

# Hernando Quilters' Guild Newsletter

September/October 2018



Website: www.hernandoquiltersguild.com

# President's Message



Greetings Fellow Guild Members,

I'm back from my 3 week trip North and still trying to work out the cobwebs! During my journey, I was able to attend the Maine Quilt Show in Augusta. I purchased some additional *Fabrico* Paint Pens in colors I did not already have. I knew there was a vendor there who sold them, so I carried a list of colors w/codes that I still needed to complete my collection. I also visited a few quilt shops along the way. One in particular was in Hagerstown, Maryland run by the Amish. I was taken back by all the wonderful sample quilts that adorned every wall. One could not begin to single out any particular pattern. Each was even more inviting than the next! I did finally choose a pattern called "Farm Fresh Trees" with a vintage truck filled with snow covered pine trees, an old fashion Barn, Snowmen and such! I've always had a special interest in Vintage things from days gone by, quaint cottages, doilies, linens, lace and antique Tea Pots! Perhaps I should have been born in a different era.

With Fall quickly approaching, I'm reminded of a drive I once took in October several years ago from my Aunt's house in Albany, NY to Hartford, Connecticut, along Route 84, to visit friends. I was in awe of the magnificent crimson, gold, reds, browns & yellows of the changing leaves along the way. I pulled off the road at a Rest Stop and found myself collecting all the different shaped leaves from assorted trees that had fallen in a blanket of colors. This vision ignited my creative side and the wish to capture that moment in time. After leaving Connecticut and arriving back in Albany, leaves in tow, my Aunt got out some wax paper and we saved each leaf between the paper. I still have that envelope of wax paper-preserved leaves with a promise that I would someday trace and make a wonderful fall quilt, or wall hanging, preserving my memories of that unforgettable, awe-inspiring Fall drive. I grew up in the Hudson Valley and Fall has always been my favorite time of year. I truly miss it!

For advance planning, our Christmas Luncheon is scheduled for December 6<sup>th</sup> this year and will again be held at Silverthorn Country Club. We will be doing a \$20.00 gift exchange and **will not** have a Chinese Auction. More details and sign-up will follow later.

Our Annual Retreat dates have been set for March 4th<sup>th</sup> -  $7^{th}$ , 2019. I will again be the coordinator this year and Ava Rossler and Sue House will collect the money and handle room assignments. The Retreat Registration Forms were emailed out on August  $7^{th}$  with a cost the same as last year.

So, until next time my quilting friends Remember.....
"A Quilter Treasurers Life's Moments, One Stitch At a Time!"

Fondly - Your President, Barb Theriault

# 2018 Officers/Committee Chairs

President Barb Theriault

1st Vice Pres. Nancy Jenkins

2nd Vice Pres. (Programs) Sally Marra, Millie Singleton

Secretary Beverly Abenante

Secretary Beverly Abenant Treasurer Sharon Didden

Quilt Shop Advertising

Quilt Trips

Block/Month

Veteran's Quilts

Yard Sale Table

2019 Retreat

Beverly Brown

Tekla Bell

Marilyn Ryder

Brigitte Kasm

Donna Bleier

Ava Rossler/Sue House

Dave Curtis

Fat Quarter Drawing
50/50/Food Bank
Mystery Prize
Membership
Newsletter/Advertising
Communications/Web Liaison
Sunshine
Judy Thew
Sally Cosenza
Louise Isabelle
Alma Martin
Barb Theriault
Shirley Kerstetter

Webmaster

2018 Fat Quarter Schedule Red/White/Pink or Hearts January February Greens or Shamrocks Earth Tones: i.e. Browns/Tans, Golds, Burgundy, dark greens, March muted colors. Florals or Pastels **April** May **Batiks Only** June Red/White/Blue July Black, Grey or White August Beige/Tan/Neutral September Stripes or Plaids October Fall Colors November Christmas Theme December No Exchange

# Happy Birthday

# **SEPTEMBER**

Debbie Springer 2 Tekla Bell 6 Sandra Santos 15 Beverly Brown 16 Carol Thibert 21 Esther Feil 22 Sharon Groesbeck 25 Sally Marra 26 Joanne Gerow 26



### **OCTOBER**

Darla Matthews 1 Pat Miller 3 Helen Elder Anderson 7 Roberta Sherman 8 Mary Ellen Vanzler 14 Milrae Hareng 17 Shirley Kerstetter 19 Dolores Rehn 20 **Emily Hamilton 24** 

# FIELD TRIPS

The Guild has planned the following trips for September and October.

### Friday, September 21, 2018

Trip to Quilts On Plum Lane, 14215 7th St., Dade City, FL. Meet at Publix 41 & 50 at 9:30am

# Friday, Octobr 19, 2018

Trip to Suwannee Valley Quilt Shoppe, 517 N. Main St., Trenton, FL. Meet at Hardee's on 19 & 50 at 9:30am.

If you have any questions, call Tekla Bell

Cell: (315) 254-1676





# Long Arm Quilting Service Machine Embroidery Supplies



Classes Kits

Fabrics Notions

Owners Coleen Poole Mary Russell

Monday - Friday 10-5 Saturday 10-4 nanasquiltshop.com

18851 Cortez Blvd. Brooksville, FL 34601 352-796-0011

# Raffle Block of the Month Schedule 2018/2019

Preview	Distribute Kits	Raffle	Presented By	Pattern
Apr	May	June	Card Trick	Marilyn Ryder
May	Jun	July	Turn About	Denise Jolliffe
June	July	August	Owl	Bobbie LeMay
July	August	Sept	Falling Leaves	Sue Gillespie
August	Sept	Oct	Turkey Block	Ruthanne McGookey
Sept	Oct	Nov	Christmas Block	Ruthanne McGookey



See Marilyn Ryder to sign up

	_		_	-
Meeting Type	Day	Date	Place	Time
Board Meeting	Wed	8/22/18	Enrichment Ctr.	9:30
Guild Meeting	Thurs	8/23/18	Jerome Brown Comm. Ctr.	9:30
Board Meeting	Wed	9/26/18	Enrichment Center	9:30
Guild Meeting	Thurs	9/27/18	Jerome Brown Comm. Ctr.	9:30
Board Meeting	Wed	10/24/18	Enrichment Ctr.	9:30
Guild Meeting	Thurs	10/25/18	Jerome Brown Comm. Ctr.	9:30
Board Meeting	Wed	11/14/18	Enrichment Center	9:30
Guild Meeting	Thurs	11/15/18 – Opp. Quilt Drawing	Jerome Brown Comm. Ctr.	9:30

**NEWSLETTER:** Call or send any information, suggestions, correspondence, tips, or sayings dealing with quilting to Barbara Theriault, 8181 Weatherford Ave., Brooksville, FL 34613; email: btheriault1@tampabay.rr.com; or call 352-597-8816 or Cell: 678-793-5335. Next deadline is October 4, 2018.

Let Shirley Kerstetter, our SUNSHINE LADY, 352-686-9057, know about the needs or illnesses of our members.

# **GUILD NEWS AND NOTES**



- ❖ GUILD CLASSES Guild Classes will continue in October along with certain dates for Boutique Items (Make & Donate). As the "Make & Donate" Chairperson, Sharon Didden has made up a schedule of the upcoming classes for the Boutique. The parameters for the M/D is to come and learn a specific item and then to either finish the item in class and donate it to the 2019 Quilt Show Boutique, or to make the item at home and then donate it. All interested members will sign up with Sharon for these classes. You will also be receiving material lists in advance of the classes via e-mail.
- \* ENRICHMENT CENTER MEMBERSHIP In order to take any of the Guild classes on Tuesdays, it is a requirement that you belong to the Enrichment Center first. This is just a reminder for new members who might not be aware of this rule. You can join the Enrichment Center for \$15.00 per year so you can take our classes as well as anything else the Enrichment Center has to offer, which is a large variety of things that you might like. It is a small yearly fee to pay to have access to the many things the Enrichment Center has to offer.

# ❖ 2018 OPPORTUNITY QUILT ("Roses Of Hernando")

We are moving right along with the ticket sales for the 2018 Opportunity Quilt, which was apply named (Roses Of Hernando). This Quilt was made to raffle off in advance of our 2019 Quilt Show to fund our Pre-Quilt Show expenses. The Quilt was quilted by Louise Isabelle who did a fabulous job, one that we can be proud of as well as all the members who did various segments of the piecing, binding, backing, etc. The drawing will be held at the November 15, 2018 meeting at Jerome Brown Community Center. (See the picture on the right of the completed Quilt)



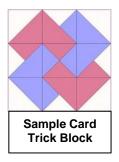
"Roses Of Hernando"

# \* 2019 QUILT SHOW OPPORTUNITY QUILT ("Rosewood Cottage")

With a vote by the membership we have chosen a Quilt pattern of fusible applique and piecing combined by designer, Nancy Odem, called "Rosewood Cottage." Barb Theriault & Bev Abenante are the coordinators of this project. Barb made this quilt about 6 years ago for her own collection and showed it at a few of our meetings. Barb & Bev got together on June 18th to sort out fabrics which they will both be donating. Barb made up packets of some of the pieced blocks and handed them out at the June meeting. To keep consistency, we only chose a few people to participate in the preparation. When this quilt is completed we will start selling tickets ahead of the 2019 Show and also at the Show, with the drawing to be held on the last day of the show. Barb will design the raffle tickets for this quilt. (See a sample picture of Barb's original quilt on the right) Barb has updated the designs of some of the applique blocks and several of the appliqued and pieced blocks have been completed already. If all goes well, we should be on schedule for January or February, 2019 to start selling tickets.



\* 2019 GUILD CHALLENGE - "CARD TRICK" – As the winner of Best of Show for the 2018 Guild Challenge, Sue House, with the help of Shirley Kerstetter, "Viewer's Choice" have chosen the subject for the February, 2019 Challenge. The subject is "CARD TRICK QUILT BLOCK" The idea is to make a quilt with the Card Trick Quilt Block featured in your quilt and be easily recognizable. The block can be any size and color. You can incorporate one, or multiple blocks in your design, create a traditional, or mini quilt, or create a unique design of your own. Applique and embellishments may be included as well. Get your creative juices flowing. We would like to have a large participation. If you have any questions, call Sue House at (607-425-9845) or e-mail: house.suzannea@gmail.com, or call Shirley at (352-686-9057)



❖ 2019 LAKEWOOD RETREAT - MARCH 4 - 7, 2019 - The Coordinator again this year will be Barb Theriault. Ava Rossler and Sue House will be collecting payments and assigning rooms. The Retreat Info Packet for our March Retreat was sent out on August 7<sup>th</sup> via e-mail. The cost remained the same this year and we expect a fun-filled 3 days of sharing ideas, quilting, sewing, Fat Quarter Bingo, Grand Prize Basket and laughter! You will again be asked to bring 4 Fat Quarters when you check in. For any of you newcomers to our Retreat, you are in for a fun time!



# Calendar of Classes/Meetings



Since there were no regularly scheduled classes for the summer, Tuesdays at the Enrichment Center will be dedicated to making items for the Quilt Show Boutique. As the "Make & Donate" Chairperson, Sharon Didden has made up the following schedule of the upcoming classes for the Boutique. The parameters for the M/D is to come and learn a specific item and then to either finish the item in class and donate it to the 2019 Quilt Show Boutique, or to make the item at home and then donate it. All interested members will sign up with Sharon for these classes. You will also be receiving materials lists in advance of the classes via e-mail from Barb Theriault.

Date	Class	Instructor
AUGUST		
August 14, 2018	Victorian Boot	Ava Rossler
August 21, 2018	Clothesline Bowl	Ava Rossler
August 28, 2018	Aprons: Bistro and full Coverage	Ava Rossler, Sharon Didden, Judy Thew
SEPTEMBER		
September 11, 2018	Luggage Tag & Credit Card Holder	Judy Thew
September 18, 2018	Non-Slip Foot Pedal Pad	Sharon Didden
September 25, 2018	Stenciled Tote	Ava Rossler, Denise Jolliffe
OCTOBER		
October 9, 2018	Adjustable Casserole Carrier	Sharon Didden
October 16, 2018	Rotary Cutter Case	ТВА
October 23, 2018	Folded Ribbon Ornament	Penny Dyer
*October 30, 2018	REGULAR CLASS: (\$5.00 Fee) Mulari Sweatshirt	Penny Dyer
NOVEMBER		
*November 13, 2018	REGULAR CLASS: (\$5.00 Fee) Mug Rug	Ruthanne McGookey
*November 20, 2018	November 20, 2018 REGULAR CLASS: (\$5.00 Fee) Tote Bag	
*November 27, 2018	REGULAR CLASS: (\$5.00 Fee) Christmas Ornament	Ruthanne McGookey
DECEMBER	NO CLASSES	

# **Guild Meeting Dates**

<u>September 27, 2018 – Thursday 9:30 – General Guild Meeting</u> – Jerome Brown Community Center, 99 Jerome Brown Place, Brooksville, FL Off Cortez Blvd. which becomes West Jefferson.

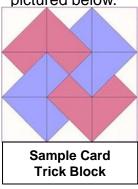
<u>October 25, 2018 – Thursday 9:30 – General Guild Meeting</u> – Jerome Brown Community Center, 99 Jerome Brown Place, Brooksville, FL Off Cortez Blvd. which becomes West Jefferson.

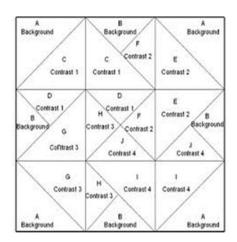
# 2019 Hernando Guild Challenge – "CARD TRICK"

As the winner of "Best of Show" for the 2018 Guild Challenge, Sue House with the help of Shirley Kerstetter – Viewer's Choice, has chosen the subject for the 2019 Challenge. The Subject is the "Card Trick" Quilt Block.

The Card Trick Quilt Block must be featured in your quilt and be easily recognizable. The block can be any size and color. You can incorporate one or multiple blocks in your design, create a traditional or mini quilt, or create a unique design of your own. Applique and/or embellishments may be included. A sample of the Card Trick block and a breakdown view is

pictured below.







(There is a pattern available for a 12" Card Trick block on (<u>www.quilterscache.com</u>) I'm sure you can find a pattern on the internet in a smaller block size as well.

**Categories:** The Quilts will be judged in one category.

**Judging:** We will again try to bring in an outside judge and will have "Best of Show", 1st

place, 2<sup>nd</sup> place and 3<sup>rd</sup> place. Guild members will vote for the winner of

"Viewer's Choice."

**Quilting:** You must have hand or machine quilting on your quilt.

Size: No smaller than 16x16" and no larger than 45x60". If you are smaller, or larger

than the specifications, your quilt will not be judged.

**Due Date:** February 28, 2019 – Guild Meeting

**Rules:** You are not allowed to use a quilt that has been made previous to this

challenge. It must be made between March 22, 2018 and February 28, 2019. There will be a sign-up sheet when you turn in your quilt. ALSO, you must

have your name on the back of your quilt.

**Questions:** You can call, text, or e-mail Sue House at 607-425-9845

(house.suzannea@gmail.com) or Shirley Kerstetter at 352-686-9057



# QUILT SHOWS/RETREATS



# September 16th - 20th, 2018 - QUILT RETREAT IN ST. AUGUSTINE

Glenda Irvine is hosting a quilting retreat "Just Sew Quilts" on <u>9/16/18-- 9/20/18</u> at the Guy Harvey Resort in St. Augustine For more info email <u>Talacam@aol.com</u> or call Glenda Irvine at 352-625-7760

# September 20, 21, 22, 2018 - Quilt Fest in Jacksonville, FL "Quilters Rule"

To be held at the Prime Osborn III Convention Center, 1000 Water Street, Jacksonville, Florida. We are open everyday, Thursday, Friday and Saturday from 9-5. We have over 400 judged quilts on display and 70+ vendors We offer free demonstrations and a quilt appraisal booth. We also offer a Quilt Sale Booth, Silent Auction, Food Court and Free parking. We have special attention for groups to facilitate your entrance into the show. Contact Jane Plummer at **Quiltfestpublicity@gmail.com** for further information.

October 12-13, 2018: QUILT SHOW IN BRANDON - Piecemakers Quilt Guild of Brandon, Quilt Show Harvest of Quilts "Symphony of Colors"; 12th-9 a.m. – 5 p.m. and 13th-9 a.m.-4 p.m. at The Regent Center, 6437 Watson Road, Brandon, FL. Mozart's Marketplace, Beethoven's Book Sale, Upbeat Boutique, Rock Opera Opportunity Quilt, Rhapsody Raffle, Petite Ensemble Small Quilt Auction. Details on website: www.brandonquiltguild.com

# October 26 - 28, 2018 - Kaffe Fassett is coming to Tampa!

Two workshops and an evening lecture, all celebrating color. For more info contact: http://happyapplequilts.com/haq-kaffe-fassett

November 9<sup>th</sup> & 10<sup>th</sup>, 2018 – OCALA – Country Road Quilters of Ocala is excited to present our "Bright Country Nights, Big City Lights" Quilt Show. We have moved to an exciting new venue! Circle Square Commons (On Top of the World), 8395 SW 80<sup>th</sup> St., Ocala, FL 34481: Time 9:00am – 4:00pm Friday & Saturday. Admission is \$7 and parking is FREE! (Buses are welcome!) -Featuring Certified Quilt Appraiser, Brenda Grampas both days and Quilt Turning by Brenda on Saturday. 200+ quilts & traditional art including: -Vendors, Door Prizes, Opportunity Quilt, Challenge Quilts, Miniature Quilts, Silent Auction, Raffle Baskets, Art Quilts, Boutique, Demos. More info at <a href="https://www.crqocala.com">www.crqocala.com</a>

# December 6 – 9, 2018 QUILT RETREAT IN LAKE YALE

Paper Piecing Palooza at Lake Yale near Leesburg, FL <u>December 6-9, 2018</u> Sponsored by Crafty Threads. Write to <u>craftythreads@gmail.com</u> for more information or call 813-855-3066





# Show & Tell – June & July



Sally Cosenza is showing her piece by number placemats. She said they were a little confusing to make!



Judy Thew made this lovely aqua lap quilt. Nice job!



Alma Martin is getting ready for Christmas with this new table runner that she learned in Kathleen East's class last spring. Looks great!



Denise Jolliffe is showing off her cats on a long Tote Bag, good for transporting rulers to classes, or Quilts for Show & Tell..



Connie Jablonsky displays her beautiful Red/Black/White Quilt and another quilt she made with all sampler blocks. Nice job Connie.



Ruth Redeker displaying her very colorful stack'n wack quilt.



wall hanging. She won the heart blocks at our 2018 Retreat.



Silecch is showing her Log Cabin Lap Quilt. Nice job Marie.



Pat Barnum must have had the tropics in mind when making this lap quilt. Even the backing (right) makes you want to run off to a Caribbean Island!! Great Pat!







# Show & Tell - June/July (Continued)



Brigitte Kasm is ready to ring in the Fall w/ this Vintage Truck Applique wall hanging. Love It!



Louise Isabelle is showing a cute little summer wall hanging.



Tekla Bell displays this very colorful quilt. It almost looks like needlepoint. It could be, but I was not at that meeting to see for sure. Beautiful Quilt!



Marie Silecch is showing two more of her colorful quilts. Great job Marie.



Denise Jolliffe made this clever wall hanging for her eye doctor friend. Cool!



Ava Rossler is showing a few of the weighted Chicken Pin Cushions from a class she held on July 17<sup>th</sup> for Boutique Items.



Alma Martin has been keeping busy with these very simple baby quilts she has made for charity. They whip up in no time and what a nice gift for a child. Great Job Alma.



# THIS & THAT....

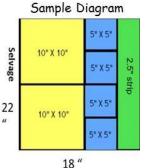


# Monthly Quilt Show Boutique Project

Louise Isabelle has come up with a project that we will all be involved in for the Quilt Show Boutique. We will be making our own Charm Packs, Layer Cakes and 2 ½" strips from Fat Quarters. Each month will have an assigned color. You will cut 2 Fat Quarters a month, in the following way:

Trim your Fat Quarters carefully. Remove the selvedge. Then cut each Fat Quarter as described below.

- The first cut will be 10" this will then be cut into two 10" squares
- Next cut a 5" strip. Then sub-cut into four 5" squares
- ☐ Finally, cut a 2 ½" strip



Pass your Charms, Layer Cakes and 2 ½" strips to either Louise Isabelle, or Terri Coley at the Guild Meeting. Put them in a plastic bag each month and put your name on the bag.

Cut two Fat Quarters a month into: (See Sample above)

Two 10" Squares Four 5" Charms One 2 1/2" Strip

See monthly schedule below:

2018		2019		
May	Pink	January	Batiks	
June	Yellow	February	Purple	
July	Black	March	Floral (Multi)	
August	Brown	April	Reds	
September	Blue	May	Coral	
October	Fall colors	June	Grey	
November	Christmas	July	Orange	
		August	Green	
		September	Neutral (Beige, Cream, White)	

# **WOOL APPLIQUE PROCESS**

If there's anything you should know about wool appliqué, it's this: it's fun, easy, quick, and addicting! There are no edges to turn, no right or wrong sides, and no worries about fabric grainline. It's one of the simplest and most forgiving forms of appliqué.



Wool appliqué is very portable, so you can work on it almost anywhere. It's so easy and relaxing that you can visit with a friend and not lose your place while stitching. Small wool projects are fun to work on with a group around a table, and they don't take up much room.

When choosing and purchasing wool, you have a few options:

New wool or wool off the bolt. New wool, cut off the bolt, can be found at fabric stores, woolen mills, and quilt shops. The wool comes in a variety of weights, textures, and colors. When choosing wool off the bolt, look for fabric that is at least 80% wool, or it won't felt. My recommendation is to choose 100% wool whenever possible. Suit-weight wools tend to be too light, and coat-weight wools are too heavy. Wool cut from the bolt will need to be felted before using. (See "Felting Wool" below for directions.)

Found or repurposed wool. You can also look for wool at garage sales, estate sales, thrift shops, and in Grandma's attic in the form of blankets, jackets, skirts, and more. It can be hard to know what percentage of wool is in a found piece if there's no label. You can experiment to see if it felts. If the piece is a garment, take it apart before you felt it and be aware that if it has fusible interfacing, it won't felt. The best finds are wool skirts and lightweight wool blankets. Found wool can be used as is, or you can over dye it.

Hand-dyed wool. Hand-dyed wool is my favorite. Although hand-dyed wool can be expensive, it has already been felted through the dyeing process. It's ready to use and very convenient. Hand-dyed wools are soft and wonderful to stitch, plus they offer many different texture and color options. Look at your projects as works of art and heirlooms that you will pass down, and the cost will be worth it.

# **Felting Wool**

Felting wool requires moisture, agitation, and heat. When these things are applied to the woven wool, it shrinks the wool fibers and makes them mat together, which eliminates raveling. Most wool shrinks about 10% to 20% depending on the fabric, the water temperature, the length of the agitation, and the dryer temperature. The longer you agitate and the hotter the setting, the thicker the wool will become. Be careful not to overdo it or your wool will become too thick and stiff to use for appliqué.

# This & That (Continued)

# **Felting Wood (Continued)**

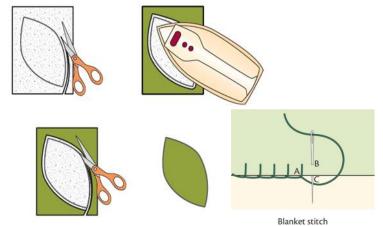
When felting, sort your wool pieces by color or by lights and darks. I felt wool using a small amount of laundry soap and a normal wash cycle, using hot water followed by a cold rinse. If you have loosely woven wool, you may want to run it through twice or on a longer cycle. Dry the wool in a hot dryer and remove it promptly, as over-drying can cause set-in wrinkles. Felting wool can produce a lot of lint, so be sure to clean out the lint trap.

# **Wool Applique Tutorial**

For best results, use felted wool made from 100% wool fibers. That is, woven fabric that's washed in hot water and dried with heat, resulting in soft, fluffy fabric. This is not the same as wool felt, which is made up of wool fibers that have been compressed together rather than woven. Wool felt can't be laundered as successfully as felted wool.

Note: the process for wool-on-cotton appliqué and wool-on-wool appliqué is the same.

- Trace each appliqué shape onto the dull side of a piece of freezer paper, leaving approximately ¼" to ½" between the shapes. Roughly cut out each shape. With the shiny side down, iron each shape onto the right side of a piece of wool using a dry iron. Try not to press too hard on the wool—you don't want to flatten the fabric too much.
- 2. Carefully cut out each piece along the drawn line and remove the freezer paper. Your shapes are now ready to place on the background piece.
- 3. Apply a dab of glue to the wrong side of each appliqué shape. Gently press the shapes into place on the background, working from the bottom layer up.
- 4. Once all the pieces are in place, staple them (yes, staple them!) for a firm hold. Sometimes the glue alone isn't enough to keep the pieces in place during the stitching. Stapling works beautifully: it's quick, the staples are easy to remove with your fingers, and because the wool is self-healing, no marks are left on the appliqués.
- 5. Use a blanket stitch to appliqué the pieces in place using matching thread. Remove the staples.



# **Recipe Corner**

# Skillet Shepherd's Pie

With the cooler days of fall approaching, I thought this would be a great dinner recipe. Serve with a small Leafy green salad and you are all set.

# **Ingredients**

- 1 pound ground beef
- 1 cup chopped onion
- 2 cups frozen corn, thawed
- 2 cups frozen peas, thawed
- 2 tablespoons ketchup
- 1 tablespoon Worcestershire sauce
- 2 teaspoons minced garlic
- 1 tablespoon cornstarch
- 1 teaspoon beef bouillon granules
- 1/2 cup cold water
- 1/2 cup sour cream
- 3-1/2 cups mashed potatoes
- (prepared with milk and butter)
- 3/4 cup shredded cheddar cheese

### **Directions**

- In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in the corn, peas, ketchup, Worcestershire sauce and garlic. Reduce heat to medium-low; cover and cook for 5 minutes.
- 2. Combine the cornstarch, bouillon and water until well blended; stir into beef mixture. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Stir in sour cream and heat through (do not boil).
- 3. Spread mashed potatoes over the top; sprinkle with cheese. Cover and cook until potatoes are heated through and cheese is melted. Freeze option: Prepare beef mixture as directed but do not add sour cream. Freeze cooled meat mixture in a freezer container. To use, partially thaw in refrigerator overnight. Heat through in a large skillet, stirring occasionally and adding a little water if necessary. Stir in sour cream and proceed as directed.

# Advertising



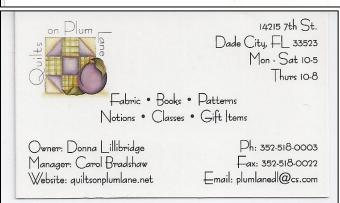
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