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The Braces Cookbooks

YouTube Braces Info

For people considering braces, whether they are the parents or the patients, there's a good new series of short YouTube videos posted at the public outreach website of the American Association of Orthodontists. Check out the topics at:

<http://www.braces.org/learn/Webisodes.cfm>

So far, there's:

Orthodontics Today
 Health and Beauty through
 Orthodontics
 Common Bite Problems Seen in
 Children
 National Facial Protection Month –
 Play it Safe
 Does My Child Need Braces?
 Adults and Orthodontics
 Orthodontic Basics

The Braces Cookbook Newsletter - Vol. 2, No. 2, May 2010



FINALIST AWARD

We're excited!

The Braces Cookbook 2: Comfort Food with a Gourmet Touch took Finalist Awards in the prestigious Arizona Book Publishing Glyph competition, placing Second in both Cookbook and Health categories. (Three cheers to the winners: Cookbook: Taco Table by Lois Ellen Frank (Western National Parks Association) and Health: Eat What You Love, Love What You Eat by Michelle May (Greenleaf Book Group Press))

In Celebration ...FREE BC2 galleys, first come, first served!!

It just so happens that we have about 20 galley copies left over of the original print run for The Braces Cookbook 2. These copies were printed in black and white, though the cover is in color. You can get a copy just for the price of shipping and handling - \$5.00. [Click here](#) to order on our special newsletter-subscribers-only ordering page.

This Month's Recipe:



Beef Crumble Sandwiches

Up and down the Mississippi River, at homes, restaurants, and church picnics, you'll find some variation of this beef mixture spread between the halves of a hefty bun. Great for the days when even a hamburger would give you pause, this sandwich just may become a regular on your own menu. Some people enjoy it with a beer, others mix the beer right in with the beef; now there's food for thought.

- 1 pound ground beef
- 1 teaspoon chopped garlic
- 1 Tablespoon dried minced onion
- 1 (10 3/4-ounce) can chicken gumbo soup, undiluted
- 1 teaspoon salt
- 1/2 cup bread crumbs
- 4 sandwich buns

(Optional: ketchup)

Cook on stovetop, about 20 minutes total.

In a large frying pan, brown the beef with the garlic and onion, chopping it to a fine crumble (the tool called a fish spatula is great for this task). Drain if necessary. Stir in the soup, salt and bread crumbs; simmer mixture for 5 minutes. Cut open the sandwich buns and spread one quarter of the mixture on each one. Add ketchup if desired. Serves 4.

For a variation, replace the soup with ½ cup tomato juice or sauce, whichever you have on hand, or ½ to 1 cup beer, plus ketchup to taste. Let it simmer to the thickness you prefer.

Chef Ameer's Gourmet Touch

-Add one can chopped mild green chiles to the beef mixture and top crumbled beef sandwich with a slice of Monterey Jack cheese for a bit of Southwest flair.

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