



Hearty-But-Healthy Chili

- 1 package lean ground beef (about 1 1/4 pounds)
- 2 14-ounce cans diced tomatoes
- 2 14-ounce cans corn (or 4 cups fresh or frozen corn)
- 2 14-ounce cans pinto or black beans (or 1 of each, depending on preference)
- 1 package taco seasoning
- 1 package powdered ranch dressing
- 1 to 2 cups water, depending on desired consistency

For toppings:

- Shredded cheddar cheese
- Fresh chopped cilantro
- Tortilla chips

In large pot, brown meat on medium-high heat. Stir in taco seasoning and 1 cup of water into pot with browned meat. Add canned (and/or fresh) ingredients, ranch seasoning and another 1/2 to 1 cup water (as desired). Cook over low heat for 5 to 10 minutes. Garnish with cilantro and shredded cheese. Serve with jalapeno cornbread or tortilla chips.

The Ranch Dinner Show

Jalapeno Cornbread*

- 4 tablespoons melted butter
- 2 cups yellow stone-ground cornmeal
- 4 teaspoons white granulated sugar (more or less depending on preference)
- 1 teaspoon salt
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 2/3 cup boiling water
- 1 1/2 cups buttermilk
- 2 large eggs
- 2 green jalapenos, diced (remove seeds and vein if less heat is desired)

- 2 red jalapenos, diced (remove seeds and vein if less heat is desired)

Preheat oven to 450 degrees. Put butter in cast-iron skillet or baking dish and place in oven.

Measure 2/3 cup cornmeal into a medium bowl. Pour boiling water into bowl, and stir. Whisk in buttermilk and eggs. In separate bowl, whisk remaining 1 1/3 cup cornmeal with the sugar, salt, baking powder and baking soda. Stir dry ingredients into wet ingredients until moistened.

Remove heated skillet from oven. Pour hot melted butter from skillet into batter and stir to incorporate. Then pour batter into heated skillet. Bake until bread is golden brown, about 20 minutes. Remove from oven. Cool for 5 minutes and serve.

**Adapted from The New Best Recipe at p. 695 (2nd ed. 2004).*

Cowgirl Cookies

- 2 cups flour, sifted
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 2 sticks unsalted butter (softened)
- 1 cup white granulated sugar
- 1 cup brown sugar, packed
- 2 large eggs
- 3 teaspoons vanilla
- 2 cups oatmeal, uncooked
- 1 package semi-sweet chocolate chips
- 1 cup chopped pecans or walnuts

Preheat oven to 350 degrees. Cover cookie sheet with parchment paper.

In medium-sized bowl, sift together flour, baking soda, baking powder and salt. In a separate large bowl, cream butter and vanilla, and slowly beat in white and brown sugars. Add both eggs to the butter and sugar mixture, and beat until light and fluffy. Add flour mixture and mix well. Using your hands (or wooden spoon), mix in oatmeal, pecans and chocolate chips.

Refrigerate dough for 30 minutes to 1 hour. (Refrigerating the dough will chill the butter, which will keep your cookies from flattening out while baking. If you prefer flatter cookies, skip this step.) Pinch off pieces of dough (amount will vary depending on desired size of cookie) and roll into ball with your hands. Place balls of dough onto parchment-covered cookie sheet. Bake at 350 degrees for 10 to 12 minutes. Makes 6 to 7 dozen small cookies.

