

Food For All



dal served over rice

Feed Your Faith
Feed the Hungry

There are people in the world so hungry that God cannot appear to them except in the form of bread."

Mohandas Ghandi

Food For All

Simplify Your Eating

Support Our Neighbors Who are Hungry.

The First Congregational Church Board of Outreach invite you to participate in our Food for All project. Choose one or more ways to simplify your food intake for one week and donate the money you save to support First Church's ministries to our hungry neighbors.

The Food for All project will run from Sunday, February 21 through Saturday, February 27, with a blessing of the donations during worship on February 28. This year, we plan to use the donations to underwrite the start up costs of the Midnight Run, meals we have volunteered to bring to the New Haven Green for the homeless. Any funds remaining at the end of the year will be donated to the food pantries we support.

How might you simplify your eating habits for a week? Choose from any of the ways listed below, or use your imagination.

- Eat from your pantry. Use up your left-over's and see what you can make from the forgotten items in your freezer and on your shelves.
- Go meatless. Try some of the tasty recipes in this flier.

- Bring your own lunch to work.
- Give up your store-bought coffee or your sodas from vending machines. Bring something from home.
- Skip a restaurant meal and eat at home instead.
- If it is safe for you, try fasting for a day.
- For the very adventurous: try spending only what the State provides for one week of food stamps. The *maximum* allowances are as follows: \$50 per week for a family of one, \$91 per week for a family of two, \$131 per week for a family of three, and \$165 per week for a family of four. Remember, most people who use food stamps do not have a kitchen full of staples to help stretch these dollars.

At the end of the week, add up what you have saved by simplifying your eating. Put that saved amount in the envelope with this flier (checks may be made out to “First Congregational Church” with ‘Food for All’ in the memo line). Put the envelope in the offering on February 28, or March 7, or return it to the church office.

The righteous shall say to him, “Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink?” And the King will answer them, “Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.”

Matthew 25:37-40

Breakfast Recipe

BAKED FRENCH TOAST

Ingredients:

- 1 baguette French or Cuban bread
- 6 lg. eggs
- 1 1/2 c. milk
- 1 c. Half and Half
- 1 tsp. vanilla extract
- 1/4 tsp. ground cinnamon
- 1/4 tsp. ground nutmeg
- 1/4 c. butter, softened
- 1/2 c. light brown sugar, firmly packed
- 1/2 c. chopped walnuts or slivered almonds
- 1 tsp. light corn syrup
- Maple syrup

Instructions:

Prepare the day before serving. Cut bread into 1-inch slices. Butter a 9-inch square baking pan or a larger rectangular pan. Arrange bread slices slightly overlapping to fill pan completely.

In a medium bowl, combine eggs, milk, cream, vanilla, cinnamon and nutmeg. Mix well and pour over bread-slices. Cover and refrigerate overnight.

Preheat oven to 350 degrees. In a small bowl, combine butter, sugar, nuts and corn syrup. Mix well and spread evenly over bread. Bake 40 minutes or until puffed and golden.

Serve with maple syrup. Makes 6-8 servings.

Lunch Recipes

VEGETARIAN CHILI

Ingredients:

- 1 tbsp. olive oil
- 1 onion, peeled and chopped
- 1 red pepper, deseeded and chopped
- 1-2 garlic cloves, crushed
- 14 oz. can tomatoes
- 1 c. dried red kidney beans, soaked, cooked and drained or 2 (15 oz.) cans red kidney beans
- 1/2 c. dried whole green lentils, simmered in plenty of water for 40-45 minutes until tender
- 1 tsp. mild paprika
- 1-2 tbsp. chili powder
- salt and freshly green pepper
- A little salt

Instructions:

Heat oil in large saucepan and sauté the onion and pepper for 10 minutes.

Add the garlic and cook for 1-2 minutes, then add tomatoes.

Drain the beans and lentils, reserving liquid. Add broth to the tomato mixture, along with the paprika and chili powder.

Simmer for 15 minutes, adding the bean water for consistency.

Season, add sugar, garnish and serve. Serves 4.

Peggy's Very Easy DAL

Dal is Indian Lentil Soup. Alternative spellings :dahl, dhal and daal.

Ingredients:

3/4 cup red lentils

2 1/2 cups water

1/4 teaspoon salt

1/4 cup chopped onions

1 teaspoon cumin powder

1 teaspoon curry powder

Optional:

1/2 cup diced tomatoes

1 teaspoon cumin seeds, sautéed until they burst, instead of cumin powder.

Instructions:

All measurements are approximate. Use more or less according to your tastes.

Rinse the lentil beans in a sieve under running water.

Combine lentils, water, salt, onion, cumin and curry powder in a saucepan. Bring to a boil. Reduce heat and simmer. Stir vigorously every five minutes or so. The dal should be the consistency of applesauce or a thick soup and the lentils should be very tender. When I stir, I squish the lentils against the sides of the pan. If it looks like the dal is getting too thick and the lentils aren't yet tender, just add more water. Serve hot, over rice, maybe with a little chutney.

ZUCHINI QUICHE

Ingredients:

1 cup bisquick

1/2 cup oil

4 eggs

1/2 cup sharp grated Cheddar cheese

2 tablespoons grated onion

1/2 teaspoon salt

2 cups shredded zucchini

Instructions:

Beat the first six ingredients well. Layer the zucchini in a 9x9 inch ungreased casserole dish, and top with the Bisquick mixture. Bake at 350 degrees for 25-30 min. Be sure it is done.

Dinner Recipes

TOMATO & CHEESE MACARONI

Ingredients:

- 2 cups macaroni
- 1 quarts tomatoes
- 1 tsp. sugar
- 1 tsp. dry mustard
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/4 tsp celery seed
- 1 cup grated cheddar cheese

Instructions:

Cook and drain macaroni according to package directions. Spoon 1/3 of can of tomatoes into a well greased 1 1/2 quart casserole dish. Mix the remaining tomatoes with spices. Stir in the macaroni, combine well, and pour into an oven-proof casserole dish. Top with grated cheese. Bake at 350 for 30 minutes.

OPTIONAL stir in 1/2 c up cheese with tomatoes & spices for extra cheesy macaroni dish.

EGGPLANT PARMESAN

Ingredients:

- 1 large eggplant
- 10-12 medium sized mushrooms (sliced)
- pasta sauce (no added vegetables; plain)
- 1/2 lb. mozzarella cheese (shredded)
- Italian bread crumbs
- vegetable oil
- 3 eggs
- salt (optional)

Instructions:

Slice the eggplant about 1/2 inch thick. Throw away both ends of eggplant; don't eat. Beat the eggs together in a flat bowl (cereal bowl; salad plate). Use another bowl (same type) and fill about 1/4 inch with breadcrumbs. Cover a slice of the eggplant, one at a time, with the egg and let excess drip off. Then lay the slice in the breadcrumbs, covering both sides. (continued on back)

Eggplant Parmesan (continued)

Repeat this process, adding more breadcrumbs as needed. If you fill the bowl with too many crumbs at one time, the crumbs will get sticky and chunky. Add oil to a medium fry pan, but just enough to coat the bottom. Brown each slice; you can brown about 4-5 slices at a time. Don't overcook; just let them get crispy on the outside. Add oil as necessary; don't let the pan dry out or burn. Transfer slices to a paper towel. Once all are browned, place a layer in the bottom of a rectangular casserole dish (approx. 9-11 inch dish). Top with half of a jar of sauce. Add the sliced mushrooms and a couple hand full of cheese. Add another layer of eggplant and the rest of the sauce. Cover with foil and put in a 375 degree oven for 15 minutes (oven temps vary). Add another couple hand full of cheese and bake uncovered for about 8-10 minutes .



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