

**Just in Time for Your  
Summertime Outings...**



# LIFE-STUDY FELLOWSHIP'S RECIPES FROM FRIENDS

**E-Cookbook Summer Edition**

**Life-Study Fellowship – Noroton CT**

## Introduction

Our Fellowship Members really have a lot in common. They share faith and friendship, and a remarkable talent for cooking food that tastes good and is easy to prepare. Here are some treasured recipes sent in by your Fellowship Friends for you to enjoy put into a convenient E-Book.

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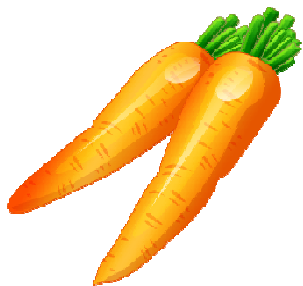
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## Meals and Side Dishes

### CHILI HONEY CARROTS



No matter what the season we all need our veggies. This recipe from Mabel T. in Delaware has turned her family into carrot lovers ... and it's good warm or cold.

- ◆ ¼ Cup Water
- ◆ 1/4 cup raspberry vinegar
- ◆ 2 tablespoons honey
- ◆ 3/4 teaspoon chili powder
- ◆ 4 cups partly cooked sliced carrots

In a large skillet heat water, vinegar, honey and chili powder. Add carrots and cook over medium heat until liquid has almost cooked away and carrots are tender.

### CORN BAKE

Member Gertrude H. from Mississippi says this is great with either ham or chicken. Try it ... you'll like it ... and it's so easy to prepare.

- ◆ 1 (14 1/2 ounce) can of creamed corn
- ◆ 2 eggs, beaten
- ◆ 1/3 cup sugar
- ◆ 1/2 cup cracker crumbs
- ◆ 1/2 cup whole milk
- ◆ salt and pepper to taste

Mix all ingredients together thoroughly, place in buttered 1 quart casserole and bake at 350 degrees for one hour. Mmmmm good!

### BARBECUED MEATLOAF

Member E. D. from Florida says her family calls for "more" every time she cooks this unusual meatloaf.

- ◆ 1 1/2 pounds ground beef
- ◆ 1 egg
- ◆ 1 cup bread crumbs, softened in milk and drained
- ◆ 1/2 cup chopped onion
- ◆ 1/4 cup chopped green pepper
- ◆ 1/2 cup bottled barbecue sauce
- ◆ salt and pepper to taste

Mix all ingredients together and form into a loaf. Spread top with additional barbecue sauce and bake at 350 degrees for 1 hour.

### SUPER SOUP

This richly satisfying cheese soup is the creation of Member Dorothy D. from Iowa. It makes a big batch, enough for a hungry crowd.

- ◆ 4 chicken bouillon cubes
- ◆ 1 quart water
- ◆ 2 cups cubed potatoes

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- ◆ 1 cup diced celery
- ◆ 1 cup diced onion
- ◆ 1 package Italian style frozen vegetables
- ◆ 1 pound Velveeta cheese, cubed
- ◆ 2 cans cream of chicken soup

Combine bouillon cubes, water, potatoes, celery and onion and cook, covered, for 20 minutes. Add Italian vegetables and cook 10 minutes more. Stir in cheese and soup and cook until cheese melts. So Good!

### **GARDEN MACARONI SALAD**

Cool, delicious and nutritious. These words best describe this tasty salad sent in by Member Mabel W. from California.

- ◆ 1 8 ounce package elbow macaroni, cooked and drained
- ◆ 1 cup diced celery
- ◆ 1 cup diced cucumber
- ◆ 1/4 cup diced green pepper
- ◆ 1/4 cup sliced radishes
- ◆ 2 tablespoons sliced green onion
- ◆ 2 medium tomatoes, diced and well drained
- ◆ 3/4 cup mayonnaise (or to taste)
- ◆ 1 teaspoon salt (or to taste)
- ◆ 1/4 teaspoon dried basil
- ◆ salad greens



Mix together well all ingredients except salad greens. Chill, then serve on a bed of salad greens.

### **EASY CHICKEN**

Member Deborah F., from Seattle wants to share her favorite chicken recipe with her Fellowship Friends.

Ingredients:

- ◆ 1 package Chicken Rice-A-Roni
- ◆ 2 1/2 cups water
- ◆ 2 Tablespoons Teriyaki Sauce
- ◆ 1 pound skinless, boneless chicken pieces.

Mix Rice-A-Roni, water, seasoning packet from box, and 1 Tablespoon Teriyaki Sauce. Salt and pepper chicken to taste and rub in remaining Tablespoon Teriyaki Sauce. Place chicken on Rice-A-Roni mixture, cover and bake at 350 degrees for 40 minutes or until Rice-A-Roni is tender. Stir well and serve.

### **SUMMERTIME CHICKEN**

This recipe is so easy Member E. R. relies on it often to take the drudgery out of hot weather cooking. It's so flavorful you'll want to make it all year round.

- ◆ 8 pieces chicken
- ◆ 1 can cream of mushroom soup
- ◆ 1/2 soup can water
- ◆ 1 package dry onion soup mix

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- ◆ 8 ounces sour cream

Place chicken in 9" by 13" pan. Mix all other ingredients and pour over chicken. Bake at 350 degrees for 1 hour. It makes a creamy sauce that is delectable over rice.

### **BAKED SQUASH**

This is good even cold, according to Member Ruth N. from New York. Because squash is abundant and cheap these days it's also an economical meal. And we all welcome that, don't we?

Ingredients:

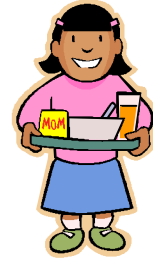
- ◆ 1 large or 2 small squashes, either yellow or zucchini
- ◆ 1/2 cup grated parmesan cheese
- ◆ 1/2 teaspoon seasoned salt
- ◆ 1/2 teaspoon oregano
- ◆ 1/4 cup bread crumbs
- ◆ 1 tablespoon butter.

Cut squash in half the long way. Then dice carefully through the middle the long and short way, but do not cut through shell. Sprinkle with seasoned salt, oregano, bread crumbs and finally with parmesan cheese. Dot with butter and bake at 350 degrees for 1 hour, or until squash is good and soft.

### **BREAKFAST PIE**

Member Enevia C. from Kentucky thinks this mouth watering pie can help start the day off right for anybody. We agree.

- ◆ 1 pound pork sausage
- ◆ 1/2 cup chopped onion
- ◆ 1/2 cup chopped green pepper
- ◆ 2 eggs
- ◆ 3/4 cup milk
- ◆ 1/2 cup grated cheese (cheddar is nice)
- ◆ salt and pepper to taste



Sautee sausage, onions and peppers together until sausage is browned through. Drain well. Beat eggs with milk and stir in sausage mixture. Pour into 8" square pan, top with cheese and bake at 350 degrees for 35 or 40 minutes.

**QUICK HINT:** . . . marinate cooked, sliced potatoes overnight in low- fat Italian dressing. The next day drain off any extra dressing and continue to make your potato salad as usual. You'll find that you have to use less mayonnaise, and you'll have a lot more flavor in your salad... and a lot less fat.

### **POTATO PIZZA**

It takes an imaginative cook like Member Ann W. from New York to come up with a new twist on everyone's favorite food — pizza. Here it is.

Ingredients:

- ◆ 4 cups sliced raw potatoes
- ◆ 1 pound ground beef

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- ◆ 1/2 cup chopped onion
- ◆ 1 can cheddar cheese soup
- ◆ 1/2 cup milk .
- ◆ 15 ounce jar pizza sauce
- ◆ 1 teaspoon oregano
- ◆ 1/2 teaspoon sugar.
- ◆ 1 can shredded mozzarella cheese
- ◆ Salt and pepper to taste.

Spread potato slices in greased 9" x 13" pan. Brown meat and onions and drain off fat. Mix milk and soup, add meat mixture, and pour over potatoes. Mix pizza sauce, oregano and sugar and spread this on top of everything. Bake at 375 degrees for 1 hour. Remove from oven, sprinkle with cheese, and bake 15 more minutes.

### **TEXAS ENCHILADAS**

Member Betty D. says folks in her home state of Texas love a "Texas Twist" in their food. We think you'll like this zippy dish as well.

Ingredients:

- ◆ 4 tortillas
- ◆ One 16 ounce can black beans, drained
- ◆ 1/2 cup shredded cheddar cheese
- ◆ 1 cup salsa
- ◆ 1/2 cup sour cream.

Spread equal amounts of beans on each tortilla. Sprinkle equal amounts of cheese on top. Roll, starting from one side to form enchiladas. Place in baking dish and bake at 350 degrees for 15 minutes. Take from oven and top with equal amounts of salsa and sour cream.

### **TASTY TUNA**

What a great warm weather dish. Member Barbara G. from Wisconsin has a winner with this easy tuna recipe. It's a low fat treat that everyone will enjoy.

- ◆ 2 teaspoons mayonnaise
- ◆ 6 1/2 ounce can water packed tuna, drained
- ◆ 3 ounce package reduced fat cream cheese, softened
- ◆ 1/2 teaspoon Worcestershire sauce
- ◆ salt and pepper to taste

Combine all ingredients and mix well. this is great as a sandwich spread, and is delicious served with crackers or raw veggies.

## Desserts

### PIE MAGIC

That's what it seems like when Member M. B. from Canada cooks this yummy pie that makes its own crust. Just wait till you taste it.

Ingredients:

- ◆ 3/4 cup sugar
- ◆ 1/2 cup Bisquick
- ◆ 2 tablespoons margarine, softened
- ◆ 13 ounce can evaporated milk
- ◆ 2 eggs
- ◆ 16 ounce can pumpkin
- ◆ 2 1/2 teaspoons pumpkin pie spice
- ◆ 2 teaspoons vanilla.



Beat all ingredients until smooth. Pour into well greased 10 inch pie plate and bake at 350 degrees for 55 minutes, or until a knife inserted in the center comes out clean.

**QUICK HINT . . .** If you've made too much whipped cream, don't let it go to waste. Save it for future use by spooning individual dollops onto a cookie sheet and freezing them. Then seal well in a plastic bag and keep in your freezer. This way you'll have instant toppings for puddings and cakes!

### PEACHY PUDDING

And what's a great meal without a great dessert? We'll let Member Loretta L. from Texas tell you about one of her taste tingling treats for those of you who always hanker for a sweet ending to a good meal.

Ingredients:

- ◆ 4 cups day-old bread cubes ... 3 eggs
- ◆ 1 1/2 cups milk
- ◆ 1/3 cup sugar
- ◆ 1/2 teaspoon vanilla
- ◆ 1 can (21 ounces) peach pie filling.

Spread bread cubes on greased 9 inch square baking pan. Whisk together eggs, milk, sugar and vanilla. Mix in 1 cup of pie filling and pour mixture over bread cubes, pressing down into bread well. Bake at 350 degrees 30 minutes, or until knife inserted in center comes out clean. Heat remaining pie filling and spoon over warm pudding as a topping. Serve warm, with ice cream or whipped topping.

### JELLO MAGIC

This cool dessert is really like magic ... quick and easy. You can thank Member Mrs. W. B. from Arkansas for sharing her yummy secret with us.

- ◆ 2 boxes strawberry Jello, regular size
- ◆ 2 cups sour cream

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- ◆ 1 cup whipped topping
- ◆ 2 14 1/2 ounce cans fruit cocktail, well drained
- ◆ 4 cups mini-marshmallows

Mix dry Jello (do not add water) with fruit cocktail. Add sour cream, whipped topping and mini-marshmallows. Mix well and refrigerate for 2 or more hours to blend flavors.

### **ORANGE YUMMY**

That's what Member Jean G. from North Carolina calls this cool treat. We are sure you'll thank her for sharing it with us. Jean says it's good as a salad on lettuce or as a dessert in a pretty dish.

- ◆ 1 pound cottage cheese, drained
- ◆ 8 ounces whipped topping
- ◆ 1 small can crushed pineapple, drained
- ◆ 1 cup mini-marshmallows
- ◆ 1 small box orange Jello, use right from the box

Mix all ingredients except Jello together. Then stir in Jello, mixing well. Chill for at least 3 hours or can be kept refrigerated overnight.

### **ONE CUP SALAD**

Here's a perfect dish to serve on a hot day, and we are glad that Member Hannah J. from California sent in this recipe for all of us to enjoy.

- ◆ 1 cup each, crushed pineapple, drained; mandarin oranges, drained; mini-marshmallows; flaked coconut; sour cream; cooked, diced ham.

Stir all ingredients together well and chill overnight. This is an easy summer supper and is delicious served on mixed greens

### **PEACH COBLER**

From Indiana comes a tasty treat sent by Member Effie C. It's quick and delicious.

Ingredients:

- ◆ 1/2 stick margarine
- ◆ 1 cup sugar.
- ◆ 1/4 teaspoon salt
- ◆ 2 teaspoons baking powder
- ◆ 3/4 cups flour
- ◆ 3/4 cups milk
- ◆ 29 ounce can sliced peaches, drained.

Melt margarine in 9" square baking pan. Mix sugar, salt, baking powder, flour and milk. Pour over melted margarine. Do not stir. Arrange peaches on top of batter and bake at 350 degrees 50 to 60 minutes.



### **NO FLOUR COOKIES**

Everyone loves a good cookie, and these, from Member B. Nelson of Michigan, are bound to please. And, just as the name states, they really don't require any flour.



## Life-Study Fellowship's – Summertime Recipes From Friends

- ◆ 2 cups peanut butter, plain or crunchy
- ◆ 2 eggs
- ◆ 2 cups sugar

Mix together all three ingredients. Be sure to blend well. Make into little balls and place on oiled cookie sheet, about 2 inches apart. Press each ball with a fork that has been dipped in cold water and bake at 350 degrees for about 8 to 10 minutes. Easy to make and great to eat with a glass of cold milk.

### **DUMP CAKE**

Everyone can use a fast, mouth watering dessert to serve on short notice. And here it is, thanks to member Wilhelmina J. from Ohio. This is all you have to do: Heat your oven to 350 degrees and grease a 9" x 13" baking pan. Spread a 21 ounce can of cherry pie filling evenly over the bottom. Cover with a 20 ounce can of crushed pineapple, undrained. Spread on a box of yellow or white cake mix – yes, just dry cake mix, right out of the box. Dot the top with 1 stick of margarine cut into small pieces. Then sprinkle with one cup of grated coconut and one cup of chopped nuts. Bake for 1 hour and serve warm. Be ready to serve seconds of this taste tempter.

### **MUD PIE**

No dessert could ever be easier, and certainly none more delicious than this winner sent in by Member E.D. from Florida. Don't keep it for company.

Ingredients:

- ◆ 1 prepared chocolate crumb pie crust
- ◆ 1/2 gallon coffee ice cream
- ◆ 1 jar hot fudge topping.

Fill piecrust with softened ice cream, smoothing top well. Spread topping over ice cream and freeze until serving time.

## **Summertime Recipes**

Summer is for simple, delicious food and Fellowship's Members are happy to oblige with these great recipes. They're perfect for backyard cookouts and family reunions, or just trying out some new treats yourself.



### **TOMATO SALAD**

It's a pretty summertime treat, it's easy to make, and the taste is just sensational. This salad is always a hit for Member Betty S. from Ohio. She serves it on lettuce leaves and tops it with mayo.

Ingredients:

- ◆ 1 (3 ounces) package of lemon Jello
- ◆ 1 cup boiling water
- ◆ 1 can (14 1/2 ounces) stewed tomatoes

Stir Jello into boiling water until completely dissolved. Add undrained tomatoes and mix thoroughly. Chill until firm.

### **WACKY CAKE**

No butter, no eggs! But, says Member Lona J. from Georgia, it doesn't taste "wacky" it tastes rich and moist and delicious ... almost like a pudding cake.

Ingredients:

- ◆ 1 1/2 cups flour
- ◆ 1 cup sugar
- ◆ 3/4 teaspoon salt
- ◆ 1 teaspoon baking soda
- ◆ 4 tablespoons cocoa
- ◆ 1 tablespoon vinegar
- ◆ 1 teaspoon vanilla
- ◆ 1/3 cup vegetable oil
- ◆ 1 cup cold water

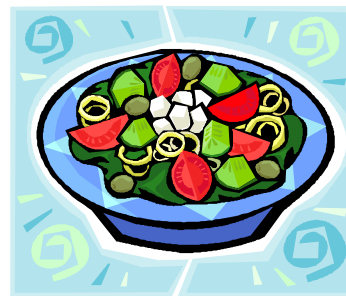
Sift all dry ingredients into an 8" X 8" baking pan. Add all the liquid ingredients (the water is last). Stir well, no beating needed. Bake at 350 degrees 25 minutes if using a metal pan, or 40 minutes if using a glass pan. This is really good served warm with whipped topping.

### **SUMMER SALAD**

Member Judi C. of Boston makes this taste tingling salad in the morning so it's chilled and ready for dinner. It's a summertime meal in itself. Thanks for sharing, Judi.

Ingredients:

- ◆ 1 (14 1/2 ounces) can of chicken broth
- ◆ 1/2 cup plain non-fat yogurt
- ◆ 1/4 cup grated parmesan cheese
- ◆ 1 teaspoon dried dill weed
- ◆ 3 cups cooked corkscrew macaroni
- ◆ 1 cup each cherry tomato halves and frozen peas
- ◆ 1/2 cup sliced mushrooms
- ◆ 1 small red onion, chopped
- ◆ 2 cups cubed cooked chicken.



Mix broth, parmesan, yogurt and dill weed. Toss with remaining ingredients until evenly coated. Chill at least 4 hours, stirring occasionally.

### **ANOTHER GREAT SUMMER SALAD**

Florence P., a Member from Texas, thinks her Friends in Fellowship will really like this delicious salad.

Ingredients:

- ◆ 3.4 ounce package of vanilla instant pudding, mixed as directed
- ◆ 15 ounce can fruit cocktail, well drained
- ◆ 8 ounce carton of whipped topping.

Mix all ingredients well and chill. That's all there is to it . . . and its mighty fine eating!

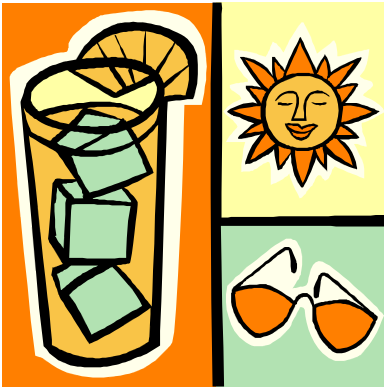
### **SWEET AND SOUR VEGGIES**

This old time Pennsylvania Dutch recipe was sent to us by Member Edie S. from Philadelphia. She says her family loves it, especially in hot weather.

Ingredients:

- ◆ 3 cans of string beans, beets or carrots, well drained
- ◆ 2 cups sugar
- ◆ 1 cup cider vinegar.

Boil vinegar and sugar until clear syrup appears. Pour over the vegetables of your choice and chill overnight. This will last for weeks in your refrigerator.



## **Enjoy Your Summer With Your Summer E-Cookbook From Your Fellowship Friends**

### **Table Blessings**

#### **Breakfast**

We thank You, Dear Lord, for the food that is before us. May it help to keep us going in the hours to come. We deeply appreciate Your blessings, and pray that we will always be worthy of them. Please watch over us and guide us each and every day.  
--Amen

#### **Lunch**

May Your Presence surround us, Father, as we prepare to eat this food upon our table. Help us always to be thankful for the blessings we receive. And let us remember You are our Provider each day... loving us and directing our way to greater rewards.  
--Amen

#### **Evening Meal**

We thank You, Lord, for the blessings each day does bring. Our hearts are filled with joy for the love you give us. We are very grateful for the food we are about to eat. We pray this bounty will strengthen us to serve You even better. Be with us and guide us ever.  
-- Amen

