

The Cheer 'Em On Sports Guide's



20 Tasty Touchdown Treats
for
Big Game Day

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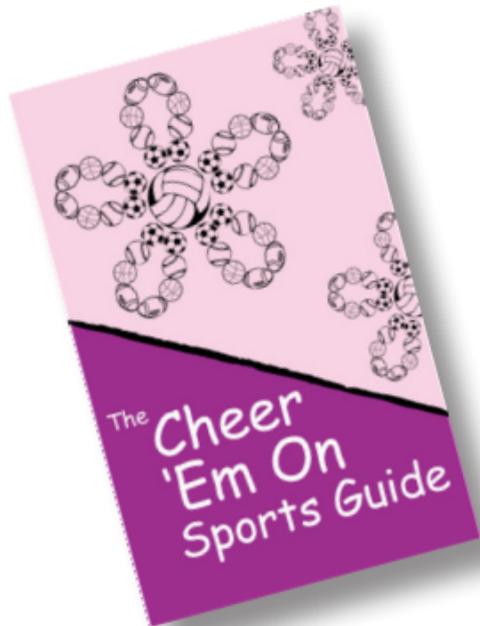
Thank you and happy snacking!!

Welcome to the Cheer 'Em On Recipe Guide!

From the terrific response to our "Cheer 'Em On Sports Guide", we found that there are now more and more reasons to get together with family and friends to watch sporting events. Of course, with any gathering, great food and drink are essentials.

Keeping that in mind, we put together this small guide of quick, easy, and tasty recipes for our readers and anybody else who's entertaining a crowd. We think you and your team will enjoy the results!

Drop us a note at info@CheerEmOnSports.com and let us know how your snacks turned out!



The Cheer 'Em On Sports Guide is the definitive sports book for girls and women.

It quickly and easily covers baseball, basketball, football, soccer, volleyball, and wrestling, so you can master each one in 30 minutes or less.

Take it for spin by reading an excerpt at www.CheerEmOnSports.com!

“This is a very informative resource book for people who have little knowledge about sports. It helped me understand the strategies used and the names for them.”

-Joyce M.

10-Minute Drill





Lit'l Smokies and BBQ Sauce

We've yet to meet the sports fan that can resist this fast, no-fail recipe!

- 1 16 oz. package Hillshire Farm
Lit'l Smokies, any variety
- 1 bottle BBQ sauce, any flavor

Drain liquid from Lit'l Smokies; put into crock pot. Pour enough BBQ sauce over sausages to cover. Cook on low for 2-3 hours, stirring occasionally.





Semi-Homemade Salsa

Let 'em think you slaved over this awesome, easy salsa for hours...

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|---|---|---|--------------------------------|
| 1 | 24 oz. jar Pace Picante sauce, extra chunky | 1 | large mild, sweet onion, diced |
| 1 | tablespoon sugar | 4 | tablespoons chopped cilantro |
| 6 | Roma tomatoes, chopped | ½ | teaspoon salt |
| 1 | teaspoon garlic powder | | |

Combine all ingredients in mixing bowl; chill for several hours to blend flavors. Serve with chips or any Mexican dish.





Microwave Fondue

Easy, cheesy and sure to be a hit!

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| 1 | 11 oz. can cheddar cheese soup | $\frac{1}{4}$ | teaspoon Worcestershire sauce |
| 8 | oz. shredded Swiss chese | $\frac{1}{8}$ | teaspoon hot pepper sauce |
| $\frac{1}{4}$ | teaspoon prepared mustard | | cubed French bread |

Mix all ingredients except bread into a 1-quart glass casserole dish. Heat in microwave oven 4-5 minutes until cheese melts, stirring after each minute. Serve with cubed bread for dipping.



Gameday Classics





Chile & Cheese Roll-Ups

You'll want to double the batch on these—they go quick!

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| 4 | oz. cream cheese, softened | ¼ | cup sliced green onions |
| 1 | cup grated Mexican blend cheese | 1 | 4.25 oz. can chopped ripe olives |
| 1 | 4 oz. can diced green chiles | 4 | 6-inch flour tortillas |

Blend all ingredients except tortillas. Spread $\frac{1}{2}$ cup of the mixture onto each tortilla. Starting at one side, roll up into a cylinder about $1\frac{1}{2}$ inches in diameter. Place each roll on a sheet of plastic wrap and refrigerate for at least an hour. When ready to serve, slice each roll into $\frac{1}{2}$ -inch thick pieces.





Sausage-Cheese Balls

So simple, yet so tasty...

2 pounds ground sausage

1½ cups biscuit mix

4 cups grated cheese

½ teaspoon garlic powder

Mix everything up and roll into walnut-sized balls. Bake in 375° oven for 15 minutes, and that's it!





Mexican Veggie Toss

Great blend of canned and fresh ingredients that's sure to please the whole crew!

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| 2 | 15-oz. cans black beans,
rinsed and drained | 1 | 14.5-oz can diced Mexican
tomatoes, drained |
| 1 | 11-oz. can vacuum-packed
corn | 1 | 7-oz. can diced mild green
chiles |
| ½ | cup chopped fresh cilantro | ¼ | cup chopped green onions |
| 2 | tablespoons red wine vinegar | 1 | teaspoon salt |

Hot pepper sauce to taste

Toss all ingredients together in a bowl. Refrigerate several hours to blend flavors. Serve with tortilla chips.





Party Mix

A more flavorful take on the traditional "back of the box" recipe!

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| 1 cup butter or margarine | 1 teaspoon onion powder |
| 4 tablespoons Worcestershire | ½ box Rice Chex |
| 1 teaspoon garlic salt | ½ box Wheat Chex |
| 1 teaspoon garlic powder | ½ box Kix |
| ½ teaspoon celery salt | ½ box Cheerios |
| 2 teaspoons seasoned salt | 1 pound roasted mixed nuts |
| 1 teaspoon onion salt | 1 16 oz. bag pretzels |

Melt butter; add Worcestershire, salts, and powders. Combine remaining ingredients in large roasting pan. Slowly drizzle butter mixture over cereals. Bake at 200° for 1 hour, stirring every 15 minutes.





Sweet & Sour Meatballs

An easy favorite for the meat eaters in the crowd.

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| 3 | pounds hamburger | 2 | eggs |
| 1 | envelope onion soup mix | 28 | oz. ketchup |
| ½ | cup dry bread crumbs | 10 | oz. grape jelly |

Combine hamburger, onion soup mix, eggs, and crumbs; roll into 1-inch balls. Brown in large frying pan; drain off grease. Combine ketchup and jelly; pour over meatballs and simmer 4-6 hours. Optional: After browning meatballs, place in crockpot, cover with sauce, and cook on low for 4-6 hours.



Dipping Delights





Chili-Cheese Dip

A great warm dip for a cold gameday!

- 1 lb. Velveeta cheese, cubed
- 1 4 oz. can diced green chiles
- 1 15 oz. can chili, no beans

Combine cheese, chili, and chiles into medium saucepan. Stir over medium-low heat until cheese melts and mixture is of dipping consistency. Keep warm and serve with tortilla chips.





Artichoke-Parmesan Dip

This dip is addictive—one scoop and you're done for!

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| 1 | cup mayonaise | $\frac{3}{4}$ | cup grated parmesan cheese |
| 2 | 13.75 oz. cans artichoke hearts in water, drained | $\frac{1}{4}$ | teaspoon garlic powder |

Put all ingredients into food processor & pulse until artichokes are finely chopped and mixture is smooth. Place in a 1-quart casserole dish and bake uncovered at 350° for 30 minutes. Serve warm with crackers and/or cocktail rye bread.





Baked Dip Italiano

Here's an easy dip that'll make the pizza lovers rejoice...

- 1 8 oz. package cream cheese, softened
- 8 oz. shredded mozzarella cheese (2 cups)
- 1 teaspoon Italian seasoning
- ½ cup pizza or spaghetti sauce
- ½ teaspoon garlic powder

Combine cream cheese, Italian seasoning, and garlic powder until smooth and spread into the bottom of a 9-inch pie plate. Sprinkle 1 cup cheese evenly over mixture. Spread sauce over cheese, and layer remaining cup of cheese on top. Bake at 350° for 15-20 minutes until dip is heated through and cheese is melted. Serve with crackers or French bread chunks.





Reuben Dip

Here's an easy alternative to making Reuben sandwiches.

- 8 oz. shredded cheddar cheese
- 8 oz. shredded Swiss cheese
- 8 oz. finely chopped corned beef
- 12 oz. can sauerkraut, drained
- ½ cup 1000 Island dressing

Blend all ingredients and spread into shallow baking dish. Bake at 350° until bubbly and brown (roughly 20 minutes). Serve with rye crackers and/or cocktail rye bread slices.



Party Day Drinks





Raspberry Smoothie

Great fruit drink for all ages!

- 1/2 12 oz. bag frozen raspberries
- 2 cups orange juice

Put both items into a blender and process. Adjust orange juice to desired consistency.





Four Fruit Cooler

Double this recipe and throw into a punch bowl for “serve yourself” convenience...

1½ cups frozen strawberries

2 medium bananas, sliced

2 cups frozen peach slices

1 6 oz. can frozen lemonade

Thaw fruit and lemonade. Put all ingredients into a blender with ½ cup water and process until smooth. Stir in 2 cups cold water. Serve with ice. Makes 8 six-ounce servings.





Punched Up Hot Cider (Over 21)

Need a little human “anti freeze”? This will take the chill off!

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| 1 | 48 oz. bottle apple juice/cider | 1 | 5-inch cinnamon stick, broken |
| 3 | cups white grape juice | 1 | cup Southern Comfort |
| 1 | 16 oz. jar spiced crab apples | | |

In Dutch oven combine all ingredients except Southern Comfort. Bring to a boil, cover and simmer 10 minutes. Throw out cinnamon stick. Stir in Southern Comfort. Serve in mugs. Makes 11½ cups.





Liquid Mound Bar (Over 21)

Have your candy and drink it too...

$\frac{3}{4}$ oz. coconut rum

$\frac{3}{4}$ oz. dark creme de cacao

$\frac{3}{4}$ oz. Irish cream

$\frac{3}{4}$ oz. milk or cream

Fill a cocktail shaker with ice; add all ingredients and shake. Strain into a chilled glass.



Sweet Treats





Fruit Dip

Only two ingredients and so good on fresh fruit!

- 1 8 oz. package cream cheese, softened
- 1 7 oz. jar marshmallow creme

Combine and beat with an electric mixer until smooth. Serve with fresh fruit chunks like pineapple, cantaloupe, honeydew, oranges, or apples.





Best-Ever Brownies

These chocolatey, chewy bars will disappear in no time!

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| ½ cup butter or margarine | 1 teaspoon vanilla |
| 9 tablespoons baking cocoa | ¾ cup flour |
| 3 tablespoons oil | ¼ teaspoon salt |
| 1 cup sugar | 1 cup chocolate chips |
| 2 eggs | |

Heat oven to 350°. In medium bowl, melt butter in microwave. Add cocoa and oil, stirring until smooth. Add sugar, eggs, vanilla, and salt, mixing well after adding each ingredient. Gradually add flour and spread into greased 8x8 inch glass pan; sprinkle with chocolate chips. Bake 18-22 minutes or until brownies leave slight indentation when touched in center.

Cool completely and cut into 2-inch squares.





Cocoa Puff Treats

You'll have a hard time keeping these puppies in stock!

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|---------------------------|---------------------------|
| ½ cup brown sugar, packed | 1 teaspoon vanilla |
| ⅓ cup light Karo syrup | 3 cups Cocoa Puffs cereal |
| ½ cup peanut butter | |

Combine brown sugar and Karo in medium saucepan. Cook until it just starts to bubble. Remove from heat; stir in peanut butter and vanilla. Add cereal; mix well. Form into walnut-sized balls and place on wax paper to cool.





Big D Cookie Bars

A special combination of chips and nuts make these bars a favorite!

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|--------------------------------|--------------------------|
| ½ cup butter or margarine | 1 cup butterscotch chips |
| 1½ cups graham cracker crumbs | 1 cup coconut |
| 1 cup chocolate chips | 1½ cup chopped nuts |
| 1 can sweetened condensed milk | |

Heat oven to 350°. Place butter in 9x13 inch pan and melt in oven. Remove and stir in crumbs. Pat evenly into bottom of pan. Sprinkle crust with both chips, coconut, and nuts. Pour milk evenly over all. Bake for 30 minutes, cool, and cut into bars.

