



WANDA &
BRUNSTETTER'S

Amish Friends
**ONE-PAN
WONDERS**
COOKBOOK



Over 200 Recipes for Simplifying Mealtime


BARBOUR
PUBLISHING

© 2023 by Wanda E. Brunstetter

Print ISBN 978-1-63609-525-7

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All scripture quotations are taken from the King James Version of the Bible.

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Published by Barbour Publishing, Inc., 1810 Barbour Drive, Uhrichsville, OH 44683,
www.barbourbooks.com

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Printed in China.



INTRODUCTION

We all seem to have busy lives these days, and often there isn't time to fix a big meal with several accompaniments. With my busy schedule, I appreciate meals that are quick and simple to make, yet healthy, stress-free, and with easy cleanup. When I am able to cook a one-pan meal, often no extra side dishes are necessary, so it makes meal prep even more enjoyable for me.

The *Amish Friends One-Pan Wonders Cookbook* includes recipes for supper, breakfast, desserts, salads, soups, and quick breads. Many of the recipes can be baked in the oven or cooked in a kettle or skillet on a stovetop with very little need to babysit the pan.

My husband and I have had the pleasure of eating meals and snacks in many of our Amish friends' homes. Several of the recipes they have shared with me were made in one pan. Making an effort to eat healthy and cook with low carbs and less sugar, I have enjoyed fixing many meals in one skillet on the stove, a baking dish for the oven, or using my slow cooker. These always include some form of protein and at least one healthy vegetable.

I hope you will enjoy the variety of delicious one-pan recipes in this cookbook that are served in Amish homes—either for family meals or at various community functions. The recipes include some of the best of the best from past Amish Friends cookbooks.

I wish to thank my editor, Rebecca Germany, for compiling this cookbook.

*“Whether therefore ye eat, or drink, or whatsoever ye do,
do all to the glory of God” (1 Corinthians 10:31).*

WANDA E. BRUNSTETTER





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ANABAPTIST HISTORY

The Amish and Mennonites are direct descendants of the Anabaptists, a group that emerged from the Reformation in Switzerland in 1525 and developed separately in Holland a few years later. Most Anabaptists eventually became identified as Mennonites, after a prominent Dutch leader, Menno Simons. The word *Amish* comes from Jacob Ammann, an influential leader who in 1693 led a group that separated from the Mennonite churches. Driven by persecution from their homes in Switzerland and Germany, hundreds of Mennonites began to immigrate to North America, and in the 1700s the Amish sought homes in North America too. They were welcomed in Pennsylvania by William Penn and first settled there by the mid-nineteenth century.

As Amish communities continued to grow and seek more land, new Amish communities were started in other areas. Some moved to Ohio, Indiana, Iowa, and other parts of the country. Today there are Amish communities in many parts of the United States and Canada, and new ones continue to appear. The Amish population has grown to over three hundred thousand nationwide.

While all Amish adhere to the regulation of their *Ordnung* (church rules), many communities differ in practice, appearance, style of their homes, and types of buggies.

Both the Amish and Mennonites believe in the inerrant authority of the scriptures, and their willingness to stand apart from the rest of the world shows through their simple, plain way of living.

Everywhere Amish settle, their baked goods are sought after at farmers markets, flea markets, roadside stands, and bakeries, and their craftsmanship in construction and woodworking is highly appreciated.





ONE-PAN BREAKFASTS



*O satisfy us early with thy mercy; that we
may rejoice and be glad all our days.*

PSALM 90:14

FARMER'S BREAKFAST

½ pound bacon

1 onion, chopped

**3 cooked potatoes,
cubed or shredded**

5 eggs

Salt and pepper to taste

1 cup shredded cheddar cheese

Chopped fresh parsley

In skillet, cook bacon and onions until bacon is crisp. Remove bacon and onions from skillet. Drain all but ½ cup drippings. Add potatoes and brown. Return bacon and onions to skillet. Make 5 wells in potatoes and break 1 egg into each. Season with salt and pepper; sprinkle with cheese. Cover and cook on low heat for 5 to 10 minutes or until eggs are set. Garnish with parsley. Serve immediately.

KATIE ZOOK, Apple Creek, OH

SPECIAL REQUEST BREAKFAST CASSEROLE

30 saltine crackers

6 eggs, beaten

6 slices bacon, cooked
and crumbled

2 cups milk

2 cups shredded cheddar cheese

¼ cup butter or
margarine, melted

Crumble crackers into 8x8-inch dish (double recipe to fit 9x13-inch pan). Combine remaining ingredients and pour over crackers. Cover and chill overnight. Remove from refrigerator 30 minutes before baking uncovered at 325 degrees for 45 minutes. Let stand 5 minutes before cutting and serving.

MARY ELLEN WENGERD, Campbellsville, KY



BACON AND EGG BAKE

6 slices bacon

1 medium onion, sliced

1 can cream of mushroom soup

½ cup milk

5 hard-boiled eggs, chopped

1 cup shredded cheddar cheese

Salt and pepper to taste

In skillet, fry bacon until crisp; drain fat. Use 2 tablespoons bacon fat to sauté onion. Stir in soup, milk, eggs, cheese, salt, and pepper. Pour into 6x10-inch dish. Top with crumbled bacon. Bake at 350 degrees for 20 minutes. Serve over toast or English muffins.

ELAINE NOLT, Ephrata, PA



OVERNIGHT BREAKFAST CASSEROLE

8 slices bread, cubed
¾ pound cheese, shredded
1½ pounds pork sausage or
1 quart canned sausage
4 eggs
2½ cups milk

1 tablespoon mustard
1 (10¾ ounce) can cream
of mushroom or cream
of chicken soup
¼ cup chicken broth

Place bread cubes in ungreased baking dish. Sprinkle with cheese. Set aside. In skillet, brown sausage over medium heat; drain fat. (If using canned sausage, skip the frying step.) Crumble sausage over cheese and bread. Beat eggs, milk, mustard, soup, and broth. Pour over sausage. Cover and refrigerate overnight or at least 2 to 3 hours before baking. Bake covered at 350 degrees for 50 to 60 minutes or until done.

MRS. ABNER Z. FISHER, Aaronsburg, PA

MEXICAN BREAKFAST CASSEROLE

12 eggs, scrambled
1 pound sausage, fried
1½ cups sour cream
1½ cups salsa

1 (10¾ ounce) can cream
of mushroom soup
6 tortillas, cut into small squares

Prepare eggs and sausage. In bowl, mix sour cream, salsa, and soup. In 9x13-inch pan, spread half of mixture on bottom. Top with half of tortilla squares then eggs and sausage. Cover with remaining tortilla squares and spread with sour cream mixture. Bake at 350 degrees for about 30 minutes until heated through. This can be prepared and frozen before being baked.

LELA BRENNEMAN, Danville, AL

TATER TOT BREAKFAST CASSEROLE

Tater tots	Shredded cheddar cheese
1 pound bulk sausage, fried	White sauce (recipe below)
Ham, cubed	Bacon (optional)
8 eggs, scrambled	Corn chips, crushed fine

Grease 9x13-inch pan. Layer ingredients in order given. Bake at 350 degrees for 30 minutes or until heated through.

WHITE SAUCE:

2 cups milk	½ teaspoon sea salt
2 heaping tablespoons cornstarch	¼ teaspoon pepper
4 tablespoons butter	1 cup sour cream

In saucepan, stir milk into cornstarch until smooth. Add butter, salt, and pepper. Cook until thickened, stirring constantly. Let boil 1 minute on low heat. Remove from heat. Mix in sour cream.

JULIA TROYER, Fredericksburg, OH



FRENCH TOAST CASSEROLE

1 cup maple syrup
10 to 16 slices bread
5 eggs

1 teaspoon vanilla
1½ cups milk
¼ teaspoon salt

Pour maple syrup into 9x13-inch pan, coating bottom. Lay bread slices on top. Mix eggs, vanilla, milk, and salt; pour over bread. Refrigerate overnight. Bake covered at 350 degrees for 40 to 45 minutes.

RUTH ANN YODER, Salisbury, PA



GRITS AND HAM CASSEROLE

- | | |
|--------------------------------|-----------------------------|
| 9 cups milk | 6 green onions, chopped |
| 2¼ cups quick-cooking grits | 1 tablespoon parsley flakes |
| 4½ cups chopped ham | 1½ teaspoons garlic powder |
| 3 cups shredded cheddar cheese | 1½ teaspoons salt |
| 9 eggs, lightly beaten | ¾ teaspoon pepper |

In large pot, bring milk to a boil. Stir in grits. Simmer until thick, stirring often for about 5 minutes. Stir in remaining ingredients. Pour into greased 4-quart baking dish. Bake at 375 degrees for 25 minutes until set.

ANNA M. BYLER, Clymer, PA

COUNTRY BRUNCH SKILLET

- | | |
|-------------------------------------|--------------------------------|
| 6 strips bacon | 1 teaspoon salt |
| 6 cups cubed hash
brown potatoes | ¼ teaspoon pepper |
| ¾ cup green pepper, chopped | 6 eggs, beaten |
| ½ cup onion, chopped | ½ cup cheddar cheese, shredded |

Cook bacon in large skillet. Remove from pan. Brown potatoes in bacon grease. Add green pepper, onion, salt, and pepper. Stir-fry until almost done; then pour eggs over top. Stir in cheese and cook until done. Crumble bacon on top.

KATIE ZOOK, Apple Creek, OH

GOLD RUSH BRUNCH

4 cups cooked and
shredded potatoes

2 pounds cubed ham

8 scrambled and salted eggs

1 pound shredded
cheddar cheese

¼ cup butter

¼ cup flour

1¾ cups milk

¼ teaspoon salt

Pepper to taste

1 cup sour cream

Place potatoes in 9x13-inch pan. Layer with ham, eggs, and cheese. In saucepan, melt butter. Stir in flour. Mix well. Add milk, salt, and pepper. Cook until thickened. Add sour cream. Pour over cheese layer and bake at 400 degrees for 30 to 40 minutes. This can be prepared the day before baking.

"This is a favorite for brunch on Christmas Day."

CELESTA SCHLABACH, Millersburg, OH

BREAKFAST PIZZA DELIGHT

1½ pounds sausage

1½ cups pizza sauce

12 slices bread

12 slices cheese

3 cups milk

1 teaspoon salt

5 eggs

In skillet, fry meat, drain fat, and add pizza sauce. In 9x13-inch pan, top 6 slices bread with 6 slices cheese. Add meat mixture, remainder of cheese, and remaining bread. In bowl, beat together milk, salt, and eggs and pour over bread. Bake at 350 degrees for 35 to 45 minutes or until set and golden brown.

ELVA SHIRK, Dundee, NY



DELUXE OVEN-BAKED OMELETS

6 eggs

1½ cups milk

½ teaspoon salt

1 teaspoon mustard

3 slices bread, cubed

¼ cup chopped onion

1 cup shredded cheese, divided

½ pound sausage, browned

In bowl, beat together eggs, milk, salt, and mustard. Mix in bread, onion, ½ cup cheese, and sausage. Pour into greased 9x9-inch pan. Bake at 350 degrees for 35 minutes. Sprinkle with remaining ½ cup cheese. Bake until just melted.

MARTHA BEECHY, Butler, OH

OMELET SANDWICHES

16 slices bread (buttered
on one side)

1 pound shaved ham

8 slices cheese

6 eggs

3 cups milk

½ teaspoon mustard

½ teaspoon salt

1 cup cornflakes, crushed

½ cup butter, melted

Make eight sandwiches with bread, ham, and cheese. Put in greased baking dish. Mix eggs, milk, mustard, and salt. Pour over sandwiches. Refrigerate overnight. In the morning, mix cornflakes and butter; sprinkle on top. Bake at 350 degrees for 1 hour. Yields 8 large servings.

HEIDI S. STAUFFER, Homer City, PA

CREAMED EGGS

6 eggs

6 tablespoons butter

6 tablespoons flour

1½ teaspoons salt

Dash pepper

3 cups milk

4 slices fried bacon, or
fried sausage or ham

Toast or biscuits

Hard-boil eggs and peel. In heavy saucepan, melt butter and add flour, salt, and pepper. Stir until well blended. Slowly add milk, stirring constantly. Cook until smooth. Chop eggs and crumble bacon. Add to sauce. Serve on toast or biscuits. Yields 6 to 8 servings.

MRS. ALBERT YODER, Stanwood, MI

SCRAMBLED SWEET CORN EGGS

3 ears fresh sweet corn

3 tablespoons butter

4 to 5 eggs, beaten

3 slices American cheese

Remove corn from cob. In skillet, melt butter until lightly browned. Add corn and heat thoroughly. Add eggs and scramble into corn. Cook until eggs are set; top with cheese.

RACHEL STUTZMAN, Dalton, OH



HIDDEN EGGS

Bread

**4 tablespoons butter,
melted and divided**

6 eggs

Salt and pepper to taste

**1 to 2 cups shredded
cheddar cheese**

In 9x9-inch pan, break up enough bread to cover bottom of pan and drizzle with 2 tablespoons melted butter. Break eggs over bread and sprinkle with salt and pepper. Break up more bread and spread on top of eggs. Drizzle with remaining 2 tablespoons butter and top with shredded cheese. Bake at 350 degrees for 15 to 20 minutes or until eggs are done.

LINDA FISHER, Leola, PA

SIMPLE CHEESE QUICHE

1 unbaked pie shell

5 eggs

1 cup milk

1 cup cream

1 teaspoon salt

1 teaspoon pepper

½ cup bacon bits

1 cup shredded cheese

Bake pie shell for 10 minutes until lightly browned. Beat eggs, milk, cream, salt, and pepper until well blended. Stir in bacon bits and cheese. Carefully pour into warm pie shell. Bake at 350 degrees for 40 to 50 minutes until quiche is light brown. Allow to cool at least 20 minutes before cutting and serving.

MARTHA BEECHY, Butler, OH

CHEDDAR MACKEREL QUICHE

CRUST:

- | | |
|---------------------------|--------------------------|
| 1 cup flour | 3 tablespoons shortening |
| ¼ teaspoon salt | ¼ cup milk |
| 3 tablespoons cold butter | |

In bowl, combine flour and salt. Cut in butter and shortening until crumbly. Stir in milk. On floured surface, roll dough into 10-inch circle. Transfer to ungreased 9-inch pie plate or quiche dish. Trim and flute edges. Bake at 350 degrees for 10 minutes.

FILLING:

- | | |
|---------------------------------------------------|--------------------|
| 1 (15 ounce) can mackerel,
drained and deboned | 1 tablespoon flour |
| 1 cup (4 ounces) shredded
cheddar cheese | ½ teaspoon salt |
| ¼ cup chopped green pepper | ⅛ teaspoon pepper |
| ¼ cup chopped onion | 3 eggs, beaten |
| | 1¼ cups milk |

In bowl, combine mackerel, cheese, green pepper, onion, flour, salt, and pepper. Spoon into baked crust. Combine eggs and milk; pour over mackerel mixture. Bake at 350 degrees for 50 minutes or until knife inserted near center comes out clean. Let stand for 10 minutes before cutting. Yields 6 servings.

MATTIE PETERSHEIM, Junction City, OH

EASY VEGGIE QUICHE

Vegetables (zucchini, tomatoes, sweet onion), cubed	½ cup mayonnaise
1 teaspoon salt	½ cup yogurt
Garlic salt, oregano, and basil to taste	1 cup milk
2 pounds hamburger, browned and drained	6 eggs, beaten
	Shredded cheese

Layer vegetables in 9x13-inch pan. Sprinkle with salt and herbs. Top with hamburger. Mix mayonnaise, yogurt, milk, and eggs together; pour over layered hamburger and vegetables. Bake uncovered at 350 degrees for 1 hour and 15 minutes. Top with cheese during last 10 minutes.

CHRISTINA PEIGHT, Belleville, PA

