




March 2022 World Hunger

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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6 Soup Lentil The Pines Mini Food Cupboard Soap	7 <i>Fast Facts</i> Animal protein uses 8 times as much fossil fuel energy to produce than plant protein	8 <i>Prayer</i> Generous God, We have our daily bread. We pray for those who don't.	9 Bread Cornbread	10 <i>Activity</i> Sign up as a Hunger Activist HERE 	11 Donate \$10 or what you can To BLC for World Hunger	12 Bread Lemon Poppyseed Muffins
13 Soup Brazilian Black Bean The Pines Mini Food Cupboard Paper towels	14 <i>Fast Facts</i> ELCA World Hunger does more than provide food. They provide vocational training, clean water, and other help.	15 <i>Prayer</i> Healing God, There are many kinds of hunger. Satisfy the hungry people.	16 Bread Ground Flax Keto Crackers	17 <i>Activity</i> Click the filmstrip to watch kids respond to the idea of hunger 	18 Donate \$10 or what you can To BLC for World Hunger	19 Bread Pumpkin Scones (yum!) Video
20 Soup to share Minestrone Video The Pines Mini Food Cupboard Toilet paper	21 <i>Fast Facts</i> In 2019, before the pandemic 34,000,000 people lived in poverty in the the United States	22 <i>Prayer</i> God of justice, God of life, During Lent, we remember the work you call us to do.	23 Bread Bran Muffins Video	24 <i>Activity</i> Sharing resources What would you do? Click link to activity	25 Visit ELCA Good Gifts	26 Bread to share Banana Bread
27 Soup Tomato, Basil, Orzo The Pines Mini Food Cupboard Sanitary supplies	28 <i>Fast Facts</i> Jasmine Crowe suggests that America does not have a hunger problem, but a logistics problem	29 <i>Prayer</i> God of Wisdom and Justice, We know what is right and good. Give us courage to do it.	30 Bread Whole Wheat Oat Bread Video	31 <i>Activity</i> Click the filmstrip to watch this story of clean water! 		

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

Minestrone Soup (6 servings)

Based on a recipe from *The Moosewood Cookbook*, Mollie Katzen (1977)

Place in the soup kettle and cook for 5 minutes stirring gently

- 3 TBLSP of olive oil
- 1 cup onions, chopped
- 4-5 cloves garlic, chopped

Add and cook for 10 minutes

- 1 cup celery, chopped
- 1 cup carrots, chopped
- 1 small eggplant, cubed

Add and stew for 20 minutes

- 3 ½ cups of water
- 2 tsp. salt (taste and adjust after it has cooked for awhile)
- 2 cups tomato puree or crushed tomatoes
- 1 can of diced tomatoes
- 1 zucchini, cubed
- 1 cup peppers, chopped
- 1 tsp. dried oregano
- 1 tsp. dried basil
- 2 TBLSP dried parsley
- 1 can of kidney beans with water
- 1 can of great northern or garbanzo beans with water
- 1/4 tsp. ground black pepper
- 3 TBLSP dry red wine

Add before serving

- ½ cup dry pasta of your choice, cooked

Taste and adjust seasonings

Serve topped with a sprinkle of parmesan cheese.

Bran Muffins

From the Kitchen of Beth Walker

400° 15-20 min

About 25 good sized muffins

1 1/2 cups sugar

1/2 cup oil

2 eggs

2 cups buttermilk (yogurt or sour milk)

1/8 -1/4 cup applesauce, apple butter or 1 banana (optional) to make them moister

1 tsp. vanilla

2 1/2 cups flour

2 1/2 tsp. baking soda

1/2 tsp. salt

1/2 tsp. cinnamon (optional)

1/8 tsp. cloves (optional)

3 cups bran buds, All Bran or 4 cups of raisin bran cereal

1/2 cup boiling water

1 cup raisins

Pour boiling water over bran and raisins and set aside. Mix sugar, oil, eggs, buttermilk, applesauce, and vanilla. Add dry ingredients (flour, baking soda, salt, cinnamon and cloves) to wet mixture, then add moistened bran and raisins. Mix until all is incorporated.

Fill muffin papers in a muffin tin 3/4 full. Bake until the tops spring back.

You may refrigerate the batter for up to a week or bake immediately. These freeze well after baking.

Banana Bread

From the kitchen of Beth Walker

350° 45-60 minutes

Makes 1 loaf

3/4 cup sugar

1/4 cup butter

1 egg

2/3 cup mashed bananas (about 2 bananas)

3 TBLSP sour or buttermilk

2 cups flour

1/2 tsp baking powder

1/2 tsp baking soda

1/4 tsp salt

1/2 cup walnuts (optional)

Cream together sugar and butter. Mix in egg and bananas. Stir in milk. Sift in dry ingredients and mix. Spoon into a greased bread pan. Bake until springs back when pressed or until a toothpick comes out clean.

Tomato Basil with Orzo Soup

From the kitchen of Beth Walker

Makes 6 servings

1 pkg (8 oz) Mirepoix (or 2/3 cup chopped onion, 1/3 cup chopped carrots, 1/3 cup chopped celery)

2 Tbsp oil

1 Tbsp garlic, peeled and chopped

1/2 Tbsp cracked pepper

1 can (28 oz) cut/chopped tomatoes with basil

1 can (28 oz) crushed tomatoes with Italian herbs

(if fresh tomatoes are used, season with basil, oregano, cilantro, etc. to taste)

1 carton (32 oz) vegetable stock or equivalent

Salt to taste

2 roasted red peppers, diced finely

1 cup orzo pasta (you can cook pasta separately and add at the end of cooking)

1 cup light cream

2 Tbsp chopped fresh basil

Add Mirepoix and oil to large stockpot on medium-high. Cook, stirring, 6-7 min. Add chopped garlic. Cook 2 min, until vegetables are tender.

Add cracked pepper, cut tomatoes and crushed tomatoes; simmer about 10 min. Add vegetable stock and return to simmer. Season to taste with salt.

Add red peppers and pasta. Simmer 8-10 min, stirring often, until pasta is firm, but tender. Remove from heat.

Temper cream by pouring into medium bowl. Add a few ladles of hot soup to cream to slowly raise the temperature of the cream. Add tempered cream to soup. Fold in basil.

Garnish lightly with fresh herbs or thinned sour cream!

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Activity: Sharing Resource

Participants will understand that when hunger exists, some people have more than they need and some people may die of hunger related conditions.

Materials:

Paper Circles about the size of a saucer.

1. Cut out circles based on the table. The circles represent a day's food ration necessary for one person to stay alive.
2. Randomly hand out the circles. You can give more than one to some people.
3. Tell participants:

# of participants	Use this many circles
3	2
4	2
5	3
6	3
7	3
8	4
9	4
10	4

- This is what you will get for food every day this year.
 - If you eat your entire circle you will survive today in good health.
 - If you eat less than your entire circle every day:
 - Consume $\frac{3}{4}$ of your circle and share $\frac{1}{4}$. You will experience discomfort and hunger pains. You can live on $\frac{3}{4}$ rations for 1 month and then your health will falter. It will be difficult to work because you will be distracted by your hunger.
 - Consume $\frac{1}{2}$ of your ration and share $\frac{1}{2}$. You will experience extreme discomfort and hunger pains. You can live on $\frac{1}{2}$ rations for 2 weeks and then your health will falter, and you will be open to disease and death. You will not be able to work or earn any money for your family to eat, so your family may also suffer.
 - Consume $\frac{1}{4}$ of your ration and share $\frac{3}{4}$. You will experience extreme hunger pains, have no energy. It will be hard to move. Your brain will have trouble focusing. Death will come in one week.
4. Participants must decide what they will do with their food ration.
 5. Talk about your decision.

This exercise can be repeated by dispersing more or less circles in a group, to different participants, or by giving multiple circles to one individual. Heifer International uses this activity but has participants in "country camps" where each camp is given the number of resources proportional to that country. The facilities that campers live in also reflect the status of their country.

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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.

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.

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.

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 the again and share them! Muffin cups make removing muffins easily, 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.

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!

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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.