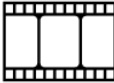
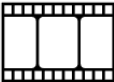
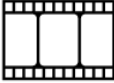


May 2021 World Hunger

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1 Bread <u>Lemon Poppyseed muffins</u>
2 Soup <u>Lentil</u> The Pines Mini Food Cupboard Toilet paper	3 <i>Fast Facts</i> ELCA World Hunger does more than provide food. They provide vocational training, clean water, and other help.	4 <i>Prayer</i> Creative God, Guide our thoughts toward creative ways to solve hunger.	5 Bread <u>Ground flax crackers (keto)</u>	6 <i>Activity</i> Watch kids respond to child hunger 	7 Donate \$10 or what you can to BLC for World Hunger	8 Bread <u>Pumpkin Scones</u>
9 Soup <u>Tomato Rice</u> The Pines Mini Food Cupboard Toilet paper	10 <i>Fast Facts</i> Animal protein uses 8 times as much fossil fuel energy to produce than plant protein such as soy.	11 <i>Prayer</i> Generous God, We already have our daily bread. We pray for those who don't.	12 Bread <u>Cornbread</u>	13 <i>Activity</i> Watch this story of clean water! 	14 Donate \$10 or what you can to BLC for World Hunger	15 Bread <u>Cheesy Crackers</u>
16 Soup <u>Black Bean</u> The Pines Mini Food Cupboard Anything!	17 <i>Fast Facts</i> Jasmine Crowe suggests that America does not have hunger problem, but a logistics problem	18 <i>Prayer</i> Healing God, there are many kinds of hunger. Satisfy the hungry people.	19 Bread <u>Rye</u>	20 <i>Activity</i> Watch this TED Talk on hunger solutions 	21 Donate \$10 or what you can to BLC for World Hunger	22 Bread <u>Whole Wheat Oat</u>

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, not bread machine yeast
 - ✓ Baking powder and baking soda are two different leavenings. They cannot 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
-
- 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, which 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

Lemon Poppy Seed Muffins

From [Lemon Poppy-Seed Muffins Recipe | Martha Stewart](#)

Preheat the oven to 350° Bake for about 20 minutes

12 muffins

These will be so good you will want to make them again and share them! Muffin cups make removing muffins easy but you can also just grease the muffin tin.

2 1/2 cups all-purpose flour

1 3/4 tsp. baking powder

1/4 tsp. baking soda

1 tsp. salt

1 cup sugar

2 large eggs

1 1/2 tsp. lemon zest

1/4 cup lemon juice

1/4 cup milk

1 stick butter, melted and cooled

3 TBLSP poppy seeds

Preheat oven to 350 degrees. Line a standard 12-cup muffin tin with baking cups.

In a medium bowl, whisk together flour, baking powder, baking soda, and salt. In a separate bowl, whisk together sugar, eggs, zest, juice, and milk. Whisk in butter. Stir wet ingredients into dry ingredients, until just combined. Stir poppy seeds into batter.

Divide batter evenly between muffin cups. Bake until tops spring back when lightly touched, about 20 minutes. Cool 5 minutes in pan, then transfer to wire rack to cool completely.

Lentil Soup

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

4-6 servings

My grandmother said that lentil soup eaten at the stroke of midnight on New Year's Eve would bring good luck in the new year. I don't know about good luck, but this soup definitely brings comfort and a full belly!

The nice thing about soup is that it is happy to simmer away without too much of a time limit.

Start this soup in the morning and let it cook all day!

You can also cook the lentils in the slow cooker overnight, throw in the rest of the ingredients in the morning, and let it all blend and cook on low during the day. Not only will you have dinner all ready, the house will smell great!

Check the dry lentils for small stones before rinsing and cooking.

Simmer covered for 3-4 hours or in a slow cooker on low overnight

3 cups of lentils, checked for stones and rinsed

7 cups of water

2 tsp. salt

Sauté and add to pot (or add directly to slow cooker to cook awhile)

2 tsp. garlic, minced

1 cup onion, chopped

1 cup celery, chopped

1 cup carrots, chopped

Add once the vegetables are soft (or added to the slow cooker with the vegetables)

3/4 tsp. thyme

3/4 tsp. oregano

1 1/2 cup chopped tomatoes fresh, or canned

2 TBLSP dry red wine

2 TBLSP lemon juice

1 1/2 TBLSP brown sugar or molasses

1 TBLSP wine or cider vinegar

Black pepper to taste

When it looks and tastes just right, serve it up!

Top with cheese, sour cream, yogurt, or chopped scallions.

Ground Flax Crackers - Keto

Preheat oven to 350° Bake for about 55 minutes until crunchy

Makes two cookie sheets full

These are keto and incredibly versatile. You can add whatever herbs and spices are your favorite!

You will need parchment paper to roll these out. I bake them on a Teflon baking sheet.

2 cups ground flax

4 TBLSP chia seeds

4 TBLSP whole flax seed

2 tsp. salt

2 TBLSP herbs or spice of your choice (onion powder, garlic powder, rosemary, basil, mushroom powder)

1 cup warm water

Stir all ingredients together and let sit for 5 minutes.

Divide dough between two pieces of parchment or Teflon baking sheets. Make dough into a ball and place a second piece of parchment over it. Roll the dough very thin through the parchment paper to fill an entire cookie sheet. Cut into desired shapes. I use a pizza cutter.

Bake until crunchy. Sometimes the crackers on the edge get done first. Remove those and put the pan back into the oven for a few minutes. Cool on a piece of parchment or dish towel.

Store in an airtight container when cool.

Pumpkin Scones with Spiced Pumpkin Glaze (aka Starbucks)

From the kitchen of Beth Walker

Preheat oven to 400° Bake for 15 minutes

Makes 12 scones

If I had to choose one last thing to eat in my life, it just might be these. Do not eat these right out of the oven or you will make the mistake of eating them all, thereby ingesting a kazillion calories and just wanting more. Canned pumpkin also comes as pie filling with spices added. Be sure to use pure pumpkin NOT the pie filling.

1/2 cup canned pumpkin puree
1 large egg
3 TBLSP heavy cream (any kind of milk will do)
1 TLBSP molasses
2 tsp. vanilla

1/3 cup brown sugar
2 cups all-purpose flour
1 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt
1 tsp. ground cinnamon
3/4 tsp. ground ginger
1/2 tsp. ground cloves
1 stick (1/2 cup) butter

For Glaze (mix all together)

1 – 1 1/2 cups Confectioner's sugar
3 TBLSP canned pumpkin puree
1/4 tsp. cinnamon
1/4 tsp. ginger
1/8 tsp. cloves

For muffins:

Whisk together first 5 ingredients. Pulse together in a food processor or mix in a bowl: brown sugar, flour, baking powder, baking soda, salt and spices. Pulse or cut in butter.

Add wet ingredients and pulse or mix until mixture just comes together. It will be sticky. Turn out on a lightly floured board or piece of waxed paper and gently fold and knead the dough until it comes together into a smooth ball.

Divide into two balls. Flatten balls into a 5-6 inch circle. Cut each into 6 wedges using a floured knife. Transfer to a Teflon or greased baking sheet and bake at 400° for approximately 13-15 minutes. The bottoms should be slightly brown and tops should spring back when lightly touched. Transfer to a rack to cool. When slightly cooled, frost with the glaze. You can dust with more confectioner's sugar after the glaze is set.

These kept very well for a couple of days. Hah! Who am I kidding? They will be consumed immediately!

[Return to Calendar](#)

Tomato Rice Soup

From Diet for Small Planet by Francis Moore Lappé (1982)

About 4 servings

1 onion; chopped
1 rib celery; chopped
1 carrot; chopped
Oil as needed
2 TBLSP flour
1/2 cup raw rice; (white or brown)
28 oz canned tomatoes
1 tsp. salt
Freshly ground pepper
1 TBLSP sugar
1 tsp. dried oregano
1 tsp. dried basil
3 cups milk; scalded
1 TBLSP Butter

In a heavy pot, heat the oil and sauté onion, garlic, celery, and carrot until the onion is golden. Add rice and flour and stir until the rice is a little toasty. Add the tomatoes (plus juice from can) and break up tomatoes with the side of a spoon, chopping and mashing.

Add seasonings and simmer until rice is tender, about 20 - 30 minutes for white rice, 45 minutes for brown rice. Add the milk and butter and stir well. Can be served immediately but will thicken as it sits.

[Return to Calendar](#)

Cornbread

From the kitchen of Jean Terry, Beth Walker's mother

425° 20 - 30 minutes

8"x 8" cake pan makes 9 nicely sized pieces

1 cup cornmeal

1 cup flour (white or whole wheat)

6 TBLSP sugar

1/2 tsp salt

4 tsp baking powder

1 egg

1 cup milk

1/4 cup shortening

Combine all dry ingredients. Add egg, milk, and shortening and beat slightly until smooth. Bake until a toothpick comes out clean.

Chef John's Cheesy Crackers

From [Chef John's Cheesy Crackers | Allrecipes](#)

Preheat oven to 375° Bake about 15 minutes

36 crackers depending on how big you cut them

2 TBLSP butter at room temperature

3/4 cup lightly packed, shredded sharp cheddar cheese

1/3 cup lightly packed freshly shredded Parmesan cheese

1/2 tsp. paprika

1 pinch of cayenne pepper

1/4 tsp. salt

1/2 cup all-purpose or whole wheat flour

1 TBLSP cold water, more or less as needed

In a food processor or bowl mix butter, cheddar cheese, parmesan cheese, paprika, cayenne pepper and salt until thoroughly combined.

Mix flour into cheese mixture by pulsing in a food processor or mix in with a fork until crumbly. Sprinkle in cold water a few drops at a time pulsing or mixing until the dough holds together and can be formed into a ball.

Transfer dough to a work surface and press into a thick, flattened disc. Wrap in plastic wrap or bag and refrigerate 30 minutes.

Preheat oven to 375°.

Roll dough out on a floured work surface to about 1/8-inch thick. Use a pizza cutter to cut it rectangle shapes or cut with a small cookie cutter. Use a bamboo skewer or fork to punch holes into each cracker. Arrange crackers onto greased baking sheet, parchment, or Teflon sheet.

Bake in the preheated oven until crackers are browned and crisp, about 15 minutes. Let stand about 3 minutes for crackers to cool. Let cool completely before serving or storing. Store in an airtight container.

Brazilian Black Bean Soup

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

5-6 servings

Start with

2 cups of dry black beans, check for stones, rinse, and then soak in water for 2 hours. Pour off the soaking water, add 3 1/2 cups of water and cook for 2 hours until the skin of the beans pulls away when you blow on them. You can also cook the beans in a slow cooker on low overnight. Do not drain!

OR

3 cans of black beans and add 1 ½ - 2 cups of water or broth to the recipe.

Puree half of the cooked beans in a food processor with the liquid or use an immersion blender.

Sauté until tender

2 TBLSP olive oil

1 cup onions, chopped

3 cloves garlic, crushed and chopped

1 large carrot, chopped

1 stalk celery, chopped

1 cup sweet pepper, any color, chopped

1 tsp. ground coriander

1 1/2 tsp. ground cumin

2 tsp. salt

Add

All of the beans, those pureed and those still whole and any extra water or broth if using canned beans

Add

2 oranges, peeled, seeded and chopped

1/2 cup orange juice

1 TBLSP dry sherry (optional)

1/4 tsp. black pepper

1/4 tsp. crushed hot red pepper, more or less to taste

1/2 tsp. fresh lemon juice

Give it a stir and let it simmer for 10 minutes while you rest. Return to the soup refreshed. Examine the soup to human relationship. Does it need more seasoning? Is it too thick or too thin? You can add more liquid or puree some of the soup and return it to the pan. When all is just right, ladle it out.

Top with sour cream, yogurt, or cheese if desired.

[Return to Calendar](#)

Rustic Rye Bread with Caraway

Modified from [Rustic Rye Bread Recipe: How to Make It | Taste of Home](#)

350° 35 minutes

2 small round loaves

This bread has a great flavor, with slightly sweet overtones, a chewy texture and crunchy crust. Great for sandwiches, toast, or as a side to a hearty bowl of soup.

2 package or 4 1/2 tsp. active dry yeast

2 cups warm water

1/4 cup brown sugar

1/4 cup light molasses

2 – 3 TBLSP caraway seeds

3 TBLSP vegetable oil

2 tsp. salt

1 3/4 cups rye flour

3/4 cups whole wheat flour

2 to 2 1/2 cups all-purpose flour

Mix yeast, water, sugar, molasses, caraway seeds, oil, and salt.

Add rye flour, whole wheat flour and 1 cup of all-purpose flour. Stir very well to develop some gluten.

Stir in enough of the remaining all-purpose flour to make a soft dough which is not sticky.

Turn dough out onto a floured surface and knead until smooth and elastic. Place in a greased bowl, turning to oil the top of the ball. Cover and let rise until doubled, about 1 1/2 hours.

Punch down. Turn onto a floured surface and divide in half. Shape each half into a round loaf. Place on a greased baking or Teflon baking sheet. Cover with a towel and place in a draft free place until doubled in size.

Bake in a pre-heated oven until golden brown, about 30-35 minutes. Remove from pan to wire rack to cool.

If you wish caraway seeds on the top, brush with melted butter and sprinkle with seeds before baking. I found that the caraway seeds on top pretty much fell off when I cut slices but the loaf looked very pretty!

Eat one loaf and give the second away!

Whole Wheat Rolled Oat Bread

From *Breadtime Stories*, Susan Jane Cheney (1990)

350° Bake for 50 minutes

2 loaves

This bread recipe utilizes a sponge technique which takes much longer than two traditional rises but helps to develop a light and tasty bread. Warming your oven to 170 degrees, then turning it off makes a warm haven for the dough to rise in.

Bread rises faster on sunny days than on cloudy or stormy days. Use doubling as your guide to how long the dough should rise, not the clock.

The Sponge

3 cups of warm water

1/3 cup honey

2 pkg. active dry yeast

2 cups of white flour plus 1 cup whole wheat bread flour

The rest

1 cup rolled oats

2 tsp. salt

1/3 cup oil

About 3 – 3 1/2 cups of whole wheat flour to make a soft dough

The sponge: In a large bowl, mix warm water, honey, yeast and flour vigorously together. Cover and let rise in a warm place until doubled, 45 - 60 minutes. You want room for the sponge to double and room to add more ingredients later.

Stir the sponge down. Add oats, salt, and oil. Gradually stir in enough flour to make a soft dough. Knead until smooth and elastic, adding flour as necessary to keep the dough from sticking.

Form a ball and place the dough in a lightly greased bowl. Cover and set aside for about 45 - 60 minutes until the dough has doubled and does not spring back when pressed. Punch down and reform into ball. Cover and let rise a second time until doubled.

Shape the dough into rounds, rolls, or loaves. Place on a greased sheet or in greased bread pans. Cut three diagonal slits across the top or poke the dough in three places to let the steam escape. Let rise until double.

Preheat oven and bake for approximately 50 – 70 minutes until the tops are brown, and the bottoms sound hollow when thumped. Cool on a wire rack.