

# Or so she says...

*Thanks for signing up for the 'Or so she says...' emails. We work hard to have the BEST family ideas out there and we can't wait to share them with you. You'll find ideas for Family Nights, family dinners, family activities, educational ideas, great products for the family, and so much more.*

*And, as promised, here are 5 of my very favorite recipes that I have shared on the blog. I hope you enjoy these favorite recipes, as much as my family does!*

Mariel @ Or so she says...

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[SATURDAY CHICKEN](#) - One of the first recipes on the blog, hence the small and fuzzy picture, but by far one of the favorites in my home! This is a recipe that I've been enjoying ever since I was a little kid and my mother made it. In fact, I've heard several other gals say their moms did too. It must have been a big thing back in the days, and it's still going strong in my family! Nearly every Sunday, this is what the kids and my husband request... Saturday Chicken with mashed potatoes. It's super yummy and insanely easy to throw together (like 10 minutes to prep!)



### **Saturday Chicken**

- 6 BS Chicken Breasts
- Paprika
- Garlic Salt
- 2 cans Family Size Cream of Mushroom Soup
- ½ pint cream
- Dried Parsley Flakes

### **Instructions**

1. Place chicken in glass casserole dish, sprinkle both sides with lots of paprika and garlic salt. Sprinkle some parsley flakes on the top side of the chicken.
2. In another bowl, stir together the mushroom soup and heavy cream. Pour on the top of the chicken. Bake at 350 degrees for 1 hour.
3. Whisk around the gravy to mix flavors. (I almost always stir in some extra garlic salt and/or paprika to get it just perfect!) Serve the extra gravy on top of mashed potatoes!

[THE BEST DANG SUGAR COOKIES IN THE WORLD](#) - People literally freak out over these cookies... like, I get a standing ovation when I walk in the room with a plate in my hand! I like to tell myself, they're clapping for me, but ya know... Anyway, so what's so great about these sugar cookies (known by some of my friends as Crack Cookies??) Well for one, they're chewy and soft. I'm all about a soft, chewy cookie, hard or cake-like just don't cut it. For two, the frosting on top is my favorite buttercream, the recipe I grew up with. No Crisco-gunk, no lemon or sour cream weirdness, just straight up vanilla buttercream. Yum! Get ready to be the most popular cookie maker on the block!



### **The Best Dang Sugar Cookies**

- 5½ cups flour
- 2 tsp. Baking soda
- 1 tsp. Baking powder
- 4 sticks softened butter
- 3 cups white sugar
- 2 eggs
- 2 tsp. vanilla
- 6 TBS. buttermilk

### **Instructions**

1. Preheat oven to 350 degrees.
2. In a mixer, cream together the butter and sugar until somewhat smooth.
3. Beat in the egg and vanilla.
4. In another bowl, stir together the dry ingredients: flour, baking soda, and baking powder..
5. Add the dry ingredients to the creamed ingredients. Mix well.

6. Add the buttermilk to make the dough soft, not wet.
7. Roll into med/small balls. Place on ungreased cookie sheet and bake until done.
8. After about 12 minutes, check them...and wait until the edges barely start to show a golden color...could take up to 15 minutes, or more.
9. Remove from oven and let them rest on the cookie sheet for several minutes. Then let cool on wire rack or towel.
10. Frost.
11. P.S. I have also turned these into Snickerdoodles! Instead of frosting, when you roll the dough balls, roll them into a mixture of cinnamon and sugar. Bake as usual.

### **Buttercream Frosting**

- 1 stick softened (not too melted) butter
- 4 cups powdered sugar
- 1 tsp. vanilla
- Milk to consistency
- Food coloring

### **Instructions**

1. Mix well with hand mixer.

[BLACK BEAN SOUP](#) - This is another one of those recipes that can be made in under 15 minutes and people are raving about it! I first had this on a multi-family vacation and my SIL served it to everybody. I was floored at how easy it was to make. It seemed too good to be so easy! I've made it many times for my family now and something I love to do is make EXTRA and freeze it. It defrosts perfectly and makes a quick dinner... just add your toppings (avocado, olives, tomatoes, whatever you want!)



### **Black Bean Soup**

- 4 cans black beans (3 to blend for base, 1 for hearty filling)
- 1 can corn, drained
- 2 cups chicken broth
- 1 lb. ground beef (or shredded chicken)
- 1 cup salsa
- Optional toppings: avocado, grated cheddar cheese, tomatoes, black olives, sour cream, crushed tortilla chips.

### **Instructions**

1. Cook your meat, set aside.
2. Prepare your optional toppings, set aside.
3. Blend 3 cans of black beans with 2 cups of chicken broth in the blender. You may have to do a couple sessions, if it doesn't all fit in the blender. Pour it into a large pot.
4. Add salsa. I do one cup, but depending on your preference, you can add more or less. This is your base.
5. Add the fillers to the base: can of drained corn, cooked meat, and last can of black beans (drained.) Heat all together. Serve with toppings.

[BANANA SLUSH PUNCH](#) - I love having my freezer filled with bags of this slush, it's a perfect way to make a family dinner a little more exciting. All you need to do is add a bottle of ginger ale! My whole family loves this! It's a delicious mix of pineapple, orange, lemon, and banana. Definitely a favorite!



### **Banana Slush Punch**

- 4 medium ripe bananas
- 2 cups white sugar
- 3 cups water
- 1 46 oz. can pineapple juice
- 1 12. oz can frozen orange juice concentrate
- 1 12 oz. can frozen lemonade
- 3 cups water
- 3 2-liters ginger ale

### **Instructions**

1. In a blender, combine bananas, sugar, and 3 cups water. Blend until smooth.
2. Pour into a large bowl and stir in pineapple juice.
3. Blend in orange juice concentrated, lemonade concentrate, and 3 additional cups of water.
4. Divide into three gallon size Ziploc bags and freeze until solid. (At least 1 full day)
5. Remove containers from freezer 30 minutes before serving.
6. Squeeze bags to separate slush into smaller clumps.
7. Place slush in punch bowl or large pitcher and pour in 1 2-liter of ginger ale for each banana slush portion.

[MOM'S AWESOME POTATO SALAD](#) - You may think this looks different than your average potato salad, but that's because it IS different, in an awesome way! I'm so addicted to this stuff and believe me, it's not good for you. Why?? Because it's loaded with all the good stuff... potatoes, eggs, pickles... and a secret ingredient! My siblings and I always request that my mom make this for our family get-togethers and whenever I make it, my friends are knocking down my door for the recipe. It's that good!



### **Karen's Awesome Potato Salad**

- 16 medium red potatoes
- 30 oz. mayonnaise
- 1 container Perfect Pinch Salad Supreme Seasoning
- Large jar of dill pickles
- 16 hard boiled eggs
- milk

### **Instructions**

1. Wash the potatoes and chop them into bite sized pieces.
2. Place them in pot of boiling water and cook until fork tender.
3. In a large bowl, stir together the jar of mayonnaise and container of Salad Supreme.
4. Add a little milk to the bowl to thin to a pudding consistency.
5. Chop up lots of pickles. Your preference, but more is better!
6. Chop up boiled eggs.
7. After potatoes are done, drain water and dump into bowl with mayo mixture. Stir well.
8. Add pickles and chopped eggs. Stir.
9. Add more pickles, if you're me.
10. Eat.

There's many more FAMILY-FRIENDLY recipes on the blog! A few on my list to try:

[Chicken Yakisoba](#)



[The Best French Onion Soup](#)



[Peanut Butter Oreo Mud Bars](#)

