten in trouble from time to time. I'd hear, "Russell Joseph Sunn!" And I'd be grinnin' because it wasn't me—it was Russ who was in trouble. As we got older—and there were more of us—Ma would go through every one of our names until she got to the one in trouble, "Al . . . Chuc . . . Ru . . . Jul . . . Larry! Get over here!" When she was really mad, she'd go through the list twice. We'd laugh, but when she went through the list twice, we knew we were in trouble. There were times when it got the best of her and she'd say, "Whatever your name is come here now!" I found it funny when watching Sally & Jill's Tennessee interviews that most of us thought we got into the most trouble. The times I enjoy most is sitting around the Iron River campfires & hearing the stories of the times and trouble I missed.



Chicken Pesto Sandwich

Jill Price

- 2 cup Chicken breast, shredded
 ¼ cup Greek yogurt
 Salt and pepper, to taste
 1 ea Baguette, cut into 3-4 equal pieces, toasted, for serving
 2 cup Arugula, for serving
 2 ea Roma tomatoes, thin sliced, for serving
 8 oz Mozzarella, sliced
 1 cup Fresh basil leaves
 3 ea Garlic cloves, peeled
 3 Tbl Pine nuts
 $\frac{1}{3}$ cup Parmesan cheese, grated
 $\frac{1}{3}$ cup Olive oil



Directions: To make the pesto, combine basil, garlic, pine nuts, and Parmesan in the bowl of a food processor; season with salt and pepper, to taste. With the motor running, add olive oil in a slow stream until emulsified; set aside. In a large bowl, combine chicken, $\frac{1}{2}$ cup pesto, Greek yogurt, salt and pepper, to taste. Serve sandwiches on baguette with arugula, tomatoes, mozzarella and chicken pesto mixture.

My dad gave me the nickname, "Buck." A nickname is a familiar or humorous name given to someone instead of their real name. At the Marine Corps' Physical Fitness Academy where I was learning to become a Physical Training (PT) Instructor, I was called "Flash." I was awarded the moniker because I was by far the slowest runner in the class. Pretty much everyone in the family has one or has had one. They can be creative, funny, or even obnoxious, but one thing's for certain—they're always personal. This includes contractions of longer names like "Walt" from "Walter" or, "Andy" or "Drew" for Andrew. Usually, nicknames are given to someone instead of being chosen for them and the nickname typically highlights an aspect of someone's personality. This is where it gets muddy. Dad had nicknames for all of us. Julie was

often "Babe" and I often attributed her nickname to a strikingly beautiful relative called "Babe." For years, Russ' pet name from dad of "Ish Kabibble" I used for every sinister joke or pun I could think of. Turns out Ish Kabibble was the name of a character (at left) and an accomplished musician on the 1930's radio show, *Kay Kyser's Kollege of Musical Knowledge*. Prior to that, the term was used as a slang word meaning "No worries," or "Who cares?" as in, "So you have no money? Well, *ishkabibble*." Al Jr's nickname from

dad was, "Chummy" and his stuck more than any of the rest of dad's gems—we all called him Chummy. "Charlie Me Boy" was given to Chuck; although once Chuck left the toddler age, the name was seldom used. Dooby, on the other hand stayed with Duane (Sebastien) for many years and I think he still likes it. Sebastien was the "nickname" Duane chose for himself when he was studying for the priesthood.



Egg Drop Soup

1 lg egg
 $\frac{1}{3}$ cup flour
 1 Tbl water
 7 tsp chicken flavor base
 6 cup boiling water

Directions: Beat egg with fork; add flour and the 1 tablespoon water. Continue beating until smooth. Dissolve flavor base in the boiling water. Drop egg mixture, in a thin stream from a spoon, into the boiling broth. Move spoon slowly back and forth for even distribution. Do not stir soup until egg is cooked. Can use beef flavor base in place of chicken flavor base. Serves 6.

A hard-boiled egg will spin. An uncooked or soft-boiled egg will not.

This might not go well with Egg Drop Soup; however, when Julie, Larry, Russ, and Al were kids in Sagola, Michigan, they didn't have any indoor plumbing. Not much was wasted—food scraps were fed to the pigs and some table scraps went to the dogs or cats—most cats were outside cats



because they helped keep the field mouse population in check. Water was pumped from a well that was located about 50 yards east of the house. This picture of Al Jr., Russ, and Larry was taken at the well. We all had chores—from helping with the dishes, to gathering eggs from the chickens, to feeding the pigs or dogs. We picked wild strawberries in the spring, apples in the summer, and raspberries or blueberries in the fall. It was Larry's job to get the water—he was the oldest of the boys. It was actually easier to carry two buckets at a time because of the balancing effect. We did have flushing toilets at school but we, and most of our friends, had outhouses. If we got a winter stomach illness, it gave real meaning to, "Dashing through the snow." The photo at left is of our dad, Al Sunn Sr., Russ, and Larry's dog, "Tiny." Part of Larry and his arm is at the left. Behind the outhouse is the former pit, above which the outhouse used to sit. Generally, the outhouse needed a new hole about every other year. Lye and dirt filled in the old pit, but the dirt placed in the hole sunk in over time—we didn't have to be told not to play in it, although I am sure we were. During the night, if we had to go, we went in a "Thunder Jug" (a pot)—it was Larry's job to empty the pot before catching the bus for school.



Margie Sunn



Soaking beans for 12 hours in water before they are cooked reduces flatulence-causing sugars and starches.

Cream of Mushroom Soup

2 cup chicken broth
 8 oz sliced mushrooms
 1 can cream of chicken soup
 2 can cream of mushroom soup
 1 cup heavy cream
 8 oz Swiss or jack cheese, shredded
 $\frac{1}{2}$ tsp freshly ground black pepper

Directions: Combine chicken broth and mushrooms in blender, add can of chicken soup & blend. Grease 4 quart slow cooker. Add blended ingredients, 2 cans of mushroom soup, and stir. Add cream, cheese, & pepper, stir again. Cook on low for 4-5 hours



Margie Sunn

A janitor at the Frito-Lay plant invented Flamin' Hot Cheetos. Richard Montanez, the inventor of Flamin' Hot Cheetos, is now an executive at PepsiCo.

Broccoli Cheese and Potato Soup

1 sm Onion, chopped
 1 ea Carrot, chopped
 1 ea Celery stalk, chopped
 2 ea Garlic cloves, minced
 1 Tbl Butter
 2 Tbl Flour



2½ cup Chicken or vegetable broth
 1 cup Milk
 2 med Potato, diced
 Salt and pepper to taste
 4 cup Broccoli
 1½ cup Cheese, shredded
 1 Tbl Parmesan cheese

Directions: Chop onion, carrot, celery, and garlic. In a large pot, melt butter. Add chopped vegetables and sauté on low heat until soft, about 5 minutes. Add flour, salt, and pepper and stir until smooth. Add chicken broth, milk, and potatoes; cook until it comes to a boil, then cover and cook on low until potatoes are soft, about 10-15 minutes. Add broccoli florets, parmesan cheese, and stir well. Adjust salt and pepper to taste. Cook uncovered until broccoli is cooked, about 5 minutes. In a blender, blend 1 – 2 cups of potatoes and broccoli, then add it back to the soup. This helps thicken the soup a bit.



Margie Sunn

Before 2013, the biggest buyer of kale was Pizza Hut. They used the kale as a garnish for their salad bars.

Creamy Parmesan Tomato Spinach Tortellini Soup

Jill Price

2 Tbl Butter
 1 med Onion, diced
 2 ea Garlic cloves, chopped
 Red pepper flakes to taste
 ¼ cup Flour
 3 cup Chicken broth
 1 can Diced tomatoes (28 oz)
 2 Tbl Tomato paste
 8 oz Cheese tortellini
 ½ cup Parmesan, grated
 10 oz Spinach, coarsely chopped
 ½ cup Heavy whipping cream
 Salt and pepper to taste
 ¼ cup Basil, chopped

Directions: Melt the butter in a pan over medium heat, add the onion and cook until tender, about 5-7 minutes. Add the garlic and red pepper flakes and cook until fragrant, about a minute. Add the flour and cook for another minute. Add the broth, tomatoes, tomato paste, and tortellini; bring to a boil, reduce the heat and simmer until the tortellini is tender, about 10 minutes. Add the parmesan, let it melt, add the spinach, let it wilt, add the cream, season with salt and pepper to taste, remove from heat before adding the basil.

*According to Hostess, it takes about 45 seconds to explode a Twinkie in a standard powered microwave.
(I probably shouldn't have posted that quote.)*



In her teen years Julie, at left with close friend Mary Ruth Robinette, was a far cry from the angelic matriarch we know today. Julie & Mary Ruth were inseparable—they were far more like sisters than friends. One might conjure that Julie's rebel influence came from Mary Ruth. Not one of the Sunn boys believe that—rather, we know the influence went in the other direction.

Larry's favorite memory of Mary Ruth was that she and he were often relegated to be chaperones whenever Julie went on dates with future husband, Richard Gulickson (Caudie's father). The four-some would drive to a beach somewhere in what Larry remembers as a convertible—but he is not sure who owned the convertible—but, Julie liked them. Blankets out, swim suits on, sand in toes, and a few minutes later Julie and Richard would grab a blanket and off they'd go, headed for the bushes while Mary Ruth was on a blanket with Larry, talkin' 'bout nothin' and squeezing pimples on Larry's back. At the time, Larry was not sure why Julie and Rich couldn't have been mushin' on a blanket that was nearby . . . unless . . . Oh, I am out of room; sorry.



Chicken Tortilla Crockpot Soup

Melissa Geary Doyle

- 1 lb Chicken, cooked, shredded
- 1 cn Whole peeled tomatoes, mashed (15 oz)
- 1 cn Enchilada sauce (10 ounce)
- 1 med Onion, chopped
- 1 cn Ortega chili, chopped (4 oz)
- 2 ea Cloves garlic, minced
- 2 cup Water
- 1 cn Chicken broth (14.5 oz)
- 1 tsp Cumin
- 1 tsp Chili powder
- 1 tsp Salt
- ¼ tsp Black pepper
- 1 ea Bay leaf
- 1 pkg Frozen corn (10 oz)
- 1 Tbl Cilantro, chopped
- 7 ea Corn tortillas

Vegetable oil

Directions: Place chicken, tomatoes, enchilada sauce, onion, Ortega chilies, and garlic into a slow cooker. Pour in water and chicken broth, and season with cumin, chili powder, salt, pepper, and bay leaf. Stir in corn and cilantro. Cover, and cook on Low setting for 6 to 8 hours or on High setting for 3 to 4 hours. Preheat oven to 400°. Lightly brush both sides of tortillas with oil. Cut tortillas into strips, then spread on a baking sheet. Bake in preheated oven until crisp, about 10 to 15 minutes. To serve, sprinkle tortilla strips.



When we siblings were young, living in Milwaukee, WI, our telephones—or those of our boyfriend or girlfriend were party lines. Interestingly, a dozen, or so families were frequently connected to the single loop. Margie's number when we were dating was Mi5-5605 (Mitchel 5-5605). People on the party line would know an incoming phone call was for them because of a distinctive ring such as "2 short rings" or "3 long rings." Party lines provided absolutely no privacy in communication. They

were frequently a source of neighborhood entertainment and gossip, not to mention tattling by younger siblings. Party lines became a cultural fixture of rural America for many decades. Objections about one party monopolizing and eavesdropping on a multi-party line were a staple of complaints to telephone companies. There were times when Ma and Dad would go out for dinner or to someone's house and they'd tell us kids that we had to stay home—and that Ma was going to call and check on us. When Ma called, the phone would be "busy." Ma thought that either Julie was talking to Mary Ruth Robinette or Larry was talking to Margie or Brian Christensen. Nope. We'd take the phone off the hook and then we'd go to the local playground to play.

Veggie Chowder Recipe

2 cup Potatoes, cubed peeled
2 cup Chicken broth, reduced-sodium
1 cup Carrots, chopped
 $\frac{1}{2}$ cup Onion, chopped
1 can Cream-style corn (14 $\frac{3}{4}$ oz)
1 can Evaporated milk, fat-free (12 oz)
 $\frac{3}{4}$ cup Cheddar cheese, shredded
 $\frac{1}{2}$ cup Mushrooms, sliced, fresh
 $\frac{1}{4}$ tsp Pepper
2 Tbl Bacon bits

Caudie Payton



Directions: In a large saucepan, combine potatoes, broth, carrots, and onion; bring to a boil. Reduce heat; simmer, uncovered, 10 to 15 minutes or until vegetables are tender. Add corn, milk, cheese, mushrooms, and pepper; cook and stir 4 to 6 minutes longer or until heated through. Sprinkle with bacon bits.

Boiling carrots before slicing them increases their anti-cancer properties by 25%.

Tortellini Chicken Noodle Soup

1 $\frac{1}{2}$ Tbl Olive oil
1 $\frac{1}{2}$ cup Carrots, chopped
1 cup Celery, chopped
1 cup Yellow onion, chopped
4 ea Garlic cloves, minced
4 can Chicken broth (14.5 oz)
1 $\frac{1}{2}$ tsp Italian seasoning
Salt and pepper, to taste
12 oz Tortellini, three cheese
 $\frac{1}{2}$ cup Parsley (stems and all), plus more for serving
3 cup Rotisserie chicken, shredded

Jill Price



Directions: Heat olive oil in a large pot over medium heat, add carrots, celery, and onion and sauté 3 - 4 minutes. Add garlic and sauté 30 seconds longer. Stir in chicken broth, Italian seasoning, and season with salt and pepper to taste. Bring to a boil over medium-high heat then cover and boil 5 minutes. Add tortellini and place parsley in a mound submerged into broth on top of tortellini, cover and boil 6 - 8 minutes longer (or one minute less than time listed on package). Using tongs, remove parsley (I stirred it around in the soup first just to get all the flavor out). Stir in chicken and cook until heated through, about 1 minute. Serve warm, topped with chopped fresh parsley leaves.

The Code of Hammurabi decreed that bartenders who watered down beer would be executed.

Chicken Tortilla Soup

Jill Price

- 2 med Chicken breasts, boneless, skinless
 1 Tbl Olive oil
 1½ tsp Cumin
 1 tsp Chili powder
 ½ tsp Garlic powder
 ½ tsp Salt
 1 Tbl Olive oil
 1 cup Onion, diced
 ¼ cup Green bell pepper, diced
 ¼ cup Red bell pepper, diced
 3 ea Garlic cloves, minced
 1 can Rotel tomatoes & green chilies (10 oz)
 32 oz Chicken stock
 3 Tbl Tomato paste
 4 cup Hot water
 2 can Black Beans, drained (15 oz)
 3 Tbl Cornmeal or masa
 5 ea Corn tortillas, cut into uniform ½" strips



For Garnishes: Sour cream, diced avocado, diced red onion, salsa, pico de gallo, grated Monterey Jack cheese, Cilantro

Directions: Preheat oven to 375°. Mix cumin, chili pepper, garlic powder, and salt. Drizzle 1 tablespoon olive oil on chicken breasts, then sprinkle a small amount of spice mix on both sides. Set aside the rest of the spice mix. Place chicken breasts on a baking sheet. Bake for 20 to 25 minutes, or until chicken is done. Use two forks to shred chicken. Set aside. Heat 1 tablespoon olive oil in a pot over medium high heat. Add onions, red pepper, green pepper, and minced garlic. Stir and begin cooking, then add the rest of the spice mix. Stir to combine, then add shredded chicken and stir. Pour in Rotel, chicken stock, tomato paste, water, and black beans. Bring to a boil, then reduce heat to a simmer. Simmer for 45 minutes, uncovered. Mix cornmeal with a small amount of water. Pour into the soup, then simmer for an additional 30 minutes. Check seasonings, adding more if needed--add more chili powder if it needs more spice, and be sure not to under-salt. Turn off heat and allow to sit for 15 to 20 minutes before serving. Five minutes before serving, gently stir in tortilla strips. Ladle into bowls, then top with sour cream, diced red onion, diced avocado, pico de gallo, and grated cheese, if you have it! (The garnishes make the soup delicious.)

The world's most stolen food is cheese.

Corn, Bacon, and Potato Chowder

Debbie Tabler

friend of Larry and Margie Sunn

1 med Uncooked Red potato
 1 can Cooking spray
 4 ea corn on the cob,
 kernels removed with a knife
 1 sm Sweet red pepper, diced
 ½ cup Uncooked celery, chopped
 ¼ cup Uncooked onion, chopped
 4 oz Uncooked bacon, diced
 2 cup Fat free skim milk
 ½ tsp Salt
 ¼ tsp Black pepper
 1/8 tsp Hot pepper sauce, or to taste
 2 med Uncooked scallion(s), thickly sliced



Directions: Pierce potato in several places with a fork; microwave on high power until tender, turning over once, about 8 minutes. Allow to cool; peel and mash. Meanwhile, coat a large saucepan with cooking spray. Add corn, red pepper, celery, and onion; sauté over medium-high heat for 5 minutes. Stir bacon and milk into saucepan; stir in mashed potato and mix well. Season with salt, pepper, and hot pepper sauce; stir to combine. Cover and simmer 10 minutes (do not allow to boil); serve garnished with scallions. **Notes:** Feel free to substitute your favorite fresh vegetables like asparagus and broccoli for the red pepper.

Tomatoes are very high in the carotenoid Lycopene; eating foods with carotenoids can lower your risk of cancer. Other vegetables high in carotenoids are carrots, spinach, sweet potatoes, and collard greens.



Duane (AKA Sebastien) was Ma and Dad's late-in-life baby; born in 1961 he is 10 years younger than Chuck and 19 years younger than Julie. At left is his nursing graduation photo from Loma Linda University. After serving as a nurse long enough to develop a dislike to showering old people and servicing bed pans, he moved on to entering data into insurance documents. His interest in computers, computer software development, and database configuration, provided lateral movement opportunities into the growing computer software development field. Traditional college courses as well as intense on-the-job training provided him with a remarkable skill set that has become both his vocation and his avocation. He has become

the go-to guy in the family whenever any of the siblings are having computer difficulties. Far beyond that, Sebastien has honed software development skills to the point where he writes a full range of software "Apps" for Windows, Android, and Apple's iOS devices. The youngest of the Sunn siblings, and saddled by Dad with the nickname, "Dooby," Sebastien is somewhat of a loner, albeit he has a deep sense of family; his work schedule often prohibits travel to & attending family get-togethers.

Chicken Wild Rice Soup

- 2 qt Chicken broth
 ½ lb Mushrooms, fresh, chopped
 1 cup Celery, finely chopped
 1 cup Carrots, shredded
 ½ cup Onion, finely chopped
 1 tsp Chicken bouillon granules
 1 tsp Dried parsley flakes
 ¼ tsp Garlic powder
 ¼ tsp Dried thyme
 ¼ cup Butter, cubed
 ¼ cup All-purpose flour
 1 can Cream of mushroom soup, undiluted (10¾ oz)
 ½ cup Dry white wine or additional chicken broth
 3 cup Wild rice, cooked
 2 cup Chicken, cooked, cubed

Caudie Payton



Directions: In a large saucepan, combine the first nine ingredients. Bring to a boil. Reduce heat; cover and simmer for 30 minutes. In Dutch oven, melt butter; stir in flour until smooth. Gradually whisk in broth mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Whisk in soup and wine. Add rice and chicken; heat.

If you grew 100 apple trees from the seeds of one tree, they would all be different.

White Chicken Chili

- 6 cup Chicken broth
 4 cup Shredded chicken
 2 can Great Northern beans
 (15-oz), drained
 2 cups Salsa verde
 2 tsp Ground cumin

Jill Price

Optional toppings: Diced avocado, chopped fresh cilantro, shredded cheese, chopped green onions, sour cream, crumbled tortilla chips

Directions: In slow cooker, add chicken broth, 2 (uncooked) boneless skinless chicken breasts, beans, salsa, and cumin to a slow cooker, and stir to combine. Cook on low for 6-8 hours, or high for 3-4 hours until the chicken is cooked through and shreds easily with a fork. Shred the chicken. Serve warm with desired toppings.



Asparagus is related to onions, leeks, and garlic.

Asheh Reshteh ~ Persian Noodle Soup

Sebastien Sunn

Note: Might be hard to get all of the ingredients, haven't found them all in Texas yet; see version 2 below for more common ingredients.

.. -.-Asheh Reshteh Version 1

1 can Chick peas
 1 cup Lentils
 1 cup Red kidney beans
 ¼ cup Navy beans
 1 pkg Reshteh (roasted noodles)
 1 med Onion, chopped
 Chopped garlic



Dry mint

Kashk (it can be found near the yogurt in a middle eastern grocery)

Salt and pepper to taste

Turmeric

2 Tbl Flour

Sabzi (greens) for the Aash (soup) include: parsley, cilantro, spinach, green onions, shevid (dill). I used fresh greens (except for the shevid), but some people do buy the dried sabzi mix (typically pre-packaged and sold at a Persian grocery store)

3 pkg Fresh parsley
 2 pkg Fresh cilantro
 1 lg Bundle of spinach
 2 pkg Green onions

Shevid (dry dill), approximately 4 spoons full

Comments: I chose to soak my red beans and lentils the day of cooking, instead of overnight. In fact with the beans I had bought, I didn't soak them too long since they would probably go really soft. It completely depends on the quality of the beans whether you should soak them for a long amount of time or just for a short amount of time. While my beans were soaking I went ahead and cleaned my parsley, cilantro, spinach, and green onions. After soaking them in water to make sure no mud was left behind, then rinsing them thoroughly, I chopped them up in a food processor. Make sure you don't over chop the greens! Also, I only bought 1 package for my spinach, so I decided to use a chopped frozen package of spinach as well.

Directions: For the aash it is best to use a very large pot. Place some water in the pot and bring it to a boil, then after draining the red beans, navy beans, and lentils; allow them to boil in the water for approximately 10 – 15 minutes. Drain the beans and place a little bit of chopped onions (with some oil) in the pot. Add the beans back into the pot after the onions were sautéed a bit. Add water to the pot (note: the temperature for the stove top should be somewhere close to medium). Add all the greens, plus the dried shevid (dill). Stir constantly to make sure nothing is sticking to the bottom of the pot and everything is cooking evenly. After adding the greens, add a little bit more water. Because Aash reshteh is not a very watery soup, so make sure you don't add too much water because you will need it to

evaporate. Add enough salt and pepper for the taste. Add a little bit of sautéed mint, onions (lightly browned), and garlic (lightly browned) to the aash reshteh. Keep a little of each aside to decorate the end product. Mix the flour and a little cold water to mix it into a paste. Add the flour paste to the pot and stir it in. Add some kashk into the pot and stir. Finally, add the garbanzo beans (after rinsing them perfectly) and let this pot cook for a few hours (approximately 3-4 hours), while stirring occasionally. The last thing to add is the reshteh. Wait until 20 minutes before serving the aash to add the reshteh. Make sure you stir it well and they don't get stuck together. Once the aash served, decorated it with the sautéed mint, onions, and garlic, along with some kashk. Sébastien says, "Personally, I add some kashk to my aash even when eating it, so you may want to put some kashk in a side dish for anyone you would like to add more."

... -Asheh Reshteh Version 2

- ½ cup Garbanzo beans
 - ½ cup Kidney beans
 - ½ cup Navy beans
 - ½ cup Lentils
 - 1 ea Bunch fresh parsley, chopped
 - 3 ea Bunches scallions, chopped
 - ½ lb Fresh spinach, chopped
 - ½ lb Linguine (or Persian reshteh
noodles if you can get them)
 - 3 Tbl Butter
 - 2 lg Onions, sliced
 - 1 Tbl Dried mint
 - 1 cup Plain yogurt (or kashk, or Persian whey if you can get it)
 - 2 tsp Turmeric
- Salt and pepper to taste

Directions: If using dried legumes, cook each one separately until tender and set aside before you proceed. (Using canned is much easier!) Combine parsley, scallions, turmeric, salt and pepper, and about 6 cups water in a large pot. Simmer for 20 minutes. Add the spinach and cook for a further 10 minutes. Break up the noodles into strands of a couple of inches in length and add to ash mixture. Let simmer until noodles are cooked. Fry onions in butter until golden brown. Stir in the dried mint until fragrant. Add legumes to ash, let simmer for 10-15 minutes. Taste for seasoning. Place ash in a large serving bowl and decorate the top with some of the fried onions and mint mixture. Drizzle some yogurt or kashk on the top as well. Serve with extra yogurt or kashk on the side.



Tomato Mozzarella Salad

5 Tomatoes, sliced ½-inch thick
2 ea Mozzarella logs, sliced ½" thick
Generous bunch of fresh basil leaves

Extra-virgin olive oil
Sea salt and fresh ground black pepper

Balsamic Reduction Ingredients:

2 cup Balsamic vinegar

Directions: In a small casserole dish (I used 8" x 11" x 3;) arrange slices of tomato, mozzarella, and basil vertically, in an alternating pattern until you have created two rows. Drizzle olive oil over the top of the salad, followed by drizzle of balsamic reduction. Sprinkle with salt and pepper.



Jill Price

Balsamic Reduction Directions: In a small saucepan, bring balsamic vinegar to a boil over medium-low heat. Cook 20-30 minutes, partially covered, or until balsamic has reduced to a thicker glaze. Cool and store in the refrigerator until ready to use.

California produces almost the entire broccoli sold in the United States.

Stracciatella Soup

4 cup Chicken stock
2 med Carrots, sliced thin
½ cup Frozen peas, thawed
3 oz Curly spinach
3 lg Eggs
2 Tbl Parmigiano-Reggiano cheese, grated;

Salt and pepper to taste;

Extra-virgin olive oil, for drizzling;

Crusty bread, for serving

Directions: In a medium saucepan, bring the chicken stock to a boil. Add the carrots and peas and cook over moderate heat until just tender, about 3 minutes. Add the spinach and cook until wilted, 1 minute. In a small bowl, beat the eggs with the 2 tablespoons of cheese. Slowly drizzle the egg mixture into the soup and cook over moderate heat, stirring, until ribbons form, about 1 minute. Season with salt and pepper. Ladle the soup into bowls, drizzle with olive oil and garnish with grated cheese. Serve with crusty bread.

Margie Sunn



Actually a fruit, it took a ruling by the Supreme Court in 1893 to make the tomato a vegetable.

Julie's Potato SaladMa Sunn's Potato Salad
Julie Stover

- | | | |
|----|-----|---------------------|
| 5 | lb | Red Potatoes |
| ¾ | cup | Radishes (chopped) |
| ¾ | cup | Cucumbers (chopped) |
| ¾ | cup | Celery (chopped) |
| ¾ | cup | Onion (chopped) |
| 10 | lg | Hard boiled eggs |
| 1 | ea | Jar of Mayo 30 oz |
| 2 | tsp | Salt |
| 2 | tsp | Pepper |



Directions: Boil potatoes and eggs - let cool. Peel potatoes and cut up in cubes in large bowl (potatoes can be unpeeled) Peel Eggs put 4 eggs on side -cut up rest of eggs into potatoes; add radishes, cucumbers, celery, onions, salt pepper. Add 1 jar of Mayo and mix together. Put salad in serving bowl. Take the other 4 eggs and slice and put on top of salad.

Note: Russ's favorite salad of Mom's. Julie makes the potato salad for all events but cannot tell you what it tastes like—she doesn't eat potato salad.

Corn is a key ingredient in breakfast cereals, bread, potato chips and French fries, soft drinks, and many prepared foods.

Cream Cheese Grape Salad

Margie Sunn

- | | | |
|---|-----|-------------------------------|
| 1 | Pkg | Cream cheese (8 oz), softened |
| 1 | Cup | Sugar (or Splenda) |
| ¾ | Cup | Sour cream |
| ¾ | Cup | Brown sugar, firmly packed |
| 1 | tsp | Vanilla |
| 1 | lb | Seedless green grapes |
| 1 | lb | Seedless red grapes |
| 1 | Cup | Chopped pecans |



Directions: In a small bowl combine cream cheese, sugar, sour crème, brown sugar, and vanilla. Stir until smooth. In a large bowl combine grapes and pecans. Pour mixture over grapes and pecans tossing gently to coat. Cover and chill. Serve in chilled lettuce cups.

It takes 12 honeybees to produce one tablespoon of honey.

Ambrosia Fruit Salad

Julie Stover

1 cn Frozen whipped topping, thawed (8 oz)
 2½ cup Shredded coconut
 ½ cup Chopped walnuts
 1 cn Fruit cocktail, drained (8 oz)
 1 cn Pineapple chunks, drained (8 oz)



1 cn Mandarin oranges, drained (11 oz)
 3 cup Miniature marshmallows
 1 jar Maraschino cherries, drained (10 oz)
 1 tsp Ground nutmeg
 1 tsp Ground cinnamon

Directions: In a large bowl, combine the whipped topping, coconut, chopped nuts, fruit cocktail, pineapple, mandarin oranges, marshmallows, cherries, nutmeg and cinnamon. Mix together well and refrigerate for 30 to 45 minutes. Ambrosia Fruit Salad is ready to serve.

– Julie and Larry; 1950, we lived in a town and family of hand-me-down clothes—one family to the next, one kid to the next. Russ and Al probably wore those bib overalls, too. Julie's dress would have gone to some Sagola relative—the town was poor.

Season and Seasoning: Enhance the flavor of foods by adding ingredients such as salt, pepper, oregano, basil, cinnamon, and a variety of other herbs, spices, condiments, and vinegars. Also, to treat a pot or pan (usually cast iron) with a coating of cooking oil and then baking it in a 350° oven for approximately 1 hour. This seasoning process seals any tiny rough spots on the pan's surface that may cause food to stick.

City Club Salad Dressing

Margie Sunn

1/3 Cup Sugar
 3 Tbl Honey
 1 tsp Salt
 1 tsp Dry mustard
 1 tsp Celery seed
 1 tsp Paprika
 1 cup Salad oil
 ¼ cup Cider vinegar



Directions: Whisk all ingredients until well blended. Good with any fruit; great topping for grapefruit sections and avocado. Yield about 1½ cups.

The most expensive pizza in the world costs \$12,000 and takes 72 hours to make.

BLT Cups

Rene' Sunn Williams

Rene' is the daughter of Larry and Margie

- 10 sm Roma tomatoes
- 1 lb Bacon, cooked crisp and crumbled
- 1 cup Mayonnaise or salad dressing
- $\frac{1}{3}$ cup Red onion, diced
- 4 Tbl Parmesan cheese, grated
- 2 Tbl Parsley, snipped fresh



Directions: Cut a thin slice from the pointed end of each Roma tomato (this allows the tomato “cup” to stand on its own). Cut each tomato in half crosswise to form two cups. Scoop out pulp and discard. Invert tomatoes on paper towels to drain. In a small bowl, combine all remaining ingredients; mix well. Spoon mixture into tomato cups. Refrigerate for several hours before serving.

India is the world's largest producer of bananas, producing nearly 22 million tons in 2007.

Snicker Apple Salad

Lisa Kallas
2nd daughter of Sally and Francis Kallas

- 8 oz Cool Whip
- 3 ea Green apples, diced
- 3 ea Snickers candy bars, frozen



Directions: Mix together the Cool Whip and apples. Smash the Snickers bars and add to the salad. Enjoy!

Russian supermarkets carry caviar-flavored potato chips!

Hot Potato Salad

Mary Payton

Mother-in-law of Caudette “Caudie” Payton, daughter of Julie Stover

- 6 med Potatoes, boiled
- 1 sm Onion, chopped
- $\frac{1}{2}$ lb Bacon, chopped, cooked
- 4 lg Eggs, hard-boiled, sliced
- 1 cup Hellmann's mayonnaise
- 2 Tbl Prepared mustard
- $\frac{1}{4}$ cup Sugar



Directions: Mix and bake at 350° for 30 minutes. (Mary insists that it just isn't the same if you make it with Miracle Whip)

There's a fruit named "stinking toe."

Apple Cranberry Pecan Salad

Jill Price

The best fall flavors come together in this light and refreshing spinach salad tossed in the most amazing lemon vinaigrette!

- 6 cup Baby spinach
- 1 med Granny Smith apple, thinly sliced
- ½ cup Pecan halves
- ½ cup Pomegranate arils
- ½ cup Dried cranberries
- ½ cup Crumbled goat cheese
- ¼ cup Olive oil
- ¼ cup Apple cider vinegar
- 1 ea Lemon, juiced and zested

For the lemon vinaigrette

- 1 Tbl Sugar
- 1 Tbl Poppy seeds



Directions: To make the vinaigrette, whisk together olive oil, apple cider vinegar, lemon juice, lemon zest, sugar, and poppy seeds in a small bowl; set aside. To assemble the salad, place spinach in a large bowl; top with apple, pecans, pomegranate arils, cranberries and goat cheese. Pour the dressing on top of the salad and gently toss to combine. Serve immediately.

Double-dipping doesn't spread any more germs than single-dipping.

Balela - Mediterranean Chickpea Salad

Margie Sunn

- 1 can Chickpeas (15 oz), rinsed and drained
- 1 can Black beans (15 oz), rinsed and drained
- ¼ cup Chopped onion
- ½ cup Tomatoes, chopped
- 1 tsp Dill, dried
- 1 Tbl Mint, chopped
- 2 Tbl Italian parsley, chopped
- 4 oz Feta cheese, crumbled
- Juice of one lemon
- ⅓ cup Olive oil
- Salt and black pepper to taste
- 1 ea Garlic clove, smashed



Directions: Stir together the chickpeas, black beans, onion, tomatoes, herbs and cheese in a bowl. Whisk together the lemon juice, olive oil, garlic, and salt and pepper. Gently stir dressing into salad. Refrigerate salad several hours or overnight to meld flavors.

White Chocolate is technically not chocolate at all, since it does not contain chocolate liquor or cocoa solids.

Taco Salad

Caudette “Caudie” Payton
daughter of Julie Stover

- 1 lb Ground beef
- 1 ea Red onion (to taste)
- 1 pkt Taco seasoning
- 1 ea Head of lettuce, chopped
- 1 lg Tomato, diced
- 4 oz Cheddar cheese, shredded
- 4 oz Nacho Cheese Doritos, broken
- 1 cup Catalina or French Salad Dressing
- Black olives



Directions: Brown ground beef with red onion, drain, and mix in taco seasoning. In a large serving bowl, combine the lettuce, tomato, cheese, and ground beef. Just before serving, add the Doritos and salad dressing; toss to coat. Garnish with black olives and serve.

In the U.S., Childhood Food Allergies Cost Nearly US\$25 Billion Every Year.

Olive Garden Salad Dressing

Russ Sunn

- $\frac{1}{2}$ cup Mayonnaise
- $\frac{1}{3}$ cup White vinegar
- 1 tsp Vegetable oil
- 2 Tbl Corn syrup
- 2 Tbl Parmesan Cheese
- 2 Tbl Romano cheese
- $\frac{1}{4}$ tsp Garlic salt
- $\frac{1}{2}$ tsp Italian seasoning
- $\frac{1}{2}$ tsp Parsley flakes
- 1 Tbl Lemon juice



Directions: Mix all ingredients in blender. If too tart add sugar.

- at left a Sunn family photo of attendees at KT and Kevin Sunn's wedding on May 14, 1994 in Galveston, TX.



49% of U.S. Adults eat one sandwich a day.

Cauliflower Egg Salad

Larry Sunn

- | | |
|-------|---|
| ½ ea | Head cauliflower, (cooked and rinsed 3 times) |
| 5 lg | Eggs, boiled, peeled, and diced |
| ¼ cup | Mayonnaise |
| 3 ea | Pickles, diced |
| 1 Tbl | Onion, diced |
| ¼ tsp | Salt & dash black pepper |
| 1 Tbl | Pickle juice |

Directions: Cut cooled and rinsed cauliflower into small pieces. Add the remaining ingredients. Refrigerate an hour before serving. Garnish with chives.



The first carrots grown were purple- in the 17th century orange ones began to be the ones grown.

Mediterranean Quinoa Salad [pronounced KEEN-wah] Margie Sunn

For the dressing:

- | | |
|-------|---------------------------|
| ¼ cup | Extra virgin olive oil |
| ¼ cup | Red wine vinegar |
| ½ Tbl | Pure maple syrup |
| ½ Tbl | Dried oregano |
| ¾ tsp | Salt |
| ¼ tsp | Fresh ground black pepper |



For the salad:

- | | |
|--------|--|
| 1½ cup | Quinoa, uncooked |
| 2½ cup | Water |
| 1 med | Cucumber, de-seeded and chopped |
| 1 med | Red bell pepper, chopped |
| ½ lg | Red onion, chopped |
| 1½ cup | Cherry tomatoes, chopped |
| ¾ cup | Feta cheese |
| ¾ cup | Kalamata olives, pitted and halved |
| 1 cup | Parsley, loosely packed and finely chopped |

Directions: Rinse the quinoa under running water with a fine-meshed strainer and drain. Place the quinoa in water using a medium pot. Bring to a boil then reduce heat to low and simmer covered for about 15 minutes, or until quinoa is cooked through. Fluff with a fork. Whisk together the dressing ingredients and set aside. Place cucumber, pepper, red onion, tomatoes, feta, olives, and parsley in a large bowl. Add cooked quinoa, stirring to combine. Pour dressing over salad and toss to combine.

Pear is a fruit that ripens from the inside out.

Pasta Salad

Rene' Sunn Williams
daughter of Larry and Margie Sunn

- 1 pkg Pasta (any type)
1 sm Can corn, drained
1 sm Can peas, drained
2 med Tomatoes, chopped
Sharp cheddar cheese, cut into cubes
1 ea Red onion, chopped
6 ea Radishes, thinly sliced
1 can Spam, cubed (optional)



- $\frac{1}{2}$ cup Mayonnaise
 $\frac{1}{2}$ cup Apple cider vinegar
 $\frac{1}{4}$ cup Zesty Italian dressing
1 tsp Dried basil
1 tsp Celery salt
Salt & pepper to taste



Directions: Cook pasta according to package directions.

Drain and let cool. Add first eight ingredients in a large bowl, stir together. Combine mayonnaise, vinegar, Italian dressing, basil, and celery salt. Pour over ingredients in bowl and toss to coat. Add salt and pepper to taste.
Serves 8 to 10.

The ice cream sundae was invented in the late 1800s as a way to get around a law that prevented the sale of ice cream sodas on Sundays.

Apple Lettuce Salad

Russ Sunn

- $\frac{1}{4}$ cup Apple juice, unsweetened
2 Tbl Lemon juice
1 Tbl Canola oil
 $2\frac{1}{4}$ tsp Brown sugar
 $\frac{1}{2}$ tsp Dijon mustard
 $\frac{1}{4}$ tsp Apple pie spice
1 med Red apple, chopped
6 cup Spring mix salad greens



Directions: Mix the apple juice, lemon juice, oil, brown sugar, apple pie spice, and mustard in a large salad bowl. Add apple and toss to coat. Add salad greens and toss to mix just before serving.



When Russ nearly drowned! Dawson Lake brings back wonderful summer memories to us all—it is also a favorite of the Michigan reunions. About where the middle of the dip in the decking is, near where Russ is standing at left, inside the "U", is where, at about 3 years old, Russ fell off the deck into the water. Ma yelled and Dad rushed over and yanked him out—to which Russ—with his ever-present impish smile said, "When I went down, the bubbles went up!"

Tomato, Black Bean, & Avocado Salad

KT Niland Sunn

- 4 med Tomatoes
- 1 med Avocado, ripe, diced
- 1 can Black beans, drained & rinsed
- ½ cup Red onion, finely chopped
- 3 Tbl Fresh lime juice
- 4 tsp Fresh cilantro leaves, finely chopped
- 1 tsp Cumin
- ¾ tsp Lemon pepper seasoning

Salt to taste

Directions: Mix all ingredients in a medium bowl until well blended.

Cover. Chill until ready to serve. Great salad or as a dip with chips.

There is no single food that provides all the nutrients that humans need, except for breast milk.



Wilted Lettuce Salad

Samantha “Sam” Halterman Sunn

a Halterman family favorite

- 1 ea Head lettuce (I prefer red leaf) cut into bits
 - 5-6 ea Slices of bacon, cooked and crumbled, reserve the grease
 - ¼ cup Vinegar
 - ½ cup Sugar
 - ¼ cup Water
- Salt and pepper, to taste



Directions: Put lettuce in a large bowl and top with crumbled bacon.

To the bacon grease, add vinegar, sugar, and water. Bring to a boil. This should be a little thick. Pour over lettuce. Add salt and pepper. Mix well.

– at left Mike, Sam, Nick, and Michelle at 2010 Texans football

game, at right
Drew Sunn.
Mike, Michelle,
and Drew are
children of Russ
and Sandy Sunn



Airplane food isn't very tasty because our sense of smell and taste decrease from 20 to 50 percent at altitude.

Curry Chicken Salad

Margie Sunn

- 1 lg Roasted Chicken, cut into 1 inch cubes
 ½ cup Celery chopped
 8 oz Water Chestnuts,
 drained and sliced
 2 cup Grapes, red seedless,
 halved
 2 oz Almonds, slivered
 (optional)

***Dressing:***

- 1 cup Mayonnaise
 1 Tbl Soy sauce
 1 Tbl Fresh Lemon juice



- 1½ tsp Curry powder
 1 Tbl Prepared Mango chutney
 Salt to taste

Directions: Gently combine the chicken, celery, water chestnuts, grapes, and almonds in a large bowl. Combine the dressing ingredients and mix well. Add to the chicken mixture and stir gently to combine. Season with salt to taste.

There's an enzyme in pineapple called bromelain that helps to break down proteins and can also ruin your taste buds

Honey Lime Fruit Toss

Margie Sunn

- 1 cn Pineapple chunks (20 oz)
 1 cn Mandarin oranges
 (11 or 15 oz.), drained
 1 ea Banana, sliced
 1 ea Kiwi fruit, peeled, halved, sliced
 1 Cup Strawberries, quartered
 ¼ tsp Lime peel, grated (optional)
 2 Tbl Lime juice, fresh
 1 Tbl Honey



Directions: Drain pineapple chunks; reserve ¼ cup juice. Combine pineapple chunks, mandarin oranges, banana, kiwi and strawberries in large serving bowl. Stir together reserved pineapple juice, lime peel, lime juice and honey in small bowl. Pour over salad; toss.

Lemons contain more sugar than strawberries.

Spanish Rice

1	cup	Long grain rice
2	Tbl	Oil
1	sm	Onion, chopped
1	ea	Clove garlic, minced
½	tsp	Salt
2	lg	Tomatoes, peeled and chopped
1	cup	Water
1	cup	Chicken broth
1/3	cup	Frozen peas, thawed
1/3	cup	Diced cooked carrots

Rene' Sunn Williams



Directions: Over medium heat, sauté rice in hot oil until lightly browned. Add onion, garlic and salt. Cook over low heat until onion is tender, stirring occasionally. Add tomatoes; cook over medium heat until softened. Add water; cover and simmer until water is absorbed. Stir in broth, peas, and carrots. Cover and simmer until liquid is absorbed and rice is tender, about 10 minutes. Serves 4 - 6.

Most television commercials that advertise milk actually use a mixture of white paint and thinner.

Four Fruit Compote

2/3	cup	Fresh orange juice
1/3	cup	Fresh lemon juice
1/3	cup	Brown sugar, packed
½	tsp	Orange zest, grated
½	tsp	Lemon zest, grated
1	tsp	Vanilla extract
2	cup	Fresh pineapple, cubed

Julie Stover



2	cup	Strawberry, hulled & sliced
3	ea	Kiwi, peeled and sliced
3	ea	Bananas, sliced
2	cn	Mandarin oranges
1	cup	Seedless grapes
2	cup	Blueberries

Directions: Bring orange juice, lemon juice, brown sugar, orange zest, and lemon zest to a boil in a saucepan over medium-high heat. Reduce heat & simmer until thickened, 5 min. Remove from heat & stir in vanilla. Set aside. Layer pineapple, strawberries, kiwi, bananas, oranges, grapes, & blueberries in a large bowl; pour cooled sauce over fruit. Refrigerate and serve.

The color blue is the least common color in the natural foods we eat.

Cole Slaw with a Twist

Coleslaw has never been a favorite of Rene's. The only kind she liked was from Kentucky Fried Chicken. One day, she happened across a cooking show on TV. They were making coleslaw but not with the normal ingredients you would find in coleslaw. She decided to give it a try and now it is the only coleslaw she likes to have (besides KFC coleslaw). It has become a requested favorite for gatherings.

1 cup	Red cabbage, shredded
$\frac{1}{2}$ cup	Scallions, finely chopped
1 cup	Jicama, julienned or shredded
$\frac{1}{2}$ cup	Cilantro, finely chopped
1 cup	Carrots, shredded
1 $\frac{1}{2}$ tsp	Celery salt
$\frac{1}{2}$ cup	Mayonnaise
$\frac{1}{2}$ tsp	Black pepper
2 Tbl	Poppy seeds
$\frac{1}{2}$ tsp	Salt
$\frac{1}{8}$ tsp	Hot pepper sauce, dash
$\frac{1}{4}$ cup	Apple cider vinegar



Directions: In a large bowl, combine red cabbage, scallions, jicama, cilantro, and carrots. In a small bowl, mix remaining ingredients; toss with slaw. Chill for 2 or more hours before serving. Serves 8.



At left, Ma, Dad, and Dad's younger sister Laurie. Dad had 5 half-brothers and sisters from his father's first marriage to Tillie [nee Renberg] (she passed away in 1912). Dad and Laurie spent much of their childhood together—probably because they had the same mother—Julia Johnson—and they lived with her and Laurie's father, David Verville. Although Dad had another half-sister, Adeline, she was raised by her maternal grandparents in Sagola Michigan.

Dad's father, Charles E. Sunn, died in a traffic

accident when Dad was 3 years old (1920). His mother, Julia (nee Johnson), subsequently married Dave Verville in 1923 and Laurie was born Laura Dorothy Verville in 1924. The seven year age difference made Dad protective of her for most of her life—they were extremely close. Because Julia died in 1937, when dad was 20 and Laurie was 13, much of their childhood was spent with them depending upon one another. The age difference is noticeable in the photo of them with their mother, Julia, next to an airplane that was designed



Soups, Sandwiches, & Salads – Salads

by David's brother, Alfred V. Verville. Alfred's story is interesting and, because of his phenomenal work in the aeronautical field, his remarkable story follows on the next page.

Alfred V. Verville



Verville in 1925

Dad's uncle, Alfred [AKA Fred] Victor Verville (November 16, 1890 – March 10, 1970) was born in a little town named Atlantic Mine which is located near Houghton—far northwest in Michigan's Upper Peninsula. He was an aviation pioneer and aircraft designer who markedly contributed to civilian and military aviation. I (Larry) don't remember Dad speaking of Fred; however, Laurie often spoke of him in her later years with a deep sense of family pride. The stamp seen below was given by Laurie to Larry in 2004. During his forty-seven years in the aviation industry, he was responsible for the design and development of nearly twenty commercial and military airplanes. Verville is known for designing flying boats, military racing airplanes (such as the record breaking Verville-Sperry R-3 Racer), and a series of commercial cabin

airplanes. His planes were awarded with the Pulitzer Speed Classic Trophy in 1920 and 1924. Verville was a founder of three aeronautical companies, the General Aeroplane Company, Verville Aircraft Company, and the Buhl Aircraft Company. He worked for General Billy Mitchell during his service at the United States Army Air Service from 1918 to 1925. From 1937 to 1945, he worked as a consultant for companies such as Douglas Aircraft, Curtiss-Wright, Snead Aircraft, and Drexel Aviation. Verville spent the next sixteen years in the U.S. Federal government, primarily in the Bureau of Aeronautics, before retiring in 1961. Verville received many honors and awards, including a selection as a fellow of the Smithsonian Institution's National Air and Space Museum in 1962. An airmail stamp was issued in Verville's honor in 1985. In 1991, he was posthumously inducted into the Michigan Aviation Hall of Fame.



At left, a photograph of Dad at about 12 years old; Laurie is about five. Once we siblings started our genealogy trek, we learned that, for a time Dad, Laurie, and whomever they were living with at the time, moved to Minnesota. The circumstances surrounding the move were mysterious and none of us are sure of the reason(s). They later moved to Detroit where they spent much of the rest of their youth. It was just about 4 years after this photo was taken that Dad lied about his age and joined the Civilian Conservation Corps (CCC).

If two drinking glasses become stuck together after stacking, it's not impossible to unstick them. Just put ice in the inner glass and dunk the outer glass in warm water. The warm glass will expand and the cold glass will contract, making the glasses separate easily.

Olive Salad

Chuck Sunn

Nikki Sunn

Chuck saves tomato sauce, pickle, and olive jars throughout the year and makes this family favorite around Christmas time. He gives jars of it to Jackie, Julie, and Mary or as a house warming gift to neighbors or friends.

- $\frac{1}{2}$ cup Olive juice
- 1 cup Each of the following,
cut into bite size pieces:
Celery, Onion, Green
Pimento, Olives,
Pitted Black Olives
Dill Pickles, Bell Peppers
(green, red, and yellow)
- $\frac{1}{2}$ tsp Oregano
- $\frac{1}{2}$ tsp Basil
- $\frac{1}{2}$ cup Vinegar
- $\frac{1}{2}$ cup Pickle juice
- $\frac{1}{8}$ cup Canola oil (easy on the oil)

Directions: Mix all ingredients together well. Let stand in refrigerator for at least two days to blend flavors stirring at least once each day. Keeps 6 to 9 months.



At right Chuck and Nikki Sunn holding daughters Jackie and Julie. One can tell by the look on Chuck's face that he is planning on helping Nikki with soon-to-be-conceived Mary at Cedar Point Resort in 1977. Cedar Point Resort is owned by Nikki's Aunt Pally and is near Grantsburg, WI, in the northwest corner of the state. Daughter, Mary, was born about nine months later in July, 1978. Chuck enjoys one of the most interesting hobbies because he, on purpose, climbs into bear dens, looking for momma and baby bear. At left, Chuck holds a bear cub. Every year he goes to Hayward, WI in late February and takes part in what



they call the "Bear Den." Chuck's club, Whiskey Jack Camp, hosts students and faculty from the University of Wisconsin, Stevens Point and the Wisconsin Department of Natural Resources. They search for bear dens using a satellite, tranquilize the adult bear, weigh the cubs, and tag the female cubs so they can track migration patterns. After being tranquilized—which doesn't put them to sleep, but rather makes them move slowly, the sows are measured everywhere, weighed, have a tooth extracted if needed, given a fresh radio collar and a physical. The cubs are also checked thoroughly and weighed before

they are put back in the dens with their mothers. The cubs can be feisty despite weighing only 3 to 4 pounds. The dens can range from a cave to a den burrowed in a hillside to a fallen tree. Chuck and the researchers report that bear numbers in Wisconsin are steady or growing; he says it's an awesome experience.

Creamy Potato Salad

Rene' Sunn Williams

daughter of Larry and Margie Sunn

While Rene' was growing up, her mom would make two different potato salads. One that was mustard based and one that was vinegar based. Rene's dad and brother liked the mustard based potato salad and Rene' and her mom liked the vinegar based potato salad. After Rene' married, she and her mom found a recipe that incorporated both mustard and vinegar and decided to try it.

6	Ig	Potatoes (about 3 pounds)
		cooked, peeled and cubed
$\frac{1}{2}$	cup	Red onion, diced
6	ea	Radishes, sliced
4	ea	Hard-cooked eggs, sliced
1	tsp	Salt



1	ea	Cucumber, diced
$\frac{1}{2}$	tsp	Black pepper

Dressing Ingredients:

3	Ig	Eggs, beaten
$\frac{1}{4}$	cup	Vinegar
$\frac{1}{4}$	cup	Sugar
$\frac{1}{2}$	tsp	Dry mustard
$\frac{1}{2}$	tsp	Salt
1	cup	Mayonnaise or salad dressing



Directions: In a large bowl, combine potatoes, eggs, cucumber, onion, radishes, salt, and pepper; set aside. For dressing, combine eggs, vinegar, sugar, dry mustard, and salt in a small saucepan. Cook and stir over medium heat until thickened. Cool. Stir in mayonnaise; mix well. Pour over potato mixture; toss to coat. Refrigerate for several hours. Serves 8.

The most popular chocolate egg worldwide is Cadbury's Crème Egg; they first went on sale in 1971.

BLT Pasta Salad

Tami Sunn

1	cup	Mayonnaise
$\frac{1}{4}$	cup	Lemon juice
2	tsp	Sugar
2	tsp	Chicken flavor instant bouillon
1	pkg	Rotini pasta (7 oz), cooked, drained
8	ea	Slices bacon, cooked, crumbled
1	Ig	Tomato, seeded, chopped
$\frac{1}{4}$	cup	Green onion, sliced
4	cup	Lettuce, thinly sliced



Directions: Combine mayonnaise, lemon juice, sugar and bouillon for the dressing. Combine rotini, bacon, tomato, and green onion.

Thomas Jefferson is given credit for introducing French fries to America.

Larry's Avo-Gobbler

the Junior College where Larry Sunn earned his Associate of Arts Degree

Oh, stop that. Don't roll your eyes at me; it's mean. I know that you can make a turkey sandwich without a recipe, but this is not just a turkey sandwich. This is *perfection*. Instead of a slice of cheese and mayo, you just smear on some cream cheese and call it good. Actually, no; you'll call it amazing. The original Palomar College Avo-Gobbler sandwich didn't have avocado, it had sprouts instead of lettuce. I've tailored this to suit my tastes and you can certainly do the same. Just be sure to use a fresh croissant and plenty of cream cheese! If you're looking for a fun lunch or a light dinner, these Avo-gobblers are sure to please.



1 large croissant per sandwich

Shaved deli turkey breast (I prefer Mesquite smoked)

Cream cheese (alternative: mayo)

Fresh tomato slices

Avocado spread (I mash the avocado so it doesn't slide off)

Shredded lettuce (alternative: sprouts)

Salt and pepper, to taste

Directions: Slice the croissants in half. Spread a thick layer of cream cheese on the croissant, top with the tomatoes, lots of turkey, lettuce, and avocado spread. Add salt and pepper to taste.



- at left, Larry, as a weapons instructor at Camp Pendleton, CA in mid-1966, teaching a class on hand grenades. It was shortly after this that many of the men from Larry's old 1965 Vietnam platoon were

receiving orders to go back to Vietnam. After one particular teaching session like this, a Sgt.Maj. from San Diego asked if any of the weapons instructors wanted to go to San Diego to be Drill Instructors—my hand shot up! Margie and I soon transferred to San Diego and we were on the Drill Field for four years; Dee was born there!

Europeans basically don't eat peanut butter. They eat less than a tablespoon per year.

Peanut Butter Toast

Steven Stover

2nd son of Julie Stover

Directions: 2 pcs Bread. Put 'em in a toaster.

When they turn a li'l brownish & pop up, use a knife and spread peanut butter on them; eat and enjoy. A Steven Stover specialty!



Arachibutyrophobia is the fear of peanut butter sticking to the roof of your mouth.

A Family of Service

Al Sunn, Jr. (left) became a Police Officer for Milwaukee on February 23, 1970 and was issued MPD Badge 2040. He was selected for Sergeant in 1990 and that promotion meant he'd retire his patrolman badge and receive a new Sergeant's badge. However, because his daughter, Jill (Price), (right) would be starting the Police Academy in 1991, they set aside MPD Badge 2040 and once Jill graduated, she

was given MPD Badge 2040. The Milwaukee news outlets carried a story about it. Al's wife, Joanne, (right) joined the Milwaukee Police Department on July 8, 1991 and is set to retire, July 8, 2016. One does not need to worry about the conversation dying when Joanne is around; she has one of the most delightful senses of humor ever. The Sunn boys' teasing is not wasted with Joanne; she easily joins in with a quick "come-back." When Al Jr. retired in 1997, his gun (a Glock) was given to his son,



remarkably good competitive swimmer in both his high school and college years. Also law

enforcement employed, Al's daughter, Sally (Kallas) (above right with Jill), joined Milwaukee Police Department as an Office Assistant in January, 2011; she continues her service today. The newest family member to join the ranks of the Milwaukee Police Department, Al Jr. and Joanne's son, Albert III (left), joined the Milwaukee Police Department as a Police Aide in July of 2013. Like his father, Albert is a very fine baseball player. Exceptional public servants from an exceptional family, daily serving the public in exceptional ways; we can all be exceptionally proud



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Chicken Gyros, Tsatziki, & Feta Cheese

Jill Price

- 2 ea chicken breast, boneless skinless – sliced thin
 1 tsp Salt
 1 tsp Oregano
 1 tsp Basil
 ½ tsp Pepper
 ½ tsp Smoked paprika
 1 lg Garlic clove, minced
 1 Tbl Olive oil
 4 pcs Pita bread

Tsatziki Ingredients:

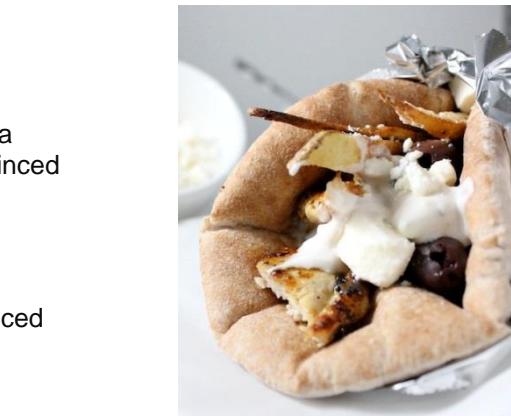
- 3.5 oz Greek yogurt
 3 Tbl Cucumber, minced
 ½ tsp Lemon juice
 Dash of salt
 Dash of hot sauce

Directions: In a small bowl, combine all of the spices from the salt to the smoked paprika. Place chicken in a large Ziploc bag, pour olive oil and minced garlic over it. Sprinkle the seasoning mixture over the chicken and massage it into the meat through the Ziploc bag. Refrigerate for 2-4 hours to marinate. For tsatziki, combine all ingredients in a bowl and mix thoroughly, set aside. Preheat oven to 450°. On a cast iron grill pan, heat on medium and brush with olive oil. Scrape off pieces of garlic so that they don't burn, and place chicken breasts on it and cook for 3 minutes per side. To assemble gyro, spread pita bread with tsatziki sauce, layer with sliced chicken breasts, olives, and garnish with feta cheese.

Dawson Lake. There is no sound in the Sunn siblings' lives that rings so vividly as that of the Dawson Lake May Pole. – at right Al Jr. (in white), Russ (in black) Julie (in



red) and Chuck (in blue) hone their childhood skills (circa 2003).



Avocado Grilled Cheese Sandwich

Larry Sunn

Two of my favorite things in the world are avocado and grilled cheese, so I don't hesitate to combine the two whenever possible. The mayonnaise in place of butter or oil on the outside of the grilled cheese is an old diner trick. I know it sounds crazy, but try it! You'll be pleasantly surprised. You can mix it up and use whatever bread and cheese you'd like. If you're looking for something more filling, add some grilled chicken breast and crispy bacon for an Extreme Avocado Grilled Club sandwich!

1 lg ripe, Fresh Hass Avocado*
 4 ea slices cheddar cheese
 4 ea slices baby Swiss cheese
 8 ea slices sourdough bread

Mayonnaise, as needed

Optional: grilled chicken breast, cooked bacon slices

Directions: Heat a pan over medium heat.

Spread a thin layer of mayo on the outside of 4 slices of bread. Place them mayo-side-down on the hot pan. Slice the cheese and lay it on top of the bread in the pan. Add the meat if you're making a club sandwich. Spread a thin layer of mayo on top. When the bottoms of the sandwiches are nicely browned, flip them. While the sandwich is grilling, cut the avocado in half, remove the pit, and scoop it into a bowl. Give it a quick mash with a fork. (Slices tend to slide out of the sandwich when you bite into it.) When the other side is golden brown and the cheese is melted, remove the sandwiches from the pan. Open each sandwich and top with $\frac{1}{4}$ of the mashed avocado. Close them back up, cut in half, and scarf! Don't forget the dill pickle!

*Large avocados are recommended for this recipe. A large avocado averages about 8 ounces. If using smaller or larger size avocados, adjust the quantity accordingly.

Grandchild Gravy

Larry Sunn

2 tsp Love
 4 cup Care
 6 Tbl Attention
 8 cup Hugs
 10 tsp Kisses

Mix 8 cups of hugs with 10 teaspoons of kisses in large bowl. Put 6 tablespoons of attention in the large bowl, mix in 4 cups of care and 2

teaspoons of love; mix well and do stuff with 'em. Larry's 1st Law of Grand-Parenting: "Juice 'em up on chocolate and give 'em back."



Luck is what happens when preparation meets opportunity.

Grilled Chicken Pesto Sliders

Jill Price

- 2 med Chicken breast, boneless, skinless
 Vegetable oil for brushing or grill spray
 Salt and pepper to taste
 12 ea Slider buns
 1 cup Pesto sauce
 8 oz Fresh mozzarella,
 cut into 12 round slices
 12 ea Cherry tomatoes, sliced
 into 4 slices each
 2 Tbl Butter, melted

Directions: Preheat a grill pan or gas grill to medium-high. Pound chicken breast out to about $\frac{1}{4}$ " to $\frac{1}{2}$ " thick. Brush with vegetable oil so it doesn't stick to grill or spray grill with grill spray. Season chicken generously with salt and pepper. Grill until chicken is cooked through, about 4 minutes per side. While chicken is cooking, prepare slider rolls; spoon pesto sauce on both sides of the roll and place tomatoes then mozzarella on the top bun of each set. Take chicken off the grill when ready, and slice into $\frac{1}{2}$ " by 2" slices that will fit onto rolls nicely. Cover with top rolls. Brush melted butter lightly over the tops of rolls. Using the same grill over medium heat or panini grill (clean any chicken that's left behind on grill pan); grill both sides of slider for about 1 minute, until cheese gets melty (being sure not to burn the buns!). Use a bacon press or spatula to press sliders a little while they are cooking. Remove from heat and serve.



A life regret for many people is missing the opportunity to know their grandparents—such is the case with the Sunn siblings, although



Julie and Larry have some memories of their maternal grandmother. A treasure for Larry was building a tree house with grandsons Zack and Sean. It was particularly memorable because they also cut all the tile pieces being installed in the dome's wet bar.

White Bean and Tuna Salad

Sebastien Sunn

1 can White beans, rinsed and drained (cannellini are ideal; otherwise, use any white bean like Great Northern) (15 oz)

1 can Tuna, preferably oil-packed

Note: Cans of tuna are a miserly 5 ounces these days, so use two cans if you want a salad that is tuna-heavy)

½ cup Onion, diced

¼ cup Parsley, finely minced

1 Tbl Fresh basil

Olive oil to taste

Red wine vinegar to taste

Salt and pepper to taste



Directions: Open the can of white beans, rinse, and drain. Place in a medium mixing bowl. Open tuna. If oil-packed, just dump it into the bowl with the beans. If water-packed, drain first. Peel the onion and cut into ¼-inch dice, or slice thinly. If you find the flavor of onions too strong, use a mild red or Vidalia onion, add to bowl. Wash, dry, and mince parsley, add to bowl. Repeat with the basil. Mix well, taking care to flake the tuna and distribute it evenly throughout the mixture. Add olive oil to taste (about ¼ cup). Mix well. Add red (or white) wine vinegar to taste (about 1 tablespoon). Mix well. Season with salt and freshly ground pepper to taste. Mix well. Serve immediately, or refrigerate in an airtight container and serve later.

Lettuce is a member of the sunflower family.

Avocado Egg Salad

Jill Price

2 lg Eggs, hard boiled, chopped

2 lg Egg whites, hard boiled, chopped

2 sm Avocados, pitted, peeled

1 Tbl Greek yogurt, plain

1 Tbl Fresh lemon juice

2 Tbl Green onion, chopped

¼ tsp Dijon mustard

Salt pepper, to taste



Directions: In a medium bowl, combine the hard boiled eggs and egg whites, avocado, Greek yogurt, lemon juice, green onion, and mustard. Mash with a fork. Season with salt and pepper, to taste.

Serving suggestions: Spread between two slices of bread for an Avocado Egg Salad Sandwich. Eat with crackers, cut up veggies, on toast, or in a wrap. This salad is best eaten the day it's made.

Darker Green lettuce leaves are more nutritious than lighter green leaves.

Green Goddess Grilled Cheese Sandwich

Margie Sunn

- 2 ea slices bread
 (I use a non-soy ingredient white bread, but one filled with lots of different whole grains and seeds would be *awesome*)
- 3 Tbl Green Goddess Herb Pesto
 (recipe below)
- 2 ea slices mild white melty cheese like mozzarella
- 1 ea handful fresh baby spinach
- $\frac{1}{4}$ lg avocado, sliced
- 2 Tbl goat cheese, crumbled
- olive oil (and butter if you're so inclined)



Directions: Spread about 1 tablespoon of Green Goddess Herb Pesto onto each slice of bread (2 tablespoons total, but if you're sensitive, go light, the pesto is STRONG). On one slice of bread, add 1 slice of

cheese, sliced avocado, crumbled goat cheese, spinach, second slice of cheese, then top it with second slice of bread. Press together gently. Heat 1 tablespoon olive oil in a frying pan over medium low heat. (If you want to use butter, add it to the oil and let it melt). Add the sandwich to the oil and cook until bread is golden brown.

Press down on the sandwich lightly, then flip the sandwich over and cook until second side is golden brown.

Green Goddess Herb Pesto Ingredients:

- 1 ea clove garlic
- 1 ea (or 2 if you're ballsy) anchovy fillet (in oil)
- 1 Tbl small shallot, chopped
- 1 tsp lemon juice
- 1 ea handful chopped fresh Italian parsley
- 1 ea handful chopped kale
- 2 Tbl tablespoons chopped fresh tarragon
- 1 Tbl chopped chives
- $\frac{1}{4}$ cup olive oil
- salt and pepper to taste



Green Goddess Herb Pesto Directions: Pulse garlic, anchovy, and shallot in food processor until chopped. With the food processor running, add lemon juice, parsley, kale, tarragon and chives. (It won't process

very well yet, don't worry). Very slowly drizzle in olive oil until kale and herbs get sufficiently chopped and everything is the consistency of a pesto. You may need more or less of the olive oil depending on how big a "handful" of herbs are to you. You can also turn off the food processor and push herbs down the side of the bowl with a spatula every once in a while. Season to taste with salt and pepper (you probably won't need too much salt if you used 2 anchovies). (This makes a lot, but you will use it all for other things. I added more olive oil to make it back into a salad dressing.)

Fortune cookies are not a traditional Chinese custom. They were invented in early 1900 in San Francisco



via a jammer to load his logging trucks. To the right is Dad (circa 1953) standing behind his newly-loaded truckload of logs that were headed to a saw mill. The two long angled logs seen behind the right side of the truck are from the jammer that was used to raise the logs along skids to the top of the load.

Basically a Jammer was crane-like boom hoisting device, usually built of wood logs, using the leverage principle to load timber

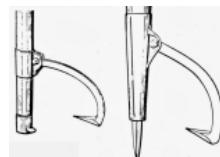
In Dad's early logging work he used horses to skid the logs out of the cutting area to Jammers where they could be loaded on trucks. The skidder at left (Mike Arndt) had to be quite agile to stay clear of the ever rolling logs. In later years dad used a Caterpillar tracked vehicle both for skidding and for raising the larger saw logs



Dad replaced the skidding horses with this Caterpillar. It was with this "Cat" that Dad accidentally ran over my (Larry's) dog, "Tiny" when she chased a varmint into a brush pile that he was driving over; it broke her back and he had to shoot her. A pretty sad day in this young 7-year-old boy's life; it was undoubtedly a sad day for Dad, too.

by using a team of horses on one end of the balancing beams and a chain with hooks on the other. Two men set the hooks in each end of the logs; the horse team is then maneuvered so the swinging timber was fairly well placed on a truck or rail car. Any further positioning of the log was done by hand by other men with canthooks (blunt end on the left) or peaveys (with the point on the right).

In later years



Ninety-six percent of U.S. households have ketchup--more households than those having salt and pepper.

Burgundy Burgers

Jackie Sunn

1st daughter of Chuck and Nikki Sunn
 Jackie Sunn visited her Aunt Barb Simurdiaik's family in Rochester, MN. She says, "Visiting Rochester is one of my favorite road trips. Rochester always feels like a second home for me." On one of her visits, Jackie's cousin, Kristie, made these burgers for dinner, and Jackie has made these burgers often throughout the years.

1½ lb Ground beef
 ¼ cup Red wine (Australian or Italian Merlot work well)
 1 sm Onion, finely chopped (about 1/4 cup)
 1 Tbl Worcestershire Sauce
 1 tsp Seasoned salt
 ¼ tsp Pepper
 1/8 tsp Garlic salt

Directions: Mix all ingredients together. Form into patties. Grill or fry. Makes 6 burgers.



Carnauba wax, a key ingredient in car wax that produces a brilliant shine, is also found in gummy bears and fruit flavored snacks. Carnauba wax comes from the leaves of the carnauba palm tree, native to Brazil. The leaves are beaten to loosen the wax and then the wax is refined, bleached and sold.

Ham Salad Sandwich Filling

Chuck Sunn
 Nikki Sunn

2 cup Ground ham
 ½ cup Mayonnaise
 ⅔ cup Ground dill pickles (drained)
 1 tsp Horseradish sauce
 1 sm Onion, ground
 2 ea Celery stalks, ground (optional)

Directions: Combine ground ham, pickles, onion, and celery. Mix in mayonnaise and horseradish sauce. Mix until well blended. Refrigerate. Use within one week. Great use of leftover ham.



The earliest photo we have of our maternal grandmother, Lena "Gramma Grunt" Sauriol. Born Lena Lacasse in Leadville, Colorado in 1892, she and her husband, Albini (Ben) Sauriol, bore four children; Walter, 1917; Leanore, 1919; our mother, Cecile, 1922; and William, 1924. Leanore lived fewer than 48 hrs.—her photo is at right. Lena passed away in Iron Mountain, MI in 1956 on February 29th.



Greek Tacos

Margie Sunn

- 1 cup Grape tomatoes, halved
 3 Tbl Kalamata Olives, pitted, coarsely chopped
 2 Tbl Feta Cheese, crumbled
 1½ Tbl Lemon juice
 1 Tbl Oregano, fresh or ¼ tsp. dried
 1 Tbl Olive Oil
 1 cup Chicken, cooked, shredded
 2 sm Cucumbers, chopped
 6 Tbl Hummus
 Ground red pepper [optional]
 6 ea Tortillas



Directions: Place tomatoes, olives, Feta cheese, lemon juice, oregano, olive oil, chicken, and hummus in a bowl; toss to combine. Spoon on to tortilla off your choice and enjoy.

'Mr. Kanso' is a popular Japanese restaurant that only serves canned food. Diners get to select their meal from a huge variety of canned food off the shelves.

Greek Salad Pita Sandwiches

Jill Price

- 3 Tbl Olive oil
 1 Tbl Red wine vinegar
 1¼ cups Cherry tomatoes, chopped
 1 cup Cucumber, peeled,
 diced, seeded
 1 cup Green bell pepper, chopped
 $\frac{2}{3}$ cup Red onion, chopped
 $\frac{1}{2}$ cup Radishes, chopped
 $\frac{1}{2}$ cup Fresh Italian parsley, chopped
 1 cup Feta cheese, crumbled
 4 ea 8" diameter whole wheat pita breads, halved



Directions: Whisk olive oil and red wine vinegar in large bowl. Season dressing with salt and pepper. Mix tomatoes, cucumber, bell pepper, red onion, radishes, and parsley into dressing. Stir in feta cheese.

Do Ahead: Salad can be made 2 days ahead. Cover and chill. Using slotted spoon, transfer salad mixture to pita bread halves. Serve sandwiches immediately.

The 8 most popular foods to cause food allergies in order high to low are: milk, eggs, wheat, peanuts, soy, tree nuts, fish, and shellfish.

Slow Cooker French Dip Sandwiches

Debbie Tabler
friend of Larry and Margie Sunn

- 2½ lb Beef chuck roast
 1 can Beef broth (14.5 oz)
 ¼ cup Soy sauce, low sodium
 1½ Tbl Worcestershire sauce
 1 Tbl Honey
 1 tsp Liquid smoke flavoring
 Salt and pepper, to taste
 1½ tsp Onion powder
 ¾ tsp Garlic powder
 6 ea Hoagie buns or 2 crusty
 baguettes cut into thirds
 6 ea Swiss, Provolone, or Muenster cheese slices, optional.



Directions: Place chuck roast in a slow cooker. In a mixing bowl, whisk together beef broth, soy sauce, Worcestershire sauce, honey, liquid smoke flavoring, salt, pepper, onion powder, and garlic powder. Pour mixture over roast in slow cooker, cover slow cooker with a lid and cook on low heat 8 hours. Remove cooked roast from slow cooker and place on a cutting board, reserving broth in slow cooker. Shred roast with two forks. Using a fine mesh strainer, strain reserved broth from slow cooker into a bowl. Return shredded beef to slow cooker (no more cooking necessary) and pour ½ cup broth over shredded beef and toss to evenly coat. Sandwich beef between hoagie buns or sliced baguettes (buttered and toasted if preferred) and top warm beef with sliced cheese. Serve immediately with a side of remaining reserved broth for dipping.



This trailer was newlywed Margie and Larry's first home in 1963. Parked along the street is their first car—a Ford Fairlane 500 that was purchased with Margie's savings of \$350 and driven to California from Wisconsin on a honeymoon trip—the car had no reverse. It was an interesting honeymoon. The trailer featured two rooms; in the rear was a rather cozy wall-to-wall-to-wall bedroom inside of which the bed was impossible to make, a KitchLivinDinin room, and a 3' x 3' all-inclusive bathroom where one person at a time could actually sh-, shower, and shave all at the same time—well, leg shaving had to be done in the KitchLivinDinin room. Had to remember to remove the toilet paper before showering. This cozy cottage was home for about 7 months whereupon Larry went overseas and Margie went home to birth Rene'.

