

March 2021 World Hunger

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	1 Fast Facts Since the pandemic 50,000,000 are food insecure. 17,000,000 of those are children.	2 Prayer God of justice, God of life, remind us to care for natural resources upon which we depend.	3 Bread to share Keto rolls	4 Activity Have a tasting party for non-meat proteins eggs, nuts, lentils, cheese, refried beans beans, seeds, lentils	5 Donate \$10 or what you can to BLC for World Hunger	6 Bread to share Basic white bread
7 Soup Cream of Cauliflower The Pines Mini Food Cupboard Shampoo or Soap	8 Fast Facts Undernutrition can delay brain development and the ability to learn	9 Prayer God of justice gives us strength to persevere until all are fed.	10 Bread to share Popovers	11 Activity Draw a plan for a 10' x 10' vegetable garden. Plan what you would plant.	12 Donate \$10 or what you can to BLC for World Hunger	13 Bread to share Baking powder biscuits
14 Soup Cajun Chowder The Pines Mini Food Cupboard Dried or canned beans	15 Fast Facts Extreme weather caused by global warming impacts agriculture directly and indirectly.	16 Prayer God of life, help us see that our actions can contribute to global warming which affects crops.	17 Bread to share Blueberry muffins	18 Activity Goats are a major source of milk and meat for much of the world. Look up internet videos of goat babies	19 Donate \$10 or what you can to BLC for World Hunger	20 Bread to share Scots scones
21 Soup Butternut Squash The Pines Mini Food Cupboard Clothes soap	22 Fast Facts 12 million people are displaced from their homes due to war increasing hunger.	23 Prayer God of peace, we pray for peace.	24 Bread to share Angel Biscuits	25 Activity Visit freerice.com Sign up for free and play. Rice is donated for correct answers!	26 Donate \$10 or what you can to BLC for World Hunger	27 Bread to share Chico's Three Seed Bread
28 Soup Hot Sour The Pines Mini Food Cupboard Feminine supplies	29 Fast Facts There are between 28,000 and 30,000 Grains of rice in a pound. That will make about 8 cups cooked.	30 Prayer God of justice, women are responsible for much of the world's food production. Bless women who farm.	31 Bread to share Easy French Bread	1 The recipes above are all vegetarian. Looking for something with animal protein or more bread recipes? Check out these.	2 Chunky Taco Soup Quick Beef Soup Chick Alfredo Tort Baked Potato Soup Ham & Pot Chowd Crab Bisque	3 Black Bean Buffalo Chick Wing Crusty Instant - Sourdough Bread English Muffin Brd

Keys and hints for soup and bread recipes

All of the recipes are meat free. Eating vegetable proteins uses less resources and feeds more people per acre of land than animal protein. Animal protein can be added if you like.

- ✓ tsp = teaspoon
 - ✓ TBLSP = Tablespoon
 - ✓ Adjust the seasonings means to add more of herbs, spices, salt and pepper so it tastes good to you.
 - ✓ Yeast is regular baking yeast
 - ✓ Baking powder and baking soda are two different leavenings. They can not be substituted for each other.
 - ✓ Dairy free milks can be substituted for cow's milk
 - ✓ Margarine can be substituted for butter, but it will change the taste slightly
 - ✓ Vegetable oils can be substituted for olive oil
 - ✓ 1 TBLSP flax + 3 TBLSP cold water, resting for 5 minutes can be substituted for 1 egg
 - ✓ In most cases canned or frozen can be substituted for fresh and vice versa
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- Sauté means to mix ingredients with oil or fat and gently stir while cooking.
 - Diced, chopped or cubed means simply to cut up the vegetables into smaller pieces. How small? You choose. Some like big chunks in their soup and some like small chunks!
 - Cut in means to break butter or shortening up into small pieces that become coated with flour and other dry ingredients. These small pieces then evaporate in the baking process making a light product. The traditional tool for cutting in is a pastry cutter. A food processor on pulse works well, too.
 - Muffins and biscuits like a light touch. No rambunctious mixing.
 - Breads like a good kneading to develop the gluten.
 - All of the recipes that call for flour can use all purpose flour

Keto Rolls

Preheat oven to 350° degrees Bake 55 min

Makes 6 rolls

5 TBLSP ground flax seed

1 1/4 cups fine almond flour

1 tsp. baking soda

1 tsp. baking powder

1 tsp. salt

2 tsp. vinegar

3 egg whites

1 cup warm water

About 1 TBLSP herbs (I like rosemary)

Place all ingredients in a bowl and mix with an electric mixer until the dough thickens.

Scoop 6 rolls onto a greased cookie sheet or Teflon baking pad. Lightly wet hands to shape and slightly flatten rolls.

Bake. These can be eaten as is or toasted.

Basic White Bread

From the kitchen of Nana Terry, Beth Walker's Grandmother

Preheat oven to 350° Bake 35-40 min or until bottom thumbs hollow

Makes 4 loaves

This basic dough is extremely versatile. It can be made into rolls, pizza crust, bread sticks, or loaves.

Use half white flour and then substitute whole wheat, graham, or rye flours for the other half.

I use bread flour, but all-purpose flour works just as well.

The sweetener can be sugar, honey, maple syrup or malt.

Roll a loaf of dough out and sprinkle it with cinnamon, sugar, and raisins. Roll it up and bake for raisin bread.

Shred a potato and boil until soft. Cool and use this for the water for a richer loaf.

4 cups of warm water

1/2 cup of honey or sugar

3 packages of yeast or 2 1/2 TBLSP of granulated bulk yeast

1 slightly rounded TBLSP salt

1/2 cup of vegetable oil

1 cup of oatmeal, dry (any kind, optional)

6-8 cups of flour (depending on the humidity of the day and what kinds of flour you use)

Melted butter for brushing the tops – optional.

Mix water, sweetener, and yeast in a large bowl. Let stand for a few minutes.

Add salt, oil, oatmeal and 2 cups of white flour. Beat well to develop the gluten.

Add additional flour 1 cup at a time until the dough can be worked by hand and is only slightly sticky.

Add sprinkles of flour as you turn and fold the dough until it is smooth, elastic, and no longer sticky.

Place in a clean, greased bowl. Cover with a towel and place away from drafts. Heating your oven to 170 and then turning it off makes a great rising environment. Let the bread rise for 25 – 30 minutes. Punch down. Tuck the edges of the dough under to reform a ball.

Cover and let rise a second time for 25 minutes. Grease your bread pans.

Punch the dough down. Divide into 4 equal parts for loaves.

Knead each ball to remove air bubbles. Tuck the sides and edges under until you have a log the size of your greased bread pan or make a round loaf on a greased cookie sheet. Push a sharp knife halfway down in three places along the top. Brush with melted butter, if desired. Preheat the oven.

Let the dough rise in the pans until just above the edges of the pan or double if on a cookie sheet. Bake.

Remove from the pans and cool on a rack. The bread is done when it sounds hollow when tapped on the bottom.

Eat one loaf right away with lots of butter and honey! This bread freezes well.

Bread baking can be less successful if there is a storm brewing.

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Cream of Cauliflower Soup

Modified from The Spruce Eats [Quick Cream of Cauliflower Soup Recipe \(thespruceeats.com\)](https://thespruceeats.com)

I purchase prechopped garlic in a jar. It may not have the oomph that fresh garlic does but it's convenient!

Sauté and stir for 5 minutes

1 medium onion, chopped

2 TBLSP butter

1/2 tsp. salt

Add and stir 3 minutes

2 cloves of garlic, chopped

1 head of cauliflower, broken into small pieces, including the stems

Add and cook for 10 minutes or until cauliflower is soft

4 cups of vegetable or chicken broth

½ tsp. pepper

Puree the soup with an immersion blender or carefully in small batches in a food processor.

Return to the pot, heat gently, then add

1 cup of heavy cream or half and half (depending on how decadent you are feeling)

Taste and adjust seasonings.

Serve with a sprinkle of parsley or other garnish.

Popovers

From the *Joy of Cooking* (1964)

Magical and easy

Preheat oven to 450° Bake 15 min. then 350° for 20-25 min.

Makes about 9 large popovers

Note: Popovers need bottom heat. If you are using an electric oven with a top heating unit, these may not bake well.

Warm all ingredients to room temperature. You can put unshelled eggs in a cup of warm water and gently warm milk in the microwave.

Grease and muffin tins well. Dust with parmesan cheese for savory popovers or sugar for sweet ones.

Beat until smooth

1 cup milk

1 TBLSP melted butter

1 cup all-purpose flour

1/4 tsp. salt.

Add one at a time and mix. Do not overbeat

2 eggs

Preheat the oven to 450° . Fill muffin tins 3/4 full. Bake for 15 minutes. Reduce the temperature (without peeking!) to 350° for an additional 20-25 min. Gently remove one popover to test for doneness. The walls should stay up by themselves and be golden brown. Poke the popovers with a sharp knife to let out the steam.

To eat, break open and fill with your favorite filling: honey, jam, or cream cheese!

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Baking Powder Biscuits

From the kitchen of Jean Terry, Beth Walker's mother. She made a mean biscuit!

Preheat oven to 450° Bake 15 min.

My go to for a quick bread for breakfast or dinner.

You can use buttermilk instead of regular milk. It gives the biscuits a nice tang.

The trick to light, fluffy biscuits is to treat the dough with great respect.

Mix

2 cups flour

1 TBLSP sugar

1/2 tsp. salt

1 TBLSP baking powder (yes, that is not a typo)

Cut in using a pastry cutter

1/4 cup shortening

Add all at once. Toss and fold. Do not stir.

7/8 cup of milk (Otherwise known as a scant cup of milk. Just a little less than one cup)

This last step is the tricky part. You want to moisten the dry ingredients by lifting dry ingredients gently to incorporate the milk until you have a slightly damp mass of dough. No rigorous stirring or you will have tough biscuits.

Turn the dough out onto a lightly floured cloth or a floured piece of wax paper. Using the cloth or wax paper gently push the dough against itself to form a ball.

Gently roll or pat dough into a 1-inch thick patty. At this point you can use a sharp knife to cut the dough into even wedges or shapes or use a round cutter to make more traditional biscuits. Gather any scraps to form into the "wart" or last biscuit.

Bake until beginning to brown on top and they resist like a cake when gently pushed upon.

They are good cold or hot out of the oven!

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Cajun Corn Chowder

Recommended by Cora Walker, meat and dairy free

[Cajun Corn Chowder | Gimme Some Oven](#)

Sauté

- 1 TBLSP olive oil
- 1 medium white onion, peeled and diced
- Green bell pepper, cored and diced
- 2 ribs celery, diced

Add and cook briefly

- 4 cloves garlic, peeled and minced

Add and cook until potatoes and lentils are tender

- 6 cups vegetable stock
- 1 1/2 pounds Yukon gold or red potatoes, diced into 1/2-inch cubes
- 1 (14 oz) bag frozen corn
- 1 cup red lentils, rinsed and picked over
- 2 TBLSP Cajun seasoning, purchased or see *recipe below
- 1 tsp. dried thyme
- 1 tsp. salt

Stir in and adjust seasonings as needed (more salt, Cajun seasoning, or smoked paprika)

- 1 (14 oz.) can coconut milk

Optional toppings

Chopped green onions or chives, bacon or oyster crackers.

***Homemade Cajun seasoning**

- 3 tablespoons paprika (*I prefer smoked paprika*)
- 2 tablespoons fine kosher salt
- 2 tablespoons garlic powder
- 1 tablespoon ground black pepper
- 1 tablespoon ground white pepper
- 1 tablespoon onion powder
- 1 tablespoon dried oregano
- 1 tablespoon cayenne
- 1/2 tablespoon dried thyme

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Best Blueberry Muffins

From the kitchen of Lois Vetal, aunt of Beth Walker

Preheat oven to 375° 20-25 minutes

Makes 1 dozen large muffins

1/2 cup butter

1 cup sugar (+/- as desired)

2 large eggs

1 tsp vanilla

2 tsp baking powder

1/4 tsp salt

2 ½ cups fresh blueberries (or 1 ½ cups frozen)

2 cups flour

1/2 cup milk

Topping:

1 TBLSP sugar

1/4 tsp cinnamon (or nutmeg)

In medium size bowl, beat butter until creamy. Add sugar and beat until pale and fluffy.

Add eggs one at a time, beating after each. Beat in vanilla, baking powder, and salt.

If using fresh berries, mash 1/2 cup and stir into batter.

With rubber spatula, fold in half of flour, then half of milk. Repeat with remaining flour and milk.

Fold in remaining fresh berries or all the frozen berries.

Mix topping ingredients and set aside. Fill muffin tins and cover with topping.

Bake until muffins spring back when pressed.

Scones (Scottish)

From the kitchen of Harry Terry, father of Beth Walker

375° Dry Griddle

Makes about a dozen depending on how big you cut them.

The English baked their scones in ovens. The Scots put them on hot rocks around the fire which acted as a griddle. We had scones in my family growing up, long before the English variety were found in local bakeries. If I had friends over, they invariably asked, "We're having stones for breakfast?" Comforting and full of memories, these are more of a bread than a biscuit.



2 cups flour

1/2 tsp salt

2 TBLSP sugar

2 tsp baking powder

1 egg

1 TBLSP oil

3/4 cup milk (or enough to make one cup with egg and oil)

Mix dry ingredients together. Mix egg and oil in a one cup measure. Add enough milk to one cup total. Add to dry ingredients and mix to make a soft dough. Avoid adding extra milk. The milk to egg ratio is crucial for good flavor.

Knead 2 or 3 times. Roll to 1/2 inch thick. Cut into 2" x 6" strips or triangles. Bake on an ungreased griddle until brown. Flip and cook other side. They should thump hollow when done.

Slice them in half across the middle and spread with butter and jam or honey.

Variation: Roll thinner and wider. Spread half with brown sugar or jam. Fold over and seal edges by pushing them together. Griddle. Be careful! Filling is hot!

Butternut Squash Soup

Modified from a recipe from *Laurel's Kitchen*, 1986

About 7 cups

This soup is pureed using an immersion blender or food processor after it is cooked. Be careful to puree in small batches if using a food processor to avoid steam buildup!

Prepare the squash first. There are three options:

1. Poke holes in the squash and microwave on high until soft. Scoop out the seeds and then the flesh, which you will use in the soup.
2. Peel and cube the squash. I use a rubber mallet to pound a large knife through the squash.
3. Purchase pre-cubed or frozen squash.

Sauté

1 TBLSP olive oil

1 large onion, chopped

3 garlic cloves, minced

Add and simmer until the squash is soft

1 medium butternut squash (about 5 cups, cubed or 3 cups cooked)

4 cups vegetable broth

3/4 tsp salt (more to taste)

1/4 tsp ground pepper

Puree the soup. Return it to the pan and heat gently. Taste and correct seasonings. You can add parsley, ginger, a tiny bit of sage or more salt and pepper.

Serve garnished with a drizzle of cream and some parsley

Heavy cream (optional)

Angel Biscuits

From the kitchen of Beth Walker

Preheat oven to 400° 15-17 minutes

Makes a lot

Refrigerate dough over night

A yeasted biscuit that are great when you need a large amount for a breakfast crowd or a pot luck dinner! Store the dough overnight in a container big enough that it can expand.

$4\frac{3}{4}$ cups of flour

1 pkg. or 1 TBLSP dry yeast

1 TBLSP. baking powder

1 tsp. baking soda

3 TBLSP sugar

1 tsp. salt

$\frac{3}{4}$ cups shortening

2 cups buttermilk

Stir together dry ingredients. Cut in the shortening. Stir in buttermilk. Wet the dough but do not knead. Add a little more buttermilk if it seems inordinately dry. Cover and refrigerate overnight.

In the morning, knead the dough on a floured board with the palms of your hands for 3-4 minutes. Roll the dough out, then fold in thirds. Roll the dough and fold in thirds again. Roll to $\frac{1}{2}$ inch thick. Cut, place on greased cookie sheet or Teflon sheet and bake. Do not allow to rise before baking. Biscuits are done when they are browning on the top, brown on the bottom, and resist when tops are gently pushed on.

Chico's Three Seed Bread

Originally from On the Rise Bakery in Syracuse

Preheat oven to 350° Bake for 45 minutes or until done.

2 standard sized loaves

In the 80's we'd dine at a covert basement vegetarian restaurant in Syracuse. It was always getting closed down by the health department, but the food was soooo good. We would order plates of Joe's Noodles and big slabs of warm Chico's Three Seed bed smeared with homemade butter.

Before you begin

Grate a medium sized potato and cook it gently in 2 cups of water until soft. Cook the water to lukewarm.

Mix, then let rest for 15 minutes

1 TBLSP. baking yeast

3 cups warm water including potato water and potato shreds

1/4 cup honey

2 cups hard whole wheat flour

1 1/2 cups of rolled oats

Add and stir well:

1/4 cup oil

1/4 cup additional honey

3/8 cup poppy seeds

3/8 cup sesame seeds

3/8 cup sunflower seeds

1 1/4 tsp. salt

2 + cups more of flour (at least one cup of white will help it be less dense)

Knead for 10-15 minutes, slowly adding enough flour until the dough is no longer sticky. Depending on the humidity outside, you may need much more flour. It is important to knead whole wheat bread for a longer time than white bread to develop the gluten.

Place dough in a clean, greased bowl. Cover with towel and let rise until double in bulk, approximately 45 minutes.

Punch down, knead out the air bubbles, divide into 2 pieces and then let the dough rest for 5 minutes. Shape into loaves. Place in pans and let rise until above the pans.

Bake in a 350° oven until the bottoms sound hollow when thumped. ENJOY!

Variations:

Sweetener in place of all or part of honey: molasses, malt, barley syrup, maple syrup

Flour: Any combination of whole wheat, white, rye, corn meal, or oat. Need some white or whole wheat for gluten.

Other: Add fruit such as raisins, craisins, or dates. Nuts or other seeds such as pepitas.

Spices: cinnamon, cloves, ginger in small quantities

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Hot Sour Soup

From *The Moosewood Cookbook*, Mollie Katzen (1977)

Serves 6-8

Vegetarian

Soak for 30 minutes

1 oz dried black mushrooms, rinsed to remove any dirt

2 cups of boiling water

Drain the mushrooms, reserving the liquid. Cut the mushrooms into strips, discarding stems

In a pot, simmer for 10 minutes

6 cups of water

Liquid from mushrooms

3 TBLSP Chinese rice wine or dry sherry

2 TBSP tamari (you may substitute soy sauce)

1 3/4 tsp. salt

1 cake of firm tofu, cut in thin strips

Whisk together then return to the soup, stir

2 TBLSP cornstarch

3/4 cups of the hot broth

Beat, then drizzle into the gently simmering soup

2 eggs

Add and stir

6 minced scallions

1/4 -1/2 tsp white or black pepper, ground

Top each bowl with a small drizzle of sesame oil.

Easy French Bread

From the Kitchen of Harry Terry, Beth Walker's father

Preheat oven to 400° 35-40 minutes

Two round or long loaves

When my father was a teenager, his father had a heart attack and could not continue his work as an engineer on the railroad. There was no disability or SS benefits and the family had to eat. My father got a job after school at a bakery to put food on the table. When I was growing up, he was our bread baker using the skills he learned at that job, cranking out loaves of white sandwich bread and scones but always willing to try something new.

2 cups lukewarm water

1 TBLSP or one pkg yeast

1 TBLSP sugar or honey

2 tsp salt

4 cups flour

Optional:

1.5 TBLSP olive oil and 1 tsp dried rosemary added to dough

1 TBLSP milk mixed with egg to brush before baking

Dissolve yeast in water; add sugar (or honey) and salt. Let sit for a minute so yeast completely dissolves. Add 4 or more cups of flour as needed to make a soft dough. Knead until still soft, but not sticky.

Grease a large bowl. In it, place the dough, covered with a dish towel, to rise until double (about 45 minutes). Punch down. Knead briefly sprinkling with flour as needed. Make two round loaves, or loaves of your choice. You can put them on a cookie sheet or in greased 8" round casseroles. Leave plenty of room between loaves.

Brush with butter or egg mix. Let double and bake. The dough rises A LOT more when you first put it in the oven, almost twice as much again.

You can also make bread sticks or baguettes. Breadsticks can be brushed with butter and sprinkled with parmesan cheese for an extra tasty treat.

For a crusty loaf, omit brushing with butter or egg and spray twice with water during baking.

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Recipes with meat base and some more bread recipes!

Bethlehem Lutheran Church - Fairport
Easy Recipes for Simple Suppers at Home



CHUNKY TACO SOUP

From the Kitchen of Sherry Cook

- 1 ½ pounds beef top sirloin or round steak, cut into ¾-inch cubes
- 1 medium onion, chopped
- 1 tablespoon olive oil
- 2 cans (15 oz each) pinto beans, rinsed and drained
- 2 cans (14-1/2 oz each) diced tomatoes and green chilies, undrained
- 2 cups water
- 1 can (15 oz) black beans, rinsed and drained
- 1 can (14-3/4 oz) cream-style corn
- 1 envelope ranch salad dressing mix
- 1 envelope taco seasoning
- ¼ cup minced fresh cilantro

In a large stockpot or Dutch oven, brown beef and onion in oil. Add pinto beans, tomatoes, water, black beans, corn, salad dressing mix and taco seasoning. Bring to a boil. Reduce heat and cover.

QUICK BEEF SOUP

From the Kitchen of Paulette Costanza



NOTE: To make salt herbs, chop one bunch of curly parsley and one leek. Add ½ cup kosher salt. Mix together and store in the freezer.

- 2 pounds chuck eye
- 1 tsp. McCormick Montreal Steak seasoning
- 32 oz Swanson Beef Broth
- 28 oz Redpack tomatoes in tomato puree
- ¼ cup salt herbs (opt)
- 1 ½ cups orzo pasta

Cut chuck eye into bite size pieces and put into a large stock pot. Season with salt & pepper. Add 1 tsp. McCormick Montreal Steak seasoning. Cook on medium heat to brown. When meat is browned & begins to catch on the bottom of the pot add enough water to cover the meat. Place a lid on the pot & continue cooking the meat until it is tender, about 2 hours.

Bring to a boil and cook about 15 minutes. Add pasta & cook until tender. When the meat is tender, add beef broth, tomatoes, and salt herbs.

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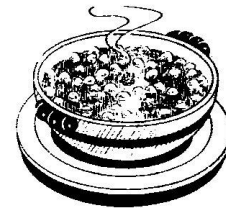
CHICKEN ALFREDO TORTELLINI SOUP
From the Kitchen of the Harman Family



- 2 tablespoons butter
- 4 oz diced carrots
- 2 cloves garlic, minced
- 1 lb boneless, skinless chicken, diced
- 1 tsp salt
- ½ tsp pepper
- ¼ cup flour
- 32 oz chicken stock
- 1 cup half and half
- ½ teaspoon red pepper (cayenne)
- 18 oz frozen tortellini
- 2 cups shredded parmesan

Add butter and add carrots to a pot on gentle heat. Cook about 3 minutes. Add garlic and cook about 30 additional seconds. Add chicken, salt and pepper. Stir and cook another 3 minutes. Sprinkle with flour. Stir to coat and cook 2-3 minutes. Add chicken stock, half and half, and red pepper. Continue to cook another 5-10 minutes. Add tortellini and cook 5-7 minutes (al dente). Remove from heat. Add cheese slowly allowing it to melt and mix. Enjoy!

BAKED POTATO SOUP
From the Kitchen of Wayne Westcott



- 2 large potatoes, baked or microwaved & cooled
- 5 teaspoons flour
- 1 ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon dried basil
- ¼ teaspoon pepper
- 1 ½ cups chicken broth
- ½ cup Half & Half
- 6-8 drops hot pepper sauce
- 2 tablespoons shredded cheddar, opt.
- 2 tablespoons bacon bits, optional
- 2 tablespoons sliced green onions, opt.

Peel potatoes and cut into bite-size pieces. In a saucepan, blend flour, onion, garlic, basil & pepper into broth. Bring to a boil. Add potato and hot sauce; heat through (do not boil). Top each serving with bacon, cheese and/or onions. Yield 2 servings.

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AUNT D'S HAM & POTATO CHOWDER

From the Kitchen of Seth Newton

2 cups cooked ham, bite-size pieces
1 box (5 oz) scalloped potatoes
½ teaspoon ground celery seed
3 shakes onion powder
4 cups chicken broth
Salt & pepper to taste
2 cups Half & Half
1/3 cup flour



Place ham in 4-quart slow cooker. Add scalloped potatoes, sauce mix, broth, celery seed & onion powder. Stir gently until well mixed. Cover & cook on low for 7 hours. In a small mixing bowl, whisk together a little Half & Half and flour till smooth. After 7 hours, carefully pour the flour mixture and the remaining Half & Half into the slow cooker. Mix well. Cover and continue to cook for up to another hour, stirring every 15 minutes.

CRAB BISQUE

From the Kitchen of GerryAnn Westcott

3 tablespoons butter
3 tablespoons flour
½ teaspoon salt
¼ teaspoon white pepper
1 ½ teaspoon chicken bouillon
½ teaspoon onion powder
2 cups Half & Half
1 lb crab or imitation crab
2/3 cups white wine (or apple juice)



In a large saucepan, melt butter; Stir in flour, salt, pepper, bouillon & onion. Blend in ¾ cup Half & Half. Turn heat to medium and stir until mixture thickens. Blend in the remaining Half & Half, “crab” and “wine”.

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BLACK BEAN SOUP

From the Kitchen of Donna Berner

- 3 medium carrots, halved and sliced thinly
- 2 celery ribs, diced finely
- 1 medium onion, chopped finely
- 4 cloves garlic, minced
- 2 cans (14 ½ oz) vegetable broth
- 2 cans(15 oz) black beans, undrained
- 1 can (15 ½ oz) red kidney beans, undrained
- 2 cans (15 oz) crushed tomatoes
- 1 ½ teaspoon dried basil
- ½ teaspoon dried oregano
- ½ teaspoon cumin
- 1 teaspoon chili powder
- ½ teaspoon salt



Combine all ingredients in slow cooker. Cover. Cook on Low 4 ½ - 9 hours or until vegetables are done to your liking. This is good garnished with sour cream and/or grated cheddar cheese or as a topping over cooked rice.

BUFFALO CHICKEN WING SOUP

From the Kitchen of Laura Harman

- 6 cups milk
- 3 cans condensed cream of chicken soup, undiluted
- 3 cups shredded & cooked chicken (about 1 lb)
- 1 cup (8 oz) sour cream
- ¼ to ½ cup wing sauce



Combine all ingredients in a slow cooker. Cover and cook on low for 4-5 hours.
Yield 8 servings (2 quarts)

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CRUSTY INSTANT POT SOURDOUGH BREAD

From the Kitchen of Pastor Hoffman

Prep Time: 5 mins **Cook Time:** 30 mins **Source:** livingsweetmoments.com



NOTES: If you don't have an instant pot, let rise in a warm place for 4 hours or more, until dough is more than doubled.

If you would like this recipe to be dairy free, I've successfully made it with Wegmans brand plain (unsweetened, unflavored) almond milk yogurt, although I imagine other yogurt alternatives would work too.

3 cups bread flour
1 ½ teaspoons salt
¾ teaspoons Instant Yeast
1 ½ cups Unflavored Greek Yogurt (more may be needed)

In a bowl, mix the flour, salt, and yeast. Add the yogurt and mix by hand until a dough is formed. If the mixture is too dry, add 1 or 2 tablespoons more of the yogurt. Form a ball. Line the Instant Pot with parchment paper and place the dough ball inside. Cover with the lid and press the Yogurt button.

Let the dough proof inside the Instant Pot until the timer displays 4 hours. Remove the dough from the Instant Pot and lay on a floured surface. Knead and shape into a ball. Cover with a tea towel or set on a floured proofer basked and cover.

In the meantime, preheat a Dutch pan in the oven at 450 for 30 minutes. Carefully place the dough ball in the Dutch pan. Score the top with a knife and replace lid.

Bake covered for 25 minutes. Remove cover and bake for 8-10 minutes more or until browned. Remove from oven and cool on a rack. Enjoy!

ENGLISH MUFFIN BREAD

From the Kitchen of GerryAnn Westcott



2-3 teaspoons cornmeal (optional to coat pan)

3 cups flour
1 tablespoon sugar
1 ½ teaspoon salt.
¼ teaspoon baking soda
1 tablespoon yeast (1 ½ packets)
1 cup milk
¼ cup water
2 tablespoon vegetable oil

Lightly grease one loaf pan. Sprinkle with cornmeal. Whisk dry ingredients together. Combine liquid and heat to 120-130. Pour over dry ingredients. Beat on high for 1 min. Scoop/drop dough into pan leveling as well as possible. Cover & let rise till just above rim, 45-60 min. Preheat oven to 400. Bake 22-27 minutes until internal temperature is 190. Wait 5 min, then turn out of pan. Let cool completely before slicing. Great toasted.

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