

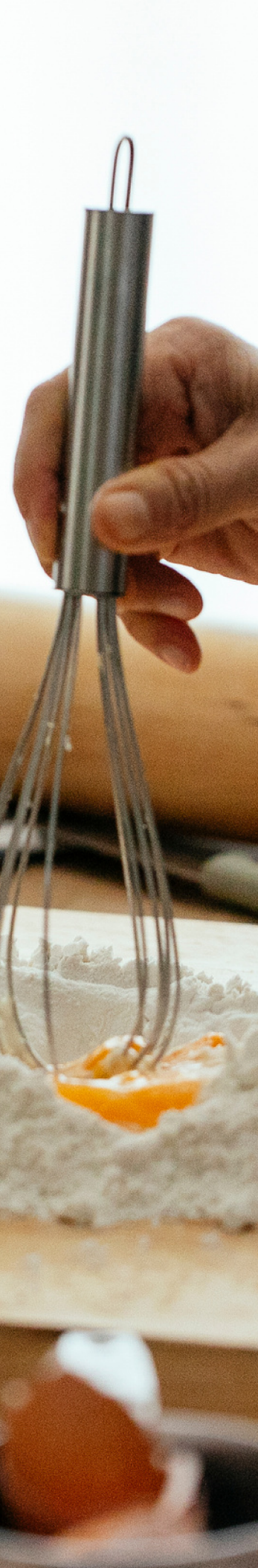
# Favorite Recipes

A FOSTER MARKETING COOKBOOK



FROM OUR FOSTER FAMILY TO  
YOURS, WE HOPE YOU ENJOY!

**FOSTER  
MARKETING**  
*Full of ENERGY.*



## THE TABLE OF

# *Deliciousness*

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Serving up something special and bringing the table together.

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We're sure these will be a hit!

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Can't turn down the sweets.



ENTREES

# Entrees

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# Maque Choux

## INGREDIENTS

- 4 slices of bacon chopped
- 3 cups of corn (about 4 ears of corn)
- 1 medium yellow onion chopped (about 1 cup)
- 1 medium-sized red bell pepper chopped (about 1 cup)
- 1 jalapeno pepper chopped
- 1 tablespoon (or more to taste) of Cajun seasoning (Tony Chachere's Creole Seasoning is our favorite!)
- 1/2 cup heavy cream or use chicken stock for a more traditional version
- Hot Sauce for serving

## INSTRUCTIONS

1. Heat a large pan to medium heat and add the bacon. Cook the bacon until it becomes crispy, about 8 minutes.
2. Stir in the corn, onion, peppers and Cajun seasoning. Cook until they soften up, stirring often, for about 10 minutes.
3. Add the heavy cream (or chicken stock). Let it warm for about 2 minutes, stirring once or twice, then remove from heat.
4. Serve and enjoy! This is a great winter side dish to add some kick to any meal.

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Adapted from Mike Hultquist. [www.chilipeppermadness.com/recipes/maque-choux](http://www.chilipeppermadness.com/recipes/maque-choux)



# Slow Cooker French Dip

## INGREDIENTS

- 2 Tbsp. Olive Oil
- 2.5-3 lbs. Beef Chuck Roast
- Kosher Salt
- Freshly Ground Pepper
- 2 (1 oz.) Packages Dry Onion Soup Mix
- 2 cups Water
- 2 (14.5 oz.) Cans Beef Broth
- Swiss or Provolone Cheese
- Ciabatta Rolls

## INSTRUCTIONS

1. Heat olive oil in a large skillet over medium-high heat. While the oil is heating, generously season the chuck roast with salt and pepper.
2. Once the oil is simmering, carefully place the roast in the hot pan and sear it for a minute or two on each side.
3. Place the roast and pan juices to your slow cooker. Sprinkle onion soup mix over the roast and add water and beef broth. Cook on high for 4-6 hours or on low for 8-10 hours.
4. When the meat is tender, remove the roast from the slow cooker and shred it with a fork. Pile the shredded meat onto sliced ciabatta rolls with a slice of cheese.
5. Toast the sandwiches under the broiler until the cheese melts. Serve with the juices from the slow cooker as au jus for dipping. Enjoy!



Adapted from House of Nash Eats. [www.houseofnasheats.com/slow-cooker-french-dip-sandwiches/](http://www.houseofnasheats.com/slow-cooker-french-dip-sandwiches/)



# Crockpot Chicken and Gnocchi Soup

## INGREDIENTS

- 1 pound boneless skinless chicken breasts (about 3 chicken breasts)
- 2 cups carrots (cut into sticks)
- 1 cup onion diced
- 2 stalks celery diced
- 3 cloves garlic minced
- 3 1/2 tablespoons Italian seasoning
- 4 cups chicken stock
- 1 pound gnocchi
- 2 cups heavy cream
- 2 cups fresh baby spinach
- 1 1/2 cup shredded parmesan cheese
- salt and pepper to taste

## INSTRUCTIONS

1. Add the chicken, carrots, onion, celery, garlic, Italian seasoning and chicken stock to the crockpot.
2. Cover and cook on high for 4 hours (or cook on low for 6 hours).
3. 30 minutes before you are ready to serve, remove the chicken from the crockpot and shred. Return the shredded chicken to the crockpot.
4. Add the gnocchi and heavy cream, cover and cook for an additional 30 minutes.
5. Before serving, stir in the spinach and shredded parmesan cheese until wilted and melted.
6. Taste and season with salt and pepper and then you are ready to serve.

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Adapted from Melissa Williams/Persnickety Plates. [www.persnicketyplates.com/slow-cooker-chicken-gnocchi-soup/](http://www.persnicketyplates.com/slow-cooker-chicken-gnocchi-soup/)

## QUICK CORN & SHRIMP SOUP

# Quick Corn & Shrimp Soup

### INGREDIENTS

- Cooking spray
- 1 chopped onion
- 1 cup green BP
- 1 clove garlic
- 6oz low fat cream cheese
- 2 cups fat free milk
- 1 can reduced fat cream of mushroom soup
- 1 15oz can cream style corn
- 1 10oz can rotel tomatoes
- 1 ¾ lb peeled and deveined shrimp
- 4 tsp chopped green onions

### INSTRUCTIONS

1. Spray dutch oven with cooking spray
2. Add onions, bell peppers, garlic and rotel - Saute until tender
3. Stir in cream cheese
4. Reduce heat and cook until cheese is melted
5. Add milk and corn - cook about 10-15 minutes stirring occasionally
6. Bring soup to boil, then add shrimp - let shrimp cook for roughly 5 minutes
7. Remove from heat
8. Sprinkle with green onions and serve.



# Crockpot Birria Tacos

## INGREDIENTS

- 2-3 lbs boneless chuck roast
- 1 tablespoon of any neutral oil
- salt and pepper (freshly ground is nice)
- 4 dried Guajillo chiles (if you can't find these I have also used Ancho chiles or a mix of similar heat chiles)
- 5-6 Chipotle chiles in adobo (from a can)
- 1 small red onion, thinly sliced
- 8 whole cloves garlic, smashed
- 32 oz beef stock
- 1 tablespoon of tomato paste
- 1 14.5 oz can of Fire roasted diced tomatoes
- 1/4 cup organic Apple cider vinegar
- 1 tablespoon ground cumin
- 1 tablespoon dried oregano
- 1 cinnamon stick
- 3 dry bay leaves
- 1 teaspoon smoked paprika
- 1/2 tablespoon fresh grated ginger
- 1 tsp ground coriander

## TACOS & TOPPINGS

- corn tortillas (or flour tortillas)
- lime wedges
- fresh cilantro (I like to finely chop and include the stems - they have the most flavor)
- diced white onion
- shredded Oaxacan cheese or Italian cheese, (I also like Cotija just for topping)

## COOKING THE BEEF/CONSOMMÉ

1. Heat oil in a cast iron skillet over high heat for 4-5 minutes.
2. Generously salt and pepper the beef then sear on both sides, 5-6 minutes per side.
3. Add beef to the crock pot with remaining ingredients and stir. Cook on low heat, covered, for 8 hours.
4. Remove beef and shred.
5. Remove and discard the bay leaves and cinnamon stick.
6. Pour the remains of the crockpot into a blender and blend until a smooth sauce forms.
7. Transfer sauce back to the crockpot to keep warm.
8. Add 2 cups of sauce to shredded beef and toss to coat.

## FIXING THE TACOS

1. Add oil to a frying pan. Dip a doubled up tortilla (If not using cheese, 1 tortilla is okay.) into consommé, and lay flat in the pan.
2. To half of the tortilla, add cheese, meat, and top with diced onions and cilantro.
3. Fry 2-3 minutes over medium heat, then flip the other side over to close the taco.
4. Add some of the consommé on top. Just enough to coat, but not drown. You don't want a soggy tortilla.
5. Flip over, and fry 2-3 more minutes.
6. Squeeze a little lime juice on top and a sprinkle of cilantro then enjoy! I also like to have a cup of the sauce on the side for dipping.

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Adapted from Sharon Farnell. [www.jawnsicooked.com/dinner/crock-pot-birria-tacos-recipe/](http://www.jawnsicooked.com/dinner/crock-pot-birria-tacos-recipe/)



# Bang Bang Shrimp

## INGREDIENTS

- 1 lb. of thin spaghetti or angel hair pasta (16 ounces)
- 1 1/2 lbs. of medium shrimp, peeled and deveined
- 1 TBSP of coconut oil
- 3 cloves garlic, minced
- 3 tsp Paprika
- 1 TBSP dried parsley
- Freshly ground black pepper to taste

## FOR THE SAUCE

- 1/2 cup mayonnaise or light mayonnaise to lower calories (I'm a Hellman's lover myself)
- 1/2 cup Thai sweet chili sauce
- 2 cloves garlic, minced
- 2 TBSP of lime juice
- 1/8 tsp of crushed red pepper flakes

## INSTRUCTIONS

1. Mix the sauce ingredients together in a bowl and set aside.
2. In a large pot of boiling water, cook the pasta and drain well.
3. Place the uncooked shrimp in a medium sized bowl and add the paprika, 3 cloves of garlic and pepper.
4. Heat the coconut oil on medium high heat and add the coated, uncooked shrimp. Stir constantly until pink for approx. 7- 10 minutes.
5. Remove from heat and set aside if pasta is not ready.
6. In a large serving bowl, combine the pasta, shrimp and sauce mixture and toss. Garnish with parsley and serve immediately.



SNACKS & BEVERAGES

# Snacks & Beverages

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## SPINACH ARTICHOKE DIP

# Spinach Artichoke Dip

### INGREDIENTS

- 8 oz. cream cheese, well softened
- 1/4 cup sour cream
- 1/4 cup mayonnaise
- 1 garlic clove, minced (1 tsp)
- 2/3 cup (76g) finely shredded parmesan cheese
- 1/2 cup (56g) finely shredded mozzarella cheese
- Pepper, to taste
- 1 (14 oz) can quartered artichoke hearts, liquid drained, chopped
- 6 oz. frozen spinach, thawed, squeezed to drain excess liquid

### INSTRUCTIONS

1. Preheat oven to 350 degrees. Spray a small (1 quart) baking dish with non-stick cooking spray.
2. In a mixing bowl, stir together the cream cheese, sour cream, mayonnaise, garlic, parmesan, mozzarella and pepper.
3. Stir in artichokes and spinach.
4. Spread mixture evenly into prepared baking dish. Bake until melted and heated through, about 20 minutes.
5. Serve warm with tortilla chips, crackers or toasted baguette slices.







# Corn Dip

## INGREDIENTS

- 3 (11 oz) cans MexiCorn (sweet corn & diced red and green peppers), drained
- 1 (7 oz) can chopped green chiles
- 1 (6 oz) can chopped jalapeno peppers drained and liquid added to taste
- 1/2 cup green onion chopped
- 1 cup mayonnaise
- 1 cup sour cream
- 1 teaspoon pepper
- 1/2 teaspoon garlic powder
- 1 (16 ounce) package shredded sharp cheddar cheese
- 2-3 bags Fritos Scoops corn chips

## INSTRUCTIONS

1. In a large bowl, mix all ingredients except chips.
2. Chill a minimum of two hours to overnight. Serve with Frito Scoops corn chips.

## WASSAIL

# Wassail

### INGREDIENTS

- 1 1/2 quart water
- 2 cinnamon sticks
- 1 tbsp. whole cloves
- 4 regular tea bags
- 1 cup sugar
- 1/2 cup lemon juice
- 2 cups orange juice
- 2 cups pineapple juice
- Optional (but an awesome secret ingredient) peppermint extract

### INSTRUCTIONS

1. Boil the first 3 ingredients for about 5-10 minutes. Remove from heat and add tea bags. Brew for about 5-10 minutes; strain the mixture.
2. Take the cloves and cinnamon sticks out, add the sugar, lemon juice, orange juice and pineapple juice. Stir until the sugar dissolves.
3. Serve hot, warm or cold. You can freeze some and reheat it later or use it as ice cubes in other festive holiday drinks.
4. If you make the ice cubes, try them in a tall glass with vodka and orange juice. Also, add a shot of Grand Marnier if you want to make it extra special.







DESSERTS

# Desserts

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# Easy Apple Turnovers

## INGREDIENTS

- Baking apples (approximately 4)
- ½ cup sugar
- 1 cup water
- Cinnamon
- One stick of margarine
- Rollout pie crusts (2 crusts makes 8 turnovers)



## INSTRUCTIONS

1. Peel and core apples and slice into chunks. (Some people prefer smaller apple pieces but I like to leave them in larger pieces.)
2. Unroll pie crust and slice into four triangles.
3. Center apple pieces in each triangle. Sprinkle sugar, cinnamon and a small slice of margarine onto the pile of apples. (Amount of cinnamon and sugar is up to you. I go heavy on cinnamon and light on the sugar because it tastes and smells awesome!)
4. Fold crust over apples (like a diaper) and place fold-side down in a baking pan. (If you like more gooey goodness, make sure you use a deeper baking pan.) Once you have all turnovers spaced out in your baking pan, you'll add the liquid ingredients on top.
5. Heat 1 cup water in a medium saucepan. Stir in ½ cup sugar, ½ stick of margarine and a heavy sprinkle of cinnamon until evenly mixed. Monitor heat to avoid full boil and stir continuously. (Add more water, sugar and cinnamon for more sauce, if desired.)
6. Pour liquid over turnovers to fill bottom of baking pan. Sprinkle cinnamon and sugar on top.
7. Bake for 35 minutes at 350 degrees or until crust is golden and flaky and apples are tender.
8. Serve warm with some sauce drizzled on top.

## COFFEE BUNDT CAKE

# Coffee Bundt Cake



### INGREDIENTS

- 1 package yellow cake mix
- 1 lg or 2 small pkg Instant Vanilla pudding
- 3/4 cup vegetable oil
- 3/4 cup water
- 4 eggs
- 1 tsp. butter extract
- 1 tsp. vanilla

### FOR THE CINNAMON MIXTURE

- 1/4 cup sugar
- 1/4 cup chopped pecans
- 2 tsp. Cinnamon

### FOR THE GLAZE

- 1 cup powdered sugar
- 3 Tablespoon milk
- 1/2 teas. Vanilla
- 1/2 teas. butter extract

### INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. Combine and beat the cake mix, vanilla pudding, vegetable oil, water, eggs, butter extract and vanilla.
3. Mix the cinnamon mixture and set aside.
4. Butter Bundt pan with 1/2 cup melted butter (oleo) and sprinkle 1/3 cup chopped pecans.
5. Pour in pan, alternating batter and cinnamon mixture, beginning and ending with batter.
6. Bake 40-60 minutes.
7. Set on rack to cool for 8 minutes.
8. Mix the glaze.
9. Remove from the pan and pour the glaze mixture over the hot cake.



# Chocolate Delight

## INGREDIENTS

- 1 - stick of butter (very soft or melted)
- 1 1/2 - cups of flour
- 1 - cup confectioners sugar
- 1 - 8 oz. package of Philadelphia Cream Cheese (very soft or melted)
- 2 - 12 oz. containers of Cool Whip
- 1 - can chilled evaporated milk (1 1/2 cups)
- 1 - cup regular milk
- 1 - small pack vanilla instant pudding
- 1 - small pack chocolate instant pudding
- 1 - jar of cherries
- 2 - cups chopped nuts (walnuts or pecans)

## INSTRUCTIONS

1. Preheat oven to 350 degrees. Grease bottom of the pan with non-stick spray.
2. Mix flour and butter. With a spoon, spread mixture on the bottom of the pan to create a crust.
3. Sprinkle 1 cup of nuts and bake for 20 minutes. Set crust aside to cool before continuing.

### FIRST LAYER:

1. Whip cream cheese, confectioners sugar and one container of Cool Whip in a bowl.
2. Spread mixture on top of cooled crust.

### SECOND LAYER:

1. Combine evaporated milk, regular milk, vanilla pudding and chocolate pudding in a bowl until it thickens.
2. Spread over first layer.

### THIRD LAYER:

1. Spread remaining container of Cool Whip on top of second layer.
2. Sprinkle the rest of the nuts and place 12 rinsed cherries on top. Let chill until ready to serve.

# Chocolate Éclair Cake

## INGREDIENTS

- 1 box of whole graham crackers
- 2 boxes of instant French vanilla pudding
- 3 cups of milk
- 1 (12 oz.) Cool Whip
- 1 can of fudge frosting

## INSTRUCTIONS

1. Grease a 13" x 9" pan.
2. Mix packages of pudding with milk. Beat for 2 minutes then fold in Cool Whip.
3. Line the bottom of the pan with graham crackers.
4. Pour 1/2 of the pudding mixture, then another layer of graham crackers. Pour the remaining pudding mixture and top with a final layer of graham crackers.
5. Microwave frosting until slightly runny, then spread on cake.
6. Chill in the refrigerator for a couple of hours before serving.





# English Banoffee Pie



## INGREDIENTS

- 14 oz graham crackers
- 7 oz salted butter
- 2 tins sweetened condensed milk
- 1 pint heavy cream
- 2 large bananas (ripe)
- 1 bar good quality chocolate (for grating / decoration)

## INSTRUCTIONS

1. Crush the crackers into a fine powder.
2. Melt the butter.
3. Combine the crackers with the melted butter and spread into the bottom of a greased pan.
4. Press down until moderately compacted and chill in the fridge.
5. Place the two unopened cans of sweetened condensed milk into a pan of boiling water for 2 – 2.5 hours – making sure that the cans are completely submerged in water at all times! (Very important).
6. Carefully remove the cans from the pan of water and allow to cool.
7. When cool, open cans and the milk will have turned to a thick caramel / toffee.
8. Spread the toffee over the cracker base.
9. Slice up a couple of ripe bananas and arrange the slices in a layer on top of the toffee.
10. Whip up the cream and spread over the banana layer.
11. Grate some chocolate or even chocolate curls over the top.
12. Cut into slices or spoon out and enjoy!

# Toffee Chex Mix

## INGREDIENTS

- 12.8 oz box Rice or Corn Chex Cereal
- 3 cups of assorted nuts, (pecans, almonds, peanuts, etc.)
- 3 cups pretzel thins, or mini knots
- 1 cup unsalted butter
- 2 cups dark brown sugar
- 3/4 cup light corn syrup
- 1 tsp salt
- 2 tsp pure vanilla extract
- 1 tsp baking soda

## INSTRUCTIONS

1. Place 2 racks in the center of the oven and preheat to 250 degrees. Line 2 baking sheets with aluminum foil and spray generously with cooking spray. In a large mixing bowl, add the entire box of cereal, assorted nuts and pretzels then set aside.
2. In a large saucepan, melt butter over medium heat. (Expect the toffee to expand by 5 times its volume once the baking soda is added!) Once the butter is melted, add the brown sugar, corn syrup and salt. Bring to a boil, stirring frequently. Boil for 2 minutes, then remove from heat.
3. Carefully stir in vanilla extract, then add the baking soda and mix thoroughly. The toffee will foam and bubble, but keep stirring until the baking soda is completely combined.
4. Pour the hot toffee over the cereal, nuts and pretzels and fold to combine. From the bottom of the bowl, bring the ingredients up through the toffee to coat. It's okay if it is not completely coated; just get a relatively even distribution of toffee over the mix.
5. Divide the mixture between the two baking sheets and spread evenly. Bake 30 minutes for chewier toffee or 55 minutes for crispier toffee. Stir every 15 minutes. The toffee will liquefy and spread in the oven, which is why it is okay if you didn't coat it evenly before.
6. Remove from the oven and continue stirring and separating the clumps until it is cool enough to stay separate.
7. This treat is great to give as a gift to family and friends or bring to work as a snack to share with your team! Enjoy!

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Adapted from Cheryl Najafi. [www.everydaydishes.com/holiday/toffee-chex-mix/](http://www.everydaydishes.com/holiday/toffee-chex-mix/)



# Happy Holidays!

Gathering, sharing, laughing, watching football...all parts of a perfect Thanksgiving celebration. BUT, we all know the real star is the food! Our team had fun gathering these recipes and we hope you enjoy making them as much as we do!

