



Trinity
United Methodist Church

Cookbook

Easy Recipes for College Life



What's Cookin'

By Donna Snyder

*What if our Lord would enter your kitchen one day,
and ask, "What's cookin'?" as he smiled your way,*

*Oh my... a great surprise that would be...
what would be cooking for Him to see?*

*Would He find your kitchen a happy place and neat,
as you quickly offered Him a seat?*

*What is cookin'? Are there tasty tidbits of thoughtfulness here,
and kindness is shown so there is never a tear?*

*Are unpleasant words simmering very low?
These should not be served, we know.*

*Would many kettles be filled with love so dear?
The contents boiling over and spreading far and near?*

*Is patience marinating nearby every day...
being seasoned for use in a loving way?*

*Whatever is frying...is it browning a delicious tan
with no unhappy strips of meanness from that pan?*

*Is comfort offered...enough to give a heart a tug...
when hot or cold liquids are blended in a mug?*

*Would He become aware
that your meals begin with prayer?*

*Are we "Cooking for the Lord" each and every day
using the recipe for living His way?*

*Jesus said: "listen, I am standing at the door, knocking; if you hear my voice and open
the door, I will come in to you and eat with you and you with me." Revelation 3:20*

Bean Salsa

1 cup sugar
1 cup oil
1/2 cup apple cider vinegar
Heat above until sugar is dissolved and cool.

Mix:

1 can white corn, drained
1 can black beans, drained
1 can black-eyed peas, drained
Red onion, finely chopped
Celery, finely chopped

Add ingredients together and refrigerate for 24 hours. Serve with Scoop nacho chips.

Broccoli-Cashew Salad

3 Tablespoons mayonnaise
1 Tablespoon vinegar
2 Tablespoons sugar
1/8 teaspoon salt
2 cups broccoli florets or 1 cup broccoli and 1 cup cauliflower – cut up
1/2 cup roasted, unsalted cashews or other nuts. Omit 1/8 teaspoon salt if salted nuts are used.
1/4 cup red onion chopped
1/4 teaspoon red pepper flakes

Combine mayonnaise, vinegar, salt and sugar in bowl. Whisk together until smooth. Add broccoli, cashews, onion and red pepper flakes. Refrigerate until ready to use.

Optional: may add fried, crisp and crumbled bacon (1/4 cup)

Taco Salad

1 lb. ground beef
1 medium bunch green onion, chopped
2 medium tomatoes, chopped
1 head lettuce
1/2 lb. grated cheddar cheese
1/2 of 1 (8 oz) jar of taco sauce
1 bag Doritos

Brown meat, drain and cool. Add to lettuce, cheese, onions, tomatoes, in a large salad bowl. Just before serving, toss with taco sauce to taste, starting with 1/2 jar. Add whole bag of Doritos.

Triple Orange Mold Salad

1 package Orange Jello
1 (3 oz) pkg. Philadelphia Cream Cheese, softened
1 cup orange juice (frozen prepared for drinking)

1 cup hot water
1/4 cup mayonnaise

Dissolve Jello in hot water, add juice. Chill until partially set. Beat until light and fluffy. Blend in cheese and mayonnaise. Pour into 1 quart mold. 1/2 can Mandarin oranges, 1/2 can pineapple, 1/2 can peaches and 1/2 cup seeded grapes may be added.

Tuna Fish Salad

1 can tuna
1 1/2 teaspoons onion, cut fine
1 1/2 Tablespoons lemon juice

4 1/2 teaspoons sweet relish
1 cup Kraft salad dressing

Mix together and chill. When ready to serve, place 1 1/2 cup lettuce cut fine and tomato wedges on salad plate. Add tuna fish mixture and put crushed potato chips on top.

Twenty-Four Hour Salad

2 cups drained, pitted white cherries
2 cups drained pineapple bits
2 oranges peeled, diced in small pieces
24 marshmallows, cut in thirds
1 Tablespoon butter
1 cup heavy cream, whipped

3 egg yolks
2 Tablespoons sugar
2 Tablespoons vinegar
2 Tablespoons pineapple juice
Dash salt

Cook egg yolks, sugar, vinegar, pineapple syrup, butter and salt in double boiler until thick, stirring constantly. Cool. Fold in whipped cream, fruit, marshmallows. Chill 24 hours. Makes 8 servings.

Under the Sea Salad

1 package lime Jello
1 1/2 cups boiling water
1/2 cup pear juice
1/4 teaspoon salt

1 teaspoon vinegar
2 cups canned pears, diced
2 packages (6 oz.) cream cheese
1/2 teaspoon ginger

Dissolve Jello in water. Add pear juice, salt and vinegar. Chill one half liquid until cold and syrupy and whip. Cream cheese and ginger, fold in whipped Jello gradually, then pears. If a pan is used to mold, spread in the above mixture, then pour over the cooled Jello that is left. If individual molds are used, pour in the cooled Jello first and when set, pour in the pear mixture.

Seven Layer Salad

1 medium head lettuce, shredded	1/2 cup chopped celery
1/2 cup chopped onion	1/2 cup chopped green pepper
1 box frozen green peas (cooked and drained)	1 pint mayonnaise
2 Tablespoons sugar (mix in mayonnaise)	4 oz shredded cheese
6 slices bacon – fried crisp and crumbled	

Start with lettuce and layer in oblong pan. Add bacon and cheese last and slice hard-boiled egg on top, if desired. Refrigerate at least 8 hours before serving.

Seven-Up Salad

1 large package cream cheese	Few drops of green food coloring
1 small can crushed pineapple	1/2 cup chopped pecans
1 teaspoon sugar	1 package lemon Jello
1 teaspoon vanilla	1 cup boiling water
1 bottle Seven Up	

Dissolve Jello in hot water. Cream into cheese and beat until smooth. Stir in pineapple, sugar, vanilla, food coloring and nuts. Finally stir in Seven Up. Pour in 9x9 inch pan and chill. Just before mixture sets, stir again to keep nuts mixed.

Spinach Salad or Korean Salad

8 slices of diced, crisp bacon	3 hard-boiled eggs sliced or diced
1 lb spinach	1 can bean sprouts (No. 2 can)

Can be mixed in a large bowl or in individual salad bowls. (Half head lettuce and half spinach can be used). Shredded cheddar cheese is also good on the salad. Garnish with tomato wedges. Makes approximately 15 servings. Use the following dressing on this salad.

Sweet and Sour Salad Dressing

3/4 cup sugar	1 Tablespoon Worcestershire Sauce
1/3 cup Ketchup	1 Tablespoon minced onion flakes
1/4 cup vinegar	1 cup oil
1 teaspoon salt	

Mix all ingredients together. Chill. Shake well before serving.

Strawberry Salad

2 packages strawberry Jello
3 cups hot water
1 package frozen strawberries, whole

1 small package cream cheese
1/2 cup nuts

Dissolve Jello in hot water, cut cream cheese in pieces and add to Jello. Add strawberries and nuts and pour into mold and chill.

Sweet Cherry Salad

1 package raspberry Jello
2 cups hot water

1 quart pitted black sweet cherries

Dissolve Jello in hot water. When slightly thickened, fold in cherries. Turn into individual molds. Chill until firm. Unmold on crisp lettuce. Garnish with mayonnaise. This can be used as a dessert and garnish with whipped cream.

Raspberry or Strawberry Jello Salad

2 packages (3 oz) raspberry or strawberry Jello
2 diced bananas
2 (10 oz) package frozen raspberries or strawberries

2 cups boiling water
1 cup sour cream
1 1/2 cup crushed pineapple w/ juice

Dissolve Jello in boiling water. Add strawberries or raspberries still frozen and stir gently until thawed. Add bananas and pineapple. Pour half the mixture into pan. Chill until set. Spread chilled Jello with the sour cream – then pour on the remaining Jello mixture and chill.

Sauerkraut Salad

2 (1 lb) cans sauerkraut, drained
2 (1 lb) cans bean sprouts, drained
1/2 cup chopped green pepper
2 teaspoons celery seed

2 cups chopped celery
2 cups chopped onions
1/2 teaspoon oregano

Mix 2 cups sugar and 1 cup vinegar. Heat to boiling and add to vegetables. Mix well and refrigerate several hours or overnight.

Salmon Mold Salad

2 cans (7 3/4 oz size) salmon	1 Tablespoon flour
2 envelopes unflavored gelatin	3 eggs
1/4 cup cold water	3 Tablespoons butter or margarine
1 Tablespoon salt	1 1/2 cup milk
3 Tablespoons sugar	1/2 cup vinegar
1 Tablespoon dry mustard	

Drain salmon and break into pieces. Sprinkle gelatin over cold water to soften. Mix salt, sugar, dry mustard, flour in the top of a double boiler. Separate yolks from white of eggs (the leftover whites are used in the meringues) and stir yolks in with the dry ingredients smoothly. Add melted butter or margarine, milk, vinegar, and mix together thoroughly. Cook over gentle boiling water until mixture thickens and coats the spoon. Then remove from heat and stir in the gelatin and salmon. Pour into medium mold and chill in refrigerator until firm. To serve: unmold, garnish with greens and serve with cucumber sauce:

1/2 cup heavy cream	1/4 teaspoon salt
1 medium cucumber	2 Tablespoon vinegar

Beat cream until it holds a shape. Chop cucumber, skin and all, in fine chunks. Mix cucumber, salt and vinegar in with beaten cream and serve over salmon mold.

Sauerkraut Salad or Relish

1 lb can sauerkraut	2/3 cup diced celery
2/3 cup diced green pepper	2/3 cup diced onion
1/3 cup vinegar	1/4 teaspoon celery seed
3/4 cup sugar	1/3 cup salad oil

Heat vinegar, sugar and oil until all the sugar is dissolved. Cool. Drain and wring out sauerkraut. Mix all ingredients together. Chill 24 hours before using. Keeps indefinitely.

Sea Dream Salad

1 package (3 oz) lime gelatin	1 slice onion
1 cup boiling water	1/2 teaspoon salt
1/2 cup cold water	Dash paprika and pepper
1 Tablespoon vinegar	1 medium cucumber, cut in slices

Place gelatin in blender container, add boiling water. Cover container and blend until gelatin is dissolved (about three seconds). Stop blender and add remaining ingredients. Cover container and blend until vegetables are coarsely cut (about five or six seconds). Chill until mixture begins to thicken, then stir well and pour into lightly oiled individual molds. Chill in refrigerator until firm. Serve unmolded on crisp salad greens with mayonnaise.

Shake-a-sack Cracker Snack

3 cups small square cheese crackers	3 cups oyster crackers
2 cups bite-sized pretzel nuggets	1/2 teaspoon dried dill weed
0.4 oz package buttermilk salad dressing mix	1/4 cup cooking oil

Place crackers, pretzels, dressing mix and dill weed in a medium-sized paper bag. Shake well. Pour oil into sack and shake well. Store in closed plastic bag or a tightly covered container.

Spinach Appetizer

1 (10 oz) package frozen chopped spinach (thaw, drain and squeeze dry)
1 small can water chestnuts (chopped fine)
1 cup sour cream
1 cup mayonnaise
1 package Knorr Swiss vegetable soup mix

Combine above ingredients and serve with crackers or vegetables.

Vegetable Mushroom Soup

Simmer until tender:

1 cup finely chopped celery	3/4 cups grated carrots
1 cup peas, frozen or canned	1 small can mushrooms
1 can of cream of mushroom soup, follow the directions on the can	

Combine the above ingredients and serve hot with grated cheese sprinkled over the top. Instead of crackers, use toasted whole wheat toast spread with avocado and cut in finger strips.

Hamburger Vegetable Soup

1 lb ground beef	1/2 cup Ketchup
5 cups water	2 teaspoons seasoned salt
1 cup tomatoes, sliced	1 Tablespoon beef bouillon granules
2 medium onions, diced	1 teaspoon crushed basil
1 cup carrots, sliced	1 bay leaf, crushed
1 cup celery, chopped	

Brown meat and break up in pieces. Add other ingredients. Add salt and pepper. Makes 10 cups.

Fancy Hash Browns

2 cans (10 3/4 oz) condensed cream of celery soup
2 cartons (8 oz each) spreadable chive and onion cream cheese
2 lbs frozen cubed hash brown potatoes
1 cup shredded cheddar cheese
Optional: crumbled bacon or sliced ham

In large microwave-safe bowl combine undiluted soup and cream cheese, cover and cook on high 3-4 minutes or until cheese is melted. Stir occasionally. Add potatoes and stir well until coated. Spoon into greased 9 x 13 baking dish. Bake uncovered at 350 degrees for 35-40 minutes or until potatoes are tender. Sprinkle with cheese and bake 3-5 minutes longer until cheese is melted.

Gingham Carrots

Grate carrots rather fine until you have 2 – 2 1/2 cups. Put carrots, 2 Tablespoons butter, 2 teaspoons instant minced onion and 1/4 cup water in saucepan; cover lightly and cook 4 to 5 minutes on medium heat. Remove from heat, stir in 1 teaspoon brown sugar, dash nutmeg, salt and pepper to taste, and serve.

Zucchini Torte

4 zucchini (6 inch) sliced	1 onion, chopped
Salt, pepper, oregano, basil (1/2 teaspoon each)	1 teaspoon garlic
1 cup Bisquick	3 eggs, beaten
1/2 – 3/4 lb shredded cheddar cheese	1 cup milk

Place zucchini and chopped onion in 9 x 13 inch greased pan. Mix all other ingredients together and pour over zucchini. Bake uncovered at 350 degrees for 45-60 minutes. Serves 8.

Yummy Microwave Oatmeal

1/2 cup regular oats	1 cup water
1 teaspoon vanilla	1 teaspoon honey
1/2 teaspoon cinnamon or pumpkin pie spice	1/4 cup raisins
Chopped apple, banana or strawberries, to taste	

Combine all ingredients in a high-sided serving bowl. Microwave on high for 3 minutes. Let sit for a minute. Add milk if desired.

Prepared Bread Dough Meals

1 loaf prepared store bought bread dough thawed
1 lb ground meat cooked and seasoned to taste
Optional: taco, barbeque, Asian, etc.

Preheat oven to 350 degrees. Roll out thawed bread dough into rectangle. Spoon prepared cooked meat evenly onto bread dough, add cheese. Roll bread dough lengthwise into long roll. Spray baking tray and place bread dough seam side down.

Bake 20-30 minutes until done, cut into serving size and serve with salad or cut veggies.

Options for filling: diced ham and cheese, pepperoni and pizza or spaghetti sauce with cheese, cooked and seasoned chopped veggies like onion, broccoli, shredded carrots, mushrooms and cheese.

Bread dough may be cut into 8 sections and rolled into round circles – prepared meat, cheese or veggies placed on half and folded over sealed by pressing edges with fork and baked as above until golden brown.

Single Serve Meatloaf

1 lb ground meat	1 1/4 teaspoons salt
1/4 teaspoon ground black pepper	1/2 cup chopped onion
1/2 cup chopped bell pepper	1 egg slightly beaten
8 oz can diced tomatoes with juice	1/2 cup quick cooking oats

Preheat oven to 375 degrees. Mix meatloaf ingredients and put into cupcake baking pan. Spoon topping on each mini meatloaf and bake 20 minutes or until done. This depends on the size of your cupcake pan. Can be placed in freezer bags and frozen for later use.

Topping: Mix together:
1/3 cup Ketchup
2 Tablespoons brown sugar
1 Tablespoon prepared mustard

Chicken Casserole

2 cups boneless chicken	1 can mushroom soup
1 can chicken noodle soup	1 soup can milk
1 large can Chow Mein noodles	

Mix together. Bake in buttered casserole 30 minutes at 350 degrees F.

Impossible Lasagna Pie

1/2 cup creamed cottage cheese
1/4 cup Parmesan cheese
1/4 teaspoon pepper
1 lb hamburger, cooked, drained
1 teaspoon oregano leaves
1/2 teaspoon basil leaves

1 can tomato paste
1 cup shredded Mozzarella cheese
1 cup milk
2/3 cup Bisquick
2 eggs

Heat oven to 400 degrees. Grease pie pan (10 in). Layer cottage cheese and Parmesan. Mix beef, oregano, basil, paste and 1/2 cup cheese (I use Swiss). Spoon over top of cheeses. Beat milk, eggs, salt and pepper until smooth. Pour into pie plate. Bake until knife inserted between center and edge comes out clean (30-35 minutes). Sprinkle with rest of cheese. Cool 5 minutes. 6-8 servings.

Tater Tot Casserole

2 lbs hamburger
2 packets onion soup mix
Optional: garnish top with cheese

2 lbs tater tots
1 large can mushroom soup

Preheat oven to 375 degrees. Press thawed hamburger into 9 x 13 inch baking dish. Sprinkle onion soup mix over hamburger. Pour tater tots over top. Mix mushroom soup in a bowl with just enough water so that it will pour evenly over the tater tots, then do so. Bake in oven for 30-45 minutes until bubbling and dark brown.

Quick and Easy Turtles

1 bag pecan halves
1 bag individually wrapped caramels

1 lb dipping chocolate
waxed paper

Place two pecan halves side by side on waxed paper. Place a caramel on top of the pecans. Heat in microwave on high until caramel begins to melt, about 40 seconds when making 8 at a time. Remove from microwave and press caramels down to cover most of the pecans. Repeat until you have made the number you want. Place 1/3 lb dipping chocolate in glass bowl and heat in microwave on high 1 1/2 minutes; varies due to amount and temperature of chocolate. Pour about 1 teaspoon of smooth chocolate over each turtle. Melt more chocolate as needed. If you melt too much at once it will set up in bowl before you are done. Use spatula to scrape down/clean sides of bowl. Return to microwave. Let turtles cool until chocolate is set. Makes 4 1/2 pounds.

Fiji Island Quick Dessert

Split 1 peeled banana and cut into 1" pieces. These should be laid flat on a shallow dish or paper plate. Pour honey over banana pieces and sprinkle with shredded coconut. Place a toothpick in each piece as a handle. This should be prepared just before serving as banana has a tendency to turn brown after it is cut.

Turtle Cake

Mix 1 box fudge cake mix as directed. Pour 1/2 into greased and floured 9 x 13 inch pan. Bake 20 minutes at 350 degrees. Melt 1 package caramels and 1/2 cup milk. Pour over cake. Sprinkle with pecans and chocolate chips. Cover with remaining batter. Bake 25 minutes.

No-Bake Chocolate Cookies

Bring to boil 1 cup Karo syrup and 1 cup sugar. Boil 1 minute and add 1 chocolate chips and 1/2 cup peanut butter. Pour over 4 cups corn flakes or Rice Krispies. Cut in squares.

Peaches and Cream Cake

2 eggs (beat in large mixing bowl)

Mix 1/3 cup boiling water with 1/4 teaspoon soda (let cool a little). Add to beaten eggs.

1 box yellow cake mix (I prefer Duncan Hines) Add slowly to mixture.

1 (21 oz) can peach pie filling – chop peaches to small bits, add peaches and remaining syrup in can to cake mixture.

1 teaspoon pure almond extract – add to above – mix until peaches are thoroughly mixed

Pour in greased and floured 9 x 13 baking pan. Bake at 350 degrees for 35 to 40 minutes. Allow to cool. Frost with the following:

Cream Cheese Frosting

3 oz package cream cheese

1/3 cup butter or margarine

1/2 teaspoon pure almond extract

1 1/2 to 2 cups powdered sugar

Beat until smooth, spread on cake, add 1 cup chopped pecans or walnuts if desired. Sprinkle over frosting.