



*Breaking Bread Together:
Food for the
Body, Mind and Soul*

Cookbook/Devotional

Saint Bernadette Church

5930 S. Abbott Rd., Orchard Park, NY 14127
www.SaintBOPNY.org



Spiritual

Authentic

Involved

Nurturing

Theological

Benevolent

Engaging

Reverent

Noble

Accepting

Dedicated

Educated

Trusting

Topical

Enlightened

Acknowledgements

This cookbook/devotional was a team effort. While a plethora of parishioners offered contributions to this project, and I collated all the materials and centralized communication, there were several additional people that need to be acknowledged for their fantastic help in the development of this book.

Cheryl Benson - Cheryl was my office contact. She was a wonderful facilitator in terms of getting recipes to me and posting bulletin announcements.

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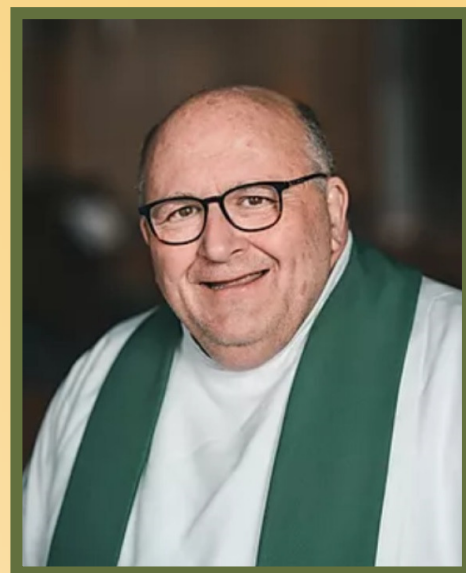
Barbara Trolley - Creator, collator.

Sharon Urbaniak - Sharon was my weekly 'go to person' for ideas, help, and overall support.

This cookbook/devotional
is dedicated to our Pastor
Father Paul D. Seil.

He continues to spiritually lead the Saint

Bernadette 'flock' with knowledge, genuineness, compassion, accessibility, and humor. These qualities, along with his willingness to advocate; non-judgmental approach; and down-to earth persona; binds our community together and helps it thrive. While there will never be a replacement for his long-standing cooking show, *Our Daily Bread*, it is hoped this book will in some small way honor Fr. Paul's culinary contributions.



This book also acknowledges the gifts bestowed to the parish by Parochial Vicar **Fr. Bob Owczarczak**, as he celebrates his first -year anniversary of ordination. We are blessed with his assignment to our parish, his spiritual and clinical expertise, and very real and approachable nature. Fr. Bob is willing to self-disclose in his homilies, and constantly reminds us that we are loved by God. The spiritual growth of the parish has been facilitated by his presence.

PREFACE

While I have never had a “bucket list,” I have for a very long time wanted to make a parish cookbook. As a child growing up, and as an adult, some of the best cookbooks I ever saw and used were those developed by various parish communities. This perception was validated even further, having been a recipient of our meals through *St. Martha’s Ministry*.

Working full-time as a college professor with five children, the question was always timing. With my recent retirement, growth of my children, and pandemic quarantine, I revisited this project. Fr. Paul and Fr. Bob gave me their blessing to proceed. There were several goals I established for this cookbook/devotional. They included: to provide our parishioners a project during the COVID-19 confinement; to further develop a sense of community during this period of isolation; and to possibly secure a small financial contribution to our church during the virtual contacts.

I have been blessed a hundredfold over with the kind notes received, and I am deeply touched by the devotionals shared. Due to the volume of materials, I apologize in advance for any recipe mistakes or saying omissions. I have also had the luxury of trying out some of these recipes in advance and I guarantee they are phenomenal. I offer this cookbook/devotional to all of you, and thank you for making it possible. As reflected in the abundance of contributions to this cookbook/devotional, a strong spirit of community and teamwork is evident. In addition to *Martha’s Meals Ministry*, food is shared by the parish to those who are sick/homebound through provisions of meals at funerals by our *Parish Neighbors*; via a food pantry that serves the community and in general through the vast culinary talents of our parishioners. Ours is a parish of caring, dedicated, loving individuals who role model every day what it means to be a Catholic, faithful servant.

Barbara C. Trolley, PhD

July 2020



May today there be peace within.

May you trust God that you are exactly where you are meant to be.

May you not forget the infinite possibilities.

May you use those gifts that you have received and pass on the love that has been given to you.

May you be content knowing that you are a child of God.

Let this presence settle into your bones and allow your soul the freedom to sing, dance, praise and love.

It is there for each and every one of us.

-- Saint Teresa of Avila

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Recipes are listed alphabetically
within chapters according to the
main ingredient



APPETIZERS





FR. BOB'S BRIE

Ingredients

wheel of brie
butter
brown sugar
1 lb. bacon
candied pecans
onions
1 large baguette

Directions

Fry up one pound of bacon. Get rid of grease and crumble.
Cook up onions in butter (add a little dry vermouth to make it a little fancier) add bacon and enough brown sugar to caramelize the bacon and onions. Put bacon/onion mixture on brie and place candied pecans on top.
Place brie in oven until the inside is melted.
Serve with baguette.

Contributed by Fr. Bob Owczarczak

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 6:34

TEXAS CAVIAR

Make the day before:

1 can black eyed peas rinsed
1 can corn rinsed
1 can black beans rinsed
1 jar pimentos
1 jar jalapenos (if desired,
otherwise omit)
1 medium red onion chopped
1 cup celery chopped

Mix together.

Dressing:

½ cup olive oil
1 cup sugar
1 cup cider vinegar

Heat the dressing. After it cools, pour over mixture and refrigerate overnight. Before serving, pour off the liquid. Serve with scoop chips. Very colorful. Serves a lot.

Contributed by Mary McGrath Klier

So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 6:31-34



MEXICAN CHEESE DIP

Ingredients

Brown and drain:

- 1 lb. ground beef
- 1 lb. pork sausage (Jimmy Dean roll or similar)
- 2 medium onions chopped

Add:

- 1 large 29 oz. can chopped drained tomatoes
- ¼ tsp. salt
- ¼ tsp. pepper
- ¼ tsp. garlic salt
- 2 tbsp. chili powder
- 2 jalapeno peppers chopped (can use one pepper for less heat)
- 1 lb. Velveeta cheese cubed

Directions

Stir until cheese is almost all melted. Bake at 350 degrees in a covered casserole dish for 20-30 minutes, stirring twice. Uncover and bake an additional 10 minutes or until bubbly. Serve warm with tortilla chips. Scoops work best. Enjoy.

Contributed by Judy Kohl

I kiss the soil as if I placed a kiss on the hands of a mother, for the homeland is our earthly mother. I consider it my duty to be with my compatriots in this sublime and difficult moment.

St. Pope John Paul II

BUFFALO CHICKEN WING DIP

Ingredients

- 2 pkgs. of eight ounces cream cheese, softened
- ¾ cup hot sauce (I use Frank's)
- 1 cup blue cheese salad dressing
- 1 cup shredded cheddar cheese
- 2 boneless chicken breasts, cooked and diced

Directions

Mix the softened cream cheese with the hot sauce, then stir in the rest of the ingredients. Pour into a shallow dish, like a pie plate, and bake in a 350 degree oven for 20 minutes. Stir and bake another 10 minutes. Serve with scoops (tortilla chips) or bread chunks or whatever means you like to get this delicious dip to your mouth.

Contributed by Joanne Bapst

Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. For on him God the Father has placed his seal of approval.

John 6:27



BUFFALO CHICKEN DIP 2

Ingredients

8 oz. cream cheese, softened
2 cans (9.75 oz each) chicken
breast in water, drained
1/2 cup hot sauce
1/2 cup blue cheese dressing
1/2 cup crumbled blue cheese

Directions

Stir cream cheese in deep baking dish until smooth. Stir in remaining ingredients. Bake at 350 degrees for 20 minutes until hot and bubbling. Stir. Serve with crackers and vegetables.

Contributed by Colleen Connolly-DiCerbo

*Our role in life is to bring the light of our own
souls to the dim places around us.*

Joan Chittister

MATT'S SOUTHWEST CHICKEN DIP

Ingredients

8 oz. cream cheese
12 oz. sour cream
1 can corn-drained
1 can black beans, rinsed and drained
chopped jalapeno to taste
chopped bell peppers
2 pats butter if desired
1/2 packet taco seasoning
16 oz. shredded cheddar cheese
chopped chicken, about 1 breast

Directions

Mix and bake at 400 for 20 minutes.
Enjoy.

Contributed by Mary Soehner

*Go eat your food with gladness, and
drink your wine with a joyful heart, for
God has already approved what you do.*

Ecclesiastes 9:7



CLAMS ROCKEFELLER

Ingredients

2 cans minced clams drained
1 10 oz. pkg. frozen chopped
spinach drained
1/3 cups breadcrumbs
1 tbsp. lemon juice
¼ tsp. salt
½ cup mayonnaise
2 tbsp. + grated parmesan cheese

Contributed by Pat Rosinski

Directions

Combine clams, spinach, breadcrumbs, 2 tbsp. parmesan cheese, and lemon juice. Fold in mayonnaise and spoon into baking clam shells. Sprinkle with additional cheese.

Bake 20 minutes at 350 degrees.

*To everything there is a season, and a time
to every purpose under heaven.*

Ecclesiastes 3:1

GREEN & GOLD CASSEROLE

Makes 10 – 12 side dish servings

Ingredients

½ cup grated parmesan cheese
1 1/2 lbs. zucchini (3-4 medium)
¼ inch thick (4cups)
3 cups sliced fresh mushrooms
(8 oz.)
1 large onion sliced lengthwise and sliced
1 16 oz. carton dairy sour cream
¼ cup all purpose flour
¼ tsp. salt
1/8 tsp. pepper
1 6 oz. jar of marinated artichokes,
drained and chopped
1 cup shredded Monterrey jack cheese

Directions

Lightly grease a 13x9x2 inch baking pan. Unroll one package crescent rolls, press into bottom of the pan, sealing perforations. Sprinkle ¼ cup of the parmesan cheese. Bake in a 350 degree oven for 10-15 minutes or until golden brown. Meanwhile place zucchini, mushrooms and onion in a large steamer basket over boiling water. Cover, steam 8-10 minute or until crispy tender. Remove, set aside. In a large bowl, stir together sour cream, flour, salt and pepper. Stir in zucchini mixture and artichokes. Turn into pan, spread evenly over crust. Top with Monterrey jack cheese. Open other pack of crescent rolls and separate into triangles. Arrange on top of cheese. Sprinkle with remaining parmesan cheese. Bake in a 350 degree oven 30-40 minutes until top golden brown and filling is heated.

*You say, "Food for the stomach and the
stomach for food, and God will destroy them
both." The body, however, is not meant for
sexual immorality but for the Lord, and the
Lord for the body.*

I Corinthians 6:13

*Recipe by April Leong,
submitted by Pat Pizutti*



BEAU MONDE HAM DIP

Ingredients

- 1 1/3 cups mayonnaise
- 1 1/3 cups sour cream
- 6 1/2 oz. can Hormel chunky ham
- 2 tsp. Beau Monde seasoning (Spice Islands)
- 2 tsp. dried onion
- 1 tsp. dried dill
- dash of garlic salt
- 1 lb. round rye or pumpernickel bread (to make a bread bowl)

Directions

Mix all dip ingredients together. Chill. Hollow out uncut bread and cut into bite-size pieces. Pour dip into bread bowl and serve with bread pieces. When bread pieces run out, cut up and serve the remaining bread bowl.

Contributed by Mary Dziadaszek

*Peace I leave with you; my peace I give to you...
Let not your hearts be troubled, neither let them be afraid.*

John 14:27

LITTLE HOT DOGS

Ingredients

- 1 large pkg. miniature hot dogs
- 1 jar of grape jelly (not preserves)
- 1 jar of chili sauce

Contributed by Barbara Trolley

Directions

Mix chili and jelly together in a crockpot. Add hot dogs. Cook on low until hot, about two hours. Serve with toothpicks. This is a very easy but delicious appetizer from my mother-in-law.

See that you do not despise one of these little ones. For I tell you that angels in heaven always see the face of my Father in heaven.

Matthew 18:10



MARTINI DIP

Yields 1-1/4 cups

Ingredients

- 1 pkg. (8 oz.) cream cheese,
softened
- 1 tsp. mayonnaise
- 1/4 cup green olives with
pimentos, drained and
chopped
- 2 tbsp. vodka
- 2 tbsp. olive juice

- 1/4 tsp. coarsely ground pepper

Directions

In a bowl, beat cream cheese and mayonnaise until blended. Stir in remaining ingredients. Refrigerate for at least two hours. Spoon into a martini glass; garnish with a whole olive. Serve with baguette or crackers.

Contributed by Lena Monaco

Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty."
John 6:35

BOURBON WHISKEY MEATBALLS

Ingredients

- 1 lb. bag frozen meatballs
- ½ cup ketchup (heaping)
- ½ cup brown sugar, packed
- ¼ cup bourbon whiskey
- 1 tsp. fresh lemon juice
- 1 tsp. Worcestershire Sauce

Directions

One bag frozen meatballs is only about 18 to 20 large size meatballs. That is perfect for a small get together. If you have a larger gathering, use two bags of meatballs and double recipe. In a medium bowl, combine all ingredients except meatballs. Place frozen meatballs into crock pot and pour the bourbon sauce on top. Mix well so each meatball is coated with the bourbon sauce. Turn up the heat to high for about an hour, stirring occasionally. Once it appears that the meatballs have somewhat thawed, go ahead and turn your crock pot down to low. Enjoy.

Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me."

John 14:6

Contributed by Jim & Kathy Chwojdak



SALSA ROLL-UPS

Ingredients

4 oz. cream cheese
 3 tbsp. chunky salsa
 4-6 spinach wraps
 1/2 cup shredded cheddar
 cheese
 1/4 tsp. chili powder

Directions

Mix cream cheese and salsa until well blended. Spread onto wraps. Top with the remaining ingredients. Roll up and refrigerate at least two hours. Cut into one inch slices and serve.

Contributed by Christine Pinto

I plead with you - never, ever give up on hope, never doubt, never tire, and never become discouraged. Be not afraid.

Pope John Paul II

SHRIMP APPETIZER

Ingredients

1 lb. large or x-large uncooked shrimp
 1 whole can black olives
 2 jars marinated artichoke hearts drained
 1 pkg. baby portabella mushrooms - remove stems and cut in half or quarters
 Half a whole red pepper sliced or substitute tomatoes
 Italian dressing
 rosemary or thyme
 (olive oil)

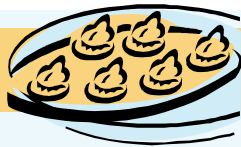
Directions

Cook the shrimp on cookie sheet with rosemary or thyme. Toss in a little olive oil. Bake in a 400 degree oven until pink (they cook fast). Marinade mushrooms in Italian dressing early in the day. Mix everything together and mix with zesty Italian dressing just before serving. Fast and delicious.

Contributed by Nancy Tanzella

But food does not bring us near to God; we are no worse if we do not eat, and no better if we do.

I Corinthians 8:8



SOPHIE'S SAUSAGE

Ingredients

- 1 1/2 - 2 lbs. Polish sausage or smoked turkey sausage
- 1 large onion
- 3 cups applesauce
- 1 cup brown sugar

Contributed by Nancy Caughel

This recipe is from Sophie Marczak who was a long-time parishioner. She was one of the original lunch ladies for the school.

Directions

If using fresh sausage bake at 250 degrees for one hour, prick sausage during baking. Pat on paper towels - cut into bite size pieces. (Omit this step if using smoked sausage). Put in shallow baking dish, slice onion thin and place on top of sausage. Spread applesauce over onions and sprinkle with brown sugar. Bake at 350 degrees for 1 - 1 1/2 hours. Can do ahead and then warm in crockpot.

I have heard the grumbling of the Israelites. Tell them, 'At twilight you will eat meat, and in the morning you will be filled with bread.' Then you will know that I am the LORD your God.

Exodus 6:12

STUFFED MUSHROOMS

Ingredients

- 1 pkg. of fresh mushrooms
- 1 medium size onion
- 2-3 cloves of garlic
- about one cup breadcrumbs
- 1/4 cup parmesan cheese
- butter

Directions

Clean and destem mushrooms. Finely chop the onion, garlic, and mushrooms and sauté in butter. Add breadcrumbs and parmesan cheese. Mix well. Stuff mushroom caps and put on a baking sheet. Add a little water to the pan. Bake at 350 degrees for about 20 minutes.

Contributed by Barbara Trolley

I know God won't give me anything I can't handle. I just wish he didn't trust me so much.

Mother Teresa



STUFFED MUSHROOMS 2

Ingredients

1 lb. white mushrooms
 2 tbsp. oil
 1/4 cup chopped onion
 12 cloves garlic (or 1/2 tsp. garlic powder)
 1/3 cup breadcrumbs
 3 tbsp. parmesan cheese
 1 tsp. salt
 1 tbsp. chopped parsley
 1/8 tsp. oregano

Contributed by Joyce Rettig

Directions

Remove stems from mushrooms and chop finely. Set aside caps. Sauté onions in oil until transparent. Add chopped mushroom stems and garlic and sauté for five minutes. Combine rest of ingredients and mix with onions and mushroom mixture. Fill caps with mixture. Put in baking dish, add 1 tbsp. oil to dish. Bake at 400 degrees for 20 minutes or until tender.

Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"

Matthew 4:4

TACO DIP

Ingredients

1 can refried beans mixed with
 1 pkg. of taco seasoning.
 sour cream
 cheddar cheese
 chopped lettuce
 chopped tomatoes
 black olives and green onions
 taco sauce and chips

Contributed by Betty Weidner

Directions

Spread beans in the bottom of 9 x 13 inch pan. Top with enough sour cream to cover the beans. Sprinkle with a layer of shredded cheddar cheese. Add layer of chopped lettuce and then another layer of cheddar cheese. Top with sliced black olives and diced green onion. Before serving top with taco sauce. Note, you can also add chopped tomatoes. If a large can of refried beans is used, use two packages of taco seasoning. Serve with taco chips

But when the day was now breaking, Jesus stood on the beach; yet the disciples did not know that it was Jesus. So Jesus said to them, "Children, you do not have any fish, do you?" They answered Him, "No." And He said to them, "Cast the net on the right-hand side of the boat and you will find a catch." So they cast, and then they were not able to haul it in because of the great number of fish.

John 21:4-12



EASY TACO DIP

Ingredients

- 1 8 oz pkg. cream cheese
- 1 8 oz sour cream
- 1 can chili
- 1 jar salsa
- 1 cup shredded Colby jack or cheddar cheese

Directions

In a 9 x13 inch microwaveable dish spread cream cheese. Next spread thin layer of sour cream; then spread a can of chili (hot with beans works well or you can use homemade chili if you have leftovers); then spread a layer of salsa; sprinkle layer cheese on top. Place in microwave for about three minutes until cheese is melted. Serve with your favorite nacho chips.

I know God won't give me more than I can handle but sometimes I wish He didn't trust me so much.

St. Teresa

Contributed by Mary Schamann

MARINATED VEGETABLES

Serves 12

Marinade

- 3/4 cup lemon juice
- 3/4 cup vegetable oil
- 3 tbsp. sugar (I use Splenda)
- 1 tbsp. salt
- 1/2 tsp. pepper
- 1 1/2 tsp. dried oregano

In a bowl, whisk the above ingredients together. Pour into a large reusable plastic bag.

Vegetables

- 1 can, 15 oz, whole baby corn, rinsed and drained
- 1 cup halved Brussel sprouts, cooked
- 1 cup halved fresh mushrooms
- 1 cup fresh cauliflowers
- 1 cup fresh snow peas, halved
- 1 cup cherry tomatoes
- 1 cup sliced sweet yellow pepper
- 1 cup sweet red pepper

Add the vegetables to the bag. Seal the bag and turn to coat. Refrigerate for six hours or overnight and continue tossing in bag. When ready to serve, drain all the liquid and discard. Note, a friend omitted the lemon juice and put in white balsamic vinegar and grated cheese - haven't tried yet.

*Contributed by
Nancy Tanzella*

Blessed are those who hunger and thirst for righteousness, for they will be filled.
Matthew 5:6

SOUPS, SALADS & SANDWICHES



**BABA'S TOMATO BEEF SOUP****Ingredients**

Approximately 6 cups of water
1 large beef bone with some meat on it
2 cans beef broth
2 tbsp. of beef bouillon
1 can tomatoes
(tomato soup can be substituted)
2-3 cloves of garlic, finely chopped
1 medium onion, finely chopped
noodles/macaroni of your choosing;
kluski are very good.

Directions

Bring beef bone to boil in the water; skim the top. Add the rest of the ingredients and simmer for about an hour. In the meantime, cook the noodles/macaroni. Remove the beef bone and chop up the meat; return to the soup. Pour broth over pasta. This is something my mom's Ukrainian mother use to make to stretch to feed nine children.

*There is no greater reward than working from
your heart, and making a difference in the world.*
Carlos Santos

*Contributed by Barbara Trolley
in memory of Ann Cameron*

BUFFALO CHICKEN WING SOUP**Ingredients**

6-8 chicken tenders or
3 full chicken breasts
2-3 cups of water
2 stalks celery, 1-2 large carrots chopped
1 small onion, 2 medium size garlic cloves
chopped
1 tsp. chicken bouillon
hot sauce to taste
1 can cream of celery soup
1 can cream of chicken soup
1 can chicken broth
1 cup instant rice
1 bag of noodles
1 cup sour cream
1 cup shredded cheddar
1 small chunk of Velveeta

Directions

Boil the chicken in water until done. Remove chicken and cube, return to water after cooking celery, carrots, onion and garlic for 10-15 minutes. Add soups, chicken bouillon, and hot sauce to taste, stir, then add rice and noodles. Cook 10-15 minutes, then add sour cream, cheeses.

Contributed by Barbara Trolley

*All of our humanity is dependent upon
recognizing the humanity in others.*
Archbishop Desmond Tutu



ESCAROLE SOUP

Ingredients

1 head of chopped escarole
 2 tbsp. olive oil
 2 tsp. minced garlic
 1 can cannellini beans
 1 can northern white beans
 2 cans of low sodium chicken
 broth

Directions

Cook/steam escarole in olive oil and garlic. Pour in two cans of chicken broth. Add two cans of beans. Cook for 10 minutes. Add parmesan cheese. You can add one or two cups of cooked ditalini pasta if desired. Eat with Italian bread

Contributed by Anthony & Adriana LaMarca

Lord, help me to remember that nothing is going to happen to me today that You and I together can't handle.

Unknown

URBANIAK'S GOLUMPKI SOUP

Ingredients

1 lb. ground beef
 1-2 cups shredded cabbage
 1 cup rice, uncooked
 2 cans of tomato soup
 2 cans of water
 2 tbsp. brown sugar
 2 tbsp. vinegar
 1 small onion, chopped

Directions

Brown the beef. Drain and place in soup pot. Add tomato soup and water, cabbage, onions, sugar and vinegar. Bring to a boil and then simmer until the cabbage is tender. Cook rice separately. Add to soup. Serve.

On vacation, we tasted this soup with chunks of beef. We adapted the recipe and served it at Jim's 50th birthday party. We love our Polish heritage and had fun creating this recipe.

And one day Jacob was cooking some soup when Esau came in from the fields in great need of food.

Genesis 35:39

Contributed by James and Sharon Urbaniak



ITALIAN MEATBALL SOUP

Serves 3 - 4

Ingredients

¾ lb. chopped beef mixed with egg
(may need less than whole egg),
cheese, salt, pepper & parsley
(prepare like meatballs without
breadcrumbs and garlic. I usually
make 1 ½ lbs., so I use a whole egg).
½ tsp. tomato paste (optional)
3-4 tbsp. (8 oz. can) tomato sauce
¾ onion (large Spanish) diced
3 stalks of celery diced
3 carrots diced
2 tsp. salt (for water)
¼-½ tsp. pepper

chopped parsley
Locatelli grated cheese
5 1/2 cups water

Directions

Boil salted water. Prepare meatballs (1/2" round) and drop into boiling water. Let boil until they rise to the top of the pot. Add tomato paste, sauce and onions. Simmer and skim off any debris. Add diced celery, carrots and parsley. Simmer for an hour. When vegetables are cooked prepare pasta, rice or noodles to serve with the soup. Serve with additional cheese as condiment. Salt and pepper to taste.

Prep: 30 min Simmer: one hour

Contributed by Joanne Lanfear

Lord Jesus Christ, who said to your Apostles: Peace I leave you, my peace I give you, look not on our sins, but on the faith of your Church, and graciously grant her peace and unity in accordance with your will.

The Rite of Peace



POTATO SOUP

Ingredients

- 1 30 oz. bag of hash browns or diced frozen potatoes
- 1 14 oz. can of cream of chicken soup
- ½ cup diced onions
- 8 oz. of cream cheese, cut up (not fat free, does not melt well)

Directions

Combine all ingredients in crockpot. Cook on low for six hours. Salt and pepper to taste. Top with cheddar cheese, bacon bits and chives.

Can be frozen up to one week.

I double the recipe and use one regular potato and one O'Brien.

Contributed by Eileen Collins

I am not alone, because the Father is with me.

John 16:32

POTATO SOUP 2

Ingredients

- 1 30 oz. hash browns
- 1 cup chopped onion
- 1 cup cream of chicken soup
- 1/2 can water
- 2 14 oz. cans chicken broth
- 1 tsp. pepper
- 18 oz. cream cheese

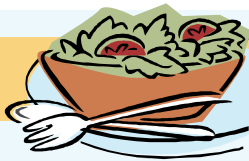
Directions

Put in slow cooker on low for five to six hours. If there are big chunks, cook longer until they fall apart. You can also thin with milk or broth. Top with green onions and bacon bits.

Contributed by Ruth Duffy

And Elisha came again to Gilgal when there was a famine in the land. And as the sons of the prophets were sitting before him, he said to his servant, "Set on the large pot, and boil stew for the sons of the prophets."

2 Kings 4:38-40



BROCCOLI SALAD - MY BEST FRIEND'S

Combine

1 large bunch of broccoli
8 oz. grated mozzarella cheese
red onion cut in rings
1/2 lb. or more of cooked and crisp
bacon

Dressing

3/4 cup mayonnaise
1/4 cup sugar
2 tbsp. white vinegar

Mix the dressing and stir into the broccoli mixture. Refrigerate and serve.

Contributed by Christine Pinto

*In this life, we cannot do great things. We
can only do small things with great love.*
Mother Teresa

RAMEN NOODLE COLESLAW

Slaw

2 1lb. bags of coleslaw or
broccoli slaw (or equal
amounts of carrots,
cabbage, red cabbage,
broccoli, etc. you process
yourself]
green onions (optional)

Dressing

2 pkgs. of chicken ramen
noodle seasoning
1/3 cup of cider or rice
wine vinegar
1/2 cup oil
1/2 cup sugar (more or less
to taste)

Crunchies

2 pkgs. of ramen
noodles broken up (2
Oriental or 1 Oriental
and 1 chicken)
4 oz. pkg. almonds
chopped
4 oz. pkg. sunflower

Toss slaw and dressing ingredients separately. Add dressing and crunchies before serving.

Contributed by Sue Martucci

Trust in the Lord with all your heart.
Proverbs 3:5



ASIAN COLESLAW 2

Ingredients

- 1 16 oz. bag of cole slaw mix
- A handful of sunflower seeds or almonds (or other nuts/seeds of your choice)
- 1 pkg. of chicken ramen noodles
- 3 to 4 chopped scallions
- A handful of dried fruit like raisins, cherries or raisins

Mix all of the above together in a large bowl.

Dressing

- 1/2 cup canola oil, not olive oil
- 1/2 cup can of cider vinegar
- 1/3 cup sugar

Mix all of the above together thoroughly. When ready to serve, add dressing to salad mixture. Do not do in advance as noodles will become soggy.

Contributed by Pat Rosinski

Let your speech always be full of grace and seasoned with salt, so that you may know how to answer everyone.

Colossians 4:6

HOLIDAY CRANBERRY JELL-O MOLD

Serves 6 - 8

Ingredients

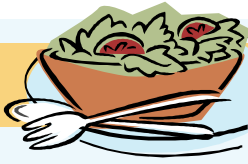
- 2 (3oz.) pkgs. Jell-O brand strawberry flavored gelatin
- 3 ½ cups cranberry juice cocktail
- ½ cup Hellmann's real mayonnaise
- 1 8 oz. Cool Whip

Directions

Heat two cups cranberry juice cocktail. Stir in the two packages strawberry gelatin into cranberry juice cocktail until dissolved. Add remaining juice. Chill until the mixture begins to stick to the sides of the metal mixing bowl. Using a mixer, beat in the mayonnaise and cool whip until smooth. Pour into a five-cup mold or (9x12) container of your choice. Chill until set.

Contributed by Donna Wolfe

***Even the rich are hungry for love,
for being cared for, for being wanted,
for having someone to call their own.***
Mother Teresa



POLISH CUCUMBERS

Ingredients

4 or 5 cucumbers
1 pint of sour cream
1/4 cup of milk
1/2 cup of white vinegar
1 onion

Directions

Peel cucumbers and slice them cutting off the ends and place the sliced cucumbers in a bowl.
Add sliced onions, pint of sour cream, vinegar, and milk and mix. Taste best when it has time to penetrate the onions but can be served immediately. Can be served in place of a chef salad if desired.

Pray, hope and don't worry.
St. Padre Pio

Contributed by Carolanne Kilichowski

L & H INN SALAD DRESSING

Ingredients

1 can condensed tomato soup
1 cup salad oil
1/2 cup vinegar
1 tsp. Worcestershire sauce
3/4 cup sugar
1 tsp. salt
1 tsp. pepper
1 tsp. paprika
1 tsp. dry mustard
1 tsp. onion juice or dry, minced onions
1 tsp. garlic salt
Optional: bacon bits

Directions

Mix ingredients together and shake well.
Makes about two pints.

The salad dressing was made locally famous in northern Indiana by the Lincoln Highway Inn, which closed many years ago; but the salad dressing is still loved by the Hoosiers who grew up eating it at the Inn and at home.

Contributed by Laurie Kuminecz

What if you woke up this morning and had only the things you thanked God for yesterday?

Max Lucado



LAYERED LETTUCE SALAD

Ingredients

- 1 head of iceberg lettuce, finely cut
- 1 cup celery, sliced
- 1 bunch green onions or onions, chopped
- 1 cup frozen peas, uncooked
- 4 tsp. sugar
- 1 cup mayonnaise
- 1 cup shredded cheddar cheese
- 5 slices of bacon or turkey bacon, cooked

Directions

Using a 13" x 9" pan, layer the lettuce, celery, onion and peas. Sprinkle with sugar. Top with mayonnaise, then cheese and bacon. Best when refrigerated overnight.

Contributed by June Stachowiak

I will not forget you. I have carved you in the palm of my hand.

Isaiah 49:15

PEACH SUNSHINE SALAD

Ingredients

- 3 pkgs. (3 oz. size) lemon gelatin
- 2 ¼ cups boiling water
- 1 ½ tbsp. lemon juice
- 1 large can sliced peaches, drained (1lb. 13 oz can).
Keep syrup from draining on the side.
- 1 ½ cups syrup from peaches (add water if not syrup)
- 1 8oz. pkg. cream cheese softened
- ½ cup mayonnaise
- 1 8 or 9 oz. container Cool Whip

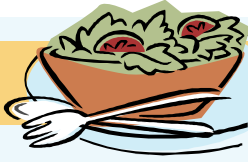
Directions

Dissolve gelatin in boiling water; stir in lemon juice. Mix 1 ½ cups of dissolved gelatin with 1 ½ cups syrup; cool until syrup and pour ½ inch depth into bundt pan. (I always oil the bundt pan for easy removal). Arrange peaches in bottom of pan, when partially set pour in remaining gelatin-syrup mixture. Chill. Combine cream cheese and mayonnaise in mixer, beat well; add remaining gelatin. Beat in Cool Whip; dice remaining peaches; fold in. Chill until firm. Spoon over almost set mixture in mold. Best to make it the day before.

Contributed by Donna Wolfe

Keep your heart in wonder at the daily miracles of your life.

Kahlil Gibran



SWEET POTATO QUINOA BLACK BEAN SALAD

Ingredients

1 1/2 lbs. sweet potatoes cubed
1 large red onion cubed
1 tbsp. extra virgin olive oil
2 tsp. of ground chili powder
1 tsp. smoked paprika
½ tsp. kosher salt
1 1/2 cups of cooked quinoa
2 limes, zest and juice
2 tbsp. pure maple syrup
1 clove garlic
1 can black beans
1 large bell pepper
3 cups cilantro, chopped

*Contributed by Karen Otto
from www.wellplated.com*

Directions

Potatoes and Onion

Preheat oven to 400 degrees. Place sweet potatoes and red onion on a large baking sheet. Drizzle with olive oil, then sprinkle with chili powder, paprika and salt. Toss to coat and spread to make a single layer. Cook until potatoes are done, about 25 minutes. Turn potatoes half-way. Remove from oven and set aside.

Dressing

While potatoes cook, cook quinoa if needed. Whisk remaining ingredients of limes, syrup and garlic and set aside.

Final Steps

In large bowl, mix black beans, bell pepper, cilantro and potatoes. Pour dressing over mixture. Serve warm or at room temperature.

***You shall love the Lord, your God, with all your heart, with all your soul,
and with all your mind... you shall love your neighbor as yourself.***

Matthew 22:37-39

***You are never too old to set another goal or to
dream a new dream.***

C.S. Lewis



SPINACH SALAD

Ingredients

1 lb. fresh spinach
 ½ lb. bacon
 ¼ cup sugar
 1 tsp. onion juice
 1 cup salad oil
 ½ cup head lettuce
 1 ½ cup large curd cottage cheese
 1/3 cup vinegar
 1 tsp. salt
 1 tsp. dry mustard
 1 tbsp. poppyseed
 salt and pepper to taste

Directions

Wash and break spinach and lettuce; dry. Fry and cool bacon; crumble. Mix rest of ingredients in separate container. When ready to serve, pour dressing mixture and bacon over greens.

Contributed by Sandra LeRoy

*Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food."
 Genesis 1:29*

TACO SALAD

Ingredients

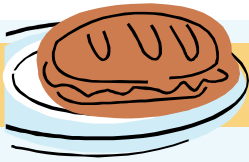
1 whipped cream cheese
 1 bunch green onions, chopped
 1 pkg. taco seasoning mix
 1 (8oz.) pkg. shredded cheddar cheese
 1 head iceberg lettuce, chopped
 1 bottle taco sauce
 2 medium tomatoes, chopped
 taco chips

Directions

Mix cream cheese and taco seasoning mix with a small amount of milk. Spread on 9x13 pan. I use a disposable pan for easy clean up. Top with lettuce, tomatoes, green onions, and shredded cheese. Top with taco sauce. The amount of taco sauce used is up to you. Serve with taco chips. Black olives may be substituted for green onions.

Contributed by Marianne Aldrich

*Where the Lord closes a door, somewhere
 He opens a window.
 from The Sound of Music*



GRILLED CAPRESE SANDWICH

Ingredients

4 slices Sara Lee® Artesano™ Bread
4 oz. of thinly sliced mozzarella cheese
2 small tomatoes thinly sliced
1 tbsp. fresh basil leaves
1/2 of an avocado thinly sliced
1 tbsp. butter

Trust in the Lord with all your heart and lean not on your own understanding. In all your ways acknowledge Him and He will show you the path to take.

Proverbs 3:5-6

Directions

In a large pan melt the butter over medium heat. Place two slices of bread in the pan and top with the mozzarella and tomatoes. Place the other two slices of bread on top. Cook for 3-5 minutes on each side or until cheese is melted. Watch carefully to make sure that the bread does not get overly browned; if the bread is browned but the cheese still needs time to melt, lower the heat level. Lift the top slices of bread off the sandwiches and layer the basil and avocado on top of the tomatoes. Place the bread slices back on top and serve immediately.

Contributed by Kathy Hess

FR. PAUL'S CHEESE GRILLED CHEESE

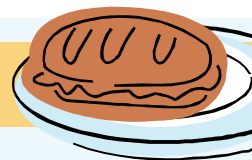
Ingredients

slices of swiss
slices of cheddar
slices of Colby jack
chunks of horseradish cheese
slices of pepper jack
slices of Italian bread
butter
nutmeg
sliced tomato, sliced
olive oil

Directions

Place the five cheeses on one side of a piece of Italian bread. Grate nutmeg onto. Top with a slice of tomato. Close the sandwich with another slice of Italian bread. Butter only the top of the sandwich. In a large skillet, heat oil and butter, over low heat. Place the non-buttered end of the sandwich into the heated skillet. Place a cover over the skillet. Cook sandwich over low heat so the bread toasts and the cheese melts. When you get a nice toast on the bread, turn the sandwich over and cover.

Contributed by Fr. Paul Seil



FR. PAUL'S PATTY MELT

Ingredients

½ stick butter, melted
 ½ onion, sliced thin
 ½ lb. ground chuck
 ½ lb. ground hamburger (80% lean)
 2 tbsp. Dijon mustard
 ¼ tsp. salt
 ¼ tsp. pepper
 2 tbsp. Worcestershire sauce
 ¼ cup mayonnaise
 rye bread
 swiss cheese

Directions

Melt 2-3 tbsp. of butter in a frying pan over medium heat. Add the onions and cook until deep golden brown and caramelized. Add salt and pepper to taste. Transfer the caramelized onions to a medium bowl and set aside. While the onions cook, place the meat in a large bowl and add mustard, Worcestershire sauce, salt and pepper. Mix well. Divide into four equal portions. Shape meat into a rectangle that is slightly wider than the slices of bread.

Heat the frying pan over medium-high heat until a drop of water sizzles and immediately disappears on the surface. Place two of the patties in the pan and cook undisturbed until browned on the bottom, about 2- 3 minutes. Flip and cook until the patties are just slightly pink in the center for medium, about 2-3 minutes more. Transfer the patties to a large plate and tent loosely with aluminum foil. Repeat with the remaining patties; set aside.

Add a bit more melted butter to the frying pan. Place rye bread in the pan to toast on one side. Once toasted, remove from pan onto work area. The toasted side of the bread is the inside of the sandwich.

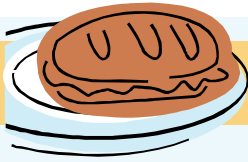
Spread mayonnaise onto the toasted sides of the bread. Add the Swiss cheese to both sides of the bread. Then top with caramelized onions. Lastly, add a patty and close up the sandwich. Repeat for other sandwiches.

Spread melted butter over the top and bottom of the

sandwich and place in the frying pan. You may need to add a bit of melted butter to the pan. Place two of the sandwiches in the pan and cover with a lid. Cook until the bottom slices of cheese start to melt and the bread is golden brown, about 3-4 minutes. Flip and cook until the other side is golden brown and all of the cheese has melted, about 3-4 minutes more. Remove to a serving plate and repeat with the remaining patty melts. Serve immediately.

Then it happened that as Jesus was reclining at the table in the house, behold, many tax collectors and sinners came and were dining with Jesus and His disciples. When the Pharisees saw this, they said to His disciples, "Why is your Teacher eating with the tax collectors and sinners?" But when Jesus heard this, He said, "It is not those who are healthy who need a physician, but those who are sick."

Matthew 9:10-13



HOT HAM AND CHEESE SANDWICHES

Ingredients

1 lb. very thin ham, torn into
bite sized pieces
1/2 lb. American cheese, grated
2 tbsp. mayonnaise
2 tbsp. relish
dab of mustard

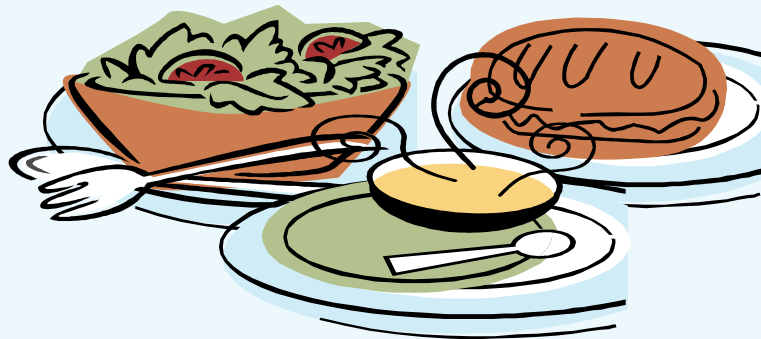
Directions

Mix all ingredients together. Pile in buttered
buns. Wrap in foil. Bake in 350 degree oven
for 15 minutes.

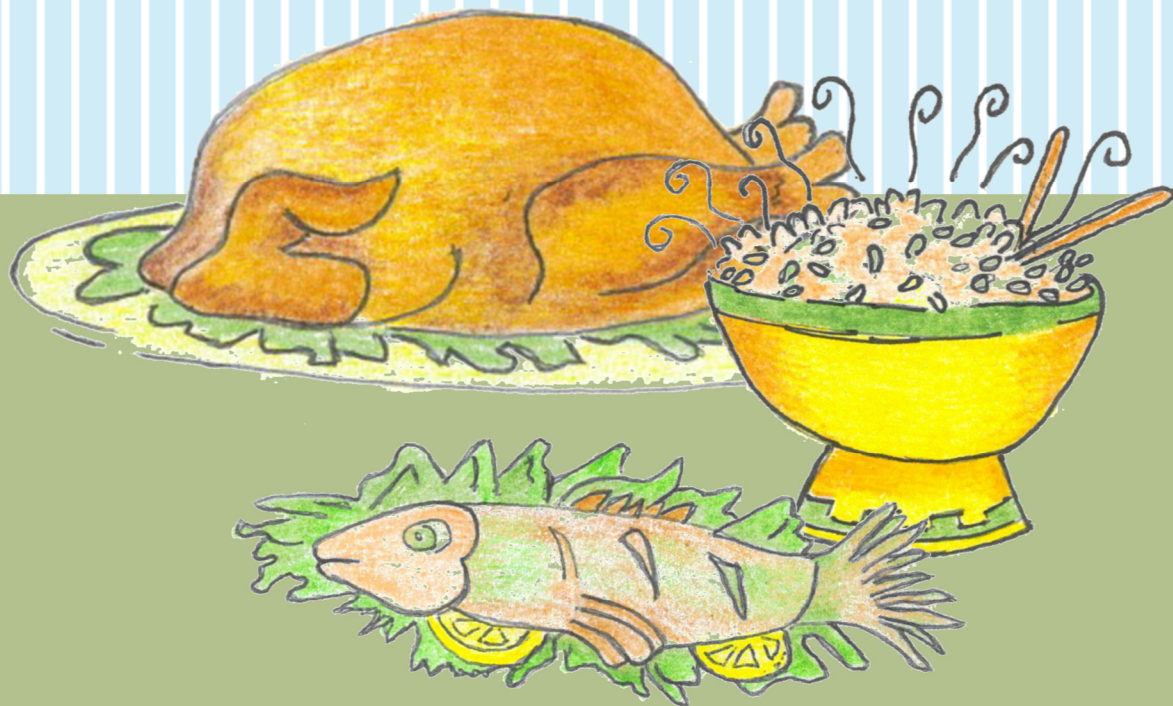
Contributed by Betty Weidner

Now the two angels came to Sodom in the evening as Lot was sitting in the gate of Sodom. When Lot saw them, he rose to meet them and bowed down with his face to the ground. And he said, "Now behold, my lords, please turn aside into your servant's house, and spend the night, and wash your feet; then you may rise early and go on your way." They said however, "No, but we shall spend the night in the square." Yet he urged them strongly, so they turned aside to him and entered his house; and he prepared a feast for them, and baked unleavened bread, and they ate.

Genesis 19:1-3



ENTRÉES & SIDES



**BACALA****Ingredients**

6 cups flour
2 crushed garlic cloves
crushed red pepper [optional]
½ yeast cake or 2 pkgs. dry yeast
dissolved in warm water
2 lbs. salted cod
water
oil

Directions

Soak cod overnight in water. Keep changing the water. Drain. Chop some and mince some. Mix all ingredients and add enough water to make a wet batter. Allow batter to raise until doubled and bubbly. Drop by spoonful into hot oil and cook until brown on all sides. This recipe was handed down from my grandmother, Rose Delmonte and mother, Jennie Delia. As it is an Italian tradition we serve in on Christmas Eve as one of the “7” fishes.

*And all ate and were filled.
Matthew 14:20*

Contributed by Carol Seifert

BAKED EGGS**Ingredients**

2 cups grated cheese
1/2 cup melted butter
1 dozen eggs
2 cups light cream
1 tsp. mustard
1 tsp. salt
1 tsp. pepper

Directions

Beat eggs and cream with electric mixer. Add other ingredients. Pour into prepared 9x13 baking dish. Bake at 350 degrees for 40 minutes. This is my mom’s recipe, so simple and so good! Of course, you can have fun with this and add whatever you wish (i.e. ham, sausage, sweet peppers).

*Contributed by Cheryl Steffan
in memory of Geri Rosiek*

Note: you could cut large biscuits in half and layer at the bottom, and then follow above, sprinkle additional cheddar cheese on top.

Barbara Trolley

Jesus said to them, “Come and have breakfast.” None of the disciples ventured to question Him, “Who are You?” knowing that it was the Lord.

John 21:20



BANANA DOG

(This is one of my granddaughters' favorites for years; now 10 and 14 and they still love them).

Ingredients

- 1 banana
- 1 hot dog roll
- peanut butter

Healthy, easy lunch option. Actually saw this on EWTN with Fr. Leo Patalinghug.

Contributed by Jean Dulak

Directions

Spread peanut butter on the roll. Place a peeled banana on the roll. Sometimes they like it sliced on a hamburger bun with the peanut butter.

“Let the children come to me, and do not prevent them; for the kingdom of heaven belongs to such as these.”

Matthew 19:14

BEEF AND GUINNESS STEW

Ingredients

- 4 slices of bacon cut into small pieces
- 2.5 lbs. boneless beef chuck cut into two inch pieces
- 1 tsp. salt
- pepper to taste
- 2 onions, coarsely chopped
- 4 cloves minced garlic
- 1 can of Guinness beer
- ¼ cup tomato paste
- 4 sprigs of fresh thyme
- 2 stalks celery cut into inch pieces
- 1 tsp. white sugar
- 2.5 cups chicken stock
- 4 cups mashed potatoes

Directions

Cook bacon in heavy skillet over medium heat until crisp; transfer to stew pot, reserving bacon fat in skillet. Season beef chunks generously with a teaspoon of salt and pepper; turn heat under skillet on high and sear pieces in the hot fat on both sides until brown, about five minutes. Place beef in stew put with bacon, leaving the fat in the skillet. On medium heat, cook and stir onions in the retained fat until lightly browned, about 5-8 minutes and season with a pinch of salt. Cook garlic with onions until soft, about one minute. Pour beer into skillet and stir with a wooden spoon dissolving any browned bits of food into the liquid; pour cooking liquid from skillet into the stewpot. Stir in tomato paste, thyme sprigs, carrots, celery, 1/2 tsp. pepper and enough chicken broth to cover.

Bring stew to a gentle simmer, stirring to combine; reduce heat to low and cover pot. Simmer about 2 hours, stirring occasionally. Remove cover and raise heat to medium-high; bring stew to a low boil, and cook until stew has slightly thickened, about 15-20 minutes; discard thyme sprigs and adjust salt and pepper to taste. Ladle stew over mashed potatoes. This is the best stew I have ever made. It has become a standard recipe in our house.

Contributed by Cheryl Steffan



EASY OVEN STEW 2

Ingredients

2 lbs. stew meat
6 carrots chopped into one inch pieces
6 potatoes cubes or quartered
6 small onions or 1 large cut up
1 cup chopped celery

Directions

Mix

1 cup tomato juice
1 cup tomato sauce
1 tbsp. brown sugar
4 level tbsp. minute tapioca

Put vegetables and meat in roaster. Cover with sauce. Bake at 250 degrees for 5 hours or 350 degrees for 3 ½ hours. Best in slow oven.

Love is patient, love is kind. It does not envy, it does not boast. It is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.

Corinthians 13:4-5

Contributed by Barbara Brehm

GINA'S BEEF STEW 3

Serves 4

Ingredients

1 ½ lbs. stew meat cut into bite size pieces
2 tbsp. cooking oil
2 tbsp. flour
4 cups beef broth (2 cans or enough to cover beef & veggies)
2 beef bouillon cubes
1-2 minced garlic
½ - ¾ cup chopped onion
2 cups sliced carrots
1 cup sliced celery
1 cup green beans [optional]
3 cups peeled, cubed potatoes
½ cup tomato sauce or ½ can tomato paste
¼ cup dry red wine
1 bay leaf
½ tsp. basil chopped
½ tsp. thyme
salt & pepper to taste

Directions

Coat beef cubes in flour and brown in oil. Add garlic, onions, carrots, potatoes, beans and celery. Add enough broth to cover all. Add bouillon cubes, tomato, wine and herbs. Bring to a boil, reduce heat, and simmer covered for 1-2 hours until veggies are soft. Discard bay leaf. If needed, thicken with corn starch.

Contributed by Pat Borgese

Everything that lives and moves about will be food for you. Just as I gave you the green plants, I now give you everything.

Genesis 9:3



EASY STEW 4

Ingredients

2 lbs. stew beef not browned
1 pkg. onion soup mix
1 can mushroom soup (not diluted)
1 cup Sherry (less if desired)
Potatoes and Vegetables

Directions

Cover and bake at 325 degrees for four hours. Potatoes and vegetables can be added last hour.

You will enjoy.

Contributed by Sue Paventi

If there is light in the soul, there will beauty in the person. If there is beauty in the person, there will be harmony in the house. If there is harmony in the house, there will be order in the nation. If there is order in the nation, there will be peace in the world.

Chinese Proverb

BEEF STROGANOFF

Serves 6

Ingredients

½+ lb. fresh mushrooms, sliced
1 large onion, chopped
¼ cup butter
2 lbs. round steak (¼ to ½ " thick)
½ cup flour - to dredge steak
1 tsp. salt
2 beef bouillon cubes
1 cup hot water
1 8oz. chive and onion cream cheese
1 cup sour cream (not low fat)
egg noodles or rice

Directions

Sauté mushrooms and onions in two tsp. of butter. Remove from pan. Remove fat and bone from steak. Cut into 2 1/2" long strips. Melt two tsp. butter in the pan. Toss steak in flour, coating thoroughly. Brown meat in butter. Dissolve bouillon cubes in hot water and then pour over meat. Add salt, and simmer, stirring occasionally until meat is tender (about 1 hour 15 minutes). Add sour cream, cream cheese, mushrooms and onions. Heat through until cream cheese is melted. Serve over cooked noodles or rice.

Contributed by Couzens Family

So, whether you eat or drink, or whatever you do, do all to the glory of God.

1 Corinthians 10:31

**MRS. BAUTZ'S BEEF SUPREME**

Serves 6

Ingredients

- 3 lbs. lean beef, cubed
- 2 cans cream of mushroom soup, undiluted
- 1 can mushrooms, drained and washed to remove salt
- 1 cup sherry or any dry white wine

*Contributed by Kathy Hess***Directions**

Combine all ingredients and mix well. Cover and bake at 350 degrees for three hours. Stir occasionally with wooden spoon. This can also be cooked in a crock pot on low for 6-8 hours or until tender.

*Be still and know that I am God.
Psalm 45:10*

FR. BOB'S BEEF WELLINGTON

Serves 6

Ingredients

- 3 lbs. beef tenderloin (the canon)
- Pillsbury puff pastry sheets
- assortment of mushrooms (shiitake are my favorite) 2 pint sized containers
- 3 egg yolks
- 2 large yellow onions
- 3 tbsp. butter
- English mustard
- 1/4 pound of prosciutto
- specialty butter (I use truffle butter)
- beef stock
- extra virgin olive oil
- salt and pepper

Directions

First: Season your tenderloin with salt and pepper. Then sear your tenderloin. You want to do this in a pan with a little bit of butter and oil. Do not overcook as the meat will also cook in the oven. As meat is searing, spoon the butter and oil over the rest of the tenderloin. After it is seared coat with mustard and put in the refrigerator to cool.

Next: finely slice your mushrooms. Note that the mushrooms will shrink to about 1/10 size. Add some butter and oil to the pan as well as salt and pepper. When the mushrooms cook down add the sliced onions and let caramelize. When brown, add a little beef stock and let the mushrooms and onions soak up that juice. Cook on low heat until all the moisture is gone. You want this mixture to be on the dry side.

Next: roll out the pastry dough so it will cover the tenderloin. Take the tenderloin and wrap it in the prosciutto, slather on the mushroom and onion mixture on the pastry and wrap the two together, making sure everything is cylindrical. A tip for this is using plastic wrap. Place in the refrigerator for 15 minutes

Finally: take out of the fridge, and place it on a baking sheet. Take egg yolks and cover the puff pastry. You can then make designs with a knife to look fancy. Take out of the oven occasionally to spread your specialty butter over the top. Then put in the oven at 400 for about 30 min. Let meat sit for 10-15 minutes before serving to soak back in the juices. Enjoy.

Contributed by Fr. Bob Owczarczak



KOREAN BULKOGI

Makes 4 servings, at about 200 calories per serving.

Ingredients

- 1 tbsp. sesame seeds
- 1 lb. thinly sliced beef sirloin,
rib eye or sandwich steak
- 2 - 3 tbsp. soy sauce
- 1/2 grated onion with juice (or
2 tbsp. water if unavailable)
- 1 tbsp. sesame oil
- 1 1/2 tbsp. sugar
- 2 cloves crushed garlic
- 1/3 tsp. black pepper
- 1 1/2 green onions,
including tops

Directions

Place sliced meat into a large bowl, add sugar and grated onion (with juice); mix and **set** aside for five minutes. Then add green onions and crushed garlic. After mixing again, sprinkle black pepper over meat. Sprinkle sesame seeds and soy sauce over meat and mix again. Finally, pour sesame oil over meat and mix one last time. Beef strips are then cooked on a charcoal grill for about 10 minutes or until meat is cooked.

TIP: Pre-sliced beef strips are available from any Oriental grocery store, or may be ordered from your local grocer.

Contributed by Fr. Paul Seil

And He also went on to say to the one who had invited Him, "When you give a luncheon or a dinner, do not invite your friends or your brothers or your relatives or rich neighbors, otherwise they may also invite you in return and that will be your repayment. But when you give a reception, invite the poor, the crippled, the lame, the blind, and you will be blessed, since they do not have the means to repay you; for you will be repaid at the resurrection of the righteous."

Luke 14:12-14

CARIBBEAN JERK CHICKEN

Ingredients

- 4 chicken leg quarters, skin removed
- 1/4 cup olive oil
- 2 tbsp. brown sugar
- 2 tbsp. reduced sodium soy sauce
- 1 envelope Italian salad dressing mix
- 1 tsp. dried thyme
- 1 tsp. ground cinnamon
- 1/2 tsp. cayenne pepper

Directions

With sharp knife, cut leg quarters at joints if desired. In large resealable plastic bag, combine remaining ingredients, add chicken, seal bag and turn to coat chicken. Refrigerate for 2-4 hours. Drain and discard marinade. Using tongs, moisten paper towel with cooking oil and lightly coat grill rack. Grill chicken covered, over medium heat for 35-45 minutes or until thermometer reads 180 degrees, turning occasionally. (I have also made marinade and baked drumsticks in the oven at 350 degrees for 1 hour).

So whatever you eat or drink, or whatever you do, do all to the Glory of God.

I Corinthians 10:31

Contributed by Cheryl Benson

**CHICKEN AND BROCCOLI POCKETS**

8 servings

Ingredients

- 1 can condensed broccoli cheese soup divided
- ½ cup milk
- 1 package refrigerated cooked chicken breast strips
- 1 pkg. frozen broccoli
- 1/4 tsp. black pepper
- 1 pkg. frozen puff pastry

Directions

In medium saucepan, combine 1/2 can of the soup and the milk, set aside. In medium bowl, combine the remaining soup, chicken and broccoli (about 3/4 cup coarsely chopped) and pepper, mix well.

With a rolling pin, roll out each sheet of puff pastry to a 12 inch square. Cut each sheet into four equal squares. Place an equal amount of the chicken mixture in the center of each square. Fold the pastry over the filling, forming triangles. With a fork, press the edges together to seal. Place pockets on two baking sheets. Bake for 20 minutes or until golden brown. Meanwhile, heat the soup and milk mixture over medium heat until hot and bubbly, stirring occasionally. Spoon over the turnovers and serve.

Contributed by Maureen Ahearn

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

Isaiah 41:10**CHICKEN CHILI****Ingredients**

- sauté in a large pot:
- 7 tbsp. butter
 - 2 cups chopped celery
 - 1 ½ cups carrots, finely chopped
 - 2 cup diced onion
 - 3 cloves minced garlic

Directions

Add:

- 2 cans chicken broth
- 3-4 cups cooked, diced chicken
- 1 can diced tomatoes
- 2 cans white beans
- 1 small can green chilis
- ¾ cup hot sauce (more or less to your liking)
- 2 bay leaves
- 1 tbsp. cumin
- 1 ½ tbsp. oregano

Simmer 1/2 hours. Top with your favorite bleu cheese crumbles or dressing.

Contributed by Cheryl Steffan

Kind words can be short and easy to speak, but their echoes are truly endless.

Mother Teresa



CHICKEN CORDON BLEU WITH DIJON CREAM SAUCE

Ingredients

4 boneless chicken breasts
(pounded ¼-1/2 inch thick]
4 slices ham
4 slices swiss cheese
1 egg
1- 2 tbsp. milk
1/3 cup Italian seasoned bread
crumbs
1/4 cup shredded parmesan
cheese

Directions

Preheat oven to 400 degrees; lightly oil a shallow baking dish. Stir together breadcrumbs and parmesan cheese in a shallow bowl. Then whisk egg, and 1-2 tbsp. milk in another bowl. Using a meat mallet or rolling pin, pound each piece of chicken to desired thickness of ¼-1/2 inch thick. You can do this in a plastic bag to prevent splatter. Lay out flattened pieces on saran or wax paper and top each breast with one slice of ham and one slice of cheese. Roll each piece jelly roll fashion

lengthwise. *At this point ,you can make ahead of time and roll in plastic wrap and refrigerate or freeze or continue with instructions. Dip chicken bundles in egg mixture carefully rolling to coat, then roll in breadcrumb mixture. Secure with a toothpick to hold together and place in a greased casserole baking dish. Cover with foil, and bake 25-30 minutes, or until chicken is cooked. Uncover and bake another 5-10 minutes to brown coating. To serve, cut into 1" slices and drizzle with Dijon cream sauce below. * Note, if pounded, filled and rolled chicken ahead of time, remove from refrigeration or freezer [thaw) and then roll in egg and crumb mixtures with baking instructions.

In this life, we cannot do great things, we can only do small things with great love.

Mother Teresa

Dijon Cream Sauce for Chicken Cordon Blue

Ingredients

3 tbsp. butter
3 tbsp. flour
2 cups milk
3 tbsp. Dijon mustard
1 tsp. garlic powder
1/3 cup shredded par-
mesan cheese
salt and pepper to taste

Directions

Melt butter, stir in flour, cook for one minute until a paste (roux) forms; slowly stir in milk, whisk to remove lumps. Add Dijon mustard, garlic powder, parmesan cheese, salt and pepper. Continue to stir until slightly thickened. Serve over chicken.

Contributed by Karen Hazen



CHICKEN WITH PASTA, SPINACH AND BACON

Ingredients

6 bacon strips
2 tbsp. olive oil
1 lb. boneless skinless chicken
salt and pepper
1 tsp. garlic powder
1 tbsp. butter
3 garlic cloves (minced)
4 small tomatoes (or one 14.5 ounce can diced, partly drained)
2 cups spinach
1 1/2 tsp. paprika
1 tsp. Italian seasoning
1/4 tsp. crushed red pepper flakes
1/2 tsp. salt
1.5 cups heavy cream (or Half and Half)
1 cup shredded parmesan cheese
10 oz. penne pasta

Contributed by Kevin & Patty Magner

Directions

Add bacon strips to skillet and cook until crispy. Transfer cooked bacon to a paper towel-lined platter that will absorb extra grease. Chop into pieces. Season chicken with salt, pepper and garlic powder. Set aside. Heat olive oil in a large deep skillet. Add chicken breasts and cook on each side on medium high heat for about four minutes until browned. If chicken is still pink in the center, reduce heat to medium and cook covered for several minutes until no longer pink in the center. Remove chicken from pan and slice it. Melt butter in hot pan, then add garlic and cook for one to two minutes until fragrant. Add tomatoes and cook for three minutes on medium high. Add fresh spinach and cook until it wilts. Reduce the heat and season with paprika, Italian seasoning, crushed red pepper flakes and salt. Mix. Next add heavy cream and slowly add parmesan cheese until the cheese melts and makes the sauce creamy. **PASTA:** In the meantime bring a large pot of water to boil, add pasta and cook it according to instructions. Drain the pasta, but do not rinse. Add sliced chicken, bacon and pasta. Stir until fully coated in sauce and serve.

GRANDMA'S CURRY CHICKEN

Ingredients

3 whole chicken breasts cut in half, lengthwise
1 cup mayonnaise
10 1/2 oz. cheddar cheese soup
6 ounce jar sliced mushrooms
1/3 cup dry white wine
1 clove garlic, crushed
1 tsp. dried parsley
2 tsp. curry powder
paprika to garnish

Contributed by Gidget Pudkulski

Directions

Preheat oven to 350. Arrange chicken in baking dish. Mix together all other ingredients (except paprika), pour over chicken. Loosely cover with tinfoil, bake 45 minutes, remove foil, and bake 15 minutes or until brown. Sprinkle with paprika. Best to serve with mashed potatoes or rice.

Let your faith be bigger than your fear.

Hebrews 13:6



CHICKEN PARMESAN

Ingredients

- 1 pound vegetable oil
- 1 large egg
- 2-3 large chicken breasts
- 1 ½ cups bread crumbs
- 1 cup shredded mozzarella cheese

Directions

Put one tbsp. vegetable oil in a pan. Beat an egg in a bowl. Dip chicken in egg. Bread chicken with seasoned breadcrumbs and place in pan. Spread one tbs. vegetable oil over chicken. Cook in the microwave 2 ½ minutes on high. Oven option: Temperature 350 for 20 minutes.

Turn chicken over and microwave on high 2 ½ minutes more or oven for 20 minutes. Pour spaghetti sauce over chicken, cover microwave five minutes more or 20 minutes in oven. Sprinkle shredded mozzarella cheese over chicken, cover to allow cheese to melt. Oven Option: 10-15 minutes for the cheese to melt.

Contributed by Nicholas Aldrich

Sometimes we don't think we hear God's voice. Not because he isn't speaking, but because we have the volume of the world way too loud.

Mother Teresa

CHICKEN POT PIE

Ingredients

- 1 10 oz. can cream of chicken soup
- 1 1/2 cup of either frozen or fresh mixed vegetables (cut up ½ cup each of potatoes, carrots, and peas); cook slightly together in microwave.
- 1 ½ cup cut up cooked chicken
- 1 cup chicken broth with 3 tbs. flour
- 2 pie shells

Directions

Fill pie shell. Put on top crust. Vent. Bake at 400 degrees for 45 minutes.

Contributed by Cheryl Benson

Not all of us can do great things but we can do small things with great love.
St. Teresa of Calcutta

**RASPBERRY-PEACH CHICKEN**

(Quick, easy and delicious.)

Ingredients

10 oz. frozen unsweetened raspberries
1 small peach, peeled and sliced
2 tbsp. apple juice concentrate
2 tbsp. honey
4 boneless, skinless chicken breast halves
salt and pepper to taste

Directions

Place raspberries, peach slices, apple juice, honey in food processor. Blend on high until smooth. Heat blended mixture and keep warm. Sprinkle both sides of chicken with salt and pepper. Sauté in butter until juice is no longer pink when centers of thickest pieces are cut. Spoon sauce over chicken and serve.

(Fruit sauce is wonderful and can be used for other dishes as well. Use your imagination and creativity.)

Contributed by Glory Ann Cranston

There are many rooms in my Father's house, and I am going to prepare a place for you. I would not tell you this if it were not so. And after I go and prepare a place for you, I will come back and take you to myself, so that where I am, you will be. You know the way that leads to the place where I am going.

John 14:2-4

SUE'S CHICKEN**Marinade**

4 chicken breasts
3/4 cup plain yogurt
1/4 cup lemon juice
3 cloves garlic, minced
1 1/2 tsp. Dijon mustard
1/2 tsp. oregano

Refrigerate overnight.

Coating

1 cup Italian breadcrumbs
1/4 cup parmesan cheese

Coat each piece of chicken with this mixture. Bake at 350 degrees for 45 minutes to one hour.

Contributed by June Stachowiak

Thus it came about on the third day, which was Pharaoh's birthday, that he made a feast for all his servants; and he lifted up the head of the chief cupbearer and the head of the chief baker among his servants.

Genesis 40:20



CHICKEN SUPREME

Ingredients

3 lbs. boneless and skinless chicken breasts
 1 1/2 cups sour cream
 2 tbsp. lemon juice
 2 small gloves minced garlic
 1 tsp. paprika
 1 tsp. salt (seasoned)
 1 cup bread crumbs
 2 tbsp. grated Parmesan cheese
 3/4 cup melted butter
 (optional: tabasco sauce according to taste.)

Directions

Marinate chicken breasts overnight in sour cream, lemon juice, garlic and paprika mixture (add tabasco sauce if desired). Before baking, keep as much marinade on chicken as possible and coat chicken in mixture of bread crumbs, salt and cheese. Place in a shallow baking pan or dish sprayed with vegetable oil. Drizzle with melted butter. Bake at 350 degrees for 50- 60 minutes until golden brown.

Contributed by Mary Dziadaszek

We make our own plans, but the Lord decides where we will go.

Proverbs 16:9 CEV

CINCO DE MAYO CASSEROLE

Ingredients

1 lb. hamburger or three large chicken breasts
 Doritos or Fritos
 [regular size bag]
 1 pack taco mix
 1 medium can tomatoes
 1 cup of taco/cheddar cheese
 sour cream to taste
 Optional: one can of corn and/or chili beans and/or jalapeno peppers
 3 cups of rice or tortilla shells

Directions

Sautee the hamburger or boil and cube the chicken. Drain. Mix the taco seasoning with the tomatoes. Layer the chips, then beef/chicken, (corn/beans/peppers), cheese, and repeat. Bake for 20 minutes in 350 degrees. Serve over rice or in tortillas, add sour cream on top to taste.

Contributed by Barbara Trolley

I am not what happened to me. I am what I choose to become.

Carl Jung



EGGPLANT PARMESAN

Easy, delicious, nutritious non-meat dinner. Serves 6

Ingredients

1 jar (24 oz.) Pomodoro sauce
2 (about ¾ lb. each) eggplant, ends
trimmed, sliced in ½" rounds
3 tbsp. olive oil
½ cup parmigiana Reggiano shredded
cheese
black pepper
8 oz. shredded mozzarella cheese

Directions

Preheat oven to 450 degree. Spray bottom and sides of 9 x 13 inch baking dish with cooking spray. Spread 1 ½ cups of sauce on the bottom of pan. Layer eggplant slices on sauce, overlapping if necessary; drizzle with olive oil. Top eggplant with even layer of bread crumbs. Sprinkle with half the grated cheese. Season with pepper. Top with remaining sauce and grated cheese. Cover pan with foil. Bake 40 minutes, or until eggplant is tender. Remove from oven, top with mozzarella cheese. Return to oven, uncovered, 2-3 minutes until cheese melts.

Contributed by Rosanne Steinmentz

*To those who much is given, much
is expected.* **Maya Angelou**

EGGPLANT PARMESAN 2

Ingredients

Fried Eggplant

2 large or 4 small eggplant
salt
4 tbsp. flour
vegetable oil for frying

Sauce

1 garlic clove
1 small onion
1/3 cup extra virgin olive oil
3-4 cups peeled plum tomatoes
3 fresh basil leaves
pinch of salt
freshly ground pepper to taste
½ cup whole milk mozzarella,
shredded
1 cup Parmesan Cheese
½ cup unseasoned Bread
Crumbs

Directions

Preheat oven to 350 degrees. Salt eggplant and let stand about 20 minutes to get the bitterness out. Next prepare the sauce. Slice the garlic in half and mince the onion. Sauté both in medium size pan on medium heat. When onion is transparent, add tomatoes, basil leaves, salt and a few grinds of pepper. Simmer for about 15 minutes. Now, wash the salt off the eggplant and cut the slice lengthwise, no more than ½ inch. Dredge the eggplant in flour, and fry in oil until golden brown on both sides. Drain on paper towels. In an oven-proof baking dish, spread a layer of sauce then eggplant, then some of the mozzarella then parmesan cheese. Repeat until all ingredients used. Top with bread crumbs. Bake at 350 degrees for about 15-20 minutes.

Contributed by Barbara, Doug & Renee Tonucci

*Pleasant words are like a honeycomb, sweetness to the soul and health to the
body.* **Proverbs 16:24**



"FAIR CASSEROLE"

Ingredients

2 lbs. Italian sausage
3-4 zucchini squash
4 green peppers
2-3 small onions
1 eggplant
1-2 hot peppers (optional)
2 jars spaghetti sauce
(Italian bread or pasta]

Directions

Cook Italian sausage, cut up, and set aside. Chop vegetables and put in large kettle. Add spaghetti sauce and cook until tender. Then add sausage. Reheat to serve with loaf of Italian bread or serve over pasta.

Contributed by Gloria Lynch

"My food," said Jesus, "is to do the will of him who sent me and to finish his work."
John 4:34

HAMBURGER-GREEN BEAN CASSAROLE

Ingredients

1 lb. hamburger
1 can cream of mushroom soup
dash of Worcestershire sauce
1 can of French style green
beans drained
3-4 cups of mashed potatoes
(can use instant)
1 cup shredded cheddar cheese
1 small can of french-fried onion
rings

Directions

Preheat oven to 350 degrees. Grease 8x10 pan. Fry hamburger and drain. Mix hamburger, beans, soup, and Worcestershire. Layer in pan. Cover with potatoes, then cheese, then onion rings. Cook 25 minutes uncovered.

Contributed by Barbara Trolley

Sometimes, life is going to hit you in the head with a brick. Do not lose faith.
Steve Jobs

**HAM AND SCALLOPED POTATO CASSAROLE****Ingredients**

3/4 lb. ham cut into 1/2 inch chunks
1 16 oz. pkg. shredded hash browns -
thawed
1 10 oz. pkg. frozen peas
2 cans cream of celery soup
1 1/2 cups milk
1 tsp. onion powder
1/2 tsp. black pepper
1 cup crushed Ritz crackers

Directions

Preheat oven to 375 degrees. Coat
2 quart baking dish with cooking spray.
Combine all ingredients except for the
crackers. Mix well. Pour into baking dish
and sprinkle with Ritz crackers. Bake 40-
45 minutes until golden brown and
heated through. Enjoy.

Contributed by Rita and Nandor Decsi

In a world where you can be anything... Be kind.

FR. PAUL'S KOFTE**Ingredients**

1 small onion, diced
1/3 cup breadcrumbs
1 egg
¼ cup olive oil
½ cup mint, chopped
2 tbsp. tomato paste
4 cloves of garlic, chopped
1 lb. ground lamb
1 lb. ground lean beef
2 tbsp. smoke paprika
1 tsp. cumin
1 tsp. pepper
½ tsp. salt
½ allspice
½ tsp. cinnamon

Directions

In a bowl combine all ingredients and mix well.
Divide meat into eight portions, shape each
into a two inch thick patty. Place patties onto a
griddle pan coated with cooking spray. Cook
four minutes each side or until desired
doneness. Serve in a warm pita pocket bread,
with sliced tomatoes, feta cheese and yogurt
dressing.

Yogurt Dressing

1 cup plain yogurt
2 tsp. white vinegar
1 tsp. lemon juice
salt and pepper to taste
2 tsp. fresh dill weed or 2 tsp. juice from a
bottle of dill pickles.

Mix well. Serve over the meat and top with
tomatoes and feta cheese.

Contributed by Fr. Paul Seil

*He gives food to every creature. His love endures
forever.*

Psalm 136:25



CROCKPOT MOCK LASAGNA

Ingredients

- 1 (10 oz) lasagna noodles, broken into bite size pieces
- 1 lb. ground beef
- ½ lb. Italian sausage
- 1 onion, chopped
- 1 garlic clove, minced
- 12 oz. mozzarella cheese, shredded
- 1 12 oz. carton cottage cheese
- 2 (6 oz.) cans tomato paste
- ½ cup water
- 1 tsp. basil
- ½ tsp. pepper
- 1 & ½ tsp. dried parsley flakes

Directions

Cook noodles according to package directions until tender, drain. Brown ground beef and sausage, drain. Place in lightly greased crockpot. Add all remaining ingredients. Stir to mix thoroughly. Cover and cook on low 7-9 hours, (3-5 hours on high).

Contributed by Nancy Ertl

***Social justice cannot be attained by violence.
Violence kills what it intends to create.***
St. John Paul II

MEATBALL STEW

Ingredients

- 3 eggs, slightly beaten
- 2/3 cup seasoned bread crumbs [e.g. Progresso garlic & herb]
- dash pepper, onion and garlic powder
- parmesan cheese to taste
- 1 lb. lean ground chicken or beef
- 2 tsp. Worcestershire sauce
- 3 medium carrots, cut into small pieces
- 5 medium potatoes, peeled and cut into small chunks
- 1 medium onion cut into pieces
- 1 garlic clove chopped
- 1 envelope onion soup mix and 2 ¼ cups water (or a can of Progresso onion soup)
- 1 cup frozen peas

Directions

In a large bowl, combine eggs, bread crumbs, pepper and onion and garlic powder (cheese to taste). Shape into 1 ½ inch balls. Bake meatballs in baking pan for 25-30 minutes at 350 degrees. While meatballs bake, place vegetables in a Dutch oven pan, add soup envelope and water/or soup can. Bring to a boil. Reduce heat and simmer until vegetables are tender. Add cooked meatballs, stir and serve.

*Contributed by Bernie Mudreski
& Dorothy Romyak*

Spread love everywhere you go. Let no one ever come to you without leaving happier.

Mother Teresa

**MOM'S MAGIC MEATLOAF****Ingredients**

12 oz. pork
12 oz. beef
1/2 cup chopped onion
1 cup plain breadcrumbs
3/4 cup of your favorite BBQ sauce
1/4 cup chopped fresh parsley
3 eggs
salt and pepper to taste

Contributed by Betty Ryerson

Directions

Mix thoroughly and place in a glass meatloaf pan. Bake at 350 degrees for 75 minutes. Remove from oven and cover loosely with aluminum foil for five minutes. Slice and serve. Enjoy. My family just loves meatloaf - especially in the fall and winter seasons. I have tried many recipes over the years but when I found this one it was a winner. Easy to make and so good.

*God didn't promise days without pain, laughter without sorrow,
sun without rain but He did promise strength for the day, comfort
for the tears and light for the way.*

MY FRIEND'S GREATEST MEATLOAF**Ingredients**

1/2 cup breadcrumbs
1/4 cup parmesan
1 tbsp. parsley
1 small onion chopped finely
2 eggs
1/2 to 3/4 cup milk
1 tsp. salt
1/4 tsp. pepper
1/4 tsp. poultry seasoning
1/4 tsp. Basil
Add 1 lb. ground round

Directions

Mix together above. Bake at 350 for about one hour. Delicious cold for sandwiches also.

*Contributed by Kathleen Heavern
Reflection shared with her by Sister Diane*

*I was regretting the past
And fearing the future.
Suddenly, God was speaking:
"My name is I Am." He paused.
I waited. He continued.
"When you live in the past
With its mistakes and its regrets
It is hard. I am not there.
My name is not I Was.
When you live in the Future,
With its problems and fears,
It is hard. I am not there.
My name is not I Will Be..
When you live in this moment,
It is not hard. I am here.
My name is I Am."*



PENNE À LA VODKA

Serves 6 - 8

Ingredients

- ½ lb. pancetta, sliced thin and cut into small squares (¼ " - ½" squares). It's easier to cut the pancetta into squares if you freeze the slices first, separated on a pan.
- 4 tbs. butter
- 1 cup vodka
- 28 - 30 oz. tomato sauce
- salt and pepper
- 1 cup light cream or heavy cream (do not use Half & Half)
- 1 lb. penne pasta -- cook pasta near the end of the sauce cooking time.

Contributed by David & Julie DiMatteo

Directions

In a large saucepan, heat the butter a few minutes, but don't let it brown. Sauté the pancetta in the butter for about five minutes. Add the vodka and simmer 15 minutes. Add the tomato sauce and salt/pepper to taste. Bring to a medium boil, and cook for 30 minutes, stirring frequently to prevent pancetta from sticking to the pan. This recipe was given to us by a family friend, Friar Michael Lasky, OFM Conv., who was a teacher at St. Francis High School and also celebrated Masses at St. Bernadette Church.

I can do all thing through Christ who strengthens me. **Philippians 4:13**

LAZY PIEROGI

Ingredients

- 1 lb. cooked rotini pasta
 - 1 large can or bag sauerkraut (drained and rinsed)
 - 2 cans cream of mushroom soup**
 - 1 large can drained mushroom pieces
 - 1 lb. bacon
 - 2 large onions. Butter
- **When diluting, combine two cans of soup and one can of milk. Additional milk can be added during warming.

Directions

Cook bacon until crisp. Crumble and set aside. Add one stick of butter to bacon grease and melt. Add chopped onion and cook until tender. Pour entire mixture over cooked noodles. Add sauerkraut, bacon and mushrooms. Mix well. Add diluted mushroom soup and stir. Mixture only needs to be heated. If warming in crockpot, butter the entire crockpot before pouring mixture into pot. If noodles become too dry, you can add more milk, butter, or mushroom soup. If you prefer more sauerkraut, you can add to taste. Actually there are no rules for the amounts -- depends on your taste buds. Enjoy.

(A variation - one pound of lean ground beef or sausage can be added)

Contributed by Mary Soehner

Trust in the Lord with all your heart.
Proverbs 3:5



POLISH LAZY PIEROGI 2

Ingredients

box of rotini noodles (spirals)
2 large jars or cans of sauerkraut
2 large sweet onions
1/2 lb. butter container of fresh
sliced mushrooms
4 to 6 cans cream of mushroom
soup
makes a small filled roaster pan
minced garlic (a few tbsp.)

TIP: I have learned to pop the tops of sauerkraut glass bottles by placing a screwdriver under the lip and it pops the bubble on top and the lid flies off. I do this for all the glass jars now. No struggle.

Directions

Preheat oven to 350 degrees. Place butter in a large frying pan to melt. Add chopped onion, drained sauerkraut (I empty the jar of the juice by placing a fork against the kraut and drain in the sink), mushrooms and garlic. Cover and let it fry in the butter for about 30 minutes or until onion is cooked. Boil the rotini for 20 minutes and drain. Place the cooked rotini in the roaster pan and mix the frying pan ingredients. Mix the cream of mushroom soup so that all the ingredients are saturated with the soup. Be careful to clean the sides off in the roaster of any soup as it will burn. Cover with roaster cover. Place in preheated oven at 350 degrees for one hour and serve.

One day you will ask me which is more important? My life or yours? I will say mine and you will walk away not knowing that you are my life.
Kahlil Gibran

Contributed by Carolanne Kilichowski

PIGS IN THE BLANKET

Meat Filling

2 lb. ground chuck
3 eggs
¼ tsp. black pepper
2 tsp. salt (or less to taste)
½ cup onion chopped
2 cups cooked rice

Mix all ingredients together and form loose balls. Do not roll like meatballs and pack tight. Set aside.

Cabbage

1 large head of cabbage
1 cup cider vinegar

Leave whole but remove center core. Boil water in large deep pot. I add one cup cider vinegar to water (I find the vinegar helps the leaves to peel easier). Remove leaves with tongs as they separate themselves from head. Set aside. Once it is all apart, I put back some of the inner leaves to cook for a few minutes. so the cabbage spines are tender. The outer leaves will be soft enough.

Continued on next page...



PIGS IN THE BLANKET (Continued from previous page)

Sauce

6 tbsp. margarine
 3 cups chopped onion
 3 can of tomato soup
 2 ½ cans of water
 1 1/2 cups chopped celery
 (also use the leafy parts)
 3 tsp. minced fresh parsley
 9 tbsp. lemon juice
 2-3 tsp. sugar
 3 tsp. salt
 ½ tsp. black pepper

**This filling and sauce may also be used for stuffed Green Peppers.

Contributed by John & Karen Hazen

Directions

Melt margarine, add onions and celery and cook until crispy tender. Add remaining ingredients, simmer about 10 minutes. Put a loose formed ball of meat into each cabbage leaf. Tuck sides in and turn over. Secure with a toothpick in under the spine of the leaf. Line a roasting pan with remaining cabbage (those too small or torn - so you can use up entire head). Place cabbage bundles on top. Cover with tomato sauce mixture. Put a lid on roaster pan, and bake at 325 degrees for two hours. Baste frequently with sauce.

Serve with mashed potatoes. Yummy.

If you judge people, you have no time to love them.

Mother Teresa

FATHER RAY'S PORK CHOPS

Ingredients

4 pork chops, 1/2 to 1 inch thick
 1 egg
 1 tsp. water
 2 tsp. oil
 seasoned bread crumbs

Directions

Mix egg and water. Dip pork chops into the mixture, then coat with seasoned bread crumbs. Brown in oil. Put the pork chops into a shallow pan and add about 1/4 cup of water. Cover with foil and bake for 45 minutes at 350 degrees.

Contributed by Jon & Mary Gruchala

Small things done with great love will change the world.

Mother Teresa

**QUICHE LORRAINE**

Serves 6

Ingredients

1 pie shell
6 oz. cooked ham (1 1/2 cup)
1 cup grated Swiss cheese
1 cup scalded heavy cream
2 beaten eggs and 1 egg yoke
salt, pepper, nutmeg

Directions

Line a nine-inch pie pan with pastry, flute edges and brush with slightly beaten egg white.
Bake in preheated hot oven (450 degrees) until set but do not brown. (five minutes)
Dice ham and distribute on bottom of shell. Sprinkle with cheese, then pour over mixture of cream, eggs, etc. Place on cookie sheet and bake at 350 degrees until set like custard (50-60 minutes). Serve warm.

Contributed by Pat Connolly

*We can do no great things only
small things with great love.*

Mother Teresa

JOHN BOY'S HONEY GARLIC RIBS**Ingredients**

4 lbs. pork spareribs
1/2 cup honey
1/4 cup soy sauce
1/4 cup white vinegar
2 cloves garlic, minced
2 tbsp. brown sugar
1 tsp. baking soda
1 tsp. garlic salt

*Contributed by John Hazen***Directions**

Preheat oven to 375 degrees. In a large bowl, combine the honey, soy sauce, vinegar, garlic and brown sugar. Stir until sugar and honey are completely dissolved, then stir in the baking soda. The mixture will begin to foam. Transfer the ribs to the bowl and turn to coat. Cover and sprinkle with garlic salt. Bake for one hour, turning every 20 minutes. For easy clean up, use disposable aluminum pan or double line cookie sheet with foil.

Then Samuel took Saul and his servant and brought them into the hall and gave them a place at the head of those who were invited, who were about thirty men. Samuel said to the cook, "Bring the portion that I gave you, concerning which I said to you, 'Set it aside.'" Then the cook took up the leg with what was on it and set it before Saul. And Samuel said, "Here is what has been reserved! Set it before you and eat, because it has been kept for you until the appointed time, since I said I have invited the people." So Saul ate with Samuel that day.

I Samuel 9:22-24



SPAGHETTI SAUCE

Ingredients

3-4 lbs. country style pork ribs
 1 can tomatoes (your preference)
 3 6 oz. cans tomato paste
 1-2 cans of water per can of paste
 1 medium onion, diced
 1 1/2 tbsp. of sugar
 3 tsp. of salt
 cover the top with pepper
 handful of parsley and basil leaves
 handful of Romano cheese
 2 tsp. garlic powder
 1 lb. ground meat (beef or turkey)

Directions

Bring all to a full boil, then simmer 4 hours without lid. Take out the ribs, remove the meat and put meat back in sauce. (I love this with the pork added). If you want to make a large batch, just double the tomatoes and paste, and adjust the seasoning to your liking. I still only use one pound of ground meat, though. Also, if you prefer, brown the meat and onions before adding the rest of the ingredients. I also usually put a potato in the sauce while it's cooking to absorb some of the acidity. Enjoy.

*Contributed by Judy Smith
 (Came from an Italian friend)*

Trust in the Lord with all your heart. On your own intelligence rely not; in all your ways, be mindful of him, and he will make straight your paths.

Proverbs 3: 5-6, The Catholic Study Bible

MEDITERRANEAN SWORDFISH STEW (SERVES 4)

Ingredients

2 lbs. of swordfish (cubed)
 olive oil - just to cover pan bottom
 2 medium onions (chopped) - salted until transparent, not brown
 3 cloves of garlic - add to onions, sauce for a minute or two more
 3 16oz. cans of crushed tomatoes - add to onion and garlic mixture
 3/4 tbsp. of marjoram
 1 bay leaf
 3/4 tbsp. oregano; 3 tbsp. lime juice
 2 tbsp. capers
 5 1/2 oz. green olives and pimentos
 Sliced jalapeno peppers to taste

Directions

Combine all ingredients and bring to a boil - lower heat and cover. Simmer for 30 minutes. Then add swordfish. Cook 10 more minutes. Serve over your choice of rice. It is very tasty with a garlic bread.

Contributed by Tobi, Kara, & Brielle Stewart

Great holiness consists in carrying out the little duties in each moment.

Saint Josemaria



TORTELLINI BOLOGNESE

Ingredients

1 pkg. dry or frozen tortellini
1 tbsp. olive oil
½ lb. ground beef or turkey
½ medium onion, diced
1 clove garlic, minced
1 can (14.5 oz.) diced tomatoes
1 can (8 oz.) tomato sauce
¼ cup chicken broth or red wine
1 can mushrooms (4 oz.) drained
¼ tsp. basil
¼ tsp. oregano or thyme

Directions

Prepare tortellini according to package directions.

Sauce: Brown Ground meat in oil. Stir in onion, garlic and cook until soft. Mix in remaining ingredients. Simmer five minutes stirring occasionally. Salt and pepper to taste. Serve over prepared Tortellini pasta. Serves 5.

Contributed by Pat Grise

And now these three remain Faith, Hope and Love. But the Greatest of these is Love.

I Corinthians 13:13

BAKED ZITI

Ingredients

1 box ziti
1-2 jars sauce
8 oz. shredded mozzarella cheese
15 oz. ricotta cheese
1 egg
seasoning-garlic, oregano, basil, parsley (your choice)
1 lb. ground beef

Directions

Boil and drain ziti, cook meat and add sauce.

Mix ricotta, beaten egg, mozzarella cheese and seasoning.

Add hot ziti to cheese mixture. In a baking dish (9x12 or larger) layer sauce, ziti, sauce, ziti, sauce. Sprinkle with parmesan cheese.

Bake at 350 for one hour.

Contributed by Pat Connolly

Your children are not your children. They are the sons and daughters of Life's longing for itself. They come through you but not from you, and though they are with you, yet they belong not to you. You may give them your love, but not your thoughts. For they have their own thoughts. You may house their bodies but not their souls, for their souls dwell in the house of tomorrow, which you cannot visit, not even in your dreams. You may strive to be like them, but seek not to make them like you. For life goes not backward, nor tarries with yesterday.

Kahlil Gibran



BAKED BEANS

4 strips bacon

1 small onion

Chop the onion and cut the bacon into small pieces. Fry together until the onion is soft.

Then add to the onion, bacon mixture:

2 1-lb. cans of Campbell's pork and beans

1 ¼ cups chili sauce

1 tsp. prepared mustard

Finally heat the mixture through. Put the mixture in a greased baking dish. Bake uncovered at 350° for 45 minutes.

Contributed by Paulette Gaske

The tender Mercy of God has given us one another.

Catherine McAuley, Founder of Sisters of Mercy

BOURBON BAKED BEANS 2

Ingredients

55 oz. Busch's baked beans

28 oz. Busch's original beans

1/4 cup bold and spicy steak sauce

2 tbsp. Worcestershire sauce

1/4 cup molasses

1/2 cup brown sugar [generous]

4 oz. bourbon

3 links Andouille Sausage (cut in pieces)

Contributed by Cheryl Benson

Directions

Mix all ingredients together and place in refrigerator overnight. Top with additional brown sugar. Bake at 325 degrees for two hours, stirring occasionally until they thicken.

*I can do all things through
Christ who strengthens me.
Philippians 4:13*

CALICO BEANS 3

Ingredients

1 cup chopped onion

¼ lb. crumbled bacon browned

½ cup ketchup

½ cup brown sugar

1 tbsp. vinegar

2 lbs. ground beef browned

1 tsp. salt

1 tsp. dry mustard

1 can each: Pork and Beans, Butter Beans and Kidney Beans

Mix and bake one hour.

Contributed by Sandra LeRoy



CREAMED ONIONS

Ingredients

White Sauce

2 tbsp. butter
2 tbsp. flour
1 cup milk
salt and pepper
grated cheese to taste

Onions

2 jars of Aunt Nellie's onions,
drained

Directions

Melt butter over low heat in a small saucepan. Add flour (I use the sifted kind). Stir into butter. Add milk slowly. Will thicken. Season. Add cheese to taste. Pour over onions in a casserole. Bake until brown on top. A Thanksgiving tradition and my grandmother's name was coincidentally Nellie.

Contributed by Linda Schooley

Only a life that is lived for others is a life worthwhile.
Albert Einstein

CARROT CASSEROLE – CAROL'S

Ingredients

2 lbs. of carrots
sliced onion
1 tbsp. butter
1 can cream of celery soup
3/4 cup grated cheddar cheese
1/3 cup butter
1 1/2 cup Pepperidge Farm
stuffing mix

Contributed by Christine Pinto

Directions

Peel, slice and cook about two lbs. of carrots. Meanwhile, sauté one sliced onion in two tbs. butter. In a casserole dish, add the cooked and drained carrots, sautéed onion, one can undiluted cream of celery soup, 3/4 cup grated cheddar cheese, and 1/8 tbs. pepper. Lightly mix. Melt 1/3 cup of butter. Add 1 1/2 cup Pepperidge Farm stuffing mix to the melted butter and mix. Put this on top of the carrot mixture and bake uncovered for 20-30 minutes at 350 degrees (bake a little longer if casserole is put together ahead of time and casserole is cold).

I thank God every time I think of you.
Philippians 1:3



CARROT CASSEROLE - SR. PRISCILLA

1 ½ large carrots, sliced, cooked
and drained

Sauce

½ cup mayonnaise
2 tbsp. chopped onion
2 tbsp. horseradish

Add sauce to carrots and toss.

Topping

½ cup crushed Saltine crackers
2 tsp. melted butter

Mix and sprinkle on top of carrots.

Cover and bake.

A recipe from *Sr. Priscilla* who we miss
so very much.

Contributed by Marcella Momberger

*So whether you eat or drink or whatever you do, do it
all for the glory of God.*

1 Corinthians 10:31

FR. PAUL'S COUSCOUS WITH ARTICHOKE

Ingredients

1 box couscous
1 14oz. can of low sodium
vegetable broth
2 1/3 cup water
1 cup feta cheese
3 Roma tomatoes, diced
½ cup fresh parsley, chopped
2 cans artichokes, drained

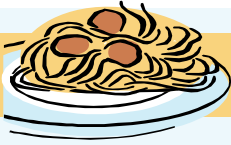
Directions

In a saucepan combine, water, vegetable
broth and bring to a boil. Stir in couscous
and tomatoes. Cook according to
couscous package directions. Remove
from the heat and stir in the parsley.
Place into a large bowl and add cheese
and artichokes. Mix well. Serve.

Contributed by Fr. Paul Seil

*Do not work for food that spoils, but for
food that endures to eternal life, which the
Son of Man will give you. For on him God
the Father has placed his seal of approval.*

John 6:27



OLD FASHION MAC AND CHEESE

Ingredients

16 oz. elbow macaroni (whole wheat works best)
2 large eggs (farm fresh the best)
2 cups milk
1 tsp. Dijon mustard (1/4 tsp. if dry)
1/8 tsp. crushed red pepper
4 tbsp. unsalted butter, small pieces
6 oz. cheddar cheese, shredded
6 oz. Colby cheese, shredded

Method

Cook pasta al dente. In a medium bowl, whisk eggs, salt, mustard, and red pepper. Put drained pasta into large pot over medium heat. Add butter to melt. Add egg mixture, cheese and milk. Cook, stirring constantly, until mixture simmers (5 - 8 minutes). Make sure mixture does not boil. Pour into casserole dish. Top with bread crumb mixture. Bake uncovered at 400° degrees for 25 minutes.

Contributed by Krissie Bonin

Topping

2/3 cup bread crumbs
2 tbsp. butter, melted
2 tbsp. Parmesan cheese

So whatever you eat or drink or whatever you do, do it all for the glory of God.

I Corinthians 10:31

ALLISTER'S BAKED OATMEAL

Ingredients

3 cups rolled oats-quick cooking
2 tsp. baking powder
1/4 tsp. salt
2 eggs
2/3 cup sugar
1/2 cup oil
1 cup milk

Possible add-Ins: apple slices and cinnamon, blueberries, pear slices and walnuts, dried cranberries, etc.

Directions

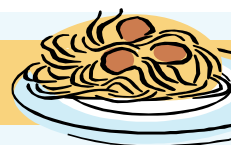
Mix all ingredients together, (including any add-ins), and pour into an eight-inch square baking dish. Bake at 350 degrees about 45 minutes. I usually double the recipe and put into a 9 x 13 pan. Some people like to serve with milk to pour over it or whipped cream for an extra delicious treat. The leftovers warm up well in the microwave. Enjoy.

This was a recipe that was passed on to us from a wonderful bed and breakfast owner in Southern Ontario. We met there as an extended family for Christmas one year and this baked oatmeal was a hit. Every time I have made it, my guests ask me for the recipe.

Contributed by Rachel Neff

Remember this, my dear brothers and sisters: everyone should be quick to listen but slow to speak and slow to anger.

James 1:19



STUFFED HOT CHEESE BANANA PEPPERS

Ingredients

- 8 oz. pkg. of cream cheese (room temperature)
- ¾ cup of Italian blend shredded cheese or Belgioioso shredded four cheese blend
- 1 tsp. of fresh chopped Italian parsley
- ½ tsp. of Italian seasoning
- 1 tbsp. of panko bread crumbs seasoned or unseasoned (more for sprinkling on cheese before baking)
- 1 clove of fresh garlic minced
- 1 tsp. pine nuts (more if wanted). I toast mine dry in a skillet to release oils
- 6 large banana peppers or 8 small ones

Directions

Combine all ingredients except peppers. Cut a long wedge or window in each pepper and remove wedge, seeds and white pith. Take the leftover pepper wedge you cut out, chop fine and mix it with cheese filling. Before stuffing you need to blister the peppers. Pan Fry peppers in a dry skillet to blister (five to six minutes) or you can also put them on the gas grill, and keep turning. Let peppers cool and stuff. Stuff peppers and sprinkle a little more panko bread crumbs over cheese stuffing. Place peppers in a oven safe baking dish with a little olive oil on bottom of dish and also drizzle oil over top of the bread crumbs. Bake 350 degrees for 15-20 minutes uncovered. Serve with your favorite marinara sauce.

There are people in the world so hungry, that God cannot appear to them except in the form of bread.

Mahatma Gandhi

*Contributed by
George & Beth Bestpitch*

BABA'S MASHED POTATOES

Ingredients

- 6-8 large potatoes
- 1 stick butter
- dash of milk
- salt
- onion salt

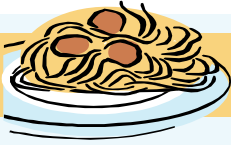
Directions

Boil potatoes until soft. Drain and mash with butter and salts. Add milk to desired texture. These were my mom's mashed potatoes; can never make enough of them.

*Contributed by Barbara Trolley
in memory of Ann Cameron*

The best and most beautiful things in the world cannot be seen or even touched, but must be felt with the heart.

Helen Keller

**BRAZILIAN SWEET POTATOES****Ingredients**

3 large yams or sweet potatoes
(peeled, cooked and cut into
chunks) **OR** 1 25-29 oz. can of
sweet potatoes (drained)
1 8 oz. can crushed pineapple
(drained)
3 tsp. butter or margarine
½ tsp. salt
1 ½ tsp. light brown sugar
1/8 tsp. ground cloves
breadcrumbs

Directions

Mash the potatoes and mix with the
pineapple, butter, salt, brown sugar and
cloves. Turn the mixture into an ungreased
casserole. Sprinkle with breadcrumbs.
Bake uncovered at 350 degrees for 30
minutes or until heated through.

Contributed by Laurie Kuminecz

The Brazilian Sweet Potatoes recipe is from an old Mennonite cookbook that was written to "to challenge North Americans to consume less so others could eat enough."

Above the clouds the sky is always blue.
Thérèse of Lisieux

SWEET POTATO CASSEROLE**Ingredients**

3 (40oz) can yams (if you use
sweet potatoes in syrup, cut
sugar in half)
3 eggs, 1 tsp. vanilla
1/3 cup butter, melted
1/2 cup white sugar

Topping:

3/4 cup pecans, chopped
1/2 cup brown sugar
1/4 cup flour
1/3 cup butter, melted

Directions

Preheat oven to 350. Mash all ingredients (not
toppings), place in 9x13. Crumble on toppings.
Bake 45 minutes or until bubbly brown. (Serve
immediately, Do not cover, nuts will get soft)

Contributed by Gidget Podkulski

*A thousand years of enjoying human glory
is not worth even an hour spent sweetly
communing with Jesus in the Blessed
Sacrament.*

Saint Pio of Pietrelcina

RISOTTO**Ingredients**

1 clove of garlic
1/2 cup chopped onion
3 tbsp. butter
1 cup uncooked Arborio rice
2 cans of chicken broth
3/4 cup grated Parmesan cheese

Directions

Sauté onion in 2 tbsp. butter. Add rice
and stir. Add chicken broth gradually and
cook stirring until absorbed. Add 1 tbsp.
butter and the Parmesan cheese when
ready to serve.

Contributed by Mr. & Mrs. Anthony LaMarca

BREADS & DESSERTS





EASY, NO FAIL BANANA BREAD

Ingredients

3-4 bananas (ripe)
1 cup sugar
3 eggs
1 stick butter softened not melted
1 tsp. vanilla
2 cups flour
1 tsp. baking soda dissolved in a
little water

Directions

Preheat oven to 350 degrees. Grease two bread baking pans. Mix in the order listed. Pour in pans. Note, you may also add nuts and/or chocolate chips. For the latter, best to add the chips after poured into the pan to limit sticking to the pan.

Contributed by Barbara Trolley

One person can make a difference, and everyone should try.

President John F. Kennedy

BANANA BREAD 2

Ingredients

1/2 cup shortening
3/4 cups sugar
2 eggs
1 cup mashed bananas
1 3/4 cups flour
2 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt

Directions

Preheat oven to 350 degrees. Grease 9x5 loaf pan. Mix shortening, sugar and eggs until light and fluffy. Blend in bananas. Add dry ingredients and stir just until smooth. Bake until firmly set when lightly touched in center top, 50-60 minutes.

Contributed by Colleen Connolly DiCerbo

The best things to do with the best things in life is to give them away.

Dorothy Day



CHAI SPICE BANANA BREAD 3

Ingredients

Chai spice

- 1 tsp. ground ginger
- ¾ tsp. fresh ground cardamom
- ½ tsp. ground cinnamon
- 1/4 tsp. black pepper
- 1/4 tsp. nutmeg
- 1/4 tsp. cloves

Banana bread

- 3 extremely ripe bananas, mashed
- 6 tbs. butter, melted
- 1/4 cup sugar
- 1/2 cup light brown sugar
- 2 eggs, room temperature
- 2/3 cup plain Greek yogurt
- 2 tsp. vanilla extract
- 2 cups all-purpose flour
- 1 tsp. baking soda
- 1 tsp. salt

Streusel Topping

- 1/2 cup cashews, finely chopped
- 1/4 cup sugar
- 1/4 cup flour
- 3 tbs. butter, melted
- Remaining spice mix

Directions

Preheat the oven to 350 degrees. In a tiny bowl, combine all spices to make your chai spice mix. Set aside. In a large bowl, combine the bananas with the butter, stirring to combine. Mix in both sugars, eggs, Greek yogurt, and vanilla. Fold in flour, baking soda, salt, and a little over half the chai spice mix, mixing until combined. Pour batter into prepared loaf pan. In a separate bowl, mix together the cashews, sugar, flour, melted butter, and the remaining chai spice. Mix the streusel together, then sprinkle the streusel evenly over the loaf, covering it entirely with streusel. Bake the loaf for 45 minutes or until a knife comes out clean when inserted into the center of the loaf. If your streusel begins to get golden before the first 30 minutes of cooking, gently cover the top of the loaf with tin foil. This will prevent excess browning.

Contributed by Kevin & Patty Magner

Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"

Matthew 4:4

CHEESY BEER BREAD

Ingredients

- 3 cups self-rising flour
- 3 tbs. sugar
- 1 12 oz. can beer - room temperature
- 4 oz. sharp, shredded cheese

Directions

Stir all until moistened. Grease 9" loaf pan. Bake at 400° for 40 minutes (till golden). Remove from pan and cool on rack. Doubled this makes 3 8" loaves and it keeps great in fridge or freezer.

Contributed by Terry O'Connor

There remains faith, hope and love. These three, but the greatest of these is love.

1 Corinthians



DATE & NUT BREAD

Ingredients

1 cup diced dates
3/4 cup nuts
1 1/2 tsp. baking soda
2 eggs
1 tbsp. butter
1 cup sugar
1 1/2 cups flour
1/2 tsp. salt
1 cup boiling water

Directions

Put nuts, dates, butter and soda in a bowl. Add water and cool. Beat eggs. Add sugar, flour, salt and add date mixture. Pour into a greased 9"x5" greased pan. Bake at 350 degrees for 45 minutes - one hour; use toothpick test.

Contributed by Diane McNamara

The Lord is my light and my salvation; whom should I fear?
Psalm 27:1

MOLASSES BREAD

Ingredients

2 1/2 cups warm water
(about 110 degrees)
1 1/2 tbs. instant yeast
1/3 cup + 1 tbsp. unsulphured
molasses
2 tbsp. unsweetened, natural cocoa
powder
3 tbsp. oil (see note)
1/3 cup honey
2 tsp. salt
3 tbsp. vital wheat gluten (optional -
see note)
3 cups white whole wheat flour
3 to 4 cups all-purpose flour
2 to 3 tbsp. butter, melted
Old-fashioned oats for sprinkling

Directions

In the bowl of an electric stand mixer fitted with the dough hook (or in a large bowl with a wooden spoon if hand mixing), combine the water, yeast, molasses, cocoa powder, oil, honey, salt, gluten (if using), and two cups of the whole wheat flour. Mix until combined. With the mixer running, slowly add the rest of the whole wheat flour. Start adding the white flour gradually until the dough pulls away from the sides of the bowl. Knead for five-seven minutes (about 10-15 if kneading by hand). The dough should be soft and slightly tacky but shouldn't leave a lot of residue on your fingers if you grab a piece. Turn the dough into a large, lightly greased bowl, cover with greased plastic wrap or a light towel, and let rise until doubled, one-two hours. Lightly punch down the dough and divide into three equal pieces. Form into tight oval loaves and place on parchment-lined or lightly greased baking sheets (I fit two loaves on one large, rimmed 11x17 inch baking sheet and the third loaf on another baking sheet). Lightly cover with greased plastic wrap or a

light towel and let rise until puffy and doubled in size. Optional: right before baking, using a very sharp razor, knife or bread-slashing lame, cut three deep slashes in the top of each loaf. Preheat the oven to 375 degrees. Bake the loaves for 25 minutes. Remove from the oven and lightly brush with about a tablespoon of butter. Sprinkle with the oats and bake for another five-seven minutes. Note: *I've used all sorts of different oil making this bread: olive, avocado, melted coconut. You could also use canola or vegetable oil or different oil making this bread.*

Contributed by Melissa Cymerman

***What lies behind us and what lies before us are
tiny matters compared to what lies within us.***
Ralph Waldo Emerson



MARY'S PLACZEK

Bread

- ½ cup butter, softened
- 2 cups sugar
- 3 eggs
- 3 tsp. baking powder
- 1 tsp. salt
- 2 cups buttermilk (1 tbsp. lemon juice or vinegar and enough whole milk to make a cup)
- 4 cups flour

Cream butter and sugar. Add eggs, one at a time. Mix baking soda and salt together. Add to creamed mixture. Add flour and milk alternately. Pour into two large sprayed loaf pans, three sprayed foil loaf pans or six little sprayed foil pans.

Contributed by Sharon Urbaniak

Topping

- ½ cup butter
- ½ cup sugar
- 1 ¼ cup flour

Mix until crumbly. Place on top of the batter. Bake at 350 degrees for 55 minutes for the foil loaf pans, less for mini loafs and more for larger pans.

Growing up, we always looked forward to the Altar and Rosary Society bake sales as Mary's placzecks were the favorite item. But she never shared the recipe, as she would worry that her breads would not sell then. I was truly blessed when Mary shared her recipe with me. Every Christmas and Easter, my husband and I make them for family, friends and coworkers.

I am the bread of life; he who comes to Me will not hunger, and he who believes in Me will never thirst.

John 6:35





DOWNEAST MAINE PUMPKIN BREAD

Ingredients

1 15 oz. can pumpkin puree
4 eggs
½ cup vegetable oil
½ cup applesauce
2/3 cup water
1 cup white sugar
1 cup brown sugar
3 ½ cups all purpose flour
2 tsp. baking soda
1 ½ tsp. salt
1 tsp. ground cinnamon
1 tsp. ground nutmeg
½ tsp. ground cloves

¼ tsp. ground ginger
½ cup golden raisins
1 cup walnuts (I leave them whole)
splash of vanilla

Directions

Preheat oven to 350 degrees. Grease and flour three 7x3 inch loaf pans. In a large bowl, mix together pumpkin puree, eggs, oil, applesauce, water and sugar until cloves. Stir the dry ingredients into the pumpkin mixture until just blended. Add raisins, walnuts and vanilla. Bake for about 50 minutes. Loaves are done when toothpick inserted in center comes out clean.

Contributed by Sandra LeRoy

Sometime you will never know the value of a moment, until it becomes a memory.

Dr. Seuss

GRANDMA ADDIE'S IRISH SODA BREAD

Ingredients

5 cups all purpose flour
1 ½ tsp. baking powder
1 tsp. salt
4 tbsp. sugar
3-4 tbsp. shortening
1/2 box (about handfuls) raisins
2 ½ cups buttermilk

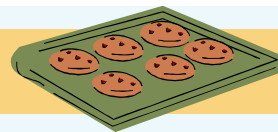
Directions

In a large bowl, mix all the dry ingredients. Work in the shortening. Add raisins. Moisten mixture with buttermilk, using just enough to make soft dough. Knead. Roll out to desired size and shape. Cut slash marks. Brush with milk and sprinkle with sugar. Bake for 10 minutes at 400 degrees, reduce heat to 350 and continue baking for about 25 minutes. Bread is done when it has a good 'nutty' crust and sounds hollow when tapped on the bottom with your knuckles.

*Man does not live by bread alone,
but by every word that comes forth from
the mouth of God.*

Matthew 4:4

Contributed by Pat Rosinski



LIGHT JELL-O ANGEL FOOD DESSERT CAKE

Ingredients

- 1 prepared angel food cake (16oz.) cut into cubes or slices
- 1 pint fresh strawberries, sliced
- $\frac{3}{4}$ - 1 cup fresh blueberries
- 1 six oz. sugar free strawberry Jell-O
- 2 cups boiling water
- 1-1/2 cups cold water
- 1 large carton Cool Whip

Contributed by Joan Majchrzak

Directions

Layer angel food cake cubes into a 13 x 9 dish coated with non stick spray (optional). Place strawberries, blueberries on top of cake cubes and press down gently. In a bowl, dissolve strawberry sugar free Jell-O in boiling water. Stir in cold water. Place Jell-o in fridge for about 25 minutes to cool. Pour Jell-O over the fruit and cake. Refrigerate about three hours or until set. Frost with Cool Whip or whipped cream.

Note: You can use any flavor Jell-O you like – orange, raspberry, lime and other fruit such as bananas, drained canned pineapple bits, mandarin oranges.

*God loves each of us as if
there were only one of us.
St. Augustine*

GERMAN APPLE PIE - MIX IN PAN

Ingredients

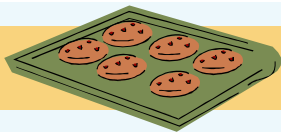
- 1 cup flour
- 1/3 cup sugar
- 1 tsp. baking powder
- 1/8 tsp. melted margarine
- 1 egg
- 1 tsp. vanilla
- apples
- (breadcrumbs)

Directions

Mix all right in pie pan. Margarine is last to be mixed in. Press dough up and on edges. Fill with apples. Top with crumbs, either breadcrumbs mixed with margarine or flour/sugar/margarine mixture. Bake at 350 degrees until apples are done 20-25 minutes until apples are done.

Contributed by Ruth Duffy

*Life is like riding a bicycle. To keep your
balance, you must keep moving.
Albert Einstein*



APPLE SLAB PIE

Ingredients

3 cups flour
1 cup lard
6 - 8 tbsp. ice cold water
8 cups sliced apples
3/4 cup granulated sugar
3 tbsp. corn starch
1 tbsp. ground cinnamon

Contributed by Marion Skipper

Directions

In a bowl, combine flour and salt. Cut in lard until mixture resembles coarse crumbs. Sprinkle in water, a tablespoon at a time, until pastry holds together. Shape into a ball; chill for 30 minutes. On a lightly floured surface, roll half of the dough out into a rectangle to fit your pan. Preheat the oven to 375 and lightly grease a 10x15" rimmed jellyroll pan. Set aside. Place apples in a large bowl and toss in the sugar, cornstarch and cinnamon. Add the apples in an even layer to the pan. Roll out the second dough in the same way and cover the top of the pie. Fold in the edges all the way around use a knife to make some holes in the top for steam to vent. Bake 45 - 60 minutes until puffed and golden. Insert a fork in the pie to make sure the apples are soft. Serve warm or allow to sit at room temperature for three days. Note, dough needs to chill for at least 30 minutes before rolling.

*When I am afraid, I put my
trust in the Lord.*

Psalm 56:3

BLONDE BROWNIES

Ingredients

2 cups flour
1 tsp. baking powder
1/4 tsp. baking soda
1 tsp. salt
2/3 cup margarine
2 cups brown sugar
3 eggs
2 tsp. vanilla
1 cup chocolate chips

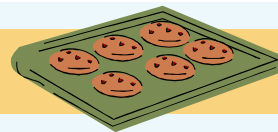
Directions

Melt margarine. Add brown sugar, eggs and vanilla and beat well. Add dry ingredients and blend. Pour into greased 9 X 13 pan. Bake 350 for 25-30 minutes.

Contributed by Sally Mason

*Do you believe that I am the Son of God?
And do you believe that I died for all men and
women and that I rose from the dead?
Then why do you continue to be distracted and
anxious about your loved ones?
Do they not also belong to me?
Would I refuse to work in their lives
just I work in yours?
I have not put you in charge of saving them,
I have already done that.
Nor have I charged you to change them.
Your task is to love, to forgive, to pray for them
and to turn them over to Me.
Come closer to Me yourself
and I will do the rest.*

TRUST ME.



CARROT CAKE

Ingredients

2 cup sugar
 ½ cup oil
 4 eggs
 2 ¼ cup flour
 2 tsp. salt
 2 tsp. soda
 2 tsp. cinnamon
 3 cups coarsely grated carrots
 1 ½ cup chopped nuts

Frost with Cream Cheese Frosting

1 8 oz. softened cream cheese
 1 ½ cups confectionary sugar
 2 or more tbsp. milk to blend

Contributed by Barbara Brehm

Directions

Preheat oven to 300 degrees.
 Combine sugar, oil and eggs, thoroughly, beat at medium speed for 2 minutes. Add dry ingredients, beat at low speed for 1 minute. Stir in carrots and nuts. Spread into a greased and floured 13x9x2 pan (or 6 mini loaf pans). Bake one hour until cake test done with a toothpick.

Jesus Christ is the same yesterday and today and forever.

Hebrews 13:8

CHEESECAKE

Crust:

2 cups crushed graham cracker crumbs
 2 tbsp. sugar
 ½ cup softened margarine (room temperature)
 Combine and press into 9x13 pan.

Filling:

2 8 oz. packages cream cheese (room temperature)
 ½ cup sugar
 1 ½ tsp. vanilla
 1 ½ tsp. lemon juice
 3 eggs

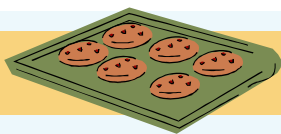
Cream cheese well with mixer, add remaining ingredients. Blend well. Pour over crust. Bake at 350 degrees for 20 minutes. Remove from oven. Cool for 15 minutes.

Topping:

1 pint sour cream
 ½ cup sugar
 Mix well together. Pour over top of cooled filling. Bake additional 10 minutes at 350. Cool and refrigerate.

Contributed by Pat Grise

Try to be a rainbow in someone else's cloud.
Maya Angelou



CRUSTLESS CHEESECAKE 2

Ingredients

- 1 cup sugar
- 1 stick butter, softened not melted
- 2 8oz. packages of cream cheese, softened
- 1 16oz. ricotta
- 6 eggs
- 2 cups of flour
- 1 tsp. baking soda
- 1 tsp. vanilla
- 1 teaspoon lemon juice

Contributed by Barbara Trolley

Directions

Preheat oven to 350 degrees. Grease a large cheesecake pan. Mix all the ingredients in the order given. Note, after each egg, beat for a few minutes before adding the next egg. Bake for one hour then leave in the oven for two hours.

The best way to find yourself is to lose yourself in the service of others.
Mahatma Gandhi

CHOCOLATE AVOCADO MOUSSE (VEGAN, GLUTEN FREE)
Serves 6

Ingredients

- 1 ½ cups dairy-free chocolate chips, semi sweet (Wegmans brand is dairy free)
- 3 each avocados, peeled, pitted
- ½ cup agave nectar (or maple syrup)
- ½ cup cocoa powder, unsweetened
- 1/8 cup powdered sugar
- 1 tbsp. vanilla extract
- ¼ tsp. salt
- 1/8 cup almond milk, unsweetened
- fresh fruit for garnish (strawberries, blueberries, raspberries)

Directions

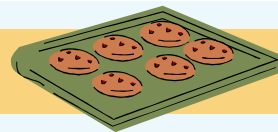
Place chocolate chips in a microwave safe bowl, and microwave in 15 second intervals- stirring each time thoroughly until completely melted. Set aside to cool slightly.

Put remaining ingredients into a food processor and blend until smooth, scraping the sides as needed. There should not be any lumps. Add the cooled, melted chocolate and blend again until incorporated.

Cover and place in cooler. Preferably to set up overnight. I love to add a little raspberry jam to the bottom of a cup then pipe the mousse on top of the jam and serve with some cut of fresh fruit. The chocolate becomes stronger in flavor as it sits overnight. Or, stick in the freezer and have as a non-dairy frozen treat.

Contributed by Jennifer DiFrancesco

The pessimist sees difficulty in every opportunity. The optimist sees opportunity in every difficulty.
Winston Churchill



CHOCOLATE CHIP COOKIES

Ingredients

4 ½ cups flour
1 ½ tsp. baking soda
3 sticks butter
½ cup sugar
1 ½ cups brown sugar
3 eggs
2 tsp. vanilla
12oz. bag chocolate chips

Directions

Preheat oven to 350 degrees for 15 minutes. Cream butter, sugars, and eggs, add vanilla, baking soda. Mix together. Fold in chocolate chips. Use ice cream scooper to place dough on ungreased cookie sheet. Bake at 325 degrees for 15 minutes. Makes a large amount.

Contributed by Cheryl Benson

*Oh God, you are a fire that takes away the coldness.
St. Catherine of Siena*

CHOCOCLATE LAVA CAKE - SIMPLE

Cake

¾ cup sugar
1 cup flour
1 tsp. baking soda
1 tsp. baking powder
2 tbsp. cocoa
1 tsp. vanilla
pinch of salt
6 tbsp. margarine melted
and cooled

Mix in and spread in 9 x 13 sprayed with oil or margarine.

Topping

½ cup sugar
½ cup brown sugar
¼ cup cocoa

Mix together. Sprinkle on top. Pour 1 ½ cups hot water gently over all. Do not mix. Bake 350 degrees for 40 minutes.

Contributed by Ruth Duffy

SURVIVAL CHOCOLATE CAKE

Cake

1 devil's food cake mix
1 tsp. almond or vanilla extract
2 eggs beaten
1 can cherry pie filling

Mix ingredients then old in cherry pie filling. Bake in a greased 9x13 pan 25-30 minutes at 350.

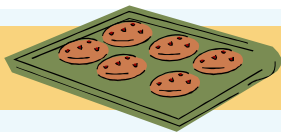
Frosting

5 tbsp. margarine
1 cup granulated sugar
½ cup milk
1 cup chocolate chips

Bring above to boil for one minute. Remove from heat and add chocolate chips. Mix well so sugar is dissolved. Pour over slightly cooled cake. Refrigerate for best flavor. Will be a fudge-like frosting. Enjoy.

Contributed by Patti Nyhart

When you go to bed at night, give your troubles to God. He's up all night anyway.



EASY PINEAPPLE CHERRY CRISP

Ingredients

20 oz. can crushed pineapple
21 oz. can cherry pie filling
1 pkg. (15.25 oz.) yellow cake mix
1 cup chopped nuts
1/2 cup margarine, cut into small pieces

Directions

Preheat oven to 350 degrees. Pour crushed pineapple into pan, spread evenly. Spread cherry pie filling on top of pineapple. Sprinkle cake mix over cherry pie filling. Sprinkle nuts over cake mix. Top with small pieces of margarine. Bake for one hour.

Contributed by Jean Dulak

Here I am. I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me.
Revelation 3:20

CREAM CHEESE COFFEECAKE

Dough

1 stick margarine
1 egg
1 cup of sugar
1 cup of sour cream
1 tsp. vanilla
2 cups flour
1 tsp. baking powder
1 tsp. baking soda

Grease and flour a 9 X 13 pan.
Cream together margarine, egg, sugar and sour cream. Add vanilla and dry ingredients. Mix well.
Spread half of the dough into the pan.

Filling

(2) 8 oz. packages of cream cheese
1/2 cup sugar
1 egg

Beat ingredients together. Spread filling on top of the dough. Cover with remaining dough.

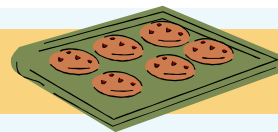
Crums

1/2 cup sugar
1 cup flour
1/3 cup margarine

Mix by hand. Sprinkle on top of the coffecake. Bake at 350 degrees for 45 minutes.

Contributed by Diane Kersten

Who except God can give you peace? Has the world even been able to satisfy the heart?
St. Gerard Majella



CREAM PUFF CAKE

Crust:

- 1 stick margarine
- 1 cup flour
- 1 cup water
- 4 eggs

Bring water and margarine to a boil. Stir in flour until a ball is formed. Remove from heat. Beat in 4 eggs. 1 at a time, until mixture is smooth. Spread mixture evenly in a greased 11 x 14-inch pan. Bake at 400 for 35 to 40 minutes. Will be very bumpy when it comes out. Cool completely.

Filling:

- 1 (8-oz) pkg. cream cheese
- 3 pkgs. French vanilla or vanilla instant pudding
- 4 cups milk

Cream cheese. Add milk gradually as you blend. Add pudding one at a time. Spread pudding mixture over the shell. Top with 1 (8oz) container Cool-Whip. Spread evenly. Drizzle chocolate syrup over the top. This can be made a day ahead as it keeps well. Enjoy.

Contributed by Marianne Aldrich

If you are willing and obedient, you will eat the good things of the land. Isaiah 1:19

STRAWBERRY SHORTCAKE GRANOLD MUFFINS (VEGAN)

Serves 12

Muffins:

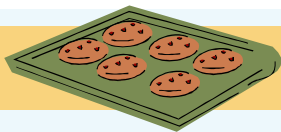
- 2 cups all purpose flour
- 2/3 cup granulated sugar
- 2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp salt
- 1/2 tsp. cinnamon
- 3/4 cup almond milk, unsweetened
- 3/4 cup applesauce, plain
- 1/3 cup vegetable oil
- 1 tsp. vanilla extract
- 1 cup strawberries, fresh, small dice

Granola Topping

- 6 tsp. non-dairy margarine, chilled
- 3/4 cup brown sugar
- 2/3 cup all purpose flour
- 1/8 tsp. salt
- 1/4 cup pepitas (pumpkin seeds)
- 1/4 cup oats

Preheat oven to 400 degrees. Line muffin pan with paper cups, set aside. Make granola topping by placing cubed margarine into a mixing bowl. Add the sugar, flour and salt and mix with gloved hands or a fork to create a coarse crumble topping. Do not over mix, should be crumbly. Add the pepitas and oats and mix to incorporate. Make muffin batter. In a mixing bowl with the paddle attachment, mix the dry ingredients: flour, sugar, baking powder, baking soda, salt, and cinnamon. In a separate bowl, whisk together the wet ingredients: almond milk, applesauce, oil and vanilla extract. Slowly pour your wet ingredient mixture into the dry ingredients on speed one, until fully incorporated, about two-three minutes. Scrape bowl to make sure all ingredients are incorporated and fold in strawberries. Scoop even leveled scoops into muffin papers, filling 3/4 full. Sprinkle one tbs. of granola topping on top of each muffin. Bake for approximately 20 minutes or until golden and a toothpick comes out clean.

Contributed by Jennifer DiFrancesco



JUNE'S FIESTA DESSERT

Ingredients

- 1 $\frac{3}{4}$ cup flour
- 1 tsp. baking soda
- 1 egg, beaten
- 1 cup sugar or less
- $\frac{1}{4}$ tsp. salt
- 1 can or 2 cups fruit cocktail

Contributed by Sharon Urbaniak

Directions

Put dry ingredients in a bowl. Add egg and fruit cocktail including juice. Stir well. Pour into a greased 9 x 9" pan.

Mix together

- 1 cup brown sugar
- $\frac{1}{2}$ cup nuts

Sprinkle over batter. Bake at 350 degrees for 35 minutes. Good with whipped topping. My mom made this dessert several times as my dad always asked "What's for dessert, Junie?" This was her quick go-to recipe which we all enjoyed. When they would have people over to play pinochle, this was the dessert she served.

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.
Galatians 5:22

JELL-O PINEAPPLE RINGS

Ingredients

- 1 can sliced pineapple rings
- box Jell-O 3 oz. (any flavor)

Directions

Open can of pineapple, drain juice in a pan. Leave pineapple in can. Heat juice on stove, stir in Jell-O to dissolve. Place the whole can of pineapple in a bowl and slowly pour the juice back in can. Cover with saran wrap and place in refrigerator to firm up. It will be hot and full so it is easier to place in fridge while in a bowl.

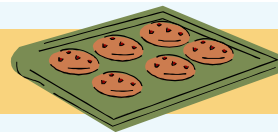
Contributed by Jean Dulak

When Jell-O hardens, take a knife and go around the edges of the can with a knife to loosen the Jell-O to make it easier for the pineapple to come out. Remove the other end lid and Jell-O will slide out. Cut Jell-O between the pineapple rings.

Fun to make with the kids and more fun to eat. It is also a great side. We make red and green for Christmas. Purple and yellow for Easter. Any color any time really.

We know that all things work for good for those who love God, who are called according to His purpose.

Romans 8:28



MISSISSIPPI MUD

Crust

35 Oreo cookies
6 tbs. melted butter

Crush cookies to fine crumbs (keep a 1/3 cup out). Mix with butter and pat into a 9x13 pan. Refrigerate ½ hour.

Filling

1 8 oz. pkg. cream cheese softened
1 cup powdered sugar 10x
2 tbs. milk
2 pkg. instant chocolate pudding
3 cups milk
1 12 oz. Cool Whip

Mix and spread on crust the top with pudding and milk. Spread on crust. Then frost with Cool Whip, and spread the remaining Oreos. Refrigerate overnight or four hours.

Contributed by Barbara Brehm

And Jesus said to them, "I am the bread of Life. He who comes to me shall never hunger, and he who believes shall never thirst."

John 6:35

MISSISSIPPI MUDD 2

Ingredients

1 pkg. brownies
1 small jar marshmallow crème
1/3 cup butter
1/3 cup milk
1½ cup unsweetened cocoa
2 1/2 cup powdered sugar
1 tsp. vanilla

Icing

Melt butter in milk. Add cocoa and mix. Remove from stove and add powdered sugar. Add vanilla. It will be hard to mix at first. Just keep stirring until mixed and spreadable. Any left makes good hard candy when hard. Spread on top of marshmallow. My mother-in-law's recipe and one of my husband's childhood favorites!

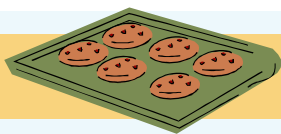
Contributed by JoAnn Trolley

Directions

Bake the brownies then spread the marshmallow.

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

John 3:16



OATMEAL APRICOT COOKIES

Ingredients

1 cup (2 sticks) butter, softened
1 cup firmly packed brown sugar
1/2 cup granulated sugar
2 eggs
1/2 lb. dried apricots, cut fine
1 12 oz. package white chocolate chips
1 tsp. salt
1 tsp. baking soda
1 tsp. vanilla
1/2 cup chopped nuts
2 cups flour
2 cups quick-cooking oatmeal (uncooked)

Directions

Heat oven to 300 degrees. Beat together butter and sugars until creamy. Add eggs and vanilla and beat well. Add combined flour, salt baking soda, apricots and nuts. Mix well. Add oatmeal and mix again. Let stand for two hours in refrigerator. Drop by rounded tablespoons onto greased cookie sheet. Bake 10 to 12 minutes or until edges are golden brown. Cool for 10 minutes and remove. Makes about 4four dozen cookies.

This recipe was given to me by Adeline Borst (a deceased parishioner) and is one of my favorite cookies.

Contributed by Kathy Hess

*Each person must live their life as
a model for others.*

Rosa Parks

STRAWBERRY OATMEAL BARS

Yields 3 dozen

Ingredients

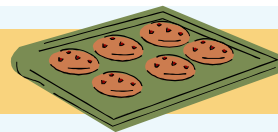
1 1/4 cups flour
1 1/4 cups uncooked oatmeal
1/2 cup sugar
1/2 tsp. baking powder
1/2 tsp. salt
3/4 cup butter, melted
2 tsp. vanilla extract
1 cup strawberry preserves
1/2 cup flaked coconut

Directions

In a bowl, combine dry ingredients. Add butter and vanilla; stir until crumbly. Set aside 3/4 cup. Press remaining crumb mixture into an ungreased 13 x 9 baking dish. Spread preserves over crust. (Microwaving preserves for a few seconds will ease in spreading over crust). Combine the coconut and reserved crumb mixture; sprinkle over the preserves. Bake at 350 degrees for 25-30 minutes or until coconut is lightly browned. Cool before cutting.

Contributed by Lena Monaco

*When Joseph saw Benjamin with them,
he said to his house steward, "bring the
men into the house, and slay an animal
and make ready; for the men are to dine
with me at noon."* **Genesis 43:16**



ORANGE CRÈME ANGEL CAKE

Ingredients

1 store bought angel food cake
1 pint whipping crème
1 large jar of marshmallow fluff
oranges, bottled cherries for garnish

Directions

Bake cake following box directions.
Whip the crème until firm. Do not overwhip as it will turn to butter.
Slowly fold in marshmallow fluff.
Ice the cake and decorate. My mom's simple and delicious cake.

*Contributed by Barbara Trolley
in memory of Ann Cameron*

Success is not final, failure is not fatal: it is the courage to continue that counts.

Winston Churchill

PASTRY HEARTS

Ingredients

1 lb. cottage cheese
2 tsp. vanilla
1 lb. butter
4 cups of flour

Frosting

Blend in a blender until smooth: 1 lb. cottage cheese and 2 tsp. vanilla

Pastry

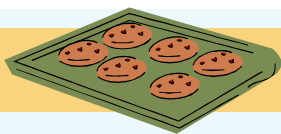
Cut 1 lb. of butter in four cups of flour for a pie crust. Mix the flour mixture with the cheese mixture to make a dough and refrigerate for at least three hours. Roll out dough 1/4" thick, and cut out with heart-shaped cookie cutter. Bake on ungreased cookie sheet for 15-20 minutes at 400 degrees.

Ice with vanilla frosting - very gently.

Contributed by Christine Pinto

Be not forgetful to entertain strangers, for thereby some have entertained angels unaware.

Hebrews 13:2

**PEACH MELBA**

Serves 6

Ingredients

- 1 qt. vanilla ice cream
- 12 small freestone canned peach halves

Melba Sauce

- 1 10 oz. pkg. frozen red raspberries, thawed
- 2/3 cup sugar
- 1/8 tsp. cream of tartar

Directions

Press raspberries through a fine sieve into a small saucepan. Stir sugar and cream of tartar into puree. Heat quickly to boiling point. Boil 3 minutes, stirring constantly. Cover. Chill thoroughly. [Sauce will thicken as it chills].

Place a scoop of ice cream in each of 6 deep dessert dishes. Arrange a peach half on either side of the ice cream. Pour melba sauce overall.

Now one of the Pharisees was requesting Him to dine with him, and He entered the Pharisee's house and reclined at the table.
Luke 7:36

Contributed by Patti Rucker

REESE PEANUT BUTTER CUPCAKES AND FROSTING

Makes 2 dozen

Cupcakes

- 1 box devil's food cake mix
- 1 box (5/9 oz.) instant chocolate pudding (not sugar free)
- 1 cup sour cream
- 1 cup oil (or ½ cup oil and 1/2 cup applesauce)
- 4 large eggs
- ½ cup water
- 2 tsp. vanilla extract
- 24 mini Reese's peanut butter cups

Preheat oven to 350 degrees. Combine all ingredients in a stand mixer bowl (all except peanut butter cups). The batter will be a bit thicker than a regular cake mix after mixed. Beat on medium for two minutes. Scoop into paper lined muffin tins. Equally distributed. (24 count). Press one peanut butter cup into the center of each until the cup is flush with the batter. Bake 18 minutes. Do not overbake so they stay soft and moist.

Contributed by Karen Hazen

Frosting

- 1 cup butter softened
- 1 cup creamy peanut butter
- 4 cups confectionary sugar
- 5 tsp. milk or more to desired consistency

Beat together in stand mixer. Fill either a pastry bag with round nozzle piping tip or a zip lock bag with the corner cut off, to swirl the frosting on top of the cupcake.

Jesus said to them, "Come and have breakfast." None of the disciples ventured to question Him, "Who are You?" knowing that it was the Lord.

John 21:12



NO FAIL PIE CRUST

Ingredients

4 cups of flour
1 3/4 cups Crisco
1 tbs. sugar
2 tsp. salt
1 tbs. white vinegar
1 egg
1/2 cup water

*Contributed by
Margaret Anne Liberatore*

This was actually my late Aunt Mary's recipe. Her devotion was the Divine Mercy Chaplet. Trust in Jesus' Love and Mercy.

Jesus, I trust in You!
Divine Mercy Chaplet

Directions

With fork, mix together flour, Crisco shortening, sugar and salt. In separate bowl, beat vinegar, egg and water. Combine two mixtures stirring with fork until moistened. Then with hands, mold a ball. If you want to use it right away then chill for 15 minutes. Roll out into your pie dish. Put fork print holes around perimeter of shell and on bottom. Bake at 450 degrees for about 10 minutes or until golden brown. If filling pie (like apple pie), follow the directions for that particular pie.

Dough will keep in refrigerator for three days. And you can also freeze for a longer period of time. Even if you roll out dough and put in pie dish (those silver ones) and put in a freezer Ziploc bag. Then real easy to take out and cook to have ready when you want.

DIABETIC PINEAPPLE PIE

Ingredients

15 oz. can crushed pineapple, drained
8 oz. container fat free four cream
1.4 oz. pkg. sugar free instant vanilla pudding
1 graham cracker crust
1 8oz. container of fat free Cool Whip

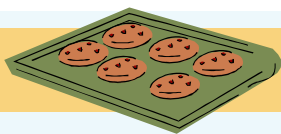
Directions

Mix pineapple, sour cream and pudding. Place in graham cracker crust. Top with Cool Whip before serving.

Contributed by June Stachowiak

At mealtime Boaz said to her, "Come here, that you may eat of the bread and dip your piece of bread in the vinegar." So she sat beside the reapers; and he served her roasted grain, and she ate and was satisfied and had some left.

Ruth 2:14



LEMON POUND CAKE

Ingredients

Cake:

- 3 cups all-purpose flour
- 3 tsp. baking powder
- 1 tsp. salt
- ¼ tsp. nutmeg
- 1 cup butter flavored shortening
- 2 cups white sugar
- 3 eggs
- ½ cup sour cream
- 1 ¼ tsp. vanilla extract
- 1 ¼ tsp. lemon extract
- 1 cup milk

Icing:

- ¼ cup lemon juice
- 1 ½ cups confectioner sugar

Directions

Preheat oven 350 degrees. Grease and flour a 10 -inch tube pan. Stir together the flour, baking powder, salt and nutmeg. Set aside. In large bowl, cream together the shortening and sugar until light and fluffy. Beat in the eggs one at a time, then stir in the sour cream, vanilla and lemon extract. Beat in the flour mixture alternately with the milk, mixing just until incorporated. Pour batter into prepared pan. Bake in preheated oven for 45-50 minutes, or until a toothpick inserted into the center of the cake comes out clean. Let it cool in pan for 10 minutes, then turn out onto a wire rack and cool completely. While cake is baking, make the glaze: in a small bowl, combine lemon juice and confectioner sugar; stir until smooth.

Contributed by Karen Barris

Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing.

St. Teresa

PISTACHIO MALLOW SALAD

Ingredients

- 1 16 oz. carton cool whip, thawed
- 1 3.4oz. instant pistachio pudding mix
- 6-7 drops green food coloring (optional)
- 3 cups miniature marshmallows
- 1 (20 oz.) can crushed pineapple, undrained
- 1/2 cup chopped walnuts

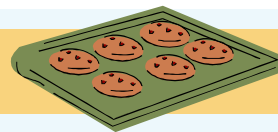
Directions

In large bowl combine Cool Whip, pudding mix and food coloring. Fold in marshmallows and pineapple. Cover, refrigerate for two hours Sprinkle with nuts.

Contributed by Joyce Rettig

"Which of you, having a slave plowing or tending sheep, will say to him when he has come in from the field, 'Come immediately and sit down to eat'? But will he not say to him, 'Prepare something for me to eat, and properly clothe yourself and serve me while I eat and drink; and afterward you may eat and drink'?"

Luke 17:7-8



POTATO CHIP COOKIES

Cream together:

- 3 sticks butter
- 1 cup sugar
- 2 tsp. vanilla
- 3 1/2 cups flour

Add to the above:

- 1 cup of potato chips chopped or smashed (fine).

Drop by spoon onto cookie sheet. Bake 350 degrees for 14 - 15 minutes. Cool and sprinkle with powder sugar.

Contributed by Marcia Bugaj

PRAYER OF SAINT AUGUSTINE

*Love and do what you will
If you keep silent, keep silent by love;
If you speak, speak by love;
If you correct, correct by love;
If you pardon, pardon by love.
Let love be rooted in you;
and from the root nothing but
good can grow.*

PUMPKIN CHIFFON PIE

Ingredients

- 1 ½ cups canned pumpkin
- 1 cup brown sugar
- 2 tsp. cinnamon
- ½ tsp. ginger
- ¼ tsp. Allspice
- ½ tbs. salt
- 2 tbs. butter
- ½ cup milk
- 3 egg yolks slightly beaten

Directions

Bake one 9" pie crust shell using your favorite pie crust recipe. Cook all ingredients in a double boiler until thickened. While the mixture is cooking, mix and allow to soften for five minutes:

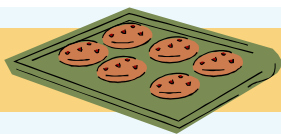
- 1 pkg. Knox gelatin
- ¼ cup cold water.

Add the gelatin mixture to the pumpkin mixture and stir until totally dissolved. Cool the mixture until beginning to congeal. Beat three egg whites until foamy and slowly add two tablespoons granulated sugar and beat until the whites form stiff peaks. Fold the whites into the cooled pumpkin mixture. Pour into the baked pie crust shell. Chill the pie for at least four hours. Serve with sweetened whipped cream.

*No work of charity can be more
productive of good society than the
careful instruction of women.*

Catherine McCauley

Contributed by Paulette Gaske



SLUSH CAKE

Bottom layer

1 cup Flour
1 stick margarine
½ cup chopped walnuts

Press into a 13x9 ungreased pan.
Bake at 350 for 15 minutes - cool

Second layer

1 8oz pkg. of cream cheese
1 cup confectioners sugar
1 cup (8oz) Cool Whip (reserve the rest of the cool whip for top layer)

Third layer

2 pks. of chocolate instant pudding mix
3 cups cold Milk

Top layer

A thin layer of Cool Whip (chopped walnuts for garnish - if desired). Cool in the refrigerator for 4-6 hours to set before cutting and serve.

*Contributed by Tracy Brege
with the help of Diane Mahoney*

Perhaps this is the moment for which you've been created.

Esther 4:14

SNICKERS SALAD

Ingredients

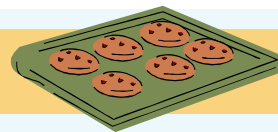
1 8 oz. cream cheese softened
1 cup powdered sugar
1 12 or 16 oz. Cool Whip, thawed
6 Snickers candy bars (11 oz.)
4 - 6 Granny Smith Apples cut in chunks

Directions

Mix cream cheese & powdered sugar until thoroughly blended. Fold in Cool Whip. Cut Snickers into bite size chunks & add to cream cheese mixture. Stir in apples. Chill one hour before serving. Chilling for a long period of time (such as overnight) will result in liquid being released from apples into the salad.

Contributed by Nancy Caughel

*God blesses every day;
it is up to us to notice.*



STRAWBERRY PIE

Pie

1 9 inch pie shell
4 cups strawberries
Bake pie shell.
Arrange 4 cups of strawberries, cut
in half, in the shell.

Glaze

1 cup sugar
¼ cup cornstarch
pinch of salt
1 cup water
2 cups strawberries, halved

Combine ingredients for glaze in a pot and cook over low heat, stirring constantly. Increase heat and mash berries and continue to cook until mixture thickens and boils for three minutes. Remove from heat and cool slightly. Pour over berries in pie shell. Refrigerate one hour until firm. Serve with ice cream or whipped cream.

Contributed by Cheryl Benson

Where you'll go, I'll go. Where you stay, I'll stay.

Ruth 1:16

TEXAS SHEET CAKE

Serves 24

Mix together

2 cup flour
2 cup sugar
1/2 tsp. salt
1 tsp. baking soda
2 eggs
1/2 cup sour cream

Boil:

2 sticks butter
1 cup water
4 tbs. cocoa

Mix with the flour mixture and beat with mixer. Pour on cookie sheet with sides and bake for 20 minutes at 350 degrees.

Frosting

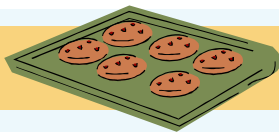
Boil:

1 stick butter
4 tbs. cocoa
6 tbs. milk
Then add to 1 lb. powdered sugar,
1 tsp. vanilla
Optional to add walnuts

Top hot cake with this frosting.

Our original recipe calls for oleo but I prefer butter.

Contributed by Barbara Tonucci



And Levi gave a big reception for Him in his house; and there was a great crowd of tax collectors and other people who were reclining at the table with them. The Pharisees and their scribes began grumbling at His disciples, saying, "Why do you eat and drink with the tax collectors and sinners?" And Jesus answered and said to them, "It is not those who are well who need a physician, but those who are sick."

Luke 5:29-32

TIRAMISU

Ingredients

5 cups strong coffee
32 ladyfingers
5 egg yolks
10 tbs. sugar
1 lb. Mascarpone Cheese
2-3 tbs. Kahlua
2 cups heavy cream
3 tbs. unsweetened cocoa

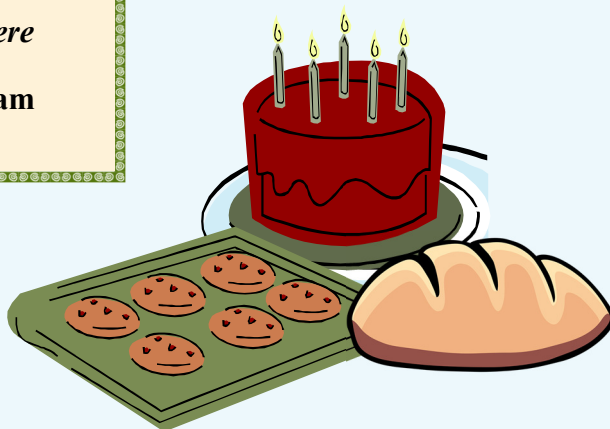
Directions

Pour coffee into a pie plate and dip 16 ladyfingers very quickly into the coffee and line the bottom of a trifle bowl with the ladyfingers. In a mixing bowl beat egg yolks and sugar until frothy. Add cheese and Kahlua and blend until smooth. In another bowl beat heavy cream until stiff and fold into cheese mixture until well blended. Dip the remaining ladyfingers into the coffee and line the sides of the trifle bowl. Pour cheese mixture into the bowl. Sprinkle with unsweetened cocoa. Refrigerate

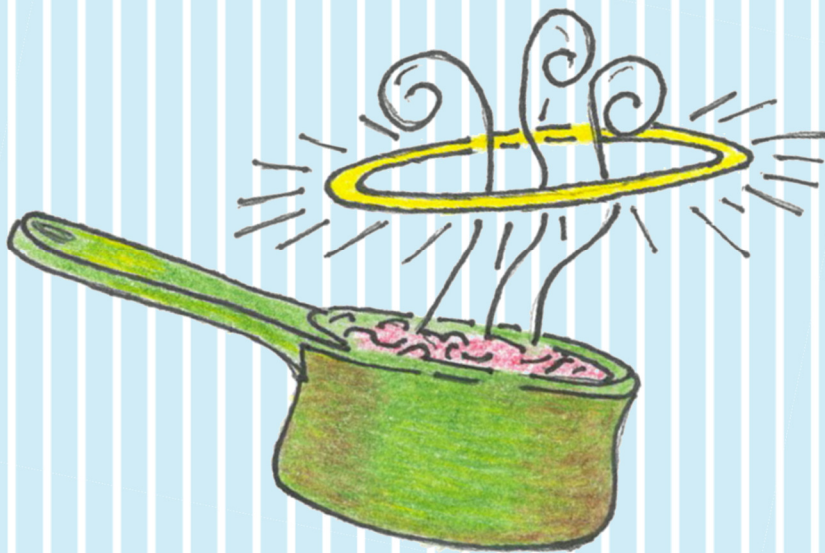
Contributed by Mary Lu Turchiarelli

*The will of God will never take you to where
the grace of God will not protect you.*

Billy Graham



MORE FOOD FOR THE SOUL



SAINTS & FOOD



**B**acon

SAINT ANTHONY THE ABBOTT

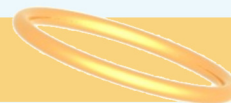
Saint Anthony the Abbott is technically a patron saint of butchers, but since there are so many patron saints of butchers—including the apostles John, Bartholomew, Andrew, and Peter—Anthony can afford to specialize in bacon. He was a fourth century ascetic who lived for 20 years in an abandoned fort, only occasionally performing miracles and healing people who broke in on his solitude. He is frequently depicted with pigs, possibly owing to his use of pig fat in his healing concoctions. As a result, he was adopted by pig butchers as their patron saint—meaning that if you’re craving the crispy, smoky flavor of good bacon, Anthony is the man you want to talk to.

BakingSAINT ELIZABETH OF HUNGARY
AND SAINT NICHOLAS

Having bread troubles? You’ve got two saints to call on: **Saint Elizabeth of Hungary**, a princess born in 1205 who rejected courtly life in order to distribute bread to the poor, and **Saint Nicholas**—yep, that Saint Nick, the jolly fat man with the belly like a bowl full of jelly. Nicholas was a fourth century bishop who rescued three poor women from a life of prostitution by tossing bags of gold through their window at night.

BeerSAINTS NICHOLAS, LUKE
AND AUGUSTINE

If you’re having trouble with your beer—whether you’re suffering a homebrew disaster or the waitress is taking too long to bring your pint—then you’ve got three different saints to whom you could appeal. There is **Saint Nicholas**, mentioned above; **Saint Luke**, author of the third Gospel and considered the first Christian physician; and **Saint Augustine of Hippo**. Augustine, who lived in the early fifth century, had a boozy, wantonly licentious lifestyle; he earned saint status after giving up his wanton ways, and became the patron saint of beer sometime after.



Coffee

SAINT DROGO

Saint Drogo, born in 1105, the son of a Flemish nobleman in Flanders, was the original multi-tasker—he could reportedly “bilocate” and was seen simultaneously working in the fields and going to Mass on Sundays. This undoubtedly took a lot of energy, which is probably one of the reasons why he is the patron saint of coffee and coffeehouses (as well as ugly people and cattle).

Cookies

SAINT AGNES

For many Americans though, the last two months of the year are not the time for beginning diets. Save that for the new year and the old resolutions. Rather the holidays are a time to eat, drink and be merry. And while **St. Agnes** is the patron saint of gardeners, this fourth century Roman saint has a cookie recipe named after her, “Agnesenplatzchen,” or “St. Agnes Cookies.”

Agnes was martyred at the age of 13 after refusing an offer of marriage due to her commitment to Christianity. How she became affiliated with what are essentially jam filled, shortbread sandwich cookies is open to speculation and no facts. An old German cookbook first published in 1924 includes the recipe for these cookies. This recipe was later reprinted in Ernst Schuegraf’s, *Cooking with the Saints: An Illustrated Treasury of Authentic Recipes Old and Modern*.

Cooking

SAINT LAWRENCE

Making a fancy dinner? **Saint Lawrence of Rome** is your go-to man, the patron saint of cooking. A third century Roman deacon, he and his brethren ran afoul of the Prefect of Rome, an occupational hazard of being a Christian back then. He was sentenced to death by slow roasting over an open fire, but he was reportedly so filled with God’s strength and joy that he didn’t even feel the flames. At one point, he even joked with his torturers, “turn me over, I’m done on this side!”



Fasting & Dieting

SAINT MARGARET SAINT BERNARD

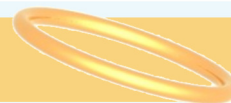
Blessed Margaret Ebner (1291-1351) often gave up food in abstinence and fasting, following the example of St. Bernard of Clairvaux. For neither was the refrain from eating a simple refusal, but rather an attempt to partake of only what was needed to survive. Wrote Margaret, “whatever was placed before me, I enjoyed as much as I was able. I was always careful to eat only what I needed so that I would have no gnawing pangs of conscience about breaking off too much bread for myself.” When she did eat though, she tried to thoroughly enjoy her food, and sometimes this relish was expressed by noisy mastication.

Opinions differ as to whether the church has an official patron saint of dieters but Blessed Margaret or **St. Bernard** might be sympathetic to such an undertaking. In the angelic realm, the name Raphael means, “God heals,” so this archangel might be kindly disposed to a person trying to eat healthy. **St. Thomas Aquinas** was said to be a large man, so he might have empathy for a dieter. Some sources, though, say that the patron saint of dieters title goes to **St. Charles Borromeo**. Specifically, he is considered to be the patron saint of obesity and dieting. Still others turn to **St. Margaret of Cortona** whose rigorous fasting gave her the reputation as the saint invoked to resist temptation.

Fish

SAINT NEOT

But back to cheerier topics, like tiny saints and fish. **St. Neot**, a Glastonbury, English monk who died in 877, is the patron saint of fish. He was also reportedly only 15 inches tall and spent his days in a well, water up to his neck, practicing his devotions.



Food Poisoning

SAINT BENEDICT

St. Benedict is indirectly associated with Benedictine, the herbal liqueur with alleged stomach-calming properties, but more importantly, he is the saint who keeps folks safe from food poisoning. After spending the better part of his life establishing monastic rules, he agreed to assume the role of abbot for an Italian monastery (possibly Vicovaro.). The monks there hated Benedict so much that they tried to poison his wine. He prayed over the cup and it shattered. He returned to his previous home, a cave in Subiaco, wherein a neighboring priest tried to ruin him with poisoned bread. When Benedict prayed over the bread, a raven swept in and carried it away. (Note to self: always say grace.)

Grocers, Farmers, Dairy Workers, & Beekeepers

SAINT MICHAEL THE ARCHANGEL, SAINT ISIDORE THE FARMER, SAINT BRIGID OF KILDARE, AND SAINT AMBROSE

Before you get down to cooking, you probably want to make sure that your local grocery store has all the ingredients you need. For that, you can appeal to **Michael the Archangel**, one of the stars of the Old Testament. Some claim that grocers adopted Michael as their patron saint because he was also the patron saint of law enforcement officials, who protected the grocers' business. But how about the people who grow the food that turned up at market? For that, you'll want **Saint Isidore the Farmer** who was, well, a farmer and whose plowing was often accomplished with the help of three angels. If you're on the look out for some really good cheese to pair with a fine wine (thank you, **Saint Vincent**), have a quick chat with fifth century **Saint Brigid of Kildare**, one of Ireland's big three. Before giving her life over to virginity and Christian piety, she'd made a success of the dairy owned by the Druid landowner who'd bought her from her mother. And finally, offer a prayer of thanks to **Saint Ambrose**, patron saint of beekeepers, for keeping the natural world buzzing. Without bees, life would lack sweetness (and economic, agricultural stability). Ambrose, who lived in Rome and Milan in the fourth century, earned his patronage from his nickname, the honey tongued doctor, owing to his eloquent speaking and preaching.



Hangovers & Alcoholics

SAINT BIBIANA & SAINT MONICA

If, unlike Augustine, you're not quite ready to give up your inebriate ways, then you may want to keep a prayer to **Saint Bibiana**, patron saint of hangovers, on your lips. Little is known about the fourth century virgin and martyr. According to legend, Bibiana was tied to a pillar on the orders of the Governor of Rome and beaten to death after she refused to convert or be seduced. Why she's the patron saint of hangovers, as well as headaches, those afflicted with a mental illness, and single women, is totally unclear. Tired of having hangovers all the time? The first step might be to admit you have a problem. The second step might be to reach out to **Saint Monica**. She was the mother of wild, drunken **St. Augustine** and she earned her saintly status by spending 17 years praying for him. She's the patron saint of alcoholics.

Hispanic Foods

SAINT PASQUAL

Other Hispanic foodies, especially in New Mexico, have at least one item in their kitchen that bears the image of San Pasqual, be it a stamped tin, a painted retablo or an embroidered dish towel. Mostly venerated by people in the New World, although also by some in his native Spain, **Saint Pasqual** (aka Paschal) was a 16th century lay brother of the Franciscan Friars of the Alcantarine Reform. His duties in the cloister were to prepare meals and keep the kitchen clean. Pasqual feared this assignment would keep him from his prayers, but he discovered cooking was meditative; a complement to his spiritual life. One legend says that Pasqual summoned angels to help him with his chores so he could more easily pause to pray. Twenty-first century chef Rocky Durham, a native of Santa Fe and life-long culinarian, developed several lamb recipes inspired by San Pasqual, in part because this saint is also one of the many patron saints of shepherds.



Meat

EXODUS 16:12

“I have heard the murmurings of the Israelites. Tell them, ‘During the evening you will eat meat, and in the morning you will be satisfied with

Stomach Pain & Choking

SAINT CHARLES BORROMEO
SAINT TIMOTHY, SAINT BRICE
AND SAINT BLAISE

You’ve come down with food poisoning, it happens. Who are you going to call? **Saint Charles Borromeo** was a 16th century cardinal who dedicated his life to helping the poor and sick; exactly why he’s associated with stomach ailments is unclear, but he is. **Saint Timothy**, a first century early Christian who was stoned to death, is also the patron saint against intestinal disorders, although again for reasons occluded by time. And then there’s wild **Saint Brice**, a fifth century priest who was at first better known for his wicked ways, but whose genuine conversion earned him a place in the canon. He’s another patron saint of tummy troubles, also for unknown reasons. **Saint Blaise** once rescued a child from choking to death on a fishbone; he’s the patron saint of throat ailments (choking would be one). He once convinced a wolf to return a pig he’d stolen from a poor woman. Handy guy to have around.

Wait Staff

SAINT MARTHA

Or maybe, you’ll just go out to eat. At which point, your waiter or waitress may just offer a quick prayer to **Saint Martha**. Martha, the patron saint of wait staff and housewives (who sometimes feel like wait staff, without the tips), frequently hosted Jesus and his Apostles at dinner. But one day, Martha became irritated that her sister, Mary, wasn’t helping serve and was instead sitting and listening to Jesus. Jesus admonished Martha by noting that all her serving was distracting her from hearing his message. Martha learned her lesson and next time Jesus came around, she stopped what she was doing to be with him. She became the patron saint of those who serve, especially



Wine

SAINTS VINCENT AND URBAN

Saint Vincent of Saragossa died so that we could have good wine. Well, not exactly. The third century Spanish martyr died for his faith, after some serious torture involving iron hooks and being roasted on a red-hot gridiron. But since his death, Vincent became the patron saint of wine and wine-makers. So thank you, Saint Vincent. And thank you, **Saint Urban**, another patron saint of wine. He was the bishop of Langres in France during the fourth century, but found himself on the receiving end of some persecution after the political situation got murky. He hid in a vineyard and took the opportunity to convert the vineyard workers who concealed him. Urban went from vineyard to vineyard thereafter, spreading the Gospel.

Information for this section

was obtained from these websites:

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<https://www.mentalfloss.com/article/50529/11-patron-saints-food-drink-and-those-who-make-them>

<https://www.thecatholictelegraph.com/body-and-soul-patron-saints-of-food-and-drink/45883>

You can never go where God is not.

Max Lucado



Websites for More Information

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