

Mouth Watering Menus

A collection of delicious, healthful menus, giving practical help for taking care of the Holy Spirit's temple. Is there a nutritious, mouth-watering recipe your family enjoys? Please send it so others can try it too. Just make sure these recipes contain no processed sugar. - M. B.



Recipes

Vegetable Barley Soup
Cornbread
Maple Bananas

Submitted by Mrs. Mary Cobb

Vegetable Barley Soup

Ingredients:

1/2 lb. lean ground beef
1/2 cup chopped onion
1 clove garlic, minced (or 1/8 teaspoon garlic powder)
7 cups water
1 can (14 1/2 oz.) diced tomatoes
3/4 cup quick barley (Be sure to get the kind that cooks in 10 minutes.)
1/2 cup sliced celery
1/2 cup sliced carrots
2 beef bouillon cubes
1/2 teaspoon dried basil
1 bay leaf
1 pkg. (16 oz.) frozen mixed vegetables

Directions:

Brown meat. Add onion and garlic; cook until onion is tender. Drain. Stir in remaining ingredients except frozen vegetables. Cover; bring to a boil. Reduce heat; simmer 10 minutes, stirring occasionally. Add frozen vegetables and simmer about 10 minutes or until vegetables are tender. Additional water may be added if soup becomes too thick upon standing. Makes about 12 cups.

This is a slight variation of the recipe found on the box of Quaker barley.

Note: Cooking the meat, onion and garlic ahead of time and freezing will shorten prep time.

Onion Chopping Tip:
To remove the onion smell from your hands after chopping, rub your hand on a stainless steel pan under running water.

Cornbread

Ingredients:

1 cup flour
1 cup cornmeal
4 tsp. baking powder
1/2 tsp. salt
1 egg
1 cup milk
1/4 cup oil

Directions:

Sift together dry ingredients. Add egg, milk and oil. Mix well but do not overbeat. Grease 8 inch square pan and bake at 425 degrees 20-25 minutes.

Maple Bananas

Ingredients:

2 tablespoons butter
3 tablespoons maple syrup
4 bananas, peeled and cut in half
1 tablespoon lemon juice

Directions:

Melt butter in frying pan; stir in maple syrup. Add bananas and coat well with butter mixture, using spoon. Simmer until bananas puff up. Sprinkle with lemon juice and serve warm. Serves 4.

"Be not forgetful to entertain strangers: for thereby some have entertained angels unawares" (Hebrews 13:2).

Don't let unexpected company for meals leave you desperately ransacking the pantry and keep you from being a "lover of hospitality." This quick, simple meal is made from ingredients easily kept in stock. You can either use a cornbread mix or make your own mix by combining and storing the dry ingredients. This meal will cook itself while you search the refrigerator for salad ingredients; or, if you have bananas on hand, you might try the Maple Banana recipe (pictured at right).



"Taste and see that the Lord is good: blessed is the man that trusteth in him." Psalm 34:8

Two young ladies were discussing the need to learn how to cook. "I got a cookbook once," explained the first girl, "but I could never do anything with it." "Too much fancy cooking in it?" asked the second. "No, it's just that all the recipes began the same way, 'Take a clean dish...'"