



Recipe Corner

Chicken and Dumplings Casserole

- 3 tbs olive oil
- medium chopped sweet onion
- mixed vegetables (about 2 cups)
- 1/2 cup chopped celery
- 3 cups chicken broth
- 3 tbs flour
- 3 cups chopped cooked chicken

Step One:

Heat olive oil; add onion for about two minutes then 3tbs flour and 1/4 cup broth. Stir until thickens and then add rest of broth. Medium heat until thickened then add chicken and vegetables. Divide into two 1.75 liter Pyrex dishes.

Dumplings

- cup of flour
- 2 tsp baking powder
- egg
- 1/3 cup milk

Step Two:

Dumplings will be about 4-5 each dish...use large TBS and drop on top of casserole. One of them can be frozen and the other at 400 degrees for about 15-20 minutes until dumplings are golden brown.

The chicken and the broth are from last week's recipe. This is one of several recipes I've been developing when cooking for myself. Key is to take the meal out of the freezer night before and use vegetable portions available from Sam's Club in two cup packets.

THE FRANK REPORT

5.11.2019 #173

*All the news I see fit to print.
Freedom of the press belongs to those who own one.*

2020 DEMOCRATIC PRESIDENTIAL HOPEFULS



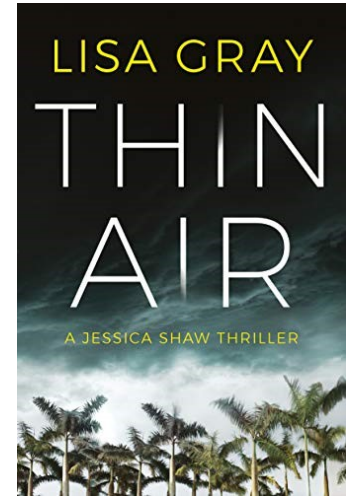
...and they are not done. I've got a suspicion about the crowded field. They are playing to their base to get donations they know will not be used for the primary process...just adds to their war chest for re-election. Also strokes their ego to brag that they ran for president.



Meanwhile, the Lame Stream Media is getting mental whiplash trying to wade through the positions these clowns are taking. Then, on the sidelines, you've got an additional clown posse with outrageous comments designed to keep the media focus on them. For added flavor, there are the attacks on Jews and Christians complete with a Philadelphia grade school class singing about chopping the heads off of non-Muslims.

Bon Mots

A conscience does not prevent sin. It only prevents you from enjoying it.



Book Report

Debut novel; free from Amazon for Prime members. Started slow but she got focused about 1/3 way in. Very interesting plot concept and good first effort promising a better second offering.

TV REPORT

I was right. *Boston Legal* went off the rails and lost me when they focused on cast with plots that stretched the imagination to a ridiculous point. Shatner and Spader still fun but they cut way back on their interaction.

FUN REPORT

Get a stack of Trump 2020 bumper stickers. Put them on every Prius you find in parking lots. Watch for uptick in road rage and fist fights as liberals attack each other.

-more-

Gas is getting weaker...

...the *BTU/gallon has been constant from 1949 to 1992. It was 125,071 BTU's per gallon. In winter, you will find the addition of butane to adjust the vapor pressure of gasoline in extreme cold. The BTU value of butane is 103,000 so adding some won't greatly affect the total BTU of gasoline. In 1993, gasoline had a drastic decline in BTU...guess what was added? Yep...ethanol with a BTU of only 76,000/gallon. You're now getting a 4% reduction in the gasoline's ability to power and the politicians are talking about adding even more than the 10% ethanol...after the farm vote maybe? The other dirty secret is how ethanol will destroy some of the components in your engine. Meanwhile, politicians are pushing for greater fuel economy for vehicles while lowering the BTU of the fuel they use. You cannot make this stuff up but it does show you the damage lobbyists rain down on the uninformed consumer. Here's a link if you want more info: type <https://oilprice.com/Energy/Energy-General/Why-Your-Gasoline-Wont-Take-You-As-Far-As-it-Used-To.html> into your browser. It gets worse.

**The British thermal unit (BTU) is the amount of work to raise the temperature of one pound of water by one degree Fahrenheit (one four-inch wooden kitchen match consumed completely generates approximately 1 BTU).*



At the gun range this week...five in a 2.5 inch grouping at 15 feet and six in a six inch grouping at 21 feet with a seven round magazine. Discovered that the position of your trigger finger will affect the grouping. Brand new gun and found a metal splinter in my left thumb...hopefully that's normal...Scott? Had two misfires with the bargain ammo but Sig Sauer 380acp ammo was on sale at the range...that should solve that problem. Now I get to teach myself to field strip the Kimber to properly clean it. It's stainless steel so should be somewhat forgiving if I miss a spot.



Poor Jerry. He lost out to Trump years ago on a NY real estate deal. Now his son is involved in lawsuits aimed at Trump. No wonder the guy never smiles. He's deep into hate and can't stand the success

Trump is having. Chick fil a should have sent complimentary chicken to the Republicans to offset the KFC that idiot Cohen used as a prop during these "important" hearings. Meanwhile, AG Barr is sharpening his wit and knives ready for the next round. You never get that kind of background info from the Lame Stream Media.

That's why I like whatfinger.com

Forbes May 8, 2019

Facebook Setting Aside \$3 Billion For Record Civil Fine
Zuckerman may have to start dealing with blowback from his outrageous conduct. This fine is for sharing (selling?) the data on anyone foolish enough to believe their promises. Next even bigger step will be the government classifying them as a utility opening more safeguards against the anti-conservative bias. Soros is scrambling to get control of social media before the 2020 election. Twitter guy is really pushing his luck as his ego seems to be much larger than his brain. I see where The Zuckerman wants to go to the moon. Maybe we should start a GoFundMe for him if he promises to stay there? His co-founder is pushing for breaking Facebook up...makes you wonder what he knows that will make it happen. Wonder what would happen if Trump switched from Twitter to Gab.com? Take a look at their site...

Thoughts While Thinking

*If we're the most intelligent species on the planet,
why are we picking up the poop from cats and dogs?*

And why do cats get to poop in the house but not the dogs?

GPA/DAD/UNCLE/ETC

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