

IN RESPONSE TO REQUESTS FOR OUR RECIPES

Family members frequently ask us if we can share a recipe for food that we have provided. We wish to thank Ellen Bennett for preparing a recipe file box filed with copies of our frequently requested recipes. This box is located in the Bereavement Care cabinet in the Calvin kitchen.

Costco shopping for Bereavement Care Lunches

The following are things that can be purchased at Costco. They taste good and might save time and money when you prepare for a larger group. The following items will feed a group of 30 people:

- spiral ham with or without glaze
- 3 containers of chicken salad (in the black container) - you can add green grapes and pecans
- 2 tubs of potato salad
- 1 box (clear tub) of spring greens - you can add 2 cans of mandarin oranges and almonds; poppy seed or balsamic dressing
- fruit bowl with an added box of strawberries
- tray of 36 rolls
- cookies (2 dozen in a package)
- chicken pot pie: made daily; not frozen; located in the meat section. Feeds 10 to 12 easily. The only concern is the baking time; takes over an hour and only one fits on an oven rack

RECIPES

Fruit Salad

One #10 can of pineapple chunks – drain partially

One 50 oz can of grapefruit segments – drain completely

Two or three sliced apples with skin left on for color

Grapes, when available.

You may also add a can of mandarin oranges, drain completely, from grocery store for color.

Serves 20-25 persons.

Sweet potatoes

(Lighter Recipe)

1½ cup granulated sugar

1½ cup brown sugar

¾ cup margarine

¾ cup orange juice

1 T. cinnamon

1 T. vanilla

½ T. salt

One #10 can sweet potatoes, drained

½ cup granulated sugar

½ cup brown sugar

1 stick butter or margarine

½ cup reserved pineapple juice

¼ cup orange juice

1 T. cinnamon

1 T. vanilla

½ T. salt or less to taste

Mix and boil sugar, brown sugar and margarine for 5 minutes. Add orange juice and vanilla. Slice drained potatoes and sprinkle with cinnamon and salt. Bake at 350 degrees until warm. Serves 20-25 persons.

Blackeyed Pea Salad

(3) 15.8 oz. cans Bush's Blackeyed Peas ("packed from soaked dry"). Drain and rinse in colander with cold water. Add these diced vegetables:

1 cup celery

½ cup purple onion

½ cup fresh red pepper or

2 oz. jar pimento, drained

Marinade: Mix and pour over combined vegetables, store in a flat, covered container. Stir occasionally. Keep refrigerated. Keeps several days. May be done ahead. Serves 10-12

¼ cup cider vinegar

¼ cup + 2 T. red wine vinegar

¼ cup + 2 T. water

½ tsp. Ground red pepper

¼ cup + 2 T. sugar

Marinated Mixed Vegetables

Drain, rinse in a colander with cold water 1 of each of the following canned vegetables (approximately 15 oz size):

White kernel corn	cut Blue Lake green beans
Red kidney beans	waxed beans
Midget butter beans	blackeyed peas
Garbanzo beans	diced vegetables, same as above recipe
Marinade: same as above recipe	

Combine all vegetables in a flat covered Tupperware container, cover with marinade, refrigerate. Keeps several days. Stir occasionally. Serves at least 20.

Marinated Slaw

1 head cabbage, shredded finely

1 large onion, sliced in thin rings

Layer these in large Pyrex dish. Sprinkle a scant cup of sugar over all

Bring to a boil:	¼ cup oil	1 ½ tsp. salt
	¼ cup water	1 tsp. Celery seeds
	1 cup cider vinegar	1 T. sugar
	1 tsp. Prepared mustard	

Pour mixture over cabbage and onion. Mash down with a plate so marinade covers all. Refrigerate. Drain to serve. Keeps up to 2 weeks. Serves 10-12.

Baked Fruit

(2) 16-17 oz. cans of peach slices	1 ¼ cups light brown sugar
(2) 16-17 oz. cans of pear halves	2 tsp. curry powder
(2) 20 oz. cans of pineapple slices	1 stick of butter
1 jar of maraschino cherries or apple rings	

Drain fruit well. Arrange in 3-quart casserole dish. In saucepan, melt butter, blend in sugar and curry powder. Spoon over fruit. Bake uncovered at 325° for 1 hour. Serves 20.

Scalloped Potatoes

8 medium potatoes	¼ cup minced onion
¼ cup green pepper, chopped	dash of pepper
2 tsp. salt	1 cup milk
1 can cream of mushroom soup	¼ stick butter
grated cheese for topping	

Alternate layers of potatoes, green pepper and onion in a 2 quart baking dish. Combine soup, milk, and seasonings. Pour over potatoes. Dot with butter. Top with cheese. Cover, bake 350° for 1 ½ hours. Serves 8-10

Green Bean and Tomato Casserole

Four or five slices bacon, fried, drained well and crumbled
(1) 50 oz. can Del Monte cut green beans
(1) small onion, chopped
(1) 14 ½ oz. can Del Monte fresh cut diced tomatoes or Italian diced tomatoes
2 T. sugar
salt and pepper to taste

Sauté the chopped onion in bacon drippings. Heat green beans in a large pot and drain. Add tomatoes with juice, onions, sugar, salt and pepper to beans and stir until all ingredients are mixed well. Pour into casserole dish. Sprinkle bacon over and bake at 350° until hot. Serves 12

This can be made a day ahead (keep bacon pieces separate and add when you are ready to bake). This recipe can be adjusted proportionally for more or fewer servings and amounts of each ingredients can be more or less according to individual taste. It is quite versatile and seems to be a favorite among men! Thanks to Kathy Kalmbach for this wonderful recipe.

Hash Brown Casserole

(1) 2 lb. Bag frozen hash brown potatoes (cubes)
8 oz. sour cream
2 cans cream of potato soup
½ tsp. salt, pepper to taste
some dehydrated onion flakes
¼ cup margarine, melted
2 cups grated cheddar cheese

Mix above ingredients and place in large casserole dish. Top with 2 cups crushed Corn Flakes mixed with ¼ cup butter. Bake at 350° for 1 hour. Serves 12-15

Chicken Wild Rice Casserole

2 or 3 cups cooked chicken, bite-size pieces (or 1 Tyson's 12 ½ oz. white chicken)
1 can sliced water chestnuts, drained
1 cup mayonnaise
1 can chicken broth
1 can Cream of Celery soup
1 package Uncle Ben's Original Wild Rice Mix (uncooked)
Optional: 1 can french style green beans, drained

Mix all ingredients together. Bake in a Pam-sprayed 2 quart casserole dish at 325°, uncovered, for 1 hour.

Variations: Add chopped pimento for color and/or 1 can chopped mushrooms; may spread the top with grated cheese during the last 15 minutes of baking.

Note: This is a great recipe to give someone in cans, to be prepared when it's needed. Sam's Club has Tyson's White Chicken in the 12 ½ oz. size cans (3 pack). It works great and tastes good.

Good companion dishes are green beans or tossed salad, a red congealed salad, rolls, and dessert.

Good Cranberry Jell-O Salad

2 small or 1 large raspberry Jell-O
2 cups boiling water
1 can (20 oz) crushed pineapple, drained, reserving juice
pineapple juice plus cold water to make 1 cup
1 can whole cranberry sauce
¾ cup chopped pecans

Dissolve Jell-O in boiling water. Add cold juice/water. Let mixture set in refrigerator until like syrup, then add drained pineapple, cranberry sauce, and pecans. Mix well and pour into Pam-sprayed 9x13 casserole dish or a large mold. (Add 1 envelope Knox plain gelatin to dry Jell-O before adding water to help unmolded salad hold its shape.) Refrigerate.

Susie Jackson: White Memorial Presbyterian Church, Bereavement Care Team, 1998

Note: All these ingredients can be kept on the pantry shelf to use during inclement weather or on the spur of the moment.

Mezzeti

1 lb. ground beef	1 onion, chopped
1 green pepper, chopped	1 can mushrooms, drained
4 oz. egg noodles	1 can tomato soup
grated cheese to top casserole	

Cook noodles, drain & cool. Cook pepper, onion, and ground beef in a little butter until tender. Add soup, mushrooms and fold in noodles. Spread into casserole. Cover with cheese. Bake for 35 minutes in a 350° oven. Serves 6.

Chicken Tetrazzini

(1) 5 lb. chicken	(1) 1-lb. package spaghetti
1 green pepper, chopped	2 cans mushroom soup
1 4 oz. jar pimento, chopped	1 can cream of chicken soup
1/8 tsp. red pepper	grated cheese

Boil chicken. Cut up for chicken salad. Cook spaghetti in 1½ quarts of chicken broth. Mix together chicken and other ingredients. Put in 2 large casseroles. Top with cheese. Bake at 350° for about 30 minutes. Serves 16-18

Hershey's Chocolate Cake

1 stick of butter	1 cup sugar
4 eggs	1 cup plain flour
1 tsp. baking powder	pinch of salt
1 lb. can Hershey's chocolate syrup	1 tsp. vanilla

Cream butter and add sugar. Add eggs one at a time. Sift flour with baking powder and salt. Add flour mixture alternately with Hershey's syrup. Add vanilla and mix well. Spread evenly in a greased and floured sheet cake pan (approximately 11x17). Bake for 20 minutes in a 350° oven or until cake tests done in center. Cool and ice with Chocolate Chip Icing.

Chocolate Chip Icing

1 stick of butter	2 cups sugar
2/3 cup (small can) evaporated milk	1 cup (8 oz.) chocolate chips

Mix butter, sugar, and canned milk. Bring to a boil and boil for 2 minutes. Remove from stove and add the chocolate bits. Beat until chips melt. Pour evenly over cake. May freeze. Cut into squares of desired size.

Lemon Chess Pie
(or individual tarts)

3 eggs, beaten until light
juice of 1 ½ lemons (4 ½ T)
3 T. butter, melted
1 unbaked pie shell

1 ½ cups sugar
1 lemon rind. Grated
1/8 tsp. salt

Combine ingredients. Pour into pie shell. Bake 25 to 30 minutes at 350°
(Cooking time for tarts will be less). Yields 4 medium tarts, more of smaller. (in freezer section)

Neiman Marcus Famous Chocolate Chip Cookies

5 cups oatmeal, blended to a
fine powder, set aside
4 sticks butter
2 cups granulated sugar
2 cups brown sugar
4 eggs
2 tsp. vanilla

3 cups chopped nuts
24 oz. (4 cups) chocolate chips
1 8 oz. Hershey bar, grated
4 cups plain flour
2 tsp. baking soda
1 tsp. salt

Cream butter and sugar together. Add eggs and vanilla. Combine dry ingredients, including oatmeal, add gradually. Stir in by hand the nuts and chocolate chips and grated chocolate. Roll into small balls. Place 2 inches apart on cookie sheet. Bake 10 minutes at 375°. Cool on rack. May freeze. May cut recipe in half.

Brunch

Depending on the time of the service, a brunch may be a desirable meal to serve.

Suggested menu: Breakfast Casserole
Fruit salad (Baked fruit in colder months)
Muffins/bagels/ coffee cake
Juice
coffee

Cinnamon Coffee Cake

1 box Duncan Hines Butter Cake Mix	¼ cup sugar
¼ cup water	½ cup oil
8 oz. sour cream	4 or 5 eggs

Mix above ingredients together

Topping:

½ cup brown sugar	1 T. cinnamon
½ cup nuts (optional)	

Grease 2 loaf pans or 1 bundt pan and layer batter/topping/batter. Cook at 350° for 30 minutes (loaf pans) 40 minutes (bundt pan) or until toothpick inserted in the middle comes out clean.

Breakfast Casserole

5 slices bread in 1 inch pieces	1 lb sausage, browned (mild or hot)
1 T. dry mustard	1 T. Worcestershire Sauce
6 eggs	2 ½ cups milk
1 ½ cups shredded cheese	

Butter bottom of 9x13 casserole dish; layer with bread; top with sausage; beat eggs, milk, mustard, and Worcestershire together and pour over sausage; top with cheese. Cover and refrigerate overnight. Bake uncovered at 350° for 45 minutes.