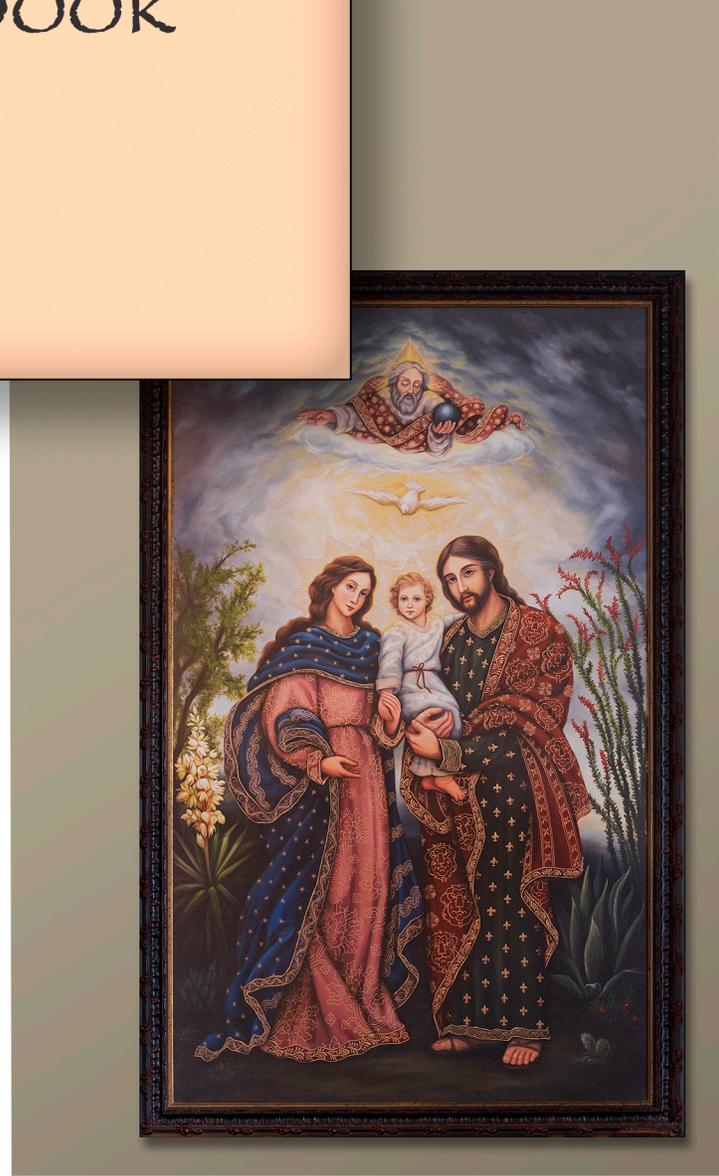
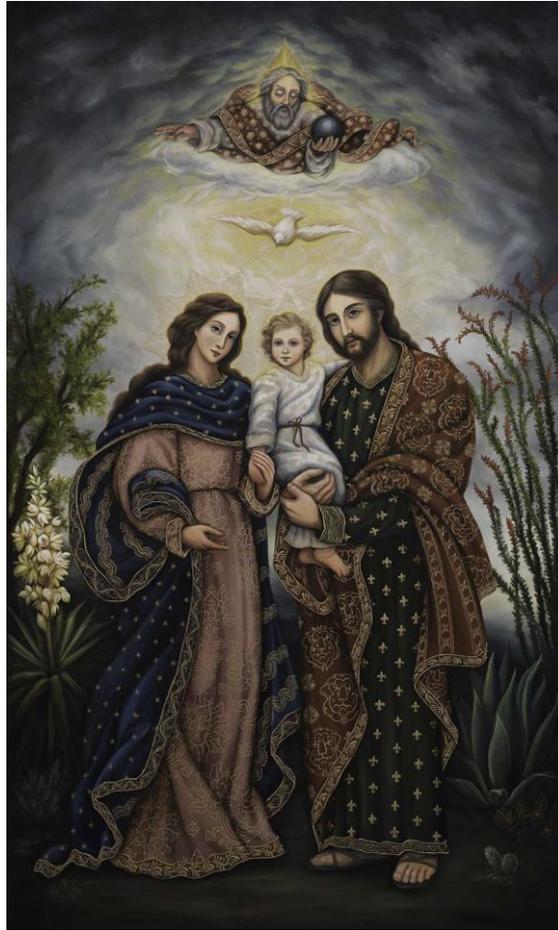


Nazareth House Cookbook



Nazareth House Cookbook



Happy Cooking from

The Priests' and Seminarians' Moms Group
The Serra Club of East Valley
The Serra Club of Phoenix
The Serra Club of West Valley

Soups

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SOUPS

EASY TACO SOUP (Diana Ortiz, Simon Ortiz's Mom)

Serves 10-12

Ingredients:

- 1 small onion, diced
- 3 stalks of celery, diced
- 10 baby carrots, diced
- 1 (15.25 ounce) can whole kernel corn, do not drain
- 1 (15.5 ounce) can white beans, do not drain
- 1 (15.5 ounce) can kidney beans, do not drain
- 1 (15.5 ounce) can black beans, do not drain
- 1 (10 ounce) can Rotel tomatoes, do not drain
- 1-2 cups (about 1 pound) cooked ground beef or cooked diced chicken
- 1-2 cans beef or chicken broth
- 1 package of taco seasoning
- Ground cumin, to taste
- Salt, to taste
- Garlic powder, to taste

Directions:

1. If using ground beef: In a large fry pan, brown the ground beef until the meat is cooked through and no pink remains. Drain the excess fat, and place it in a bowl, until ready to add.
2. If using chicken, Cook the chicken to 165°, cool and dice it into chunks. This is a great opportunity to use left over chicken; rotisserie chicken from the store is also good.
3. In the same fry pan as above, sauté the onion, celery, and carrots until they're tender. Transfer the sautéed vegetables to a soup kettle.
4. Add the ground beef or chicken.
5. Add the entire can of corn, white beans, kidney beans, black beans and Rotel tomatoes.
6. Add the broth, taco seasoning, and any of the spices listed to suit your taste.
7. Bring to boil, lower the heat and simmer 25 minutes.

Recipe Notes:

- When adding the spices start with 1/2 teaspoon of each and add more as you taste it.
- This recipe is good with cornbread or biscuits. Enjoy!



"Food is an implement of magic, and only the most coldhearted rationalist could squeeze the juices of life out of it and make it bland. In a true sense, a cookbook is the best source of psychological advice and the kitchen the first choice of room for a therapy of the world."

Thomas More

TACO SOUP (Tina Gossen, Father Christopher Gossen's Mom)
Serves 6-8

Ingredients:

- 1 pound ground beef or turkey
- 1 package taco seasoning
- 1 can chili beans
- 1 can northern beans (white beans), rinsed & drained
- 2 cans (14.5 ounces) petite dice tomatoes
- 1 can water

For garnish:

- Tortilla chips
- Sour cream
- Shredded cheese

Directions:

1. In a skillet, brown the ground beef or turkey on high heat. Break the meat up with the spatula and stir constantly until no pink remains. Drain off any excess fat.
2. In a four-quart saucepan or larger, combine and heat all the ingredients together.
3. Top with tortilla chips, sour cream & or shredded cheese. This recipe is also yummy with cornbread.

VEGETABLE BEEF SOUP (Alice Wold, Serra Club of East Valley)
Serves 7

Ingredients:

- 2 pound beef stew meat
- 1 large onion, diced
- 1 (15 ounce) can diced tomatoes
- 1 cup barley
- 1 cup celery, sliced
- 3 potatoes, diced
- 1 (16 ounce) bag frozen mixed vegetables
- 2 (32 oz) cartons beef broth
- 1 cup barley, optional
- Salt, to taste
- Pepper, to taste
- Tabasco sauce, several drops (optional)



Directions:

1. Combine the stew meat, barley and vegetables in a crock-pot and fill the crock with broth to within three inches of the top. Cook on low all-day or high all afternoon.
2. Stir in the Tabasco sauce just before serving if desired. Adjust with salt and pepper.

Recipe notes:

- Adding broth adds a lot of flavor to the soup, I like to have “Better than Bouillon” beef base on hand. Store it in the refrigerator and add water when ever you want to add flavor to soups and casseroles.
- Barley makes a nice addition to this soup; just add it along with the other ingredients when filling the crockpot. It may be purchased in a box as shown above or in the bulk food section of Sprouts or other grocery stores.

EASY (CHEAT) CHICKEN TORTILLA SOUP (Patti Bolding, Father Robert Bolding's Mom)

Serves 8-10

Ingredients:

- 1 Rotisserie chicken (Preferably from Costco because they're huge)
- 2 bags of Bear Creek Tortilla soup mix
- 1 can corn
- 1 can black beans

For garnish:

- Shredded cheddar cheese
- Avocado
- Tortilla strips/chips

Directions:

1. Prepare the soup according to the instruction on the soup mix package.
2. While the soup cooks, shred the entire chicken and add it to the pot.
3. Add the corn and beans and simmer for a few minutes.
4. Serve hot with cheese, avocado, and tortilla strips to garnish as desired.
5. Chow down! 😊



CHICKEN SOUP (Alice Wold, Serra Club of East Valley)

Serves 8-10

Ingredients:

- 4 boneless, skinless chicken breasts, diced
- 2 tablespoons oil
- 1 onion, peeled and diced
- 2 (32 oz) cartons chicken broth
- 2 cups celery, diced
- 2 cups carrots, diced
- 1 teaspoon salt
- 2 cups rice or 1 pound noodles (egg noodles or spaghetti noodle, broken into pieces)
- 1 cup frozen peas
- Salt and pepper to taste

Directions:

1. In a large soup pot, heat the oil on medium high heat until it's hot.. Place the chicken pieces into the hot oil and brown on all sides. Add the onion to the chicken and sauté a little longer.
2. Add the broth, celery, carrots, and 1 teaspoon salt to the pot; if you are adding rice add it at this time, as well.
3. Bring everything to a boil; Reduce the heat and to a gentle boil and cook for 20 minutes.
4. Add the peas and if you're adding noodles add them at this time, as well.
5. Bring the soup back to a gentle boil and cook, stirring occasionally until everything is tender. (another 5-10 minutes depending on which noodles you choose).
6. Check the flavor and adjust the salt and pepper.

Recipe notes:

- If you have leftover chicken, you can use it in this recipe.; Since it is already cooked; just cut it up and add it to the pot. There is no need to brown it.
- Once the soup is ready you can hold it on warm until ready to serve.
- Leftover soup keeps well in the refrigerator for the next day.

HEARTY ITALIAN BEAN SOUP (Tina Gossen, Father Christopher Gossen's Mom)

This recipe may be made without meat.

Serves 4-6

Ingredients:

- 1/4 pound cooked ham, in one piece (optional for vegetarian version)
- 2 medium sized celery stalks
- 2 medium sized carrots
- 1 medium sized red onion
- 1 medium sized zucchini
- 2 (15 ounce) cans cannellini beans (white kidney beans), rinsed & drained
- 1 tablespoon olive oil or salad oil
- 1/2 teaspoon dried basil leaves
- 1/4 teaspoon pepper
- 1 (14.5 ounce) can stewed tomatoes (or petite diced tomatoes)
- 1 (14.5 ounce) can chicken broth
- 1 (10 ounce) package frozen, chopped spinach, defrosted
- Grated Parmesan cheese (optional)

Directions:

1. Cut the ham into 1/2-inch pieces; set aside.
2. Chop all the veggies into 1/2-inch pieces; set aside.
3. Pour the cannellini beans into a colander, drain, and rinse them, and then remove 1 1/2 cups of the beans to a medium bowl. Mash them until smooth with a fork or potato masher.
4. In a 5-quart saucepan, over medium heat, cook the veggies in oil about 15 minutes, stirring frequently, until tender and begin to brown just a bit. Add the basil leaves & pepper.
5. Stir in the stewed tomatoes, chicken broth, chopped spinach, mashed beans, and 2 cups of water. Stir and bring to a boil. Reduce the heat to low, cover, and simmer 15 minutes to blend flavors.
6. Stir in the ham & remaining beans. Heat through.
7. To serve, ladle into soup bowls, and sprinkle each serving with grated parmesan cheese.

PASTA E FAGIOLI SOUP (Kelly Terrill, Father Gabriel Terrill's Mom)

Serves 4-6

Ingredients:

- 1 tablespoon olive oil
- 2 stalks celery thinly sliced
- 3 cloves garlic, minced
- 1 can (15.5 oz.) cannellini beans
- 1 cup canned, diced tomatoes, undrained
- 2 cups fresh spinach, chopped
- 2 cans (14.5 oz. each) chicken broth
- 1 cup Ditalini pasta

Directions:

1. In a large soup pot, heat the oil on low heat. Add the celery and garlic, cover and cook for 4 minutes.
2. Add the beans and tomatoes, bring to a simmer, and cook for 5 minutes.
3. Add the spinach, broth, and pasta. Season with black pepper. Simmer about 8 minutes until the pasta is tender.
4. Top with grated parmesan cheese. Serve with salad, bread, or fresh fruit.

CORPUS CHRISTI BLACK BEAN SOUP (Alice Wold, Serra Club of East Valley)

This was prepared for the Friday Meatless Meal at Corpus Christi Parish. It is made from scratch and is quite hearty and delicious. If you're planning to make it for Friday evening begin preparations on Thursday morning. Don't let that scare you as most of the "work" is done while you sleep or go about your day as usual. The notations are for serving for the Friday evening meal.

Ingredients to serve 6-8:

- 2 1/2 cups dried black beans
- Water
- 3 tablespoons olive oil
- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped carrots
- 4 cloves garlic (1 teaspoon crushed garlic)
- 1 1/2-teaspoons cumin
- 1 1/2 teaspoons Mexican oregano
- 1 can petit diced tomatoes
- 2 teaspoons salt
- 3 tablespoons balsamic vinegar-optional

Big Batch - Ingredients to serve 10-12:

- 4 cups dried black beans
- Water
- 4 tablespoons olive oil
- 1 1/2 cup chopped onion
- 1 1/2 cup chopped celery
- 1 1/2 cup chopped carrots
- 6 cloves garlic (1 1/2 teaspoons crushed garlic)
- 2 teaspoons cumin
- 2 teaspoons Mexican oregano
- 2 cans petit diced tomatoes, drained
- 1 tablespoon salt
- 4 tablespoons balsamic vinegar-optional

Optional Garnishes:

- Shredded Cheddar or Monterey Jack Cheese
- Cilantro
- Sour Cream
- Tortilla Chips

Directions:

1. **Thursday morning:** Rinse the beans and soak them in plenty of water for 8 hours.
2. **Thursday night:** Drain and rinse the beans. Place them in a 6-quart crock-pot; cover them with water to about 4 inches over the level of the beans. Simmer overnight about 8 hours on high, until soft.
3. **Friday morning:** Sauté the onions, celery, and carrots in the olive oil. Add the garlic, cumin, oregano, and salt. Spoon this into the crock-pot and then add the tomatoes.
4. Simmer in the crock-pot on low or the remainder of the day.
5. **Friday 1/2 hour before serving:** Adjust the salt to taste and it's optional, but tasty to add the Balsamic vinegar.
6. **Optional step:** If you like a thicker soup you can remove some of the soup and process it in a food processor or blender and then add it back to the pot. To save time and work this is really not essential. (I generally puree about 4 cups of the soup. This will give the soup a little thickness, but still leave plenty of chunky vegie and beans.)

Recipe Notes: Leftovers keep very well in the refrigerator for several days.

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MAIN DISHES

BEEF

PICADILLO – A CUBAN BEEF DISH (Sister Anthony Mary Diago)

Serves 4-6

Ingredients:

- 3 teaspoons olive oil
- 1 onion, chopped
- 2 cloves garlic, chopped
- 1 green pepper, chopped
- 1 pound ground beef
- 1 bay leaf
- 1 cup Spanish olives
- 1/2 cup raisins
- 2 tablespoons capers
- 1 (12 ounce) can tomato sauce
- 1 small (6 ounce) can tomato paste
- Salt
- Pepper
- 1 cup white wine, optional



Directions:

- 1 On the stove top, in a large frying pan, coat the bottom of the pan with olive oil, heat the pan on medium high heat until the oil is shimmering. Add the onions, garlic and green pepper and stir to coat with the oil. Spread the veggies out evenly over the pan. Sauté, stirring occasionally for 5 minutes.
- 2 Add the ground beef and mix well.
- 3 Add the rest of the ingredients and cook for 25 minutes.
- 4 Remove the bay leaf and add salt and pepper to taste.
- 5 Serve with white rice. (The recipe follows.)

WHITE RICE FOR PICADILLO (Sister Anthony Mary Diago)

Serves 4

Ingredients:

- 1 cup white rice
- 1 3/4 cups water
- 1 teaspoon olive oil
- 1 dash of salt (1/8 teaspoon)

Directions:

- 1 In a medium saucepan, bring the water, olive oil, and salt to a boil.
- 2 Add the rice and lower the temperature to low until the rice is just simmering. Cover the pan and cook for 20 minutes.

EASY TACO RECIPE (Mary Mininni, Pianist at Mount Claret)

Serves 4-6

Ingredients:

- 2 tablespoons vegetable or avocado oil
- 1 pound ground beef
- 1 onion, chopped
- 1 tablespoon garlic powder
- 1 small (4 ounce) can diced green chilies
- 1 jar of your favorite salsa
- 1 tablespoon Mexican seasoning
- Salt and Pepper, to your taste

Toppings:

- Cheese
- sour cream
- green onions
- Tomatoes
- avocado
- Lettuce
- Tortillas or crispy Taco Shells

Directions:

1. Add vegetable or avocado oil to skillet with the onion and ground beef. Cook on medium until the ground beef is brown and no pink showing.
2. Add the garlic powder, green chilies, salsa, and Mexican seasonings and mix it all together. Take a small taste to see if you need more garlic powder, Mexican seasoning, salt, or pepper.
3. Continue to cook on medium-low heat about 20 minutes.
4. Serve with tortillas, taco shells and all your favorite toppings. Enjoy!

TACO CHEESEBURGERS (Tina Gossen, Father Christopher Gossen's mom)

Serves 4

Ingredients:

- 1 pound ground beef
- 1 (1 1/4 ounce) package taco seasoning mix
- 8 slices American cheese
- 4 hamburger buns
- Lettuce leaves
- Thick 'n chunky salsa

Directions:

1. Mix the meat & seasoning mix. Shape into 4 patties.
2. Heat the grill on medium (or over medium coals). Place the patties on grill and grill 7 to 9 minutes on each side or until cooked through (160° on an instant read thermometer).
3. Top each patty with 2 slices of American cheese. Continue grilling until cheese begins to melt.
4. Assemble the buns with lettuce & cheeseburgers, top with salsa.

CHEESEBURGER CASSEROLE (Luzinda Chavez, Jacob Chavez's mom)

Serves 8

Ingredients:

- 1 pound hamburger
- 1 (16 ounce) package elbow macaroni
- 1 (10.75 ounce) can cheddar cheese soup
- 2 (10.5 ounce) cans cream of mushroom soup
- 1 (14.5 ounce) can petite diced tomatoes (or 1 (10 ounce) can of Rotel diced tomatoes, if you want it a bit spicy)
- 2 cups shredded cheddar cheese
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon oregano

Directions:

1. Pre-heat the oven to 350°.
2. Brown the hamburger meat in a skillet until it is cooked through and then drain the excess fat. Add the salt, pepper, garlic powder, onion powder and oregano. Stir in the cheddar cheese soup, mushroom soup, and diced tomatoes.
3. Cook the elbow macaroni according to the directions on the package.
4. Drain the macaroni and then stir in the hamburger/soup mixture. Mix in 1 cup of the shredded cheddar cheese.
5. Pour into a 9 x 13-inch baking dish and top with the remaining cheddar cheese.
6. Bake in the oven for 15 minutes or until cheese is melted.

IMPOSSIBLY EASY CHEESEBURGER PIE (Alice Wold, Serra Club of East Valley)

Serves 8

Ingredients

- 1 pound ground beef
- 1 onion, chopped
- 1 1/2 cups milk
- 3/4 cup Bisquick baking mix
- 3 eggs
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup cheddar cheese, shredded
- 2 tomatoes, sliced (optional)



Directions:

1. Preheat the oven to 400°. Spray a 10-inch pie plate with non-stick cooking spray.
2. Brown the ground beef and onion; drain the excess fat. Spread the ground beef into the pie plate.
3. In a bowl, beat the milk, Bisquick, eggs, salt, and pepper until smooth and then pour it into the pie plate.
4. Bake 25 minutes. Top with cheese and tomatoes, if desired and bake 5 to 6 more minutes; until a knife inserted in the center comes out clean.
5. Cool 5 minutes before serving.

EASY CHILI – (Kimberly Ivich, Serra Club of East Valley)

Serves 6-8

Ingredients:

- 1 pound ground beef
- 1 onion, chopped
- 1 green pepper, chopped
- 1 1/2 teaspoons salt
- 1 tablespoon chili powder
- 2 teaspoons Worcestershire sauce
- 1 (29 ounce) can tomato sauce
- 1 (16 ounce) cans kidney beans drained
- 1 (14 1/2 ounce) can crushed or stewed tomatoes
- 1 (6 ounce) can tomato paste

Topping:

- 2 cups grated cheddar cheese



Directions:

1. In a skillet, brown the ground beef, adding the onion and green pepper halfway through browning process. When the onions are transparent and the ground beef is cooked through, drain the excess fat, and pour the ground beef into a slow cooker.
2. Stir in the remaining ingredients, except the cheese.
3. Cover. Cook on high 3 hours or low 7 to 8 hours
4. Serve in bowls topped with cheddar cheese.

EASY (CHEAT) CHILI WITH BEANS (Patti Bolding, Father Robert Bolding's mom)

Serves 10-12

Ingredients:

- 2 pounds ground beef
- 1 onion, chopped
- 1 Carroll Shelby's chili season packet (in the Chili aisle)
- 2 (15 ounce) cans pinto beans
- 2 (15 ounce) cans dark kidney beans
- 2 (15 ounce) cans cannelloni beans
- 3-4 small (16 ounce) cans or 2 large (29 ounce) cans tomato sauce
- Cayenne pepper, to taste

For thickening (Optional):

- Masa
- water

For garnish: you choose

- Shredded cheddar cheese
- Sour cream
- Sliced black olives



Directions:

1. Brown the ground beef and onions.
2. Add the beans, seasoning mix, and tomato sauce. Add the cayenne pepper to taste.
3. Stir and simmer 15 to 30 minutes
4. If the chili has little more liquid than you like - you can sprinkle 1-2 tablespoons of Masa into the chili or mix 3 tablespoons Masa with 1/2 cup water and stir it in. Cook an additional 10 minutes to cook the masa and thicken the chili.

FRITO PIE (Linda Reichert, Serra Club of East Valley)

Serves 6-8

Ingredients:

- 1 pound ground beef
- 1 package taco seasoning mix
- 1 (15.5 ounce) can pinto beans (with juice)
- 1 (8 ounce) can tomato sauce
- 3/4 cup water
- 1 bag Fritos corn chips
- grated cheddar cheese

Directions:

1. In a large skillet, brown the ground beef until cook through. Add the taco seasoning, pinto beans, tomato sauce, and water to skillet. Simmer for 15 to 20 minutes, stirring occasionally.
2. Place handful of Fritos on plate, spoon a serving of meat mixture on top. Add a few more Fritos on top of meat mixture, then sprinkle with cheese.

POSSE STEW (Bonnie Ricardo)

Serves: 6-8

Ingredients:

- 2 pounds ground beef
- 1 onion, chopped
- 2 large (28 ounce) cans crushed tomatoes
- 2 (15 ounce) cans corn (can use 1 white and 1 yellow)
- 2 (7 ounce) cans green chilies
- 2 (15 ounce) cans Ranch Style beans

Directions:

1. Brown the ground beef and the onions.
2. Add the remaining ingredients and simmer until nicely mixed.
3. Serve with corn bread or rolls.

SHROOMY JOES (Louise Cline, Serra Club of East Valley)

Serves 10-12

Ingredients:

- 2 pounds lean ground beef
- 1 medium onion, diced
- 1-2 cans (10.5 ounce) cans cream of mushroom soup
- 10-12 hamburger buns

Directions:

1. In a large skillet, brown the ground beef, until cooked through. Reserve 1 tablespoon of the fat in the pan and drain the remaining fat from the ground beef (a small strainer works well for this); set the ground beef aside.
2. Add the onion to the skillet and sauté until translucent, about 5 minutes.
3. Add the ground beef and the cream of mushroom soup to the onion in the skillet and simmer on low for about 5 minutes stirring constantly.
4. Spoon the mixture onto the hamburger buns and enjoy

SLOPPY JOES (Tina Gossen, Father Christopher Gossen's mom)

Serves 4

Ingredients:

- 1 pound ground beef
- 1 onion, chopped

Sauce:

- 2 tablespoons cider vinegar
- 2 tablespoons brown sugar
- 1 teaspoon yellow mustard
- 1 teaspoon Worcestershire sauce
- 1/2 cup ketchup
- 1/2 cup water

Directions:

1. Brown the ground beef & onion until the meat is cooked through and the onion is tender. Drain the fat.
2. In a bowl, combine the cider vinegar, brown sugar, yellow mustard, Worcestershire sauce, ketchup, and water and stir until combined.
3. Pour the sauce mixture over the beef mixture & heat through for a few minutes.
4. Serve on hamburger buns. Great with oven baked French fries or tater tots & coleslaw.

PEAS WITH MEAT (Shirley Davis, Serra Club of Phoenix)

Serves 4

Ingredients:

- 1 large onion, chopped
- 1 pound very lean ground beef
- Salt, to taste
- Pepper, to taste
- 1/4 teaspoon cinnamon
- 1/8 teaspoon allspice
- 3 cups water
- 1 (16 ounce) bag frozen peas
- 1 (8 ounce) can tomato sauce
- 1 (16 ounce) can diced tomatoes

Directions:

1. In a large skillet, sauté the onions in the olive oil. Add the beef and brown well. Drain off the excess fat.
2. Add the salt, pepper, cinnamon, and allspice and mix well.
3. Add the water and peas and simmer 15 minutes.
4. Add the tomato sauce and diced tomatoes and simmer an additional 25 minutes.
5. Serve over rice

"Above all, always see Jesus in every person, and consequently treat each one not only as an equal and as a brother or sister, but also with great humility, respect and selfless generosity."

Blessed Charles de Foucauld

PORCUPINES MEATBALLS (Alice Wold, Serra Club of East Valley)

This is a unique and tasty recipe. The tomato gravy is especially good over mashed potatoes.

Serves 6

Ingredients

- 1 1/2 pounds ground beef
- 1/2 cup rice, uncooked
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1 tablespoon onion (fresh or dried)
- 1 (10.75 ounce) can tomato soup
- 1/2 cup water

Directions:

1. Preheat the oven to 350°. Grease a 2-quart casserole dish.
2. Mix the ground beef, rice, salt, pepper, and onion. Gently form the mixture into balls. Place the balls in the prepared casserole dish.
3. In a small bowl, mix the soup and water until smooth. Pour the soup over the meatballs.
4. Bake covered for 1 hour.

Recipe Note: These meatballs may be cooked in the crock pot. Just put the meatballs in the crockpot, pour the tomato mixture over the top and cook on high for 4 hours or on low for 7 to 8+ hours.

EASY BUSY DAY LASAGNA (Agnes Franzen, Serra Club of West Valley)

Serves 8

Ingredients:

- 1 pound dry lasagna noodles (you'll use a little more than half the box)
- 1 pound lean ground beef (or half beef and half pork)
- 1 (24 ounce) jar marinara or pasta sauce - your favorite brand
- 2/3 cup water
- 1 (15 ounce) container ricotta or cottage cheese
- 1 (12 ounce) package mozzarella cheese, divided
- 1 teaspoon Italian seasoning (optional)

Directions:

1. Preheat the oven to 375°
2. Lightly spray a 9 x 13-inch baking dish with non-stick cooking spray.
3. Spread 2/3 cups of the marinara sauce on the bottom of the baking dish.
4. Top with a layer of lasagna noodles (uncooked straight from the package).
5. Brown the ground beef in a large skillet. Drain off the excess fat.
6. Pour in the remaining marinara sauce. Add the water to the jar, replace the lid and shake to loosen up the remaining sauce. Pour into the skillet and stir in.
7. Simmer the meat sauce for 5 minutes.
8. Scatter about one-third of the ricotta cheese on top of the lasagna noodles. Sprinkle on 3 ounces of the mozzarella cheese. Top with about one-third of the meat sauce.
9. Add another layer of lasagna noodles and press down slightly.
10. Repeat with the ricotta cheese, mozzarella cheese and meat sauce - two more times.
11. Top with the remaining mozzarella cheese and sprinkle with Italian seasoning, if using.
12. Cover with aluminum foil and bake for 45 minutes until the noodles are tender.
13. Remove aluminum foil and bake for another 7 to 8 minutes or until cheese is nice and bubbly.
14. Let the lasagna rest for at least 15 minutes before serving.

BAKED MILLION DOLLAR SPAGHETTI (Rose King, Father Chad King's mom)

Serves 8-10

Ingredients:

- 1 (16 ounce) package spaghetti noodles
- 1 pound ground beef
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1/2 teaspoon Kosher salt, or to taste
- 1/2 teaspoon pepper, or to taste
- 6 cups marinara spaghetti sauce or about 2 (28 ounce) cans traditional pasta sauce
- 1 (8 ounce) package cream cheese, softened
- 3 cups shredded mozzarella cheese
- Fresh parsley, chopped (optional as a garnish)

Directions:

1. Cook the spaghetti noodles for 2 minutes less time than the instructions on the package indicates, otherwise follow the directions as stated. Drain, rinse, and set aside.
2. Preheat the oven to 350°.
3. In a large skillet, add the ground beef, onions, garlic, salt, and pepper and cook on high.
4. Once browned, turn off the heat, drain the excess fat and mix in 1 cup of the marinara sauce.
5. In a large bowl, combine the cooked spaghetti and the remaining 5 cups of Marinara sauce. Set aside.
6. In a medium bowl, combine the cream cheese and 2 cups of the mozzarella cheese. Mix until evenly combined.
7. In a 9 x 13-inch baking dish, spoon half of the spaghetti/marinara sauce mixture.
8. Next spread all the cream cheese/mozzarella cheese mixture on top.
9. Then the remaining spaghetti/marinara sauce mixture evenly over that.
10. Then the meat/marinara mixture go on next.
11. Finally, the remaining cup of mozzarella.
12. Cover the pan with aluminum foil and bake for 30 minutes.
13. Uncover the pan and bake for an additional 10 minutes, until the cheese is melted and bubbly.
14. Sprinkle with fresh chopped parsley if you want to be extra fancy.

EASY MEATBALL SUBS – SUPPER FOR A CROWD (Alice Wold, Serra Club of East Valley)

This recipe is perfect when you're serving a crowd and you want a tasty meal with almost no work

Serves about 25

Ingredients:

- 1 large (5-6 pound) bag of frozen Italian meatballs (I get them from Sam's Club)
- 1 #10 (6 pound-10 ounce) food service sized can spaghetti sauce (from Sam's Club)
- 4 large loaves of French bread (from Sam's Club)

Garnishes:

- Mozzarella cheese
- Parmesan cheese
- Sliced black olives
- Sliced pepperoncini peppers

Directions:

1. Fill a large crockpot with the meatballs; pour the spaghetti sauce on top.
2. Cook for 4 hours on high or 7 to 8+ hours on low.
3. Make a nice buffet – turn the crockpot to warm, slice the French bread. Add a simple salad of bagged romaine lettuce and Cesar dressing (from Sam's Club). Set out the garnishes which are tasty on either the salad or the subs. Have fun!

TATER TOT CASSEROLE (Kelly Terrill, Father Gabe Terrill's mom)

Serves 10-12

Ingredients:

- 2 pounds. ground beef
- 1 envelope dry onion soup mix
- 2 (10.5 ounce) cans cream of mushroom soup
- 1 pint sour cream
- 2 pounds tater tots

Directions:

1. Preheat the oven to 350°.
2. Spray a 9 x 13-inch casserole dish with non-stick cooking spray.
3. Brown the beef and drain the excess fat. Add the soup mixes and sour cream; mix until blended.
4. Pour in the prepared casserole dish and top with the tater tots.
5. Bake 1 hour.

AWESOME MEATLOAF (Denise Brittain, Serra Club of Phoenix)

Serves 6-8

Ingredients:

- 1 pound ground beef (or 1/2 ground beef and pork)
- 1 (12 ounce) package ground sausage (Jimmy Dean type)
- 1 1/2 cup dry breadcrumbs (Italian Seasoned)
- 2/3 cup Velveeta cheese
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1/2 cup chopped bell pepper
- 1 (10 1/2 ounce) can of Cream of Mushroom soup, divided
- 2 eggs, beaten
- Thyme (season to taste)
- Garlic salt (season to taste)
- Pepper (season to taste)

Directions:

1. Preheat the oven to 350°.
2. Combine all the ingredients, saving about 1/2 can of mushroom soup (for the top). Mix gently until well combined.
3. Mold the mixture into a loaf and place it in a 9 x 13-inch baking dish.
4. Spread the remaining mushroom soup on top
5. Bake 1 hour and 15 minutes
6. Let cool a few minutes before serving

"The chief pleasure in eating does not consist in costly seasoning, or exquisite flavor, but in yourself."

Horace

EARLY HARVEST MEATLOAF (Louise Cline, Serra Club of East Valley)

Serves 10-12

Ingredients:

- 2 pounds lean ground beef
- 3/4 cup applesauce
- 3/4 cup breadcrumbs
- 6 tablespoons ketchup
- 1 tablespoon dry oregano
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg

Directions:

- 1 Preheat the oven to 350°.
- 2 Combine the ground beef, applesauce, and ketchup in a large bowl.
- 3 In a small bowl combine the breadcrumbs, oregano, cinnamon, and nutmeg until the spices are evenly distributed throughout the breadcrumbs.
- 4 Add the bread crumb mixture to the ground beef until well blended.
- 5 Shape into a ring on a baking pan.
- 6 Bake for 40 to 50 minutes
- 7 Place the ring on a serving dish and fill the center with steamed vegetables and surround the meatloaf with mash potatoes.

Recipe Note: For an alternate serving style, shape individual servings using a 1 cup measuring cup. Arrange the single servings on a baking pan and bake as directed.

QUICK AND EASY MEAT LOAF (Jane Fraser, Father Chris Fraser's Mom)

Serves 8

Ingredients:

- 2 pounds ground hamburger (Sirloin or Round are preferred, but you can use Chuck)
- 1 package dried Lipton Onion Soup mix
- 1/3 cup ketchup
- 3/4 cup water
- 2 eggs, beaten
- 3/4-1 cup plain dry breadcrumbs

Directions:

1. Preheat the oven to 350°.
2. Spray a 9 x 13-inch pan with non-stick cooking spray.
3. Combine all the ingredients in large bowl and mix well.
4. Shape the meat mixture into a loaf and place it into the prepared pan. Pat it down and it may not fill up entire pan. Drizzle a few lines of ketchup on top of loaf.
5. Bake uncovered for 1 hour until done in the middle. Let stand 10 minutes after taking it out of the oven.

"May the Virgin Mary, Mother of listening and attentive service, teach us to be welcoming and hospitable with our brothers and sisters."

-Pope Francis

CROCK POT SLOW COOKED BEEF BURGUNDY (Tina Gossen, Father Christopher Gossen's mom)

Serves 10-12

Ingredients:

- 3 pounds cubed beef stew meat
- 1 package dry onion soup mix
- 2 (10.75 ounce) cans Campbell's Golden Mushroom Soup
- 1 (4 ounce) can sliced mushrooms
- 1/2 of the empty soup filled with burgundy or red wine

Directions:

1. Combine all ingredients in slow cooker. Cook on low 8 to 10 hours.
2. Serve on rice or noodles with a salad.

Recipe Notes:

- Slow cooker liners make clean up easier & the meat stays juicier. They can be found at grocery store with foil, waxed paper, etc.
- Wine adds lots of flavor. The alcohol cooks off during the cooking, but the great flavor remains.

SHREDDED BEEF FOR BURRITOS, TACOS, OR ENCHILADAS (Marnie Maza, Serra Club of East Valley)

This is a Maza family favorite! Enjoy!

Ingredients:

- One boneless chuck roast, any size
- 1 package dry Lipton Onion Soup Mix
- 1 (10 ounce) can Rotel tomatoes with lime and cilantro

Directions:

- 1 Put the roast into a crockpot. Pour the tomatoes and soup mix on top and cook all day on low.
- 2 When it shreds easily, pull out the roast out and remove any visible fat. Also skim off as much liquid fat as you can and then return the roast to the crockpot with the remaining juices for shredding.

Recipe Note: You can use a frozen roast, just peel off the wrapper and place it in the crockpot as is.

CROCKPOT ROAST (Gary Brittain, Serra Club of Phoenix)

Ingredients

- 1 tri-tip roast
- 1/2 to 1 (16 ounce) jar medium salsa (Safeway Select works), to taste
- 1-ounce tequila (optional)
- Olive Oil
- Salt & Pepper

Directions

1. Season tri-tip with salt and pepper.
2. Brown in skillet with olive oil.
3. Put tri-tip in crock pot. Pour salsa and tequila on top
4. Cook on LOW all day (7-8 hours)

Recipe Note: Leftovers are great for sandwiches, too!

EASY ITALIAN BEEF FOR SANDWICHES (Denise Brittain, Serra Club of Phoenix)

Serves 10-12

Ingredients:

- 3 pounds stew beef (cheapest, no fat)
- 1 (16 ounce) jar pepperoncini peppers
- 1 (10.5 ounce) can beef consommé

Directions

1. Throw all 3 ingredients in a crock pot.
2. Cook on HIGH all day or all night
3. Shred the beef and serve on Italian rolls or bread, or even in a tortilla.

SHERRIED BEEF (Barbara Gallagher, Serra Club of Phoenix)

Serves 8.

Ingredients:

- 2 pounds of lean beef, cut in bite sized pieces (I use either stir fry beef or cut up a round steak.)
- 1 (10.5 ounce) can of cream of mushroom soup
- 1 envelope of dry onion soup mix
- 1/2 cup of dry sherry wine
- 1 1/2 teaspoons Kitchen Bouquet extract

Directions:

1. Place all the ingredients in a heavy Dutch oven roasting pan with a tight lid. Bake at 300° for 3 hours.



Recipe Note: This may also be made in the crockpot. Put all the ingredients in the pot in the morning; you don't even have to brown the meat. Cook on low all day (8 to 9 hours) and then enjoy!

BEEF STEW (Alice Wold, Serra Club of East Valley)

This stew is a truly a no fuss dinner. Throw it together in the morning and you're all set for supper.

Serves 8

Ingredients:

- 2 pounds stew meat
- 2 slices bread, cubed
- 1 cup carrots, peeled and sliced
- 3 cups potatoes peeled and cubed.
- 1 package Lipton dry onion soup mix
- 1 tablespoon salt
- 1 large (28 ounce) can diced tomatoes
- 3 tablespoons Kraft minute tapioca
- 1/2 teaspoon Marjoram, thyme, and rosemary (optional)
- 1 (12-16 ounce) bag frozen peas



Directions:

1. Combine all the ingredients, except for the frozen peas in the crock-pot. Cook for 8 hours on low or 4 hours on high.
2. Thirty minutes before serving, set the crock pot to high, stir in the frozen peas and cook an additional 30 minutes.

Recipe note: The minute tapioca will thicken the stew so that it's all set whenever you're ready to eat.

FATHER'S TEXAS CHILI (Deacon Ian Wintering)

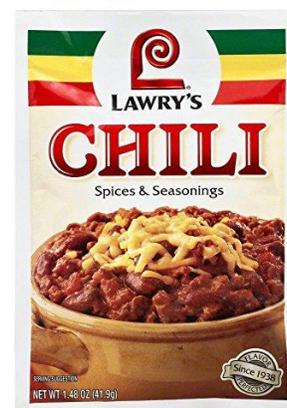
Serves 4 people. Double recipe for 8 people.

Ingredients:

- 3 tablespoons olive oil
- Several garlic cloves, crushed and peeled
- 1 medium brown or yellow onion, finely chopped
- 2 pounds of any beef roast, cubed to 1/4-inch
- 2 packets of Lawry's chili seasoning (Any chili mix will do. But I prefer Lawry's)
- 1 (10.5 ounce) can of beef broth
- 2 (10 ounce) cans of Rotel tomatoes
- 1 bottle of Dos Equis Amber beer
- 1 (15.5 ounce) can Bush's Chili beans (mild or spicy), (optional)
- 1 medium sized tomato, diced (optional)

Toppings:

- Grated cheddar cheese
- Sour cream
- Diced onion



Directions:

- 1 In a skillet, heat the olive oil over medium heat. Add the crushed cloves of garlic. When the garlic is browned, add the chopped onion. When onion is softened, add the 2 pounds of cubed beef* removing excess fat.
- 2 Once browned, add the Lawry's Chili Mix. Mix well
- 3 Add the beef broth, Rotel tomatoes, and the Dos Equis. Mix well
- 4 Simmer on low on the stove top for a few hours until meat is soft. Stir often. You can use a crock pot set on low to cook all day. Stir occasionally. You can't simmer it too long.
- 5 Cover if you want to maintain the liquid. Remove the cover if you want it to thicken.
- 6 Add a can of chili beans and the diced tomato if you want. And then simmer for another 10 minutes.
- 7 Serve with tomato, grated cheese, sour cream, diced white onion, and the crackers of choice.

Recipe Note: It's easier if you ask the butcher at the meat counter to cube the roast as small as he can. The smaller the pieces, the more tender they cook up. I prefer tri-tip, but it is a bit more expensive than a shoulder roast or rump roast. Either will work, especially if you allow it to simmer for 4 hours or more.



"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 that are born of faith. 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 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 Theresa of Avila

LONDON BROIL FOR THE GRILL (Jane Fraser, Father Chris Fraser's Mom)

Ingredients:

- London Broil
- coarse Kosher salt, to taste
- garlic powder, to taste
- pepper, to taste

Directions:

1. About 10 minutes before cooking take out London Broil from the frig and let it get to room temperature. Sprinkle and rub in Coarse Kosher Salt on both sides of the meat. Let it stay on 10 minutes.
2. Get the grill hot and then take a paper towel and wipe some but not all the kosher salt off. Place the steak on the grill and sprinkle with garlic powder and black pepper. It should have enough salt from the Kosher salt. Cook each side about 8 to 10 minutes on 400° registering on the grill thermometer. Cut to see if it is done enough.

FAYE'S FLANK STEAK (from Three Rivers Cookbook I) (Tom McGuire, Serra Club of Phoenix)

Ingredients:

- 1 flank steak

Marinade:

- 1/4 cup soy sauce
- 3 tablespoons honey
- 2 tablespoons vinegar (I use cider vinegar)
- 1/2 teaspoon minced garlic
- 1/2 teaspoon ground ginger
- 3/4 cup vegetable or canola oil
- 1 chopped onion

Directions:

1. Combine all ingredients, except the steak.
2. Add the steak to the marinade and marinate the steak 8 to 12 hours.
3. Heat up the grill. Remove the steak from the marinade and cook 3 to 5 minutes on each side, depending on whether you want your meat rare or medium-well.

Recipe Note: An easy way to marinate is to drape a Ziplock bag over a bowl, add the marinade ingredients to the bag and zip it up, then give it a good shake to make sure everything is well combined before adding the steak. Lay the steak flat in the marinade and keep the bag in a baking pan to catch any liquid that might leak out of the bag.

"My identity comes from Christ. I am called to be faithful to Jesus. It does not matter whether I am looked at one way or another. If I am given praise or ridiculed it does not matter. What I am called to be is faithful to Jesus Christ and his Church."

*Bishop Thomas Olmsted
12-21-2010*

POULTRY

"CHICKEN IN THE BAG" TAKE IT EASY MONDAY MEAL (Jane Fraser, Father Chris Fraser's Mom)
Serve 6

Ingredients:

- 1 large size Reynold's oven cooking bag
- 2 tablespoons flour
- 1 package chicken gravy mix
- 1 1/2 cups water
- 6 skinless chicken breasts
- 1/4 teaspoon garlic powder
- Salt and pepper
- 2 stalks celery, sliced in 1/2 pieces

Directions:

1. Preheat the oven to 350°.
2. Measure the flour into the cooking bag, hold the bag shut and then shake it around a bit. Place the cooking bag in a 9 x 13-inch pan or in a broiler pan.
3. In a medium sized bowl, combine the gravy mix with the water and stir until smooth. Set aside.
4. Lay the chicken breasts in the floured bag and sprinkle with the garlic powder and salt and pepper.
5. Place the celery pieces around the chicken. Pour the gravy all over chicken. Close bag with the nylon tie included in the bag. Cut 6 half-inch slots in top of bag.
6. Bake for 40 to 50 minutes or until tender. When ready to serve carefully open the bag as the steam will be extremely hot!
7. Serve right from the pan so the drippings are your gravy.

CHICKEN CHILI CHEESE CASSEROLE (Barbara Gallagher, Serra Club of Phoenix)
Serves 6

Ingredients:

- 2 pounds of cooked chicken breasts
- 6 flour tortillas (10" diameter)
- 2 (10.5 ounce) cans cream of mushroom soup (or 1 can of cream of mushroom and 1 can of cream of chicken soup)
- 1 (5 ounce) can evaporated milk
- 1 (7 ounce) can diced green chilis
- 1/2 pound of grated cheddar cheese (or more)

Directions:

- 1 Grease a 9 x 13-inch baking dish.
- 2 Break chicken into bite size pieces. Tear tortillas in small pieces. Add one half of the cheese and all the remaining ingredients. Toss together and spoon into the prepared baking dish and top with the remaining half of the cheese.
- 3 Cover with aluminum foil and bake for 30 minutes or until bubbling. Remove cover for the last 7 to 8 minutes.

SALSA VERDE BAKED CHICKEN (Kelly Terrill, Father Gabe Terrill's Mom)

Serves 6-8

Ingredients:

- 2 pounds boneless chicken breasts
- 1-2 tablespoons olive oil
- 2 cups salsa Verde
- 1 cup shredded mozzarella cheese
- 1/2 cup chopped cilantro

Directions:

1. Preheat oven to 350°.
2. Wash the chicken and pat it dry with paper towel; cut it into 6-8 serving pieces; and season with salt and pepper.
3. In a skillet, heat the oil on medium high. Once the oil is hot, add the chicken and brown it few minutes on each side.
4. Spray a 9 x 13-inch baking dish with non-stick cooking spray. Transfer the chicken to the baking dish and pour the salsa over the top.
5. Bake for 25 to 30 minutes.
6. Remove from oven and add the cheese. Return the chicken to oven at 400° for 10 minutes or until cheese is melted.
7. Remove from oven and garnish with cilantro. Serve with warm tortillas or rice.

DUMP AND BAKE CREAMY TUSCAN CHICKEN PASTA (Rachel Gossen, Father Christopher

Gossen's sister)

Serves 6-8

Ingredients:

- 1 (16 ounce) package uncooked rotini pasta
- 1 (22 ounce) jar Alfredo sauce (about 2 1/2 cups)
- 3 cups low sodium chicken broth
- 2 cups diced rotisserie chicken or other diced, cooked chicken
- 2 teaspoons minced garlic
- 1 (4 ounce) jar diced, roasted red peppers, drained (about 1/2 cup)
- 1/2 cup minced sun-dried tomatoes in oil, drained
- 2 cups fresh baby spinach
- 1 cup shredded mozzarella or Italian blend cheese

Directions:

1. Preheat the oven to 425°.
2. In a 9 x 13-inch baking dish, stir together, the uncooked pasta, Alfredo sauce, chicken broth, chicken, garlic, red peppers & sun-dried tomatoes. Cover tightly with aluminum foil and bake for 35 minutes.
3. Uncover & stir. At this point you should check the pasta to make sure that it is al dente (firm but just about finished cooking). If it's still too hard, cover the dish & return to the oven until the pasta is al dente.
4. Once pasta is al dente, stir in the fresh spinach. The spinach will wilt almost instantly as you stir it into the hot pasta.
5. Sprinkle mozzarella over the top. Bake uncovered for 10 more minutes (or until cheese is melted & pasta is tender).
6. Garnish with grated parmesan cheese or fresh herbs like basil, if desired.

Recipe Note: Want to prep ahead? Prepare the dish through step 2, cover with foil and keep in the refrigerator until you're ready to bake.

CHICKEN 'N' GRAVY (Rachel Gossen, Father Christopher Gossen's sister)

Serves 6

Ingredients:

- 6 boneless skinless chicken thighs

Sauce:

- 1 can cream of chicken soup
- 1 packet of chicken or turkey gravy
- 1/2 soup can of water

Directions:

1. Preheat the oven to 350°.
2. Rinse the chicken breasts with water and pat them dry with paper towels.
3. In a bowl, combine the gravy packet, soup & water.
4. Spray a 9 x 13-inch baking pan with non-stick cooking spray. Put a little of the gravy mixture in bottom of the pan. Place chicken in pan and pour the rest of the gravy mixture on top.
5. Bake 1 hour. (lightly cover pan with foil if the sauce starts to dry)
6. Enjoy with mashed potatoes & a veggie.

Recipe Note: You may add a few pinches of an herb such as dried tarragon, basil, or thyme before baking for additional flavor if desired.

ROASTED CHICKEN AND VEGGIES (Tina Gossen, Father Christopher Gossen's mom)

Serves 4

Ingredients:

- 2 medium chicken breasts, cubed
- 1 cup bell pepper, chopped (any colors you like)
- 1/2 red onion, chopped
- 1 cup broccoli florets or asparagus, chopped
- 1/2 cup tomatoes, chopped (or plum or grape tomatoes)
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon Italian seasoning
- 1/4 teaspoon paprika (optional)

Directions:

1. Preheat oven to 500°.
2. Chop all veggies into large pieces.
3. On another cutting board, chop the chicken into cubes.
4. Lay a sheet of aluminum foil on top of a medium sheet pan (cookie sheet) (this will make it easier to clean up after dinner). Place the chicken & veggies onto the foil. Add the olive oil, salt & pepper, Italian seasoning & paprika. Toss to combine.
5. Bake for 15 minutes or until the veggies are a little charred & chicken is cooked.
6. Enjoy with rice, pasta, or a salad.

Recipe Note: Always wash hands, cutting boards & knives thoroughly with soap & hot water after handling raw chicken to prevent cross contamination.

EASY PEASEY PARMESAN CRUSTED CHICKEN (Tina Gossen, Father Christopher Gossen's mom)

Serves 4

Ingredients:

- 1/2 cup mayonnaise
- 1/4 cup grated parmesan cheese
- 4 boneless, skinless chicken breasts
- 4 teaspoons Italian seasoned dry breadcrumbs

Directions:

1. Preheat the oven to 425°.
2. Combine mayonnaise & parmesan cheese.
3. Place a sheet of aluminum foil in a 9 x 13-inch baking pan or cookie sheet.
4. Wash the chicken breasts, pat them dry with a paper towel, and place them on the pan.
5. Spread the mayonnaise/parmesan cheese mixture on the chicken, and then sprinkle each chicken breast with 1 teaspoon of breadcrumbs.
6. Bake for 20 minutes. Check the chicken with an instant read thermometer – it should reach 160°.

Recipe Note: It is good to check the chicken by inserting an instant read thermometer into the center of the meat. Chicken breasts are done perfectly when the internal temperature is 160°. (Tender, juicy, and never dried out!)

PARMESAN CHICKEN BREASTS (Barbara Gallagher. Serra Club of Phoenix)

Serves 8

Ingredients:

- 8 chicken breasts, boneless, skinless
- 4 tablespoons butter, melted
- 1 cup Pepperidge Farm crumbs
- 1/3 cup dried parsley flakes
- 1/2 cup Parmesan cheese

Directions:

1. Preheat the oven to 400°.
2. Line a cookie sheet with aluminum foil.
3. Wash and dry the chicken breasts with paper towel.
4. Mix the crumbs, cheese, and parsley together.
5. Dip the chicken into melted butter and then into crumb mixture.
6. Bake for about 45 min. Lightly cover the chicken with aluminum foil for the first 25 minutes and then remove cover to brown for an additional 20 min.

"I find a heaven in the midst of saucepans and brooms."

Saint Stanislaus Kostka

EASY OVEN BAKED SPICY CHICKEN TACOS (Rachel Gossen, Father Christopher Gossen's sister)

Ingredients:

- 1 tablespoon olive oil
- 1/2 pound cooked chicken, shredded
- 1 (1 ounce) packet Old El Paso Hot & Spicy Taco Seasoning
- 1/2 cup onion, diced
- 1 (14.5 ounce) can diced tomatoes, drained
- 1 (4.5 ounce) can Old El Paso chopped green chiles
- Old El Paso Stand and Stuff taco Shells
- 1/2 (16 ounce) can Old El Paso Refried Beans
- 2 cups Mexican Blend Cheese, shredded

Toppings:

- Old El Paso sliced Jalapeños,
- sour cream
- salsa,
- chopped cilantro,
- shredded lettuce
- any of your favorite taco toppings!

Directions:

1. Preheat oven to 400°F. Spray a 9 x 13-inch baking dish with nonstick spray and set aside.
2. Heat the olive oil over medium heat in a medium skillet.
3. Add the onion to skillet & cook for 2 to 3 minutes, or until the onion is translucent & fragrant.
4. Stir in the chicken, taco seasoning, tomatoes & green chiles. Stir to combine fully. Reduce to simmer and allow to cook for 5 to 8 minutes.
5. Place the taco shells in the baking dish, standing up. 10 taco shells should fit into the dish by adding 2 on each side.
6. Spoon 1 tablespoon of beans into the bottom of each taco shell. Top with the chicken mixture, almost to the top of each shell.
7. Sprinkle each shell generously with shredded cheese, the more the better!
8. Bake for 12-14 minutes or until cheese is fully melted and the edges of the shells are browned.
9. Remove from the oven & top with your favorite items like jalapeños, sour cream, cilantro & salsa.
10. Enjoy!!

Recipe Notes:

- Be sure to drain the tomatoes completely, this will help the taco shells to not get soggy while baking!
- If you prefer your tacos not spicy, just use regular Old El Paso Taco Seasoning. Just as delicious!

"Holiness consists simply in doing God's will and being just what God wants us to be."

St. Therese of Lisieux

BARBECUED CHICKEN SANDWICHES (Jane Fraser, Father Chris Fraser's Mom)

Serves 10-12

Ingredients:

- 4-6 chicken breasts
- 1-2 cans of Coca-Cola
- 1 dozen hamburger buns
- Barbecue sauce of your choice

Directions:

1. Place chicken breasts in a crockpot and cover them with 1-2 cans of Coca-Cola.
2. Cook on high 4 to 5 hours, or low for 8+ hours until it falls apart.
3. Take out of crock pot and shred with 2 forks.
4. Place on Hamburger buns and top with your favorite barbecue sauce.

Recipe Note: You can mix barbecue sauce with chicken before you put it on the buns.

GRILLED CHICKEN BREASTS (Jane Fraser, Father Chris Fraser's Mom)

Serves 4-6

Ingredients:

- 4-6 skinless chicken breasts
- 2 tablespoons olive oil
- 1 tablespoon garlic powder
- 1 teaspoon salt
- 1/2 teaspoon black pepper

Directions:

1. Take the chicken breasts and allow them to warm to room temperature
2. Place them in a storage size Ziploc bag. Add the olive oil, garlic powder, salt, and pepper. Mash the bag around to mix and coat the chicken with the olive oil and spices.
3. Preheat the grill.
4. Place the chicken on a hot grill and cook them 8 min on each side. Check with knife to see if done. (When you make a small cut the juices should be clear, not pink, or cloudy.
5. You can use this for Chicken Caesar's salad or add BBQ sauce for great barbecue chicken. It keeps a few days in the fridge.

SUPER EASY ITALIAN CHICKEN (Kimberly Ivich, Serra Club of East Valley)

Serves 4

Ingredients:

- 4 fresh or frozen chicken breasts
- 1 package dry Italian dressing mix
- 1 cup warm water or chicken stock

Directions:

1. Place the chicken in slow cooker, sprinkle with dressing mix. Pour water or chicken stock over the chicken.
2. Cover and cook on Low 8 to 10 hours.

Recipe note: In this recipe you may use frozen chicken breasts directly from the freezer without thawing.

CHICKEN FAJITAS (Rosemary Castellanos, Serra Club of East Valley)

These chicken strips and chunky vegetable are all cooked in a hot pan. Once cooked, serve it with warm tortillas, spicy salsa, guacamole, grated cheese, and green chilies.

Serves 4-8

Ingredients:

- 3 pieces chicken breast, cut into 1/2-inch strips
- 1 red pepper, cored, seeded, and cut into thin strips
- 1 yellow pepper, cored, seeded, and cut into thin strips
- 1 medium onion, thinly sliced
- 2 teaspoons chili powder
- 1 teaspoon salt
- 1 teaspoon ground cumin
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/4 cup water
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons of lime juice

Accompaniments:

- 8 flour tortillas, warmed in the microwave
- Shredded cheese
- Salsa
- Guacamole
- green chilies
- Lime wedges

Directions:

1. In a large mixing bowl, combine the chili powder with the salt, cumin, onion powder, garlic powder, cornstarch, water, and 2 tablespoons of the oil. Add the chicken, bell pepper, and onion. Toss well and let it marinate for 15 minutes.
2. Heat the remaining 1 tablespoon of oil in a large nonstick skillet until shimmering. Put in the marinated ingredients and cook it over high heat, stirring occasionally, until the vegetables are crisp-tender, and the chicken is cooked through. Remove from the heat and stir in the lime juice.
3. Transfer the chicken and vegetables to a plate and serve with the warmed tortillas.

CREAMY COOKER CHICKEN (Kimberly Ivich, Serra Club of East Valley)

Serves 6

Ingredients:

- 6 boneless chicken breast halves
- 1 (10 3/4 ounce) can cream of mushroom soup
- 1 package. dry mushroom soup mix
- 1/4-1/2 cup sour cream
- 1 (4 ounce) can mushrooms, drained.

Directions:

1. Combine the chicken and soups in a slow cooker
2. Cover and cook on low for 6 to 8 hours
3. 10 minutes before serving, stir in the sour cream and mushrooms and cook for an additional 10 minutes to heat through.
4. Serve on noodles.

SLOW COOKER CHICKEN AND RICE (Ellen Florea, Father Eugene Florea's mom)

Serves 4

Ingredients:

- 3 (10.5 ounce) cans cream of chicken soup, undiluted
- 2 cups uncooked instant rice
- 1 cup water
- 1 pound boneless, skinless chicken breasts or chicken tenders
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon paprika
- 1/2 cup diced celery

Directions:

1. Combine the soup, rice, and water in a crock pot. Add the chicken, sprinkle with salt, pepper, and paprika. Sprinkle the celery over the chicken.
2. Cover and cook on low for 6 to 8 hours or on high for 3 to 4 hours.

SUPER EASY CHICKEN (Linda Reichert, Serra Club of East Valley)

Serves 4-6

Ingredients:

- 4-6 boneless, skinless chicken breasts
- 1 (8 ounce) bottle Russian dressing (substitute Catalina if you can't find Russian)
- 1 package Lipton onion soup mix
- 1 (10-12 ounce) jar apricot jam

Directions:

1. Preheat the oven to 350°.
2. Place the chicken in 9 x 13-inch baking dish.
3. In a small bowl, mix Russian dressing, Lipton onion soup mix, and apricot jam and then pour it over the chicken.
4. Bake for 1 hour, then cover the pan with foil and bake 30 minutes more.
5. Serve over white or brown rice.

CRANBERRY BAKED CHICKEN (Shirley Davis, Serra Club of Phoenix)

Serves 8

Ingredients:

- 6 Chicken breasts
- 1 bottle French dressing
- 1 can whole cranberry sauce
- 1 package Lipton onion soup mix

Directions:

1. In a 9 x 13-inch casserole dish, lay out the chicken.
2. In a medium sized bowl. Mix the salad dressing, cranberry sauce and Lipton onion soup mix and pour it over the chicken.
3. Cover the casserole dish with aluminum foil and marinate in the refrigerator for 12 to 24 hours.
4. When ready to bake, preheat the oven to 350°.
5. Move the casserole to the oven and bake for 1 hour.

TURKEY LETTUCE WRAPS (Tessie Wold, Serra Club of East Valley)

Serves 4-6

Ingredients:

Filling:

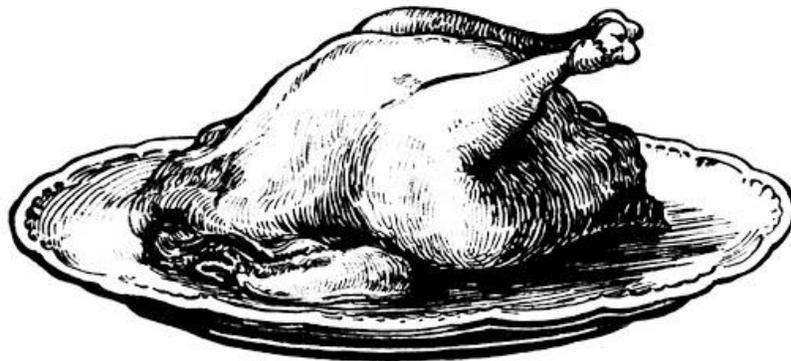
- 12 ounces ground turkey
- 2 teaspoons vegetable oil
- 8 ounces white mushrooms, chopped
- 3 scallions, chopped
- 2 cloves garlic, minced
- 1 (6 ounce) can water chestnuts, chopped
- 1/4 cup soy sauce
- 1 tablespoon brown sugar
- 1 tablespoon rice wine vinegar

Accompaniments:

- 8 to 12 large iceberg lettuce leaves, clean and dry
- Shredded carrots, for serving
- Chopped fresh cilantro
- Bean sprouts (optional)
- Sriracha

Directions:

1. For the filling: Brown the turkey in the oil in a large sauté pan over medium-high heat until no longer pink.
2. Add the mushrooms, scallions, garlic, and water chestnuts, and cook until the mushrooms soften.
3. In a small bowl, mix the soy sauce, brown sugar, and vinegar.
4. Pour the sauce over the turkey mixture and cook 1 minute. Remove from the heat.
5. Serve the turkey mixture in the lettuce leaves with vegetables as desired for a very tasty lettuce wrap.



“Behold, I stand at the door and knock. If anyone hears my voice and opens the door, I will come in to him and eat with him, and he with me.”

Revelations 3:20

PORK

MUSTARD CRUSTED PORK CHOPS (Rosemary Castellanos, Serra Club of East Valley)

Serves 4

Ingredients:

- 4 pork chops, 1-inch thick
- Salt and freshly ground pepper, to taste
- 1/2 cup Dijon mustard
- 1 tablespoon brown sugar
- 1 teaspoon mustard powder
- 1 teaspoon chopped fresh rosemary
- 1 teaspoon minced garlic
- 1 tablespoon olive oil

Directions:

- 1 Preheat the oven to 425°F. Season the pork chops lightly with salt and pepper. Set aside.
- 2 In a small bowl, combine the mustard, sugar, mustard powder, rosemary, and garlic; mix well. Smear evenly over chops.
- 3 Heat the oil in a large, heavy cast-iron skillet over medium-high. Add the prepared chops and brown on both sides, 4 to 5 minutes total.
- 4 Transfer the skillet to oven and cook 20 to 25 minutes, until no longer pink and cooked through.

Recipe Note: If you don't have a cast iron skillet or other oven safe skillet you may transfer the pork chops to an oven safe baking dish to bake in the oven.

BARBEQUE PORK CHOPS (Kimberly Ivich, Serra Club of East Valley)

Serves 8

Ingredients:

- 8 pork chops
- 1 cup (or more) barbeque or sweet and sour sauce

Directions:

1. Brush each pork chop generously with sauce, then place in slow cooker.
2. Cover. Cook on low for 7 to 8 hours.

ITALIAN CHOPS (Kimberly Ivich, Serra Club of East Valley)

Serves 4

Ingredients:

- 4 pork chops
- 1 (16 ounce) bottle Italian Salad dressing

Directions:

1. Place pork chops in slow cooker. Pour salad dressing over the chops.
2. Cover. Cook on high 6 to 8 hours.

Recipe Note: You can add cubed potatoes and thinly sliced carrots and onions with the meat and then pour the salad dressing over the top.

BARBECUED PORK SANDWICHES (PULLED PORK) (Jane Fraser, Father Chris Fraser's Mom)

Serves: 12

Ingredients

- 1 whole or half pork loin
- 1-2 cans Dr. Pepper soda
- 1 dozen hamburger buns
- Barbecue sauce of your choice

Directions:

1. In an oblong crockpot, place the pork loin. If using a round crockpot you can cut the pork loin in pieces to fit.
2. Pour 1-2 cans Dr. Pepper over the pork to cover it.
3. Cook on high for 4 to 6 hours, or low for 8+ hours (or you can cook it overnight on low) until the meat falls apart.
4. Take out of crock pot and with 2 forks, shred the meat.
5. Place on hamburger buns and top it off with your favorite barbeque sauce.

Recipe Note: You can mix the shredded meat with the barbeque sauce and return it to the crock pot for serving.

APPLE SAUSAGE JUMBLE (Barbara Gallagher, Serra Club of Phoenix)

Serves 6-8

Ingredients:

- 2 pounds little sausages (like Hillshire farms)
- 3/4 cup brown sugar
- 1 (24 ounce) jar of chunky apple sauce
- 1/4 cup chopped onion or 1 tablespoon dried onion.

Directions:

- 1 Preheat the oven to 325°.
- 2 Combine all the ingredients in an oven proof casserole and bake for 1 1/2 to 2 hours.

"My God, since you are with me and since, by Your will, I must occupy myself with external things, please grant me the grace to remain with You, in Your presence. Work with me, so that my work might be the very best. Receive as an offering of love both my work and all my affections."

Brother Lawrence of the Resurrection

EGGS

SUNDAY SAUSAGE BREAKFAST (Tom McGuire, Serra Club of Phoenix)

Serves 6-8

Ingredients

- 1 pound bulk pork sausage
- 1 package (6 ounces) onion and garlic croutons
- 2 cups cubed mild cheddar cheese
- 2 cups cubed Monterey Jack cheese
- 12 large eggs, beaten
- 1/2 cup whole milk
- 1/2 teaspoon dried basil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Directions

1. Preheat the oven to 350°.
2. Grease a 9 x 13-inch baking dish with non-stick cooking spray.
3. In a skillet, fry the sausage over medium heat until no longer pink and then drain off the excess fat.
4. In the prepared baking dish, layer the croutons, sausage, and cheese. In a large bowl, combine the eggs and milk; mix well. Pour over cheese, sprinkle with basil, salt and pepper.
5. Bake, uncovered, for 40 to 45 minutes or until the top is lightly browned and a knife inserted in the center comes out clean.
6. Serve immediately.

BREAKFAST CASSEROLE (Barbara Gallagher, Serra Club of Phoenix)

Serves 6-8

Ingredients:

- 8 slices of bread, cubed
- 1 (12 ounce) package shredded cheddar cheese
- 2 pounds sausage, browned and drained
- 1 (4-5 ounce) can diced green chiles
- 5 eggs
- 2 1/4 cups milk
- 1/2 teaspoon salt
- 3/4 teaspoon dry mustard
- 1 (10.5 ounce) can cream of mushroom soup
- 1/2 can water

Directions:

1. Preheat the oven to 325°.
2. Grease a 9 x 13-inch casserole, layer half the bread, half the sausage, half the cheese, and all the green chiles; repeat layers ending with the cheese.
3. In a large bowl, beat together, the eggs, milk, salt, dry mustard, and cream of mushroom soup and pour gently over the bread mixture.
4. Bake for 1 hour.

Recipe note: This casserole can be assembled a day ahead and baked the next day.

MEATLESS

MACARONI AND CHEESE (Jane Fraser, Father Chris Fraser's Mom)

This is a double recipe to feed 6-8 people

Ingredients:

- 4 cups or 1 (16 ounce) box Barilla elbow macaroni
- 4 tablespoons butter
- 4 tablespoons flour
- 2 teaspoons salt
- 4 cups milk
- 2 (8 ounce) packages shredded cheddar cheese (sharp or mild cheddar or one of each)

Directions:

1. Cook the macaroni according to box directions, drain and set aside.
2. In a Dutch oven or large saucepan (4-quart or larger), melt the butter. Remove from the heat, blend in the flour and salt.
3. Add the milk and return the pan to the heat, stirring constantly until sauce thickens a little.
4. Add 1 package of the cheese (8 ounces), heat until melted, stirring occasionally.
5. Combine macaroni into the sauce, add the remaining cheese and stir until it is blended.
6. Heat on medium-low heat until it is hot, stirring constantly so it does not stick to bottom of saucepan.
7. You can place it in a casserole dish to serve or keep it hot in the Dutch oven.

MAPLE GLAZED SALMON (Barbara Gallagher, Serra Club of Phoenix)

Serves 6-8

Ingredients:

- 2 1/2 pounds salmon
- Salt and pepper, to taste
- 1/4 cup whole grain Dijon mustard
- 2 tablespoons. lemon juice
- 1 tablespoon olive oil
- 3 tablespoons maple syrup
- 1 teaspoon paprika

Directions:

1. Preheat the oven to 400°.
2. Wash and dry the salmon and place it onto on a nonstick or foil lined baking sheet, season with salt and pepper.
3. In a small bowl, whisk together the mustard, lemon juice, olive oil, maple syrup, and paprika.
4. Brush the mixture liberally over the salmon.
5. Bake for about 10 minutes or until the salmon just starts to brown around the edges and is cooked through.

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

1 Corinthians 10:18

SIMPLE CRAB QUICHE (Linda Reichert, Serra Club of East Valley)

Serves 6-8

Ingredients:

- 1 Pillsbury pie crust (in dairy case, usually found near the cream cheese) *
- 3 eggs
- 1 cup sour cream
- 1 teaspoon Worcestershire sauce
- 3/4 teaspoon salt
- 1 cup shredded Swiss cheese
- 1 (6 ounce) can white lump crab meat
- 1 (4 ounce) can tiny shrimp (optional)
- 1 small container French's crispy fried onion rings



Directions:

1. Preheat the oven to 350°.
2. Place the unbaked pie crust in the pie pan, press gently to the bottom and sides of the pan, flute the top edges (press down and pinch up edge like a pie crust).
3. In a large bowl, Beat the eggs with a wire whisk. Add the remaining ingredients, including the Fried onions. Pour into pie shell. Bake 55 to 60 minutes until top is lightly browned.

***Recipe note:** Alternatively, you may use a large pre-made pie crust which is already prepared in a foil pie pan. This can be found in the frozen section of the grocery store.

IMPOSSIBLY EASY SEAFOOD PIE (Alice Wold, Serra Club of East Valley)

Serves 6-8

Ingredients:

- 1 (6 ounce) package frozen or canned crab meat or shrimp, thawed and drained
- 1 cup sharp American cheese, shredded
- 1 (3 ounce) package cream cheese, cut into 1/4-inch cubes
- 1/4 cup green onions, sliced
- 2 cups milk
- 1 cup Bisquick
- 4 eggs
- 3/4 teaspoons salt
- Dash of nutmeg



Directions:

1. Preheat the oven to 400°. Grease a 10-inch pie pan.
2. Mix seafood, cheeses, and onions in the prepared pie pan.
3. Beat the remaining ingredients until smooth, and the pour it into the pan.
4. Bake 35 to 40 minutes; until a knife inserted in the center comes out clean.
5. Cool 5 minutes before serving.

“Never grow weary in doing the little things for the love of God who does not regard the greatness of the work, but the love with which it is performed. In the beginning you may fail in your endeavors, but you will gain a habit of allowing love to act through you to your exceeding delight.”

-Brother Lawrence of the Resurrection

TUNA NOODLE CASSEROLE (Alice Wold, Serra Club of East Valley)

Serves 8-10

Ingredients:

- 1 (12 ounce) package medium egg noodles
- 2 tablespoons butter
- 1/2 cup minced onion
- 1 cup diced celery
- 3 (5 ounce) cans tuna, drained
- 1 (10 3/4 ounce) can cream of mushroom soup
- 1 (10 3/4 ounce) can cream of celery soup
- 1 cup mayonnaise
- 1 cup milk
- 3/4 teaspoon salt
- 1 teaspoon Worcestershire sauce
- 1/4 cup diced pimiento (optional)

Topping:

- 2 tablespoons butter, melted
- 1 cup panko or Italian breadcrumbs



Directions:

1. Preheat the oven to 375°. Grease a 9 x 13-inch pan.
2. Prepare the egg noodles according to the directions on the package; Drain and set aside.
3. In a large skillet, melt the butter; sauté the onion and celery until tender. Stir in the tuna, soup, mayonnaise, milk, salt, Worcestershire sauce and pimiento, if using. Stir until smooth and heated through.
4. Fold in the noodles and pour the mixture into the prepared baking dish. Combine the butter and breadcrumbs and sprinkle evenly over the top of the casserole. Bake uncovered for about 30 minutes, until heated through and golden on top.

EASY RAVIOLI LASAGNA (Agnes Franzen, Serra Club of West Valley)

Serves 8

Ingredients:

- 1 (24-ounce) jar marinara pasta sauce
- 1 (30-ounce) package frozen ravioli (spinach and cheese or any flavor you like)
- 1 1/2 cups shredded mozzarella cheese
- 1/2 cup grated Parmesan cheese
- 1/3 cup chopped fresh basil leaves (optional)

Instructions

1. Preheat the oven to 400°. Spray a 9 x 13-inch baking dish with cooking spray.
2. Spread one third of the jar of marinara sauce evenly in the bottom of the prepared baking dish. Add half of the ravioli in an even layer over the sauce. Top with another third of the of the marinara sauce. Sprinkle 3/4 cup of mozzarella cheese and 1/4 cup of Parmesan cheese over the sauce. Add another layer of ravioli, sauce, mozzarella, and Parmesan cheese.
3. Spray a piece of aluminum foil with cooking spray. Cover the dish with the foil, sprayed side down. Bake the lasagna for 30 minutes. Uncover and bake for an additional 15 minutes, or until the cheese is melted and the sauce is bubbly. Remove pan from oven let it sit for 5 minutes. Garnish with basil, if desired. Serve hot.

Recipe Notes:

- You don't have to thaw or cook the ravioli first, just put it in the pan frozen.
- This recipe is great with garlic bread and a salad.

LENTILS AND RICE (Shirley Davis, Serra Club of Phoenix)

This is a great meatless dish to serve on Fridays or during Lent!

Serves at least 8

Ingredients:

- 2 cup lentils
- 1 cup rice
- 2 teaspoons salt
- 1/8 teaspoons pepper
- 4 medium onions, halved vertically
- 8 tablespoon olive oil

Directions:

1. Wash the lentils and put them into a 4-quart saucepan with 4 cups cold water. Bring to a boil and simmer 10 minutes.
2. While the lentils cook, wash the rice, and set aside.
3. Fry the onions in the olive oil until a deep brown color. Add half of the onion to the boiling lentils and boil an additional 10 minutes, until the lentils are tender.
4. Add the rice to the lentils and add 2 cups hot water. Add the salt and pepper.
5. Cover the pot and simmer until all the water is absorbed.
6. Serve on a large platter and top with the remaining fried onions.
7. Top the lentils with yogurt and serve with a salad.

VEGETARIAN CHILI (Alice Wold, Serra Club of East Valley)

Ingredients:

- 1 medium onion, peeled and diced
- 2 cloves garlic, minced
- 2 medium Anaheim chilies, seeded and diced
- 1 jalapeño chili, seeded and finely diced, if desired
- 2 (14.5 ounce) cans diced tomatoes
- 2 (15 ounce) cans tomato sauce
- 1 1/2 teaspoons cumin
- 1 1/2 teaspoons Mexican oregano
- 1 teaspoon coriander, optional
- 1 teaspoon crushed red chilies
- 1 (15 ounce) can chili beans, with sauce
- 1 (15ounce) can black beans, drained and rinse
- 1 (15 ounce) can red kidney beans, drained and rinse
- Salt

Directions:

1. Combine all ingredients, except salt, in a crock-pot. Cook on high 4 to 6 hours or on low 8 to10 hours.
2. Before serving adjust the salt if needed.

SUPER EASY SLOW COOKER PINTO BEANS (Alice Wold, Serra Club of East Valley)

Servings: 6 cups

Ingredients:

- 1 pound dried pinto beans (2 1/2 cups), rinsed, picked over for tiny stones
- 7 1/2 cups water
- 1/2 teaspoon crushed red pepper
- 2 teaspoons salt
- 1/4 teaspoon black pepper

Directions:

1. Put the beans, water, crushed red pepper, salt, and black pepper into the slow cooker and stir.
2. Cover and cook on low about 9 hours until the beans are tender but not falling apart.
3. Once cooked, turn off the slow cooker. Until ready to serve. They will continue to absorb the liquid, making them even more tender and creamy.

Recipe Notes:

- These beans will keep several days in the refrigerator. You can freeze them in a resealable bag.
- For a healthy version of refried beans, sauté a little onion and garlic in olive oil until tender, add the beans and some of the cooking liquid, and cook for a few minutes; then, mash with a fork.

BLACK BEAN BURGERS (Michael and Tessie Wold, Serra Club of East Valley)

Serves 6

Ingredients

- 2 slices white sandwich bread, torn in pieces or 1/2 cup panko breadcrumbs
- 2 large eggs
- 3 tablespoons olive oil
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/8 teaspoon cayenne pepper
- 2 (15 ounce) cans black beans, drained and rinsed, divided
- 1 red pepper, stemmed seeded and finely chopped
- 1/4 cup minced fresh cilantro
- 3 tablespoons minced red onion

Accompaniments:

- 6 buns
- 6 slices Pepper Jack Cheese
- Sliced tomatoes
- Avocados or Guacamole
- Ketchup, mayonnaise, and Ranch dressing
- Sriracha

Directions:

1. In a bowl, whisk together the eggs, 1 tablespoon of the oil, the cumin, salt, and cayenne. Set aside.
2. Place 2 1/2 cups of the beans in a large bowl (reserve 1/2 cup of the beans) and mash them with a fork until mostly smooth. Stir in the breadcrumbs, egg mixture, the remaining 1/2 cup of beans, bell pepper, cilantro, and onion until just combined.
3. Divide the mixture into 6 (1/2 cup) portions and lightly pack into 1-inch patties.
4. Heat one tablespoon of the oil in a nonstick skillet over medium heat until hot. Carefully lay half of the patties in the skillet and cook until well browned on each side (8 to 10 minutes).
5. Transfer the burgers to a serving plate and keep them warm while you cook the other half batch.
6. Serve on buns with your choice of garnishes.

CRUNCHY BLACK BEAN TACOS (Michael and Tessie Wold, Serra Club of East Valley)

Serves 4

Ingredients:

2 cups black beans, cooked

1/2 cup red onion, minced

- 1 teaspoon cumin
- 1 teaspoon paprika
- Pinch of salt and pepper
- 2 tablespoons cilantro, chopped
- 4-6 ounces pepper jack cheese, grated
- 2 tablespoons olive oil
- 8 corn tortillas

Toppings:

- 1 avocado, sliced
- Hot sauce
- Salsa
- Sour cream

Directions:

1. In a medium bowl, add the beans along with the red onion, cilantro, and spices. Add a pinch of salt and pepper and lightly mash all the ingredients together.
2. Grate your cheese and have it ready as well.
3. In a large, non-stick skillet or cast-iron skillet, add a few tablespoons of oil and heat over medium-high heat.
4. Add one corn tortilla at a time and let it get hot in the oil for a few seconds. Then add about 1/4 cup of the bean filling to one half of the tortilla. Top with a sprinkle of grated cheese.
5. Using a spatula, carefully fold the tortilla over so it forms a shell. Press down lightly on the tortilla so it holds its shape.
6. As the first tortilla cooks, move it to the side and do a second one. Depending on the size of your pan, you should be able to do 2 or 3 tacos at once. If you have a griddle you can do even more at once.
7. Cook each taco for about 3 minutes per side until they are nicely browned and crispy.
8. When flipping the taco to cook on the other side, use a spatula and flip the taco toward the fold so the filling doesn't fall out.
9. Serve tacos with toppings like hot sauce, salsa, avocados, and sour cream.

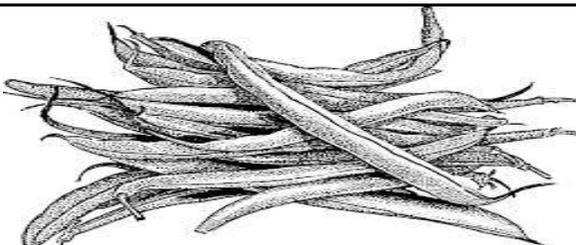
Recipe Note: Corn tortillas are resilient to heat. Don't worry about burning them. They are very flexible. Just be sure to cook them on each side long enough to get them crispy.

"You cause the grass to grow for the livestock and plants for man to cultivate, that he may bring forth food from the earth and wine to gladden the heart of man, oil to make his face shine and bread to strengthen man's heart."

Psalm 104:15

Side Dishes

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SIDE DISHES

Salsa and Dips

AVOCADO MANGO SALSA (From Agnes Franzen, Serra Club of West Valley)

Serves 8

Ingredients:

- 1 avocado, cut into small cubes
- 1 mango, cut into small cubes
- 1 red onion, chop finely
- 1 habanero pepper; remove the stem, seeds and chop very finely.
- 1 tablespoon chopped fresh cilantro
- 1 lime, juiced
- salt, to taste
- Tortilla Chips

Directions:

1. Prepared the avocado, mango, onion, habanero, and cilantro; combined them in a prep bowl
2. Squeeze the lime juice on top and then fold the salsa gently to mix. Add salt to taste.
3. Spoon the salsa into a serving bowl, cover with plastic wrap and refrigerate until ready to serve.
4. Use tortilla chips for dipping.

Recipe Note:

Caution: Be sure to use gloves when working with the habanero.

CREAM CHEESE SALSA DIP (Alice Wold, Serra Club of East Valley)

This dip is super easy. It's especially good on bagels, French bread, or bread sticks.

Ingredients:

- 1 (8 ounce) package cream cheese, softened to room temperature
- ½ cup salsa

Directions:

1. Mix the cream cheese and salsa until smooth.
2. Place in a small serving bowl, cover, and refrigerate until ready to serve.

HOT CHEESY SALSA DIP

Ingredients:

- 1 pound Velveeta cheese, cut into cubes
- 1 cup salsa

Directions:

1. Place the cheese and salsa in a microwave proof bowl. Heat in the microwave on high, stirring every minute, until the cheese is melted. Stir until the dip is well combined.
2. Spoon the dip into a small crock pot set on warm so that it will stay warm and creamy while serving.

Salads

COLE SLAW: (Page Mead, Serra Club of East Valley)
Serves 8-10

Ingredients:

- 3/4 cup mayonnaise
- 1/4 cup white vinegar
- 1 tablespoon sugar
- 1 head cabbage, shredded
- 1 pound bacon, cooked and crumbled*
- 1 bunch green onions, finely chopped
- Salt and pepper, to taste

Directions:

1. In a small bowl, combine the mayonnaise, vinegar, and sugar; mix until smooth and set in the refrigerator until ready to toss.
2. Cook the bacon either on the stove or in the microwave. *See Recipe Notes for method.
3. In a large bowl, combine the cabbage, cooked bacon, and chopped green onions. Pour the sauce over the cabbage mixture and season with salt and pepper to taste. Cover, and place in the fridge until ready to eat!

Recipe Notes:

- **To cook on the stove:** Place a large skillet on the stove. Place a single layer of bacon in the cold skillet, turn the heat on medium and cook for 4 minutes on each side. Cook a little longer if needed to your desired crispiness. Cover a plate with a couple layers of paper towel. Move the cooked bacon to the plate. Cook another pan of bacon until all the bacon is cooked. Crumble or snip the bacon into 1-inch pieces and set aside until ready to toss the slaw.
- **To cook in the microwave oven:** On a microwave safe plate, place 3 layers of paper towel. Lay bacon in a single layer on top of the paper towels. Cover with an additional paper towel to reduce the splatter. Microwave for 1 minute per slice. Check the bacon and continue to cook for 30 second increments until it is the desired crispiness. One pound of bacon is 16-20 slices so you will need to prepare 2-3 batches. Each time discard the old paper towels and start with new.
- Note: **Be careful handling** because the bacon is hot, and the grease can burn you!

"The time of business does not differ with me from the time of prayer; and in the noise and clatter of my kitchen, while several persons are at the same time calling for different things, I possess God in as great tranquility as if I were on my knees."

Brother Lawrence of the Resurrection

ITALIAN SLAW (Alice Wold, Serra Club of East Valley)

This salad is very tasty, and the best thing is that it keeps up to 3 weeks in the refrigerator waiting for a friendly sandwich to pass by!

Serves 8-10

Ingredients:

- 1 medium head of cabbage, thinly sliced
- 1 medium onion, thinly sliced
- 7/8-cup sugar

Salad Dressing:

- 1 cup vinegar
- 3/4 cup salad oil
- 2 teaspoons sugar
- 1 teaspoon salt
- 1 teaspoon dry mustard
- 1 teaspoon celery seed

Directions:

1. Place the cabbage and onions into a large non-metallic bowl or 2-quart glass jar, in alternating layers. Sprinkle 7/8 cup sugar on top.
2. Combine the vinegar, oil, 2 teaspoons sugar, dry mustard, salt, and celery seed in a saucepan. Bring the mixture to a boil and pour over the vegetables.
3. Refrigerate the salad 4-6 hours before serving.

Recipe Notes:

- This salad keeps in the refrigerator for up to 3 weeks.
- To save room in the fridge, I generally pack the veggies into a 2-quart glass jar, pour the hot liquid into the jar, cover, and invert the jar a couple times to distribute the dressing.
- This is great with BBQ and really perks up any sandwich.

TACO SALAD (Alice Wold, Serra Club of East Valley)

Serves 12

Ingredients:

- 2-3 heads lettuce, shredded or torn
- 4 fresh tomatoes, diced
- 1 1/2 pounds hamburger
- 1 onion, minced
- 1 package taco seasoning
- 1 (15 ounce) can kidney beans, drained and rinsed
- 1 (16 ounce) package shredded cheddar cheese
- 1 (8 ounce) bottle Western French dressing

Optional garnishes:

- Sliced black olives
- 1 (14 ounce) bag Nacho cheese taco chips, crushed
- Sour cream

Directions:

1. Brown the hamburger and onion. Drain the fat. Add the taco seasoning and beans.
2. In a large bowl, combine the lettuce and the tomato. If not serving right away store the ingredients separately.
3. Just before serving pour the hamburger taco mix over the top of the salad and toss.
4. Garnish with the toppings of your choice.

LAYERED SALAD (Alice Wold, Serra Club of East Valley)

*This is a nice make-ahead salad. Great for a potluck, it feeds a large group and goes with any menu.
Serves 8-10*

Ingredients:

- 1 head lettuce, washed, dried, and torn
- 1/2 cup diced celery
- 1/2 cup sliced sweet onion, or green table onions
- 1/3 cup sliced green pepper
- 1/3 cup sliced water chestnuts
- 1-2 cups frozen peas
- 2 cups broccoli, cooked until crisp-tender (optional)
- 1 cup mayonnaise
- 2 tablespoons sugar
- 1 pound bacon, fried and crumbled
- Croutons
- 1 (8 ounce) package shredded cheddar cheese

Directions:

1. Prepare the vegetables and place them in layers as listed.
2. Mix the mayonnaise and sugar until smooth, spread the dressing on top of the salad, do not toss yet.
3. Reserve the bacon, croutons, and cheese until you're ready to toss the salad.
4. Cover the salad and refrigerate overnight.
5. Just before serving toss the salad and top it with the bacon, croutons, and cheese.

AMERICAN POTATO SALAD (Alice Wold, Serra Club of East Valley)

*This is a great make ahead potato salad. The recipe can easily be doubled if you're feeding a crowd.
Serves 4-6*

Ingredients:

- 4 large red potatoes
- 4 eggs, hard-boiled
- 1/2 cup diced dill pickles
- 1/4 cup grated onion

Dressing:

- 1 cup mayonnaise
- 1/4 cup dill pickle juice
- 2 teaspoons prepared mustard
- Salt, to taste
- White Pepper, to taste

Directions:

1. Place the potatoes in a large kettle and cover with water. Bring them to a full boil and then turn the heat to a light simmer. Cook them until they are tender when tested with a sharp knife. Drain, rinse with cold water, and allow the potatoes to sit for a few minutes to cool. (This will keep the potatoes firm.) Use a paring knife to slide the skins off the potatoes.
2. Hard boil the eggs: Fill a saucepan 3/4 full of water and bring to boil over high heat. Reduce the heat to medium and gently lower the eggs into the water. Continue to boil the eggs for 14 minutes. Remove the eggs from the heat, drain, and rinse with cold water; peel the eggs right away.
3. Allow the potatoes and eggs to cool a bit, then cut them into bite-sized cubes.
4. In a small bowl, mix the dressing ingredients until smooth and refrigerate.
5. Gently combine all the ingredients. Cover and store the salad in the refrigerator for several hours before serving.

RICE

WHITE RICE (Sister Anthony Mary Diago)

Serves 4

Ingredients:

- 1 cup white rice
- 1 3/4 cups water
- 1 teaspoon olive oil
- 1/8 teaspoon salt

Directions:

- 1 In a medium saucepan, bring the water, olive oil, and salt to a boil.
- 2 Add the rice and lower the temperature to low until the rice is just simmering. Cover the pan and cook for 20 minutes.

BAKED BROWN RICE MEXICAN STYLE (Alice Wold, Serra Club of East Valley)

Serves 6

Ingredients:

- 1 1/2 cup brown rice
- 4 cups water
- 1 teaspoon salt
- 1 teaspoon cumin
- 1 teaspoon Mexican oregano
- 1 teaspoon dried minced onions

Directions:

1. Preheat the oven to 350°. Spray a 2-quart casserole dish with non-stick cooking spray.
2. Place all the ingredients in the prepared baking dish and bake 45 minutes.
3. Fluff with a fork before serving.

EASY STOVETOP MEXICAN RICE (Alice Wold, Serra Club of East Valley)

Serves 6

Ingredients:

- 2 tablespoons oil
- 1 1/2 cups long grain white or brown rice
- 3 1/2 cups water
- 1 teaspoon Mexican oregano
- 3/4 teaspoon cumin
- 1/2 teaspoon salt
- Pepper to taste
- 1/2 cup salsa (or catsup)

Directions:

1. Heat the oil in a large skillet, add the rice and sauté for 3 minutes. Add the spices and toast a bit.
2. Add the water and cook on high until it reaches a full boil.
3. Turn the heat down to medium; cover and cook an additional 25 minutes.
4. Turn the heat to low and cook until all the liquid is absorbed.

CILANTRO LIME RICE (Alice Wold, Serra Club of East Valley)

Serves 6-8

Ingredients

- 2 cups white rice
- 4 cups chicken broth or water
- 2 tablespoons butter or oil
- 1/2 teaspoon salt
- Juice of half a lime
- 1/4 cup chopped cilantro
- Salt, to taste

Directions:

1. Combine the rice, chicken broth (or water), salt, and oil in a medium saucepan with a lid and bring to a boil over high heat.
2. Reduce the heat to medium, cover and cook for 15 to 20 minutes, or until all the water is absorbed.
3. Sprinkle the lime juice and cilantro over the rice. Fluff with a fork. Add salt to taste.

LEBANESE RICE Alice Wold, Serra Club of East Valley)

Serves 4

Ingredients:

- 1 cup rice
- 1/2 cup spaghetti noodles, broken into 1/2-inch pieces
- 3 tablespoons butter
- 3 cups chicken broth.

Directions:

1. Preheat the oven to 350°.
2. Melt the butter in an oven proof casserole dish. Add the rice and noodles and sauté until golden.
3. Add the chicken broth, cover, and bake in the oven until all the liquid is absorbed and rice is tender, about 30 minutes.

Recipe Notes:

- I find it handy to keep a jar of chicken base (like “Better than Bouillon”) in the refrigerator. Whenever you need chicken broth just add a spoonful to water.
- This recipe can be prepared on the stove top, but it takes a bit more supervision: Sauté the rice and noodles in a skillet and then add the chicken broth. Bring the contents to a full boil, reduce the heat to medium, cover the pan, and simmer for 25 minutes. Then remove the skillet from the heat and allow the rice to sit for 5 to 10 minutes. Fluff the rice with a fork and serve.

Listen, listen to me, and you will have good things to eat and rich food to enjoy. Pay attention, come to me; listen, and your soul will live.

Isaiah 55:2-3

CUBAN RICE (MUSHROOM - ONION RICE) (Jane Fraser, Fr. Chris Fraser's Mom)
*This is a double recipe that makes a large 2 1/2-quart Corning ware casserole dish.
Serves 8-10*

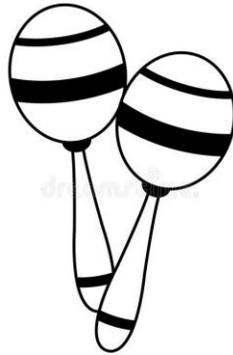
Ingredients:

- 2 cans Beef consommé soup
- 2 cans French Onion soup
- 2 (4.5 ounce) jars whole mushrooms (do not drain; use the liquid)
- 2 cups uncooked long grain rice
- 1 teaspoon garlic salt
- 1 stick butter, melted

Directions:

1. Preheat the oven to 425°.
2. Spray a casserole dish with Pam, non-stick cooking spray.
3. In the casserole dish, combine all the ingredients, including mushrooms with their liquid; mix gently.
4. Bake for 1 hour.

Recipe Note: During baking the mushrooms will float to the top so before serving gently mix the casserole.



"If more of us valued food and cheer and song above hoarded gold, it would be a merrier world."

J.R.R. Tolkien

POTATOES

HASH BROWN POTATO CASSEROLE (Barbara Gallagher, Serra Club of Phoenix)

Serves 7-9

Ingredients:

- 1 (2 pound) package frozen hash browned potatoes, partially thawed
- 1 (10 ounce) can cream of chicken soup
- ¾ cup melted butter
- 1 teaspoon salt
- ¼ teaspoon black pepper
- ½ cup chopped onion
- 2 cups sour cream
- 2 cups shredded cheddar
- 3 cups crushed corn flake crumbs

Directions:

- 1 Preheat the oven to 350°. Grease a 9 x 13-inch glass baking dish with butter.
- 2 Combine the potatoes, soup, ½ of the butter, salt, pepper, onions, sour cream, and cheese and mix well.
- 3 Pour the potato mixture into the prepared pan.
- 4 Combine the corn flakes and remaining butter and sprinkle over the potatoes.
- 5 Bake for 45 minutes.

GRILLED POTATOES (Alice Wold, Serra Club of East Valley)

Serves 4

Ingredients:

- 2 pounds potatoes, washed and cubed
- 1 teaspoon seasoned salt, or to taste
- 2 tablespoons olive oil

Directions:

1. Place potatoes in a microwavable bowl and sprinkle the oil and seasoned salt. Toss to coat. Microwave on high for 10 minutes, stirring twice.
2. Lay out a large piece of heavy-duty aluminum foil. Spray with non-stick cooking spray and place the potatoes in the center. Fold and seal potatoes inside. Place the foil packet on the grill away from direct fire for about 20 minutes.

"Love is the first ingredient in the relief of suffering."

Saint Padre Pio of Pietrelcina

MASHED POTATOES (Alice Wold, Serra Club of East Valley)

Serves 10-12

Ingredients:

- 5 pounds potatoes, washed, peeled, and quartered
- 2 teaspoons salt
- 6 tablespoons butter
- 1 cup milk
- Salt, to taste
- Pepper, to taste

Directions:

- 1 Place the potatoes in a large kettle, add 2 teaspoons salt, and cover with water to 1 inch above the potatoes. Bring the pot of potatoes to a boil and cook until tender, but still firm, about 20 minutes.
- 2 Drain the potatoes well and return them to the pot.
- 3 Add the butter and milk.
- 4 Using a potato masher or electric beater, blend everything together until smooth and creamy.
- 5 Season with salt and pepper to taste.

Recipe Notes:

There are many exciting variations you can try:

- You can leave the skins on the potatoes and rough mash them for a more chunky texture.
- Stir in a couple cloves of mashed garlic and some cream cheese or sour cream after mashing.
- You can even add some sliced sautéed onions and poblano chilies for another variation.

PAPAS A LA POBLANA (Alice Wold, Serra Club of East Valley)

Serves 12

Ingredients:

- 12 small Yukon Gold potatoes, cut into 1 to 2-inch-thick chunks
- 3 tablespoons canola oil
- 1 medium white onion, thinly sliced
- 3 cloves garlic, finely chopped
- 3 poblano chilies, stemmed, seeded, and thinly sliced
- 1-2 cups chicken broth
- 1 (8 ounce) carton sour cream
- Cumin, to taste
- Mexican oregano, to taste
- Salt, to taste
- 4 sprigs cilantro leaves, roughly chopped (optional)

Directions:

1. Place the potatoes in a 4-quart saucepan and cover with water; bring to a boil over medium-high heat, and cook 15 to 20 minutes, until just tender. Drain, and set aside.
2. Heat the oil in a 12" skillet over medium-high heat. Add the onions and poblano chilies and cook about 12 minutes, until slightly caramelized, Add the garlic and cook 2 minutes.
3. Add the potatoes and chicken broth. Cook over low heat about 10 minutes to combine the flavors.
4. Remove from heat and stir in the sour cream, spices, and cilantro, if using, adjusting the spices to your taste.

BAKED POTATOES (Alice Wold, Serra Club of East Valley)

Ingredients:

- 1 medium-to-large Russet potato per person, washed and dried
- olive oil or melted butter
- Kosher salt
- freshly cracked black pepper, optional

Optional Toppings:

- Butter
- Sour cream
- Shredded cheese
- Chives
- Bacon or ham bits
- Steamed broccoli

Directions:

1. Preheat the oven to 450°F. Line a baking sheet with parchment paper or aluminum foil.
2. Wash the potatoes under cool water, scrubbing well and then dry them with paper towel. Using a small knife, poke the potatoes a few times on all sides.
3. Place the potato on the baking sheet. Bake for 25 minutes, then remove from oven.
4. Using a pastry brush, brush the outside of the potato with olive oil or melted butter until it is completely coated on all sides. Sprinkle the potato with a generous pinch of salt and place the potato back on the baking sheet upside down so that it can cook evenly on both sides.
5. Return to oven and cook for an additional 20 minutes. Check for doneness by squeezing the potato (use an oven mitt since it's a hot potato!). If the insides are nice and soft and give under pressure, remove the potatoes from the oven. Otherwise, continue cooking in 5-minute increments until the potato is done.
6. Use a small knife to cut down the middle of the potato, and then give it a squeeze to open. Serve immediately, with toppings of your choice.

Recipe Note: Left over baked potatoes are excellent fried for the next meal. Heat up a skillet, melt a bit of butter or olive oil. Cut the potatoes (with skins on) into 3-inch cubes, place the potatoes into the skillet, and sprinkle them with salt (seasoned salt is nice). Allow them to fry a couple minutes on each side before turning so they become golden and crispy. I often plan to have a few leftover potatoes because these fried potatoes are so good.

OVEN FRIED POTATOES (Alice Wold, Serra Club of East Valley)

Serves 4

Ingredients:

- 4 medium potatoes, peeled and sliced ½ inch thick
- ¼ cup butter, melted
- Paprika
- Seasoned salt
- Parmesan cheese, optional

Directions:

1. Preheat oven to 450°. Place a piece of foil on a cookie sheet and spray the foil well with non-stick cooking spray.
2. Soak potato slices in cold water for ½ hour.
3. Dry the potatoes and place them on the foil. Brush the slices with melted butter. Sprinkle with seasoned salt and paprika.
4. Bake 25 to 30 minutes. You can sprinkle with Parmesan cheese after baking, if desired.

VEGETABLES

ROASTED SWEET POTATOES WITH RED ONIONS, ROSEMARY, AND PARMESAN (Rosemary Castellanos, Serra Club of East Valley) (*slightly adapted from Bon Appetit, November 2002*)

Serves 4

Ingredients:

- 4 large or 6 medium tan-fleshed sweet potatoes (white skin)
- 3 medium red onions
- 3 tablespoons olive oil
- 2 tablespoons very finely chopped fresh rosemary, divided (or 2 teaspoons very finely chopped dried rosemary)
- 1 teaspoon salt (I use McCormick's Mediterranean Spiced Sea Salt, which was great in this)
- Fresh ground black pepper, to taste
- 1/2 cup fresh grated parmesan cheese
- 2-3 tablespoons chopped fresh parsley (optional)

Directions:

- 1 Preheat oven to 375° F and cover a flat roasting pan with foil, then spray the foil with non-stick spray or mist with olive oil.
- 2 Peel potatoes and remove skin from onions. (the sweet potatoes could also probably be left unpeeled, but I peel them.) Cut sweet potatoes and onions into same-size pieces about 1-inch square. Place in plastic bowl and toss with olive oil, 1 tablespoon of the chopped rosemary, salt, and fresh ground black pepper. Arrange in single layer on roasting pan and roast until vegetables are cooked through and slightly browned, about 45 minutes or longer.
- 3 Combine fresh-grated parmesan and the remaining rosemary in small bowl. Remove vegetables from oven and toss with parmesan-rosemary mixture. Serve hot, sprinkled with fresh parsley, if desired.

Recipe Notes: Rosemary Herb grows so well in Phoenix you can find it growing everywhere. Rosie freezes fresh rosemary – here's how you can do it: clip the rosemary with the leaves attached to the stem, place them on a baking sheet and freeze them for a couple of hours, until they're frozen solid. Then transfer the sprigs to a freezer bag for future use.

GREEN BEAN CASSEROLE (Denise Brittain, Serra Club of Phoenix)

Serves 6

Ingredients:

- 2 (14.5 ounce) cans of French style green beans
- 1 (10.5 ounce) can of Cream of Mushroom soup (or cream of chicken or celery soup)
- 1 (6 ounce) package Crispy Fried Onions

Directions:

1. Preheat the oven to 350°.
2. Drain the liquid from the cans of green beans.
3. In a 1 1/2-quart baking dish, combine the green beans and the Cream of Mushroom Soup.
4. Bake for 25 minutes.
5. Sprinkle the desired amount of fried onion rings on top of the bean mixture and return the casserole to the oven for 5 additional minutes.

Recipe Note: You can sprinkle cheddar cheese in the mixture and/or on top toward the end of baking.

BROCCOLI CASSEROLE (Jane Fraser, Fr. Chris Fraser's Mom)

This is a double recipe for a 2 1/2-quart Corning Ware Casserole dish

Serves 8-10

Ingredients:

- 2 (10 ounce) bags frozen broccoli spears or 5 cups fresh broccoli, cut into spears
- 1 onion, coarsely chopped
- 1 (32 ounce) package Velveeta cheese
- 1 tablespoon garlic powder
- 2 (10.5 ounce) cans cream of mushroom soup
- 2 slices bread
- 1 stick butter, melted

Directions:

1. Preheat the oven to 350°.
2. Place the broccoli in a large kettle with about 2 inches of water in the bottom. Cook on high until almost done. (The broccoli will turn bright green and when you stick a fork in it there will be a little resistance.) Drain off all but 1/4 to 1/3 cup water.
3. Add the onion pieces and steam 2 minutes longer.
4. In a 2 1/2-quart casserole dish, layer the broccoli and the Velveeta cheese. Sprinkle with garlic powder, then pour the mushroom soup over the top. (do not dilute the soup; use it right from the can).
5. Cube or tear the bread into pieces on the top. Pour the melted butter over the bread pieces.
6. Bake for 30 min, until bubbly.

THE BEST BBQ BAKED BEANS – (Kimberly Ivich, Serra Club of East Valley)

Serves 12 or more

Ingredients:

- 1 pound bacon, sliced
- 1 green bell pepper, seeded and diced
- 1 medium yellow onion, diced
- 1 (53 ounce) can pork & beans
- 1 cup barbeque sauce
- 1/3 cup brown sugar
- 1 tablespoon mustard

Directions:

1. Bring a large pot to medium high heat and add the sliced bacon. Cook for about 10 to 12 minutes, stirring occasionally, until bacon begins to crisp. Drain the bacon drippings on a plate lined with a paper towel, and reserve 2 tablespoons of the bacon drippings in the pan, discard the rest.
2. Add the green bell pepper and onion to the bacon drippings and cook for 5 minutes or until the vegetables soften, stirring often.
3. Add the pork & beans, barbeque sauce, brown sugar, and mustard and stir to combine. Bring to a boil then reduce to a simmer, cover with a lid, and cook for 1 hour. Stir occasionally so the beans don't stick to the bottom of the pan.
4. Serve warm or at room temperature.

DELICIOUS CORN ON THE COB (Alice Wold, Serra Club of East Valley)

Serves 7-8

Ingredients:

- 7-8 ears of corn, husked and silky threads removed
- 4-6 quarts water
- 2 tablespoons sugar
- 2 tablespoons white vinegar or lemon

Directions:

1. Bring the water, sugar, and vinegar (or lemon) to a boil in a large pot. Gently add the husked corn, submerging all the ears in the water the best that you can. Bring the water to a full boil again.
2. Once the water is at a full boil, cover the pot, remove from the heat, and let the corn sit in the hot, steaming water for 10 minutes. (The corn can stay in the water for up to an hour before serving.)

SPAGHETTI SQUASH (Alice Wold, Serra Club of East Valley)

Serves 1-2

Ingredients:

- 1 Spaghetti Squash

Directions:

1. Cut the squash in half. Poke the squash 5 times with a fork and then cook in the microwave for 12 minutes, or until the skin gives a little when you pinch it. Rotate the squash every 3 minutes while cooking.
2. Let it cool a bit and then remove the seeds. Scrape the “spaghetti” out with a fork.

Recipe Note: This squash is great served with butter and salt and pepper – or you can top it with spaghetti sauce to make a quick and healthy meal. Feel free to get creative – it’s delicious.

SAUTÉED SPINACH (Alice Wold, Serra Club of East Valley)

Spinach is one of the quickest and easiest vegetable to make.

One 40-ounce bag will serve 10-12

Ingredients:

- 1 (40 ounce) bag spinach (or 2 handfuls per person)
- 2 tablespoons olive oil
- 3 cloves garlic, finely chopped (optional)
- Salt, to taste
- Pepper, to taste

Directions:

1. Place a large skillet or stock pot on the stove over medium-high heat. Pour 2 tablespoons olive oil in the bottom of the pan.
2. If you’re using garlic place it in the pan and let it cook a minute.
3. Add the amount of spinach you would like to cook. It will cook down a lot so add 2 **large** handfuls per person. (Don’t be afraid to pack a lot into your skillet).
4. After a minute or two turn the spinach over and continue to cook until its limp, about 3 to 5 minutes.

Recipe Note: At the end you can toss in a little cooked bacon, some garbanzo beans, a shower of parmesan cheese and a sprinkle of lemon pepper or Everything Bagel seasoning. Let your imagination take it from there - you be the “Iron Chef”!

ROASTED BUTTERNUT SQUASH CUBES (Alice Wold, Serra Club of East Valley)

Serves 4

Ingredients:

- 1 large butternut squash, peeled, seeded, and cut into 1 1/2-inch cubes
- 1/4 cup olive oil
- 2 tablespoons honey
- 2 tablespoons brown sugar
- 2 cloves garlic, crushed

Directions:

1. Preheat the oven to 350°. Cover a large jelly roll pan with aluminum foil.
2. Toss everything together in a prep bowl and then spread the squash evenly into the prepared pan.
3. Bake for 45 minutes, turning the squash cubes twice while roasting.

Recipe Notes: Use a potato peeler to peel the squash. Cut the squash in half and scoop the seeds and pulp out with a spoon; then cut the squash into cubes. You can purchase prepared butternut squash cubes in the store, but they tend to be pricey.

ROASTED WHOLE CARROTS (Alice Wold, Serra Club of East Valley)

Serves 6

Ingredients:

- 3 pounds carrots, wash, peel, and trim the ends off
- Olive oil
- Morton's Nature's seasoning (or other seasoned salt)

Directions:

1. Preheat the oven to 350°. Cover a large jelly roll pan with aluminum foil and spray with olive oil.
2. Place the carrots onto the prepared pan.
3. Spray the carrots with olive oil and then sprinkle the with seasoned salt.
4. Roast for 1 hour, turning the carrots once while cooking.



"EVERYTHING" ROASTED ASPARAGUS (Alice Wold, Serra Club of East Valley)

Serves 4

- 1 pound fresh asparagus, ends snapped off
- 1 tablespoon olive oil or olive oil spray
- 1 tablespoon "everything bagel seasoning", or to taste
- Salt, to taste

1. Heat oven to 425°F. Line a baking sheet with aluminum foil or parchment paper and lightly spray with olive oil.
2. Wash the asparagus and dry on a paper towel. Snap off the ends of the asparagus. (the cut end of the asparagus is quite woody, grab the end of the spear and snap it off - it will automatically break where the woody part ends and you will have nice tender asparagus.)
3. Place the asparagus on the baking sheet and drizzle or spray with the olive oil. Toss briefly to evenly coat. Arrange them in an even layer and sprinkle with the Everything Bagel seasoning.
4. Bake for 10 to 15 minutes, or until the asparagus are tender.



HOW TO ROAST VEGETABLES

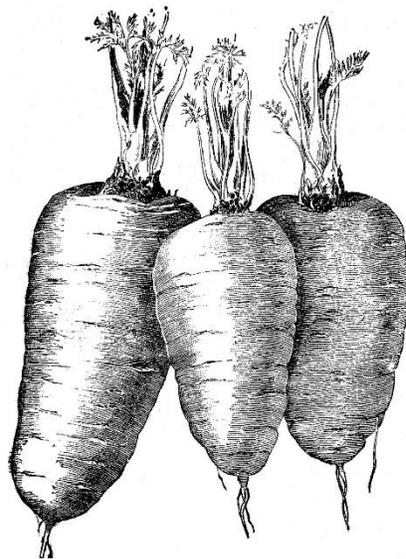
- **Asparagus** – 20 minutes
- **Bell Peppers** – 20 minutes
- **Broccoli** – 25 minutes
- **Brussels Sprouts** (halved) – 25 minutes
- **Butternut Squash** – 30 minutes
- **Cabbage** (cut into 1-inch thick slices) – 30 minutes
- **Carrots** (cut into 1-inch chunks or baby carrots)- 30 minutes
- **Cauliflower** – 25 minutes
- **Corn** (cobs left whole with husks) – 40 minutes
- **Green Beans** – 20 minutes
- **Kale** – 15 minutes (it doesn't need to be in a single layer)
- **Onions** – 35 minutes
- **Potatoes** (Russet, Red, Yukon Gold) – 45 minutes
- **Sweet Potatoes** – 30 minutes
- **Tomatoes** (grape or cherry) – 15 minutes
- **Yellow Squash** – 20 minutes
- **Zucchini** – 20 minutes

Directions:

1. Preheat the oven to 400°.
2. Line a cookie sheet with aluminum foil for easy clean up and lightly spray with olive oil.
3. Cut the vegetables into 1-inch pieces and spread them evenly in a single layer on the pan. Don't over crowd them on the pan.
4. Drizzle them with olive oil or better yet spray them evenly with olive oil spray.
5. Cook, tossing them halfway through the cooking time, according to the cooking time above.

Recipe Notes:

- You can use your imagination with seasonings: They're great with plain salt, but for more flavor try garlic, curry powder, fresh or dried herbs, cheese, vinegars, citrus, sesame oil, honey, Maple syrup, taco seasoning, bacon, mustard, pesto, etc. If you add honey, maple syrup or cheese you'll want to add that closer to the end of the roasting time, so it doesn't burn.



Breads

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BREADS

CHEESY HERB BREAD (Barbara Gallagher, Serra Club of Phoenix)

Serves 20

Ingredients:

- 1/2 cup (1 stick) butter or margarine, softened
- 1 envelope Good Seasons Garlic and Herb or Cheese Garlic salad-dressing mix
- 1 1/2 cup (6 ounces) part-skim, low-moisture mozzarella cheese
- 1 loaf French bread, cut in half lengthwise

Directions:

- 1 In a medium bowl, mix the butter, dry salad dressing mix, and cheese until well blended; set aside.
- 2 Cut the loaf in half lengthwise, place it cut side up on a cookie sheet and spread the seasoned cheesy butter on top.
- 3 Place the oven rack 6-8 inches from broiler element. Turn on broiler and broil 3 to 5 minutes until the cheese mixture is bubbly. **Watch the bread carefully to prevent burning!**
- 4 Cut the bread into thick slices and serve.

BEER BREAD (Alice Wold, Serra Club of East Valley)

Makes 1 loaf

Ingredients:

- 3 cups **self-rising** flour
- 3 tablespoons sugar
- 1 teaspoon salt
- 1 (12 ounce) can of beer, room temperature

Directions:

1. Preheat the oven to 350°. Grease a 9 x 5-inch loaf pan.
2. Mix all the ingredients together.
3. Spread the batter into the prepared loaf pan. Bake 1 hour.
4. Remove the bread from the oven and turn out of the pan. Serve hot out of the oven.

Recipe Notes: It's important to use self-rising flour, otherwise the bread won't rise.

Be hospitable to one another without complaining. As each one has received a gift, use it to serve one another as good stewards of God's varied grace.

1 Peter 4:9-10

JOHNNY CAKE (Alice Wold, Serra Club of East Valley)

This corn bread is one of our family's favorites, It's great with a bowl of hot chili or soup.

Serves 8-12

Ingredients:

- 1/2 cup butter, melted
- 1/2 cup sugar
- 2 eggs
- 1 cup buttermilk *(see possible substitution below)
- 1 cup flour
- 1 cup corn meal
- 1 tablespoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt

Directions:

1. Preheat the oven to 400°. Grease an 8 x 8-inch square or 8-inch round cake pan*(see note below).
2. In a large prep bowl, combine the melted butter, sugar, and buttermilk; stir in the eggs and mix well.
3. Add the remaining dry ingredients. Stir everything together just until blended (a few lumps will remain).
4. Pour the batter into the prepared cake pan. Bake 25 to 30 minutes, until the top is golden, test by inserting a toothpick into the center of the cake. If it is done it should come out clean and easily slide into the cake.
5. Remove the cake from the oven. You may serve the cake right from the pan or allow it to cool 5 minutes and then turn it out onto a plate. (*see Recipes Notes for a foolproof method)

Recipe Notes:

- *Here is an easy substitution for buttermilk: Put 1 tablespoon vinegar or lemon juice in a 1 cup measure and then fill it to the 1 cup mark with milk.
- *Foolproof method to remove a cake from the pan after baking: When using an 8-inch round cakepan. I recommend that you place a wax paper circle in the bottom of the pan. Place the pan on top of a piece of waxed paper and trace around the pan with the tip of a small sharp knife. Remove the pan and use a pair of scissors to finish cutting the circle. Grease the entire inside of the pan and then place the waxed paper circle into the bottom of the pan, then grease the top of the waxed paper, as well. Pour the batter in the pan and bake. Immediately after baking (you don't have to wait the extra 5 minutes) run a knife around the edge of the pan to release the cake and place a cooling rack or plate on top of the pan; holding everything together and then turn it over. The cake will release very nicely. Peel the waxed paper off the bottom of the cake. Place the serving plate over the cake and flip again. The top of the cake is again on top. Now cut the cake diagonally into 8-12 wedges and you're ready to serve.
- This recipe may be used to make muffins: Grease a 12-serving muffin tin or place muffin papers in each muffin cup. Pour the batter evenly into each cup (about 2/3 full). Then bake at 400° for 15 to 20 minutes, use the toothpick test to make sure they are done.

"One earns paradise by one's daily task."

Saint Gianna Beretta Molla

THE BEALE'S MOUTH-WATERING BANANA BREAD (Edmee Beale, David Beale's mom)

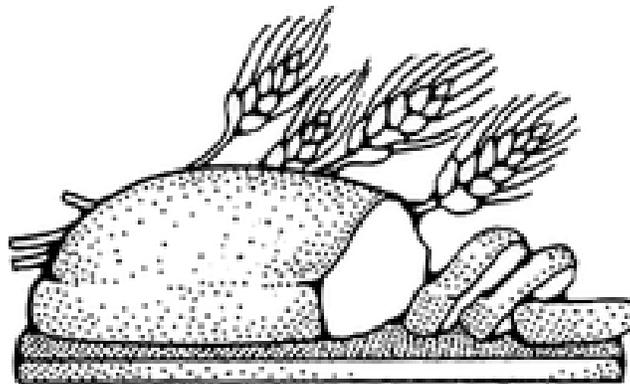
Makes a 1-pound loaf

Ingredients:

- 1/2 cup (1 stick) margarine or butter, softened to room temperature
- 1 cup sugar
- 1 egg
- 3 large very ripe bananas (bananas with lots of black spots are the best for this recipe)
- 2 cups flour
- 1 teaspoon. baking soda
- 1/2 teaspoon salt
- 2 tablespoon sour milk (2 tablespoons milk+1 teaspoon vinegar or lemon juice)
- 1 cup ground nuts (optional)

Directions:

1. Preheat the oven to 350°.
2. Coat a 9 x 5 x 2 1/2-inch loaf pan with cooking spray.
3. In a large bowl, combine the margarine or butter and the sugar and mix well. If you have an electric mixer, cream the margarine or butter and sugar together until creamy.
4. Crack the egg into a medium sized bowl, beat it with a fork and then add it to the above.
5. Peel the bananas and place them into the medium sized bowl (you can use your egg bowl, because no one like to wash extra dishes) smash them with the fork, until very few banana chunks remain. Add this to the mixture and blend well.
6. Sift the flour, baking soda, and salt into a clean medium sized bowl, and then stir it into the batter.
7. Combine 2 tablespoons milk with 1 teaspoon vinegar or lemon juice to sour the milk. (This will help the bread rise and makes the bread extra tender).
8. Gently fold in the nuts if you're using them, but don't stir too much it may make the bread tough.
9. Pour the batter into the greased loaf pan.
10. Bake for about 1 hour.
11. Remove the bread from the oven and test to see if it's done by inserting a toothpick. If the toothpick comes out clean with no batter clinging to it, remove it from the oven. If the toothpick isn't clean, then bake an additional 5 minutes and test it again.
12. Turn the bread out of the pan onto a cooling rack or platter.



"Our Lord does not look so much at the greatness of our actions, nor even at their difficulty, but at the love at which we do them"

Saint Therese of Lisieux

BANANA SPICE MUFFINS OR CUPCAKES (Alice Wold, Serra Club of East Valley)

These muffins are great for using up overripe bananas. The muffins are moist and tender and not too sweet. This recipe can also be used to make great cupcakes! Just omit the nuts and sugar topping and bake according to the directions. The frosting recipe is included if you're making cupcakes.

Makes 12 muffins or cupcakes

Ingredients:

Muffins or Cupcakes:

- 1 1/2 cups flour
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup sugar
- 1/16 teaspoon ground cloves
- 1/2 teaspoon ground cinnamon
- 2 bananas, mashed
- 1/3 cup butter, softened to room temperature
- 1 egg
- 1/2 cup milk

Optional toppings: for muffins:

- Coarse sugar to sprinkle on top
- 1/2 cup walnuts

Frosting for cupcakes:

- 1/3 cup butter
- 1 1/2 teaspoons vanilla
- 2 cups powdered sugar
- 1-2 tablespoons milk or cream

Directions:

1. Preheat the oven to 375°. Grease or place paper liners into a 12-serving muffin tin.
2. Combine the dry ingredients; set aside.
3. In a large prep bowl, mash the bananas with a fork. Add the butter, egg and milk and stir together.
4. Add the dry ingredients and stir just until the batter is smooth.
6. Spoon the batter evenly into each muffin cup (about 2/3 full). Bake for 20 to 25 minutes until golden brown and a toothpick inserted in the center comes out clean.

Recipe notes:

- **For muffins:** If you are using walnuts fold half into the batter. Fill the prepared muffin cups 2/3 full and then sprinkle the remainder of the nuts on top. A light sprinkle of sugar on top is nice too.
- **For cupcakes:** Fill the prepared muffin cups 2/3 full and bake. Remove the cupcakes from the oven and take them out of the muffin pan. Allow them to cool completely on a cooling rack. When completely cool, prepare the frosting: In a bowl, combine all the frosting ingredients and beat them together with a spoon or whisk until the frosting is smooth. Check the consistency - If it seems too dry add an additional 1-2 teaspoon of milk. If it's too thin add an additional 1-2 tablespoon powdered sugar. Spread the frosting evenly on the cupcakes with a frosting knife or table knife.
- **For an easy cake:** this recipe may be prepared in an 8 x 8-inch cake pan. Grease the pan, pour in the batter, bake 25 to 30 minutes, and frost right in the pan with the frosting recipe above.

BUTTERMILK BRAN MUFFINS (Rose King, Father Chad King's mom)

These are really yummy – the batter will last in the fridge for up to 6 weeks – so you can have nice hot muffins whenever you want them.

Makes 4 dozen

Ingredients:

Muffins:

- 5 cups all-purpose flour
- 3 cups sugar
- 5 teaspoons baking soda
- 1 1/2 teaspoons salt
- 7 1/2 cups (15 ounces) Post raisin bran cereal
- 1 quart buttermilk
- 1 cup vegetable oil
- 4 eggs, beaten

Optional add-ins:

- Cranberries
- Blueberries
- Raisins
- Currants
- Nuts
- Chocolate chips



Directions:

1. In a large mixing bowl, blend the flour, sugar, baking soda and salt. Stir in the cereal.
2. Add the buttermilk, oil, and eggs, and mix until all the ingredients are moistened. Don't stir any further. Store this mixture in a non-metallic covered container in the refrigerator or up to 6 weeks.

To Bake:

1. Preheat the oven to 400°.
2. Place muffin papers into a muffin tin for the number of muffins you plan to make.
3. If you plan to only use part of the batter, Spoon about 1/3 cup of batter for each muffin into a bowl. Stir in any add-ins that you would like at this time.
4. Fill the muffin papers 2/3 full and bake for 15 to 20 minutes.

Recipe Notes:

- Only stir add-ins into the amount of batter you plan to bake in each batch. If you would like to customize the add-ins for each muffin, you can place the batter into the muffin cups and sprinkle add-ins on top. Gently push them down into the batter with a small spoon.
- For an extra special touch - Before baking you can drizzle the top with melted butter and sprinkle with cinnamon/sugar or you can top them when their hot out the oven, they're great with a little drizzle of honey.

"Food is symbolic of love when words are inadequate."

Alan D. Wolfelt

BLUEBERRY MUFFINS (Alice Wold, Serra Club of East Valley)

Makes 14+ muffins

Ingredients:

- 2 cups flour
- 1/2 cup sugar
- 4 teaspoons baking powder
- 1/2 teaspoons salt
- 1 cup buttermilk*
- 1/4 cup butter, melted
- 1 egg, beaten
- 1 teaspoon vanilla
- 1 cup fresh or frozen blue berries
- Sugar to sprinkle on top, optional

Directions:

1. Preheat the oven to 425°. Grease or place paper liners into a 12-serving muffin tin.
2. Combine the dry ingredients in a large bowl. Add the buttermilk, melted butter, egg and vanilla. Mix just until moistened. Fold in the blueberries lightly.
3. Spoon the batter into the prepared muffin cups 2/3 full. Lightly sprinkle sugar on the top if you would like. Bake 20 to 25 minutes.

Recipe Notes:

- Substitutions for buttermilk: Put 1 tablespoon white vinegar or lemon juice into a 1 cup measuring cup and then fill it to 1 cup mark with milk.
- Plain milk may also be substituted for buttermilk, but buttermilk makes a moister muffin that rises a little better.

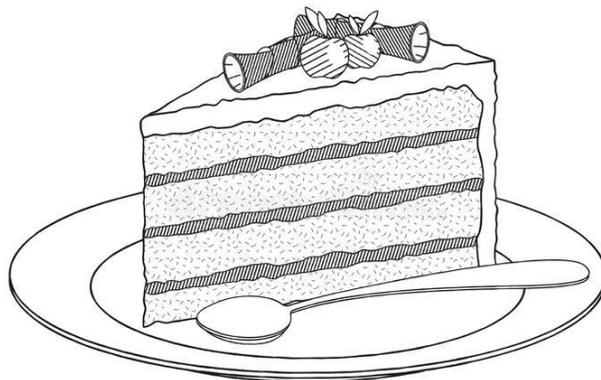


You make the grass grow for the cattle and plants for people's work to bring forth food from the earth, wine to gladden their hearts, oil to make their faces shine, and bread to sustain the human heart.

Psalms 105:14-15

Desserts

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DESSERTS

Cakes, Cobblers, and Crisps

CHOCOLATE CHIP CAKE (Tina Gossen, Father Christopher Gossen's Mom)

Serves 12-16

Ingredients:

- 1 package chocolate cake mix
- 1 (12 ounce) package chocolate chips
- 4 eggs
- 1/2 cup oil
- 1/2 cup water
- 1 cup sour cream

Directions:

1. Preheat the oven to 350°.
2. Grease and flour a Bundt pan. (Take a half sheet of paper towel and fold it up a bit; place a small amount of shortening on the paper towel and rub it all over the inside of the pan. Then sprinkle 2 tablespoons of flour into the pan. Roll and tap the pan until there's a thin coating of flour all over the pan. Then shake any remaining flour into a large mixing bowl.
3. Add all the ingredients to the bowl and mix well.
4. Pour the batter into the prepared pan.
5. Bake for 45 to 50 minutes. A toothpick inserted into the middle of the cake should come out clean if it is done.
6. Let the cake cool for 10 to 15 minutes, then invert on a large serving plate to cool.
7. When completely cool, dust the cake with powdered sugar or drizzled with chocolate frosting. Enjoy!

Recipe Note: You may bake this cake in a 9 x 13-inch cakepan. Spray the pan with non-stick cooking spray, spread the batter evenly into the pan, and bake for 30 to 35 minutes at 350°. Check with a toothpick for doneness. Allow the cake to cool in the pan and sprinkle with powdered sugar or frost.

DUMP CAKE (Tina Gossen, Father Christopher Gossen's Mom)

Serves 12

Ingredients:

- 1 (21 ounce) can cherry pie filling (or fruit of your choice)
- 1 (15 ounce) can crushed pineapple, drained
- 1 yellow cake mix
- 1 cup melted butter
- 1 cup flake coconut
- 1 cup chopped pecans

Directions:

1. Preheat the oven to 350°.
2. Grease a 9 x 13-inch baking dish.
3. Layer the ingredients in the order they are listed; sprinkle the yellow cake mix on dry.
4. Bake for 45 to 50 minutes.
5. This cake is great served warm with a scoop of vanilla ice cream.

FRUIT COCKTAIL CAKE (Alice Wold, Serra Club of East Valley)

Serves 9

Ingredients:

For the cake:

- 1 (15 ounce) can fruit cocktail, drained
- 1 cup flour
- 3/4 cup sugar
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 egg

For the topping:

- 1/2 cup brown sugar
- 1/2 cup chopped nuts (optional)

Directions:

1. Preheat the oven to 300°. Grease an 8 x 8-inch pan.
2. In a mixing bowl, combine all cake ingredients and mix until combined. (It will seem very dry at first, but as the fruit pieces become mixed in the batter will become moister.)
3. Spread the batter into the prepared pan. Sprinkle the top with brown sugar and nuts if you like them.
4. Bake for 1 hour, until a toothpick inserted comes out clean.
5. Serve warm or cool with a scoop of vanilla ice cream or whipped cream.

EASY PEACH COBBLER (Jane Fraser, Fr. Chris Fraser's Mom)

Serves 12

Ingredients:

- 1/2 cup butter
- 1 cup flour
- 1 cup sugar
- 2 teaspoons baking powder
- 3/4 cup milk
- 1 large (29 ounce) can sliced peaches (use juice)

Directions:

1. Preheat the oven to 375°.
2. Place the butter in a 9 x 13-inch pan and set it in the oven to melt. As soon as the butter is melted remove the pan from the oven and set aside.
3. In a large bowl, mix the flour, sugar, and baking powder. Stir in the milk until well blended.
4. Pour the batter over the melted butter in the pan.
5. Spoon the entire can of peaches, including the juice, over the top.
6. Bake 40 minutes.
7. Serve warm with whipped cream or ice cream

"Accustom yourself continually to make many acts of love, for they enkindle and melt the soul."

St. Theresa of Avila

APPLE CRISP (Alice Wold, Serra Club of East Valley)

This is a wonderful Apple Crisp. It is very crunchy and super easy to make!

Serves 9

Ingredients:

- 4 cup apples, peeled and sliced
- 1 teaspoon cinnamon
- 2 tablespoons lemon juice
- 3/4 cup flour
- 1 teaspoon salt
- 1/2 cup brown sugar
- 1/2 cup sugar
- 1/3 cup butter

Directions:

1. Preheat the oven to 375°.
2. Place the apples, cinnamon, and lemon juice in an 8 x 8 x 2-inch pan (any similar sized baking dish works well).
3. In a large mixing bowl, crumble together the flour, salt, sugars, and butter with a fork; sprinkle it evenly on top of the apples.
4. Bake for 30 minutes.
5. Serve with ice cream or lots of whipped cream.

Recipe Notes: You can substitute peaches, pears, pineapple, or cherries for the apples. They are all delicious.

“Be not lax in celebrating. Be not lazy in the festive service of God. Be ablaze with enthusiasm. Let us be an alive, burning offering before the altar of God.”

Hildegard of Bingen

Bars and Cookies

CHOCOLATE CHERRY BARS (Barbara Gallagher, Serra Club of Phoenix)

Serves 12

Ingredients:

Bars:

- 1 package Pillsbury Devil's Food cake mix
- 1 (21 ounce) can cherry pie filling
- 1 teaspoon almond flavoring
- 3 eggs beaten

Frosting:

- 1 cup granulated sugar
- 5 tablespoons butter
- 1/3 cup milk
- 1 cup semi-sweet chocolate chips



Directions:

- 1 Preheat the oven 350°.
- 2 Grease a 9 x 13-inch cake pan or 15 x 10 jelly roll pan
- 3 Mix all ingredients and pour into the prepared pan.
- 4 Bake the 9 x 13-inch cake pan or 25 to 30 minutes, or the 15 x 10-inch jellyroll pan for 20 to 30 minutes. Insert a toothpick to make sure it comes out clean and the bars are done.
- 5 Meanwhile, prepare the frosting: Combine the sugar, butter, and milk in a medium saucepan; boil for 1-minute stirring constantly.
- 6 Add the semi-sweet chocolate chips; stir until smooth and spread over the warm bars. (This will seem runny). Refrigerate immediately and the frosting will set up nicely.

TOFFEE SQUARES (Alice Wold, Serra Club of East Valley)

These bars are super easy to make! You can make them with graham crackers which are sweeter or soda crackers, which are crisper and not quite as sweet.

Makes 20 bars

- 1 packet graham crackers or soda crackers
- 1/2 cup brown sugar
- 1/2 cup butter
- 1 cup chocolate chips
- 1/2 cup nuts, chopped (optional)

1. Preheat the oven to 350°.
2. Line the bottom of a 9 x 13-inch pan with your choice of graham or soda crackers.
3. In a saucepan, combine the sugar and butter; bring it to a boil over medium heat. Drizzle this evenly over the crackers. Don't worry if the crackers aren't completely covered the toffee will bubble and fill in as they bake. Bake for 8 minutes.
4. Remove the pan from the oven and sprinkle chocolate chips evenly over the top. Return the bars to the oven and bake for an additional 2 minutes.
5. Remove from the oven and spread the melted chocolate over the bars, sprinkle with nuts, if desired.
6. Cut the bars into squares while they are slightly warm, and the toffee is still soft enough to cut.

BEST RICE KRISPIE TREATS IN ALL THE LAND (Patti Bolding, Father Robert Bolding's Mom)

Makes 20 bars

Ingredients:

- 1 (12 ounce) box Rice Krispies
- 1 big (13 ounce) or 2 small (7 ounce) jars Kraft marshmallow fluff
- 1 stick butter (not margarine)

Directions:

1. Melt the butter, add the fluff and stir until melted.
2. Take off the heat and stir in the Rice Krispies (6-8 cups or until they look delicious).
3. Spread into a 9 x 13-inch cake pan. Press down to form a firm bar. Chill and enjoy!



EASY CHOCOLATE FIX (Agnes Franzen, West Valley Serra Club)

Makes 16 2-inch squares of fudge

Ingredients:

- 1 (14 ounce) can sweetened condensed milk
- 1 (12 ounce) package chocolate chips (semi sweet or milk chocolate)

Directions:

1. Rub butter into an 8 x 8-inch or 9 x 9-inch cake pan.
2. Pour the sweetened condensed milk and the chocolate chips into a medium saucepan.
3. Heat on the stove on a low setting until everything is melted; stir constantly.
4. Pour and spread the melted chocolate into the prepared pan and cool.
5. When completely cool, cut the fudge into small squares.

Recipe Notes:

- This recipe can be doubled using a 9 x 13-inch cake pan.
- Options: nuts or coconut may be added to the warm chocolate, if desired.



COCONUT MACAROONS (Alice Wold, Serra Club of East Valley)

This cookie is a gluten-free and super easy to make!

Makes 20-22 cookies

Ingredients:

- 1 (14 ounce) package coconut
- 1/2 cup sugar
- 1/8 teaspoon salt
- 3 egg whites
- 1/2 teaspoon almond or vanilla extract
- 2 teaspoons lemon or orange rind (optional)
- Maraschino cherries, sliced in half (optional)

Directions:

1. Preheat the oven to 325°. Line cookie sheets with parchment paper or silicone baking sheets.
2. Mix all the ingredients together. Drop the cookie dough by tablespoonfuls onto cookie sheets.
3. Place half of a maraschino cherry on top of each cookie and push down slightly if you'd like to make them fancy.
4. Bake for 20 minutes.
5. Remove them from the cookie sheet to a cooling rack or sheet of clean white paper and allow them to cool before serving.

CAKE MIX COOKIES (Barbara Gallagher, Serra Club of Phoenix)

Makes 24 cookies

Ingredients:

- 1 boxed cake mix (your favorite flavor)
- 2 eggs
- 1/2 cup vegetable oil
- 1/4-1/2 cup of each - additional ingredients:
 - Chopped nuts
 - Raisins
 - Chocolate chips
 - Other add ins - Use your imagination

Directions

- 1 Preheat the oven to 350°.
- 2 In a large bowl, combine the cake mix with the eggs and vegetable oil and mix just until smooth.
- 3 Next fold in your additional ingredients.
- 4 Drop the dough by teaspoonfuls onto an ungreased cookie sheet about 2 inches apart.
- 5 Bake for 8 to 10 minutes. Watch to make sure they don't burn,
- 6 Remove them from the cookie sheet to a cooling rack and allow them to cool before serving.

Recipe Note:

- If you are using a white cake or yellow cake mix, you can add a few drops of food coloring to make them festive.

CHOCOLATE CHIP COOKIES (Alice Wold, Serra Club of East Valley)

Makes 4 dozen cookies

Ingredients:

- 1 cup butter (2 sticks), softened to room temperature
- 1 cup sugar
- 1 cup brown sugar
- 2 eggs
- 1 teaspoon vanilla
- 2 1/4 cup flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1-2 cups chocolate chips

Directions:

1. Preheat the oven to 350°. Grease or line cookie sheets with parchment paper or a silicone liner.
2. Cream the butter and sugar with a mixer or mix with a spoon until smooth.
3. Add the eggs and vanilla and blend well.
4. Mix in the remaining ingredients. (Note: The dough should be soft, but not stick to your finger when you touch it. If the dough is too sticky add 1-2 tablespoons more flour. If it's too dry and crumbly add 1-2 tablespoons water)
5. Drop the dough by rounded teaspoonfuls two inches apart onto the prepared cookie sheets.
6. Bake for 8 to 10 minutes.
7. Remove them from the cookie sheet to a cooling rack or sheet of clean white paper to cool.

Recipe Note:

- Set the butter out to soften on the counter about 1 hour before you plan to start making the cookies.
- You can substitute M&M candies for the chocolate chips.

OATMEAL COOKIES (Alice Wold, Serra Club of East Valley)

Makes 6 dozen cookies

Ingredients:

- 1 cup butter (2 sticks), softened to room temperature
- 1 cup sugar
- 1 cup brown sugar
- 2 eggs
- 2 teaspoons vanilla
- 2 cups rolled oats
- 2 cups flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- Raisins, nuts, chocolate chips or butterscotch chips (optional)

Directions:

1. Preheat the oven to 350°. Grease or line cookie sheets with parchment paper or a silicone liner.
2. Cream with a mixer or stir the butter and sugar together until smooth.
3. Add the eggs and vanilla and blend well.
4. Mix in the dry ingredients.
5. Stir in the raisins, nuts, chocolate, or butterscotch chips, if desired.
6. Drop the dough by rounded teaspoonfuls onto the prepared cookie sheets.
7. Bake 10 to 12 minutes.
8. Remove them from the cookie sheet to a cooling rack or sheet of clean white paper to cool.

“Our Lord moves amidst the Pots and Pans.”

Saint Teresa of Avila



PEANUT BUTTER COOKIES (Alice Wold, Serra Club of East Valley)

Makes 5 dozen cookies

Ingredients:

- 1 cup (2 sticks) butter, softened to room temperature
- 1 cup granulated sugar
- 3/4 cup packed light brown sugar
- 2 eggs
- 2 teaspoons vanilla extract
- 1 cup creamy peanut butter
- 3 cups + 2 tablespoons all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt

Directions:

1. Preheat the oven to 350°. Grease or line cookie sheets with parchment paper or a silicone liner.
2. Using a mixer, cream the butter and sugars until smooth or stir together using a spoon.
3. Add the eggs and mix until smooth.
4. Add the vanilla and peanut butter and mix again.
5. Mix in all the dry ingredients until the dough is smooth.
6. Roll the dough (about 1 tablespoon) into balls. Place the balls 2 inches apart on the baking sheets. Depress a fork about halfway into each ball in a crisscross pattern.
7. Bake for 10 minutes or until very lightly browned on the sides. The centers will still look soft.
8. Remove the cookies from the oven and let them cool on baking sheet for 5 minutes before transferring to a wire rack or sheet of clean white paper to cool.

Recipe Notes:

- Set the butter out on the counter to soften about 1 hour before you start making the cookies.
- You may use either smooth or chunky peanut butter.
- If the dough is soft and sticky add a couple tablespoons more flour until it's easy to roll into a ball.
- Make ahead tip: You can make the cookie dough and chill it in the refrigerator for up to 2 days.

“He does not ask much of us, merely a thought of Him from time to time, a little act of adoration, sometimes to ask for His grace, sometimes to offer Him your sufferings, at other times to thank Him for the graces, past and present, He has bestowed on you, in the midst of your troubles to take solace in Him as often as you can. Lift up your heart to Him during your meals and in company; the least little remembrance will always be the most pleasing to Him. One need not cry out very loudly; He is nearer to us than we think.”

Brother Lawrence of the Resurrection

WHITE SUGAR COOKIES (Alice Wold, Serra Club of East Valley)

Makes 5 dozen cookies

- 1 cup (2 sticks) butter, softened to room temperature
- 1 cup sugar
- 1 cup powdered sugar
- 2 eggs
- 1 cup canola oil
- 4 1/3 cups flour
- 1 teaspoon salt
- 1 teaspoon cream of tartar
- 1 teaspoon baking soda
- 1 teaspoon vanilla
- 1/2 cup sugar, to dip your glass into



1. Preheat the oven to 350°. Grease or line cookie sheets with parchment paper or a silicon liner.
2. Cream the butter and sugars. Add the eggs and blend until smooth. Mix in remaining ingredients.
3. Place 1/2 cup sugar in a small bowl
4. Roll the dough into balls about 1 1/2 inch in diameter and place them on the prepared cookie sheets.
1. Dip a flat-bottomed glass into the extra sugar and flatten each ball to about 1/2 inch thick. (On the first cookie the glass might stick a bit, but as the flour sticks to the glass more thoroughly it will release nicely on the remaining cookies)
5. Bake cookies about 10 minutes.
6. Remove the cookies from the oven and let them cool on baking sheet for 5 minutes before transferring to a wire rack or sheet of clean white paper to cool.

BUTTERY SNICKERDOODLES (Alice Wold, Serra Club of East Valley)

Makes 4 dozen cookies

- 1 cup (2 sticks) butter, at room temperature
- 1 1/2 cups granulated sugar
- 1/2 teaspoon vanilla extract
- 2 large eggs, at room temperature
- 2 1/2 cups all-purpose flour
- 2 teaspoons cream of tartar
- 1 teaspoon baking soda
- 1/2 teaspoon kosher salt

Cinnamon-Sugar for dipping:

- 1/4 cup granulated sugar
- 1 1/2 tablespoons ground cinnamon

1. Preheat the oven to 400°. Grease or line cookie sheets with parchment paper or a silicon liner.
2. In a large bowl, using a mixer on medium speed beat the butter, sugar, and vanilla together until light and fluffy, 3 to 4 minutes. Reduce speed to low. Add the eggs one at a time, beating well after each addition (you can mix with a spoon if you don't have a mixer).
3. In a large bowl whisk the flour, cream of tartar, baking soda and the salt together then set aside.
4. Scrape the sides and bottom of the bowl then add the flour mixture in three parts, mixing until it just disappears. Wrap with plastic wrap and chill dough at least 30 minutes or up to 3 days.
5. In a small bowl, mix the sugar and cinnamon together.
6. Shape heaping-tablespoon-sized mounds of cookie dough into balls. Roll in the cinnamon-sugar mixture and place 2 inches apart onto baking sheets.
7. Bake the cookies for 8 to 10 minutes, until the cookies have puffed a little and the tops look set. The cookies should be light golden.
8. Cool on the baking sheet for 5 minutes then transfer to a cooling rack to cool completely.

GINGERSNAP COOKIES (Alice Wold, Serra Club of East Valley)

Makes 4 dozen cookies.

Ingredients:

- 2 cups all-purpose white flour
- 3 teaspoons baking soda
- 1 teaspoon ground cloves
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- 1 stick butter, softened to room temperature
- 1 cup granulated sugar
- 1 egg
- 5 tablespoons molasses

Cinnamon-Sugar for dipping:

- 1/2 cup sugar
- 1 teaspoon cinnamon

Directions:

1. Preheat the oven to 350°. Grease or line cookie sheets with parchment paper or silicone liner.
2. In a large bowl, combine the flour, baking soda, cloves, ginger, and cinnamon; Set aside.
3. Cream the butter and sugar together until smooth, with a mixer or stir with a spoon. Blend in the egg and molasses.
4. Add the dry ingredients a small amount at a time, until smooth.
5. In a small bowl, combine 1/2 cup sugar and 1 teaspoon cinnamon and stir to mix; set aside.
6. Form the dough into balls (heaping teaspoon size). Roll each ball of dough in the cinnamon-sugar and place them 2" apart on the prepared cookie sheet.
7. Bake for 8 to 10 minutes.
8. Remove them from the cookie sheet to a cooling rack or sheet of clean white paper to cool.



"Cook the Truth with Charity until it tastes sweet."

Saint Francis de Sales

SAINT HILDEGARD'S COOKIES OF JOY (Alice Wold, Serra Club of East Valley)

Saint Hildegard's feast day is September 17th. She was a German writer, composer, philosopher, mystic, visionary, and is a Doctor of the Church

Makes 30 cookies

- 1 1/2 sticks butter, softened to room temperature
 - 1 cup brown sugar
 - 1 egg
 - 1 1/2 cups flour
 - 1 teaspoon baking powder
 - 1/4 teaspoon salt
 - 1 teaspoon ground cinnamon
 - 1 teaspoon ground nutmeg
 - 1/2 teaspoon ground cloves
 - 1/4 cup flour for flattening the cookies
2. Preheat the oven to 350°. Grease or line cookie sheets with parchment paper or silicone liners.
 3. Cream or stir the butter and the brown sugar together until smooth. Beat in the egg.
 4. Sift 1 1/2 cups of flour and the remaining dry ingredients (except the 1/4 cup flour for flattening the cookies). Add half the dry ingredients to the batter and mix; then add the other half and mix thoroughly. Press the dough with your finger. The dough should be soft but should not stick to your finger. If it's sticky the dough may be chilled in the refrigerator for an hour, this will make it more workable.
 5. Place 1/4 cup of flour in a small cereal bowl or saucer.
 6. Form the dough into walnut-sized balls, dip a flat-bottomed glass (or cookie stamp) into the flour, and then press the cookies flat. (on the first cookie the glass might stick a bit, but as the flour sticks to the glass more thoroughly it will release nicely on the remaining cookies)
 7. Bake 12 to 15 minutes (until the edges are golden brown).
 8. Cool 5 minutes before removing from the cookie sheet.

"May the Holy Spirit enkindle you with the fire of His love so that you may preserve, unflinching, in the love of His service, thus you may merit to become, at last, a living stone in the celestial Jerusalem."

Saint Hildegard of Bingen



"A human being is a vessel that God has built for himself and filled with His inspiration so that His works are perfected in it."

Saint Hildegard of Bingen

Pie and Cheesecake

LEMON PIE (Page Mead, Serra Club of East Valley)

Serves 8

Ingredients:

- 1 frozen pie crust (purchased from the frozen section of the supermarket)
- 1 large lemon
- 1 1/2 cups of sugar
- 4 eggs
- 1 teaspoon of vanilla
- 1 stick of salted butter, softened to room temperature

Directions:

1. Bake the pie crust unfilled according to the directions on the package.
2. While the crust is baking, prepare the lemon filling: Cut the lemon in to chunks, be sure to discard all the seeds. Place the lemon chunks, sugar, eggs, vanilla and butter into the blender and blend until smooth.
3. Remove the pie crust from the oven and pour the filling into the pie shell.
4. Cut two 3-inch strips of aluminum foil. Fold the aluminum foil over the edges of the crust so the edges of the pie crust won't brown too much during the final baking.
5. Place the pie back into oven at 350 degrees for 40 minutes.
6. Remove from pie from the oven and allow it to cool a few minutes on the counter and then place it in the refrigerator to chill. Once cool, it's ready to eat.

IMPOSSIBLY EASY CHEESECAKE (Alice Wold, Serra Club of East Valley)

Serves 8

Ingredients:

- 3/4 cup sugar
- 1/2 cup Bisquick baking mix
- 2 eggs, **room temperature**
- 2 (8 ounce) packages cream cheese, **softened to room temperature**
- 2 teaspoons vanilla
- 1/2 teaspoon grated lemon peel

Directions:

1. Preheat the oven to 350°. Grease a 9-inch pie plate.
2. Combine all the ingredients in a mixing bowl and beat rigorously by hand or with a mixer about 2 minutes until smooth. (be sure the cream cheese and eggs are at room temperature or it will be difficult to get a smooth batter)
3. Pour the batter into the prepared pie plate.
4. Bake 30 to 35 minutes, until the center is puffed and looks dry. Be careful not to overbake.
5. Cool and refrigerate at least 3 hours before serving.
6. Serve with fruit topping.



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If you have any questions about these recipes or other cooking questions, please feel free to contact Alice Wold 480-861-7456 or alice@wold.org

Please Pray for Vocations Everyday

Serra Prayer for Vocations

O God, Who wills not the death of a sinner, but rather that he be converted and live, grant we beseech You through the intercession of the Blessed Mary, ever Virgin, Saint Joseph, her spouse, Saint Junipero Serra, and all the saints, an increase of laborers for your Church, fellow laborers with Christ to spend and consume themselves for souls, through the same Jesus Christ, Your Son, Who lives and reigns with You, in the unity of the Holy Spirit, One God forever and ever. Amen.

Serra Prayer for the Perseverance of Vocations

O God, You have constituted Your only-begotten Son supreme and eternal Priest for the glory of Your majesty and the salvation of mankind: grant that those whom He has chosen ministers and dispensers of His mysteries may be found faithful in fulfilling the ministry they have received.



Oración Serra por las Vocaciones

Oh Dios, que no quiere la muerte de un pecador, sino que se convierta y viva. Te suplicamos por la intercesión de María Santísima, siempre Virgen, San José, su esposo, San Junípero Serra, y todos los santos - un aumento de obreros para tu iglesia, colaboradores con Cristo para gastar y consumirse por las almas, por el mismo Jesucristo, Tu Hijo, que vive y reina contigo; en la unidad del Espíritu Santo, Dios por los siglos de los siglos. Amén.

Oración Serra por la Perseverancia de las Vocaciones

Oh Dios, has constituido tu Hijo unigénito supremo y eterno Sacerdote para la gloria de Tu majestad y la salvación de la humanidad: concédenos que quienes El ha elegido ministros y dispensadores de Sus misterios sean fieles en el cumplimiento del ministerio que han recibido.

Por favor, oren por las vocaciones todos los días

