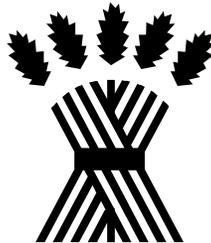


**A
TASTE
OF PROVIDENT LIVING
IN THE
FREDERICKSBURG
VIRGINIA STAKE**



Date: Sept. 28th (Saturday)
Time: 7:00 to 8:00 p.m.
Place: Cultural Hall, Fredericksburg Stake Center

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BREAD

5 C. hot water*
2/3 C. sugar
2/3 C. oil
2 T. salt

1 1/2 C. bread flour
3 T. yeast
10 C. bread flour

***as hot as you can get from tap.**

Mix first four ingredients together for 30 seconds. Add 1 1/2 C. bread flour and mix for 30 seconds. Add 3 T. yeast and mix for 30 seconds. Add 10 C. flour and mix until all mixed. Let it sit for 20 minutes. Cut dough into 4 equal pieces. Oil the counter where you will roll out the dough to a very thin 10" x 30" rectangle. Roll up dough and put in loaf pans. Put oven on the lowest temperature. Place loaves in oven for 20 minutes and then turn oven up to 325° F and cook for 30 minutes. NOTE: You can make cinnamon bread by spreading brown sugar and cinnamon on the dough after you roll it out before you roll it up to put in loaf pans. You may have to cook for 5 minutes longer.

SUBMITTER: Laura Farish (Aquia Ward)

LIGHT CORNMEAL CRESCENTS

2 t. active dry yeast
1/2 C. warm water
1 1/2 C. lukewarm milk (scalded then cooled)
1 C. cornmeal
1/2 C. sugar
1/2 C. butter or margarine, softened

2 eggs, slightly beaten
2 t. salt
5 3/4 -6 1/4 C. flour*
cornmeal
butter or margarine, softened
butter or margarine, melted

***either bread flour or 1/2 bread flour and 1/2 wheat flour**

Dissolve yeast in warm water. Stir in milk, 1 cup cornmeal, the sugar, 1/2 cup butter, the eggs, salt, and 2 cups of the flour. Beat until smooth. Stir in enough remaining flour to make dough easy to handle. Turn dough onto lightly floured surface; knead until smooth and elastic (about 5 minutes). Place in greased bowl; turn greased side up. Cover; let rise in warm place until double (about 1 1/2 hours--dough is ready if indentation remains when touched). Grease 2 baking sheets; sprinkle with cornmeal. Punch down dough; divide in half. Roll each half into 12- inch circle. Spread with softened butter; cut each circle into 16 wedges. Roll up each wedge, beginning at rounded side. Place crescents with points down on baking sheets. Cover; let rise until double (about 40 minutes.) Heat oven to 400° F. Brush crescents lightly with melted butter; sprinkle with cornmeal. Bake until golden brown, 15-20 minutes. Yield-32 crescents.

SUBMITTER: Kimberly Fletcher (Chancellor Ward)

OLD-FASHIONED BREAD

(This recipe works well with pumpkin, banana, etc.)

<p>2 C. all-purpose flour 1/2 t. baking powder 1 t. baking soda 1/2 t. salt 1/2 t. ground cinnamon 1/2 C. butter, room temperature 1/2 C. packed brown sugar</p>	<p>1/2 C. granulated white sugar 2 eggs, room temperature 1/2 C. dairy sour cream or plain yogurt, room temperature* 1 C. pureed fruit or squash 1 t. vanilla 1/2 C. nuts (if desired)</p>
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*** Can also use nonfat.**

Grease a 9 x 5 loaf pan and set aside. Preheat oven to 350° F. In a large bowl combine flour, baking powder, baking soda, salt, and cinnamon; set aside. In another bowl for mixer, cream butter. Gradually beat in both sugars and continue beating 1 minute or until light and airy. Beat in eggs one at a time. Beat in sour cream, pumpkin, and vanilla until blended. Stir into flour mixture only until dry ingredients are moistened. Stir in nuts, if desired. Turn into prepared pan and smooth top. Bake 55 to 60 minutes or until a wooden pick inserted into center comes out clean. Let stand in pan for 10 minutes and turn on rack to cool. Makes 1 loaf.

NOTE: You can use powdered butter or margarine, powdered sour cream, and powdered eggs as long as you follow manufacturers directions for reconstituting before use. Also, frozen or bottled fruit or pumpkin can be used as well, just reserve some of the juice from the bottle as not to make the puree too watery.

SUBMITTER: Wanda Staker (White Oak Ward)

POTATO BREAD

<p>13 oz. water or 1 1/2 C. + 2 T. 2 T. butter or margarine 3 3/4 C. flour 2/3 C. instant potatoes pearls or flakes</p>	<p>2 T. dry milk 2 T. sugar 1 1/2 t. salt 2 1/4 t. active dry yeast</p>
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Bread Machines: Follow directions in instruction booklet.

Hand Mixer: Place potato pearls or flakes in a blender. Blend until pearls or flakes become a fine powder. Put water and butter in a medium-sized saucepan. Place on medium heat until the temperature of the liquids inside the saucepan reaches 120-130 ° F—usually 10 minutes. While liquids are heating up, add dry milk, salt, yeast, potato pearl powder, and 1 cup of flour in a large mixing bowl. Mix well. Add liquids when they are the right temperature and beat with an electric mixer for 2 minutes on low speed. Then add another cup of flour. Beat another 2 minutes on medium speed. Using a wooden spoon, add only enough of the remaining flour to make dough soft and pliable (like bubble gum.) Knead dough on a floured surface for 10

minutes—adding flour as needed to keep the dough from sticking to your hands and to the surface. When finished, place dough back into the mixing bowl. Cover with a towel and place in a warm location that is free from cold drafts of air. Let dough rise until it is double in size—usually 45-60 minutes. Punch down raised dough. Place onto an oiled surface. Oil your hands and knead dough to remove air bubbles. Then shape into a round ball and place in a greased bread pan. Cover pan with a towel and place in a warm location that is free from cold drafts of air. Let loaf rise until it is double in size—usually 45-60 minutes. Preheat oven to 350° F. Bake in oven for 25 minutes. Cool bread for at least 10 minutes before removing from bread pan. Place loaf on a dishtowel or paper towel to cool. EAT! Makes one loaf.

SUBMITTER: Julia Christiansen (Rock Hill Ward)

SOURCE: Recipe from her instruction booklet for her WestBend Bread Dough Machine, pg. 30.

PUMPKIN BREAD

3 C. flour	1 t. salt
2 C. sugar	1/2 t. baking powder
2 t. baking soda	1 can (16 oz.) pumpkin
1 t. ground cloves	2/3 C. salad oil
1 t. ground cinnamon	3 eggs
1 t. ground nutmeg	

Preheat oven to 350° F. Grease two 9x5 loaf pans well. In large bowl, mix all dry ingredients together with fork. Add pumpkin, oil, and eggs; mix just until blended. Pour batter into pans. Bake about one hour or until toothpick inserted in center comes out clean. Cool in pans on wire rack for ten minutes; remove from pans and cool completely. Makes 2 loaves.

SUBMITTER: Pat Dossett (Chancellor Ward)

SOFT BREADSTICKS

1 1/2 C. warm water	1 T. honey
1 T. yeast	1 t. salt
sprinkle of sugar	4 to 4 1/2 C. flour

In a large bowl, dissolve yeast and sugar in warm water. Add honey, salt, and flour. Mix together. Knead until dough is smooth and satiny. Let rise 45 minutes. Roll out to approx. 12 x 18". Slice dough into strips. Flip in melted butter or margarine. (1 cube does 1 batch.) Arrange on 12 x 18" pan, twisting each strip a few times. Sprinkle with garlic salt, if desired. Let rise 45 minutes. Bake at 400° F for 12 minutes. Can sprinkle with Parmesan cheese during last 3-5 minutes of baking.

SUBMITTER: Audrey Tibbitts (Spotsylvania Ward)

WHEATQUICK (Bisquick Substitute)

8 C. unsifted whole wheat flour
1/4 C. + 2 t. baking powder
4 t. salt

2 C. shortening
1/4 C. granulated sugar

Sift dry ingredients together twice. Cut in shortening. Store in refrigerator and mix as needed. Will keep 1 to 2 months. Use a covered container for storing. You can substitute WheatQuick in any recipe that calls for biscuit mix or Bisquick. It is fun to try new things. If you add 2 cups powdered milk to this recipe you can make any of the following variations by simply adding enough water to reconstitute this milk:

Pancakes: Stir 2 C. WheatQuick, 1 egg, 1-2/3 C. of milk until well-blended. Makes about 13 4" pancakes. For thinner pancakes use 2 C. of milk.

Waffles: Stir 2 C. WheatQuick, 1-2/3 C. milk, 1 egg, 2 T. salad oil or melted shortening until well blended. Makes 2 large or 6 small waffles.

Muffins: Heat oven to 400° F. Blend together 2 T. brown sugar, 1 egg, 3/4 C. milk, and 2 C. WheatQuick. For richer batter, add 2 T. melted shortening or salad oil. Fill 12 well-greased muffin tins 2/3 full. Bake 15 minutes. Yield: 1 dozen.

Date Bars: Heat oven to 350° F. Mix thoroughly 1/4 C. butter, 3/4 C. sugar, and 1 egg. Stir in 1-1/3 C. WheatQuick, 1/2 C. chopped nuts and 1 C. cut up dates. Bake 25 minutes in greased 8" square pan. Cool about one hour. Cut bars and roll in powdered sugar.

SUBMITTER: Jean Davies (Fredericksburg Ward)

WHOLE WHEAT APPLE MUFFINS

1 3/4 C. sifted whole wheat flour
2 t. baking powder
1/2 t. salt
1 t. cinnamon
1/4 t. nutmeg
1 C. buttermilk

1 egg
1/3 C. oil
1/4 C. honey
1/2 C. broken nuts
3/4 C. chopped apples

Sift together flour, baking powder, salt, cinnamon, and nutmeg. Beat together buttermilk, egg, oil, and honey. Add nuts and apples to the flour mixture. Add liquids and stir until moistened. Bake in greased muffin tin for about 25 minutes at 400°F. Makes 12 muffins.

SUBMITTER: Lyle Baumgarten (Spotsylvania Ward)

WHOLE WHEAT BREAD

2 T. yeast
1/2 C. water
1/2 C. sugar
1/2 C. oil

1 1/2 T. salt
4 C. water
whole wheat flour

Dissolve yeast in 1/2 C. water. Add sugar oil, salt, water, and 4 C. flour. Mix. Continue to add flour, 1 C. at a time until the dough is only slightly sticky. Let rise until double. Punch down. Divide and mold into bread pans. Let rise. Bake at 350° F for 25 minutes.

SUBMITTER: Kristi Sumner (Garrisonville Ward)

WHOLE WHEAT MUFFINS

1 3/4 C. whole wheat flour
1 T. baking powder
3/4 t. salt
1/4 t. baking soda
1 egg

2-3 T. oil
3-5 T. honey or sugar
1 C. applesauce
2/3 C. buttermilk
1/2 t. vanilla

Mix dry ingredients in a bowl. Make a well. Add egg and beat slightly with a fork. Add remaining ingredients and mix with whisk just until moist. Add variation ingredients accordingly. Use an ice cream scoop to place batter in Teflon coated muffin tin sprayed with cooking spray. (Papers don't work well because of the low fat content). Bake in preheated oven at 400° F for 12-13 minutes. Don't over bake. Store in airtight container once they cool down.

Variations:

Banana Nut Muffins: Substitute 1 C. ripe bananas (mashed) for the applesauce. Add 1/2 C. chopped pecans (optional).

Applesauce Spice Muffins: Add 1 t. cinnamon, 1/2 t. ground cloves, and 1/2 t. nutmeg with dry ingredients.

Chocolate Chip Muffins: Add 1 t. molasses and 2/3 C. chocolate chips.

Chocolate Muffins: Add 5 T. cocoa powder, 3 T. extra sugar, 2 T. extra buttermilk, and 1/2 C. chocolate chips.

Cinnamon Strudel Muffins: Make crumb topping by mixing together 3 T. brown sugar, 3 T. whole wheat flour, 1 1/2 T. softened butter and 1 1/2 t. cinnamon. Push topping into muffins slightly before baking.

Poppy Seed Muffins: Substitute 1/2 C. of the applesauce with 1/2 C. sour cream. Add 2-3 T. extra sugar, 1 t. lemon juice and 2 T. poppy seeds.

TIP: I use “white” wheat for a nice light texture, but if you only have “red” wheat, substitute some sifted regular white flour for part of the whole wheat flour.

SUBMITTER: Lisa Stokes (Garrisonville Ward)

APPLE CRISP

4 C. cored, sliced cooking apples*	1/2 t. salt
1 T. lemon juice	1 C. quick oats
1/3 C. sifted whole wheat flour	1/2 C. brown sugar
1 t. cinnamon	1/3 C. butter, melted

Place apples in shallow 9” x 9” baking dish. Sprinkle with lemon juice. Sift together flour, cinnamon, & salt. Stir into flour mixture the oatmeal and brown sugar. Add the butter and mix until crumbly. Sprinkle crumb mixture over apples. Bake at 375° for 30 minutes or until apples are tender.

SUBMITTER: Sue Palmer (Rock Hill Ward)

APPLE CRISP (WITH CRUNCHY GRANOLA)

4 C. sliced, peeled apples*	2/3 C. brown sugar, firmly packed
1/4 t. ground cinnamon	1/3 C. flour
1 1/2 C. crunchy granola**	1/3 C. butter or margarine, melted

***or reconstitute enough dried apples to yield this amount.**

Place apples in greased 8" square pan. Sprinkle with cinnamon. Combine crunchy granola, brown sugar and flour. Thoroughly mix in butter. Sprinkle mixture over apples. Bake at 350° F for 35 minutes. Makes 6 servings.

Crunchy Granola

5 C. old-fashioned rolled oats	1/2 C. brown sugar, firmly packed
1 1/2 C. wheat germ	1/2 C. salad oil
1 C. shredded coconut	1/3 C. water
1 C. chopped nuts	2 t. vanilla
1 C. bran flakes (or 1/2 cup wheat bran)	

Stir together oats, wheat germ, coconut, nuts, bran flakes, and brown sugar in a large bowl.

Combine oil, water and vanilla; pour over cereal mixture and mix thoroughly. Turn into 15 ½ x 10 ½ x 1" pan, or other large, shallow baking pan. Bake at 350° F for 1 hour, stirring every 15 minutes. Cool and store in covered container. Makes about 10 cups.

SUBMITTER: Kathy Roach (Aquia Ward)

SOURCE: An old (1980s) Homemaking Book that belonged to her mother.

CINNAMON ROLLS

Dough

3/4 C. low fat milk

1/2 C. sugar

1 1/4 t. salt

1/2 C. butter or margarine

2 pkg. active dry yeast

1/3 C. warm water (105-115 ° F)

3 eggs, room temperature

5 to 6 1/2 C. all purpose flour

In a medium saucepan, heat milk, butter, and water to 105 to 115° F. In a separate large bowl, add sugar, salt, yeast, and half of the flour. Mix well. Add warmed up liquids and beat with mixer on low for 2 minutes. Add eggs and one additional cup of flour. Beat with mixer on medium for 2 minutes. Stir in remaining flour a little at a time with a wooden spoon until soft dough forms. Turn out onto a floured surface and knead for 8 minutes. Place back in bowl. Cover and let rise until dough has doubled in size.

Filling

1 C. firmly packed brown sugar

1 C. sugar

1/4 C. butter or margarine, softened

1/4 C. all-purpose flour

1 1/4 T. cinnamon

1/2 C. chopped walnuts or pecans

Turn dough out onto a floured surface. Divide dough into two balls. Roll out each ball into a rectangle. In a small bowl, add all of the filling ingredients. Mix well. Spread mixture out over dough. Roll up dough lengthwise. Slice desired width. Place rolls into two greased 13" x 9" x 2" pans. Let rise in warm place until doubled. Bake for 20 to 25 minutes at 350° F. Remove from pan.

Carmel Glaze

1/3 C. evaporated milk

2 T. brown sugar

1/2 C. powdered sugar

1 t. vanilla

Mix all the glaze ingredients together. Drizzle on top of rolls.

SUBMITTER: Linda Culbertson (Spotsylvania Ward)

CREAMY BANANA PUDDING

1 can (14 oz.) sweetened condensed milk **2 C. whipping cream, whipped**
1 1/2 C. cold water **26 vanilla wafers**
1 box (4 serving) instant vanilla pudding **3 med. bananas**

In a large bowl, combine milk and water. Add pudding. Beat well. Chill 5 minutes. Fold in whipped cream. Spoon 1 C. of mixture into a 2 1/2 quart glass bowl. Top with 1/3 each of wafers, bananas, and pudding in layers. Repeat layering twice ending with pudding. Chill.

TIP: Mixture may be layered into individual serving dishes.

SUBMITTER: Lucretia Murdock (White Oak Ward)

FRUIT-FILLED OATMEAL BARS

1 C. all-purpose flour **1/4 t. baking soda**
1 C. quick-cooking rolled oats **1/2 C. butter or margarine**
2/3 C. packed brown sugar **10 oz. jar of preserves for the filling**

Preheat oven to 350° F. In a mixing bowl combine flour, brown sugar, and baking soda. Cut in butter till it resembles coarse crumbs. Reserve 1/2 C. of the flour mixture. Press remaining flour mixture into the bottom of an ungreased 9" x 9" x 2" baking pan. Spread with preserve filling. Sprinkle top with reserved flour mixture. Bake for 30-35 minutes or until top is golden brown. Cool in the pan on a wire rack. Cut into bars. Makes 25.

SUBMITTER: Joan Delapp (Rock Hill Ward)

SOURCE: *Better Homes and Gardens New Cookbook*, p. 105

HONEY GRANOLA CRUNCH

(If your kids live on cereal, here is a less expensive alternative that uses food storage items.)

1 C. nuts, coarsely chopped **1/4 t. salt**
4 C. quick or old-fashioned oats **1/3 C. butter or margarine, melted**
1/4 C. packed brown sugar **1/4 C. honey**
1 1/2 t. ground cinnamon **1 C. dried fruit (optional)**

Preheat oven to 375° F. In a 9" x 13" x 2" pan, mix nuts, oats, brown sugar, cinnamon, and salt. Stir honey into melted butter and pour over oat mixture. Mix until oat mixture is evenly coated. Bake 25-30 minutes or until golden brown, stirring every 10 minutes so mixture browns evenly. Remove from oven and stir. Cool completely. Store in a tightly covered container.

SUBMITTER: Laurie Mattinson (Garrisonville Ward)

HOT CHOCOLATE MIX

1 can Hersheys Chocolate Milk powder (almost 2 lbs.)
1 can cream powder (1 lb.)

1 lb. powdered sugar
powdered milk (enough to make 2 gallons)

Mix all together; store in covered container. To use add 1/4 to 1/3 C. per mug. Add warm or hot water, depending on desired temperature. Stir.

Variations: add a candy can, cinnamon, or whip cream.

NOTE: This recipe works just as well with old powdered milk.

SUBMITTER: Patt Dossett (Chancellor Ward)

LEMON SPONGE CAKE

1 C. sugar
1/4 t. salt
1 heaping T. flour
1 lemon

1 T. butter **1 c. hot milk**
3 egg yolks
3 egg whites
unbaked 9-inch pie shell

Grate lemon rind and juice lemon. Mix sugar, salt, and flour. Add butter, lemon rind, lemon juice, and hot milk. Beat egg yolks and add to mixture. Beat egg whites and fold into mixture. Bake in an unbaked pie shell for 45 minutes at 325° F.

SUBMITTER: Bernice Ownbey (Spotsylvania Ward)

LIGHT AND FLUFFY LEMON CHEESE CAKE

1 can (1 2/3 C.) evaporated milk .)
1 pkg. lemon gelatin
1 C. boiling water
2 1/2 C. graham cracker crumbs
2 T. sugar

1/2 t. cinnamon
1/2 C. butter or margarine, melted
1 pkg. (8 oz.) cream cheese
1/2 C. sugar
2 t. vanilla

Pour milk into deep small bowl; put in freezer, along with the mixer's beaters. Freeze until ice crystals form around the edge. Meanwhile, dissolve gelatin in boiling water; cool to room temperature. Combine crumbs, 2 T. sugar, cinnamon, and butter. Press half of mixture firmly over bottom of 13" x 9" x 2" pan. Set aside remaining crumbs. Beat icy milk at high speed until fluffy. Beat cream cheese and 1/2 C. sugar in large bowl until fluffy; blend in cooled gelatin and vanilla. Whip in milk and cream cheese. Beat 2 minutes. Pour into pan; sprinkle crumbs over top and chill. (Can use half as much cream cheese for an even lighter dessert.)

SUBMITTER: Shannon Morrow (Garrisonville Ward)

OATMEAL CAKE

Cake

1 C. quick oats
1 1/2 C. boiling water
1/2 C. vegetable oil
1 C. brown sugar
1 C. white sugar
2 eggs
pinch of salt
1 t. baking soda
1 t. cinnamon
1 1/2 C. flour

Icing

1/2 C. butter
1 C. brown sugar
2 T. milk
1/2 t. baking powder
1 C. shredded coconut
pinch of salt
1/2 C. chopped pecans or walnuts

Cake: Preheat oven to 350° F. Pour oats into boiling water. Set aside. Cream oil and sugars. Add eggs and mix well. Add oatmeal mixture. Mix well. Add salt, baking soda, and cinnamon. Mix well. Add flour. Mix well. Pour mixture into a greased and floured 9" x 13" pan. Bake for 25-30 minutes or until toothpick comes out clean. **DO NOT REMOVE CAKE FROM PAN.**

Icing: In a medium saucepan, add butter, sugar, milk, baking powder, coconut, and salt. Mix well. Bring mixture to boil. Fold in nuts. Pour hot mixture over cake in pan. Serve.

SUBMITTER: Denise Moody (Garrisonville Ward)

SOURCE: Kari Halliday (former member of the Rock Hill Ward)

PUMPKIN SPICE BARS

1 C. graham crackers or ginger snaps,
crushed
7 T. butter, melted
1 2/3 C. + 1/4 C. sugar (divided)
2 C. all-purpose flour
2 t. cinnamon
2 t. baking powder

1 t. baking soda
1 t. salt
4 eggs
1 can (15 oz.) pumpkin puree
1 C. vegetable oil
1 can (16 oz.) cream cheese frosting
sprinkles

Preheat oven to 350° F. Line a 15" x 11" pan with aluminum foil. Set aside. In a small bowl, mix butter, crumbs, and 1/4 C. sugar well. Spread into bottom of pan using a measuring cup to press down firmly. Bake 6 minutes. Let cool completely. In a medium bowl, combine flour, cinnamon, baking powder, baking soda, and salt. In a separate bowl, beat eggs with remaining sugar, pumpkin, and oil. Stir in flour mixture. Spread over cooled crumb crust using a spatula. Bake 25 to 30 minutes. Let cool. Spread with frosting. Add sprinkles.

SUBMITTER: Fleta DelBianco (Chancellor Ward)

REALLY GOOD PINTO BEAN PIE

1/2 C. white sugar	2 eggs, beaten
1 C. brown sugar	1 unbaked 9-inch pie shell
1/2 C. butter, softened	1 heaping C. mashed, cooked pinto beans

Beat white sugar, brown sugar, eggs, and butter until creamy. Add pinto beans; blend well. Pour into unbaked pie shell and bake 20 minutes at 375° F. Reduce heat to 350° F and bake an additional 25 minutes or until a knife inserted in center comes out clean. Serve with whipped topping or scoop of ice cream.

SUBMITTERS: Ruth Wassink (Chancellor Ward) and Karen Nelson (White Oak Ward)

WHOLE WHEAT HONEY COOKIES

1 1/2 C. shortening or margarine	2 C. white flour
2 C. sugar	3 t. baking soda
2 eggs, beaten	1 t. baking powder
1/2 C. honey	1/2 t. salt
2 C. whole wheat flour	3 t. cinnamon

Blend shortening, sugar, eggs, and honey. Add dry ingredients. Mix well. Roll in balls, then roll in cup with sugar and cinnamon mixture. Bake at 325° F for 10 minutes. Looks like a ginger snap. Keeps well. Do not over bake.

SUBMITTER: Kathy Slater (Garrisonville Ward)

WHOLE WHEAT ICECREAM SANDWICHES

1/2 C. evaporated milk	1 C. brown sugar
2 t. lemon juice	6 C. whole wheat flour
1 C. oil	1 t. salt
1/2 C. honey	1 t. soda
2 t. vanilla	1 qt. icecream (any flavor)
2 eggs	

Mix milk and lemon juice together. Add oil, honey, vanilla, eggs, and sugar. Mix well. Add flour, salt, and soda. Mix well. Divide dough into two equal parts. Place each part on a greased cookie sheet. Cover with a sheet of plastic wrap. Roll out dough 1/8 inch thick under the plastic. Remove plastic wrap and score dough into squares with a pizza cutter. Prick dough with a fork. Bake at 350° F for 10 minutes or until brown. Cool. Break crackers into squares along score lines. Place two scoops of icecream between two crackers. Press down. Wrap in sheets of aluminum foil. Store in freezer. HIDE FROM CHILDREN!

SUBMITTER: Jillyne Keene (Rock Hill Ward)

SOURCE: Adapted from *The Amazing Wheat Book*, p. 190.

BEANS AND RICE

4 C. beans*

10 C. water

1/2 C. dried chopped onion

1 C. dried chopped green peppers

1/4 C. dried minced garlic

3 T. chicken soup base

2 C. tomatoes, diced

1 1/2 T. salt

seasonings**

8 C. rice, cooked

***black turtle beans, small red beans, soybeans, or pink beans!**

****You must experiment to see what you like! I like 1/4 t. cumin, 1 t. oregano, and 1 t. Tabasco sauce!**

In a large pot, add beans and cover with at least two inches of water. Bring to boil. Boil for two minutes. Drain water. Pour beans into a large crock-pot. Add 10 C. water. Add all the remaining ingredients except the tomatoes and rice. Cook on low for 8 hours. Add tomatoes. Heat through. Serve on top of hot, cooked rice. Serves 12.

SUBMITTER: Jillyne Keene (Rock Hill Ward)

BEEF STEW

(This recipe stores well on the shelf and makes a great dinner for the end of a hectic day!)

2 1/2 lbs stew meat

2 lbs carrots

6-8 potatoes

4-6 celery stalks

2 cans tomato sauce

1 can cream of mushroom soup

1 pkg. onion soup mix

2 qts. water

salt and pepper

Cut meat into small squares and cook until brown in a frying pan. Cut up vegetables. Put all the ingredients into your largest pot. Depending on how big your largest pot is you can double or triple the recipe. Cook until everything is warm. Pour into warm jars adding lids and rings. Process at 11 pounds pressure -Pints 75 minutes and Quarts 90 minutes. (These numbers are for the Virginia area, if you try this recipe at a higher elevation consult your canner instructions on processing meat.)

SUBMITTER: Robert Mattinson (Garrisonville Ward)

BULGUR, MACARONI, AND BEEF CASSEROLE

3 C. reconstituted bulgur* 3 C. macaroni, cooked 1 1/2 lb. hamburger 1/4 C. dried chopped onions	4 cans (10 3/4 oz.) tomato soup 2 cans (15 1/2 oz.) corn 3 C. shredded cheddar cheese
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Brown hamburger in large skillet. Add dried onions and heat through. Drain off excess fat. Add all of the remaining ingredients. Mix well. Heat through until cheese just starts to melt. Serves 12.

**Bulgur*

whole wheat

water

Rinse whole wheat in cool water. Drain. Place wheat in a large pot and cover with at least 2 inches of water. Place on high heat. Bring to boil. Turn off heat and let sit 2 hours. Add more water if needed and turn heat back on high. Bring to boil again. Turn off heat and let sit another 2 hours. Drain water. Place wheat on a cookie sheet and dry out in an oven at 200° F for 8-12 hours. Store in an airtight container. To reconstitute, add 1 1/2 C. bulgur to 3 C. of boiling water. Boil for 5 to 10 minutes or let soak overnight. It will double in volume like rice.

SUBMITTER: Jillyne Keene (Rock Hill Ward)

EASY "ABC" SOUP

2 C. "ABC" soup mix 1/2 C. rice 12 C. water	1/2 tsp. garlic 8 beef bouillon cubes
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Bring to boil. Simmer for 45 minutes or until tender. Salt and pepper to taste. It is also delicious with sausage or hamburger.

SUBMITTER: Denise Moody (Garrisonville Ward)

EASY HEARTY BEAN SOUP

3 C. mixed dry legumes* 12 C. water 1 medium onion, chopped 1 garlic clove, minced 1 qt. stewed tomatoes, chopped 1 can beef chunks	3 T. beef bouillon granules 2 t. of chili powder 2 t. of celery salt 2 T. of dried parsley flakes dash of pepper dash of cumin
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***pinto, kidney, navy, white, lima, split pea, or lentil**

Rinse legumes. Place in a large pot with 12 C. of water and boil covered for about an hour. Add remaining ingredients and cook for about another 45 minutes. Enjoy! Especially good with breadsticks for dipping!

SUBMITTER: Shelly Relitz (Rock Hill Ward)

GLUTEN ITALIAN SAUSAGE LASAGNA

1 4.3 lb. jar of spaghetti sauce	6 eggs, beaten
4 C. gluten Italian sausage**	5 lbs. shredded mozzarella
2 C. rennet cheese*	1 lb. box lasagna noodles

Prepare gluten italian sausage. Add to spaghetti sauce. Mix. Prepare rennet cheese. Add to cheese and eggs. Mix. Cook lasagna noodles according to package directions. Drain. In two large greased 9" x 13" x 2" pans, layer ingredients as follows: noodles, cheese mixture, and spaghetti sauce mixture. Repeat. Bake at 350° F for one hour. Let cool 15 minutes. Servings: 24.

**Rennet Cheese*

1 qt. hot tap water	2 T. vegetable oil (optional)
1 C. buttermilk	5 drops of rennet liquid
2 C. dry milk powder	1 T. cold water

Dissolve rennet liquid in cold water. Blend all ingredients in a large bowl and pour into a heavy saucepan coated with a non-stick pan spray. Let sit undisturbed for 10 minutes. Cut or stir to break into curds and cook over medium heat for 5 minutes. Pour curds into a strainer; rinse with hot, then cold water and drain. Salt to taste, then refrigerate.

***Gluten Italian Sausage*

6 C. unflavored ground gluten***	1 T. sausage seasoning****
6 T. white bean or wheat flour	3 T. water
6 T. olive oil	

Mix gluten and flour. Mix oil and eggs. Add to gluten mixture. Mix seasoning and water. Add to gluten mixture. Spread onto a greased cookie sheet. Bake at 350° F for 15-20 minutes.

****Gluten*

12 C. whole wheat flour	7 C. lukewarm water
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Add water to the flour. Mix well. (It should take about 20 stirs.) The mixture should resemble bread dough. Let rest 1/2 hour or more. Refrigerate dough mixture if more than 24 hours. Pour 1/4 of the dough into a large strainer. Rinse under cold running water until only gluten remains. (Gluten is the protein part of the wheat. It is medium brown and resembles bubble gum.) Pour

gluten into a separate bowl. Repeat until all of the dough has been rinsed. Roll the gluten into one large ball. Rinse one more time really well. Drain well.

Cook the raw gluten using any of the following methods:

Baked: Roll out raw gluten onto a greased baking sheet and bake at 350° F for 30 minutes. Use fork to puncture air bubbles.

Steamed: Place raw gluten into a greased steamer, double broiler, or pressure cooker. Steam for 30 minutes or until firm.

Prepare the cooked gluten in any of the following ways:

Baked Gluten: Grind up baked gluten in a meat-grinder, food processor, or food chopper. Season as desired to make ground beef or sausage.

Steamed Gluten: Simmer steamed gluten in a seasoned broth as desired. BASIC BROTH: 1 C. water and 2 T. flavored base. Slice or cube gluten to make chicken, turkey, beef, veal, or fish.

***Italian Sausage Seasoning for Gluten

1 T. white pepper

1 T. black pepper

2 T salt

2 t. thyme

1 t. sage

1 t. nutmeg

1 t. savory

1/2 t. garlic powder

1/2 t. red pepper

Mix well. Store in an airtight container.

SUBMITTER: Jillyne Keene (Rock Hill Ward)

SOURCES: *Quick Wholesome Foods Video*, *Natural Meals in Minutes*, p 119, and *The Amazing Wheat Book*, pp. 5-69.

LOVE SOUP

(This is a great gift!)

In a one-pint mason jar, place in layers 1/4 c. of each of the following items:

beef soup base

pearl barley

split peas

lentils

dried onions

great northern white beans

great northern black beans

curly noodles (on top!)

Decorate the top of the jar with a 6" square of seasonal fabric that has been screwed between the mason lid and the ring. Attach the following label:

LOVE SOUP

*When dinner is a comin'
But you've better things to do,
Remember that this "Love Soup"
Was made especially for you.*

*Just add 7 cups of water
Half-pound of "Burger" for the meat,
Then let stew and simmer
'Til it's time for you to eat.*

DIRECTIONS: Brown hamburger in 5 quart kettle. Remove noodles from top of jar and add remaining ingredients and 7 cups of water to browned meat. Simmer on low for several hours until tender. Add noodles 10 minutes before serving.
NOTE: Other vegetables such as carrots, celery, potatoes, etc., can be diced and added to the pot. Stewed tomatoes and corn can be added when the soup is done.

SUBMITTER: Ruth Ann Porter (White Oak Ward)
SOURCE: Her friend Bonnie Hendricks

MACARONI AND HAMBURGER AND TOMATO CASSEROLE

1 lb. ground beef, browned 1 can tomatoes 1 can tomato juice 1 C. dry macaroni parmesan cheese	2 T. dried green peppers 2 T. dried chopped celery 1 t. dried chopped onions additional spices to taste
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Cook macaroni according to package directions. Mix all the remaining ingredients except parmesan cheese up in a pot. Heat it up.

SUBMITTER: Liz Stello (White Oak Ward)

NAVY BEAN AND HAM SOUP

5 C. dry white beans 12 C. water 1 C. diced ham 1/2 C. dehydrated minced onions 1/2 C. dehydrated minced carrots	2 1/2 T. chicken-flavored stock base 1 t. salt 2 crumbled bay leaves 1/4 t. ground cloves 1/2 t. pepper
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In large pot, add beans and cover with at least two inches of water. Bring to boil. Boil for two minutes. Drain water. Pour beans into large crock-pot. Add 12 C. water all of the remaining ingredients. Cook on low for 8 hours.

SUBMITTER: Jillyne Keene (Rock Hill Ward)

SOURCE: Adapted from *Good Housekeeping Illustrated Cookbook*, p. 135.

POTATO PEARL CASSEROLE

1 to 1 1/2 lbs. ground beef
1 can cheddar cheese soup
4 C. hot water
2 C. potato pearls

1 can cream of chicken soup
1 1/2 to 2 cans of milk
1 to 2 C. grated cheese

Brown hamburger (with chopped onion if desired) and drain. Put in bottom of casserole dish. In another bowl mix soups with milk. Cover meat with soup mixture. Mix potato pearls and hot water until thick and spread over the meat and soup mixture. Sprinkle a good amount of grated cheese over entire dish. Cover and bake for 45 to 60 minutes at 425° F.

Variation: layer of vegetables over meat...like green beans. You can use tator tots or French fries in place of the potato pearls.

SUBMITTER: Sharon Wehle (Rock Hill Ward)

TACO SOUP

1 C. pink beans
1 C. small red beans
1 C. garbonzo beans
1 C. pinto beans
10 C. water
1/2 C. dried chopped green peppers
1/2 C. dried chopped onions

2 C. tomatoes, diced
1 C. taco seasoning
1 C. ranch dressing mix
2 C. corn
1 lb. bag of tortilla chips
3 cups shredded cheddar cheese

Place beans in a large pot. Cover beans with least 2" of water. Place on high heat and bring to a boil. Boil for 2 minutes. Drain. Pour beans into a large crock-pot. Add 10 C. water. Add all of the remaining ingredients except corn and tomatoes. Cook on low heat for 8 hours. Add corn and tomatoes. Heat through. Serve on top of crushed corn chips and shredded cheddar cheese. Serves 12.

SUBMITTER: Jillyne Keene (Rock Hill Ward)

TUNA AND NOODLE CASSEROLE

8 oz. noodles	2/3 C. milk
1 can (6.5 oz.) tuna fish	1/2 C. buttered bread crumbs
1 can (10 oz.) condensed mushroom or chicken soup	4 C. boiling water
	dash of paprika

Cook noodles in 4 cups boiling water. Rinse and drain. Arrange noodles and tuna fish in layers in casserole. Combine soup and milk. Pour over noodles and fish. Top with buttered crumbs and a dash of paprika. Bake for 25 minutes or until browned at 375° F. Makes about six servings.

SUBMITTER: Retha Carpenter (Spotsylvania Ward)

TUNA CASSEROLE

8 oz. cooked noodles	2/3 C. powdered milk (reconstituted)
1 can tuna	1 C. Ritz crackers, crushed into crumbs
1 can cream of mushroom soup	1 C. canned peas, drained

Preheat oven to 350° F. Mix tuna, peas and noodles together and layer in greased casserole dish. Combine cream of mushroom soup and milk and pour over tuna and noodles mixture. Top with crushed cracker crumbs. Bake for about 30 minutes. Makes 4 servings.

SUBMITTER: Barbara Clawson (Rock Hill Ward)

SOURCE: family.com

WHEAT CHILI

3 C. water	1/2 T. brown sugar
3 T. beef broth	1 bay leaf
1 1/2 C. whole wheat	1/2 t. sweet basil
1 chopped onion	1/2 t. ground cumin
1 C. tomato sauce	

Place all ingredients in a crock-pot. Cook on high for 8 hours.

SUBMITTER: Jillyne Keene (Rock Hill Ward)

SOURCE: <http://www.lds.net/ldslife/families/emergency/wheatchili.htm>

Making the wash: In a small cup, stir together the egg with the 1 T. of water. Brush over the crust. Bake the pie on lowest rack in the 400° F oven for 20 minutes. Lower oven temperature to 350° F, and bake 20 to 25 minutes more. Let the pie sit at least 15 minutes before cutting.

Makes 6 to 8 servings

SUBMITTER: Misty Foxley (Chancellor Ward)

WINTER WHEAT SOUP

1 C. wheat berries or spelt	3 med. ribs of celery, sliced
1 lg. carrot, peeled and sliced	1/2 C. celery leaves, coarsely chopped
2 med. parsnips, peeled and sliced	2 T. kosher salt
1 med. turnip, peeled and sliced	1/2 C. cilantro leaves
2 lg. leeks (white part only), sliced	freshly ground pepper, to taste
1 med. sweet potato, peeled and cubed	

In a medium stockpot, bring the wheat berries and 13 C. water to boil. (For added flavor, replace some of the water with garlic broth. Lower the heat and simmer, partially covered, for 50 minutes, or until the wheat berries are almost cooked through, but not mushy. Stir in the carrot, parsnips, turnip, and leeks. Return to a boil. Lower the heat and simmer, uncovered, for 10 minutes. Stir in the sweet potato and celery. Simmer for 10 more minutes. Stir in the celery leaves and salt. Simmer for 1 minute. Add the cilantro and simmer for 1 minute. Season with pepper. Makes 13 C.; 6 main-course serves.

SUBMITTER: Ruth Ann Porter (White Oak Ward)

SOURCE: Barbara Kafka, *Soup: A Way of Life*

WISCONSIN SPLIT PEA SOUP

1 lb. dry split peas	1 t. dried parsley flakes
2 1/2 qts. water	1/2 t. pepper
1 medium ham bone	1/4 t. garlic salt
1 1/2 C. chopped onions	1/4 t. dried marjoram
1 C. each diced celery, carrots, & potatoes	salt to taste

In Dutch oven or soup kettle, place the peas, water, and ham bone. Bring to boil. Reduce heat. Cover and simmer for two hours. Stir occasionally. Stir in remaining ingredients. Bring to boil. Reduce heat. Cover and simmer for 30 minutes or until vegetables are tender. Remove ham bone. When cool enough to handle, remove meat from bone. Chop up ham and return to soup. Heat through. Yields: 12 servings.

SUBMITTER: Audrey Welling (White Oak Ward)

SOURCE: *Taste of Home*, April/May 2001, p. 45.

CURRY COUS COUS

Salad

1 1/3 C. cous cous 2 C. boiling water 1 can drained black beans 1 can drained corn	1/2 can drained peas 1/2 can drained green beans 1/2 can copped carrots
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Dressing

1/4 C. olive oil 1 T. curry powder 1 t. paprika 1/2 t. garlic salt	6 T. lemon juice 2 T sugar 1/4 t. pepper
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Boil water and add cous cous. Cover and let stand for 5 minutes. Fluff with fork. Add beans and vegetables. Toss. Mix dressing and pour over salad and mix. Rehydrated dried onions or chopped chives may be added.

SUBMITTER: Debbie Carver (White Oak Ward)

GREEN JELLO WITH PEARS

2 pkg. lime gelatin (3 oz. each)	1 qt. canned pears
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Make gelatin as directed on box. Add pears. Refrigerate until set.

SUBMITTER: Gay Lynn Bohman (Rock Hill Ward)

HOMEMADE MACARONI AND CHEESE

5 C. dry macaroni 10 C. water 1/4 C. melted butter	1/2 C. milk 1 C. cheese powder 1 t. salt
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Cook macaroni in water. Drain. Pour into a large bowl. Toss with melted butter. In a separate small bowl, mix milk, cheese powder, and salt until smooth. Pour over macaroni and mix well. Makes 6 servings.

SUBMITTER: Jillyne Keene (Rock Hill Ward)

POTATO SALAD

5 lbs. red potatoes, chopped and boiled
1-2 C. mayo (more if too dry)
5 T. yellow mustard (or more to taste)
1/4 c. sweet pickle relish

5 T. apple cider vinegar
3-4 boiled eggs
4 small onion, finely chopped

Mix all ingredients while potatoes are still warm. Add more mayo if salad is too dry. Tastes great warm !!!!

SUBMITTER: Kristin Gardner (Rock Hill Ward)

WHEAT BERRY SALAD

3 C. wheat
2 diced tomatoes
2 C. shredded cheddar cheese

1 C. fresh, chopped parsley
1 pkg. Good Seasons Salad Dressing Mix

Day before serving: Place wheat in a large bowl. Cover wheat with at least two inches. Soak overnight.

Day of serving: Drain wheat. In large pot, heat 14 cups of water to boiling. Add drained wheat berries. Heat to boiling again. Reduce heat to low. Cover pot with lid and simmer for 2 hours or until wheat is tender. Drain wheat and place in large bowl. Add tomatoes, cheese, and parsley. Toss. Make up salad dressing mix. Add to bowl to taste. Toss and Serve.

SUBMITTER: Deborah Paxton (Fredericksburg Ward)

WHEAT BERRY SALAD

green salad
sliced and diced apples
pecans

1/2 C. raisins
honey/lemon dressing
1/2 C. to 1 C. wheat berries*

***wheat soaked in water for 24 hours**

Toss all ingredients together. Serve.

SUBMITTER: Ruth Ann Porter (White Oak Ward)