

Recipes

A collection of recipes submitted by family and friends of
Cheviot United Methodist Church

April, 2020



**CONNECTING AND SERVING ALL PEOPLE, SO THAT LIVES ARE TRANSFORMED AND EMPOWERED
THROUGH THE LOVE OF CHRIST**

Nana's Banana Bread

From: Kathy H.

Makes: 1 Loaf

Instructions

Preheat oven to 350F and butter a loaf pan. Sift together dry ingredients. In a separate bowl, combine egg, bananas and milk, then stir in dry mixture until just blended. Transfer batter to loaf pan; bake 50 minutes.

Notes

I love this recipe I have been making it for 15yrs no mixer, beater required.

Mix in a bowl with a wooden spoon.

My grandkids (10yrs old) can make this recipe.

Actually we have been making it together since they were 3yrs old. They loved being able to mix all the ingredients together.

I have cut this recipe in half.

I have made it into muffins.

I have made it in a baking dish with a crumb topping.

Best recipe ever!

Ingredients

1 3/4 cup flour
1/2 teaspoon baking soda
1 1/2 teaspoon baking powder
3/4 teaspoon salt
3/4 cup sugar
1 Egg, beaten
1 cup mashed bananas
1/2 cup milk

Creamy Avocado Dip with Scallions

From: Janice H.

Makes: 1 1/2 cups

Instructions

1. Heat oil in small saucepan over medium heat
2. Add sliced scallions and a pinch of salt
3. Cook, stirring frequently until scallions just start to brown around the edges (about 3 minutes)
4. Transfer scallions and oil to a medium bowl
5. Add avocado, yogurt & remaining $\frac{3}{4}$ tsp salt
6. Stir to combine, lightly mashing avocado so the mixture is slightly chunky
7. Add more salt to taste (optional)
8. Top with finely chopped scallions

Notes

I can't take credit for this recipe, but sharing because it's delicious!

Ingredients

- 1 Tbsp vegetable oil
- 3 Large scallions, white and pale-green parts thinly sliced, dark green parts trimmed, finely chopped
- $\frac{3}{4}$ tsp Kosher salt, plus more
- 1 Avocado, coarsely chopped
- $\frac{3}{4}$ Cup Low-fat plain Greek yogurt

Traditional English Shortbread

From: Janice H.

Instructions

1. Preheat oven to 325 degrees
2. Mix butter and sugar together in large bowl until smooth
3. Add vanilla, stir well
4. Add flour, one cup at a time, mix well until all ingredients are combined
5. Pat dough into ungreased 9x9 pan
6. Prick entire surface of dough with fork
7. Bake 45-50 minutes until slightly golden
8. Remove from oven and immediately sprinkle surface with extra sugar
9. Allow to cool, then cut into squares

Notes

I can't take credit for this recipe, but sharing because it's delicious!

Ingredients

1 Lb. Salted butter, softened (not melted)

1 Cup Sugar

1 tsp. Vanilla

3 Cups All-purpose flour

Extra sugar for top of shortbread

New Orleans Red Beans & Rice

From: Pann & Terry W.

Instructions

Heat oil in large pot. Sauté onion, celery, pepper and garlic until wilted. Add spices and toast. Add beans, stock (start with ½ cup and add more if needed), bay leaves and sausage. Simmer for 30 minutes. Serve with rice and top with chopped parsley.

*This is better made a day ahead or early in the day and refrigerated until ready to reheat and serve.

Notes

This is one of our favorite recipes. It was in the Cincinnati Enquirer many, many years ago. It is the recipe from K-Paul's restaurant in New Orleans. The original recipe calls for soaking dry beans and then simmering them with a ham hock and onion until tender. We added the shortcut to just use canned beans.



Ingredients

¼ cup olive oil

¾ cup chopped onion

¾ cup chopped celery

¾ cup chopped green pepper

2-3 cloves chopped garlic

1 teaspoon thyme

2 teaspoons paprika (we use hot or smoked paprika)

1 teaspoon oregano

½ teaspoon red pepper (not cayenne)

2 bay leaves

½ to 1 cup chicken stock or water

Salt and pepper to taste

3 cans chili hot beans (we just use Kroger brand) (do not drain the beans)

1 pound smoked sausage (cut into bite size pieces)

Chopped parsley

Rice

Tabasco pepper sauce to taste.

Chocolate Covered Cherry Cookies

From: Karen E.

Instructions

In large bowl stir together flour, cocoa powder, salt, baking powder and soda.

In large mixing bowl beat together butter or margarine and sugar on low speed of electric mixer till fluffy. Add egg and vanilla then beat well. Gradually add dry ingredients to creamed mixture – beat till well blended. Shape dough into 1-inch balls, place on ungreased cookie sheet. Press down center of dough balls with thumb. Drain Maraschino cherries (reserving juice. Place a cherry in the center of each cookie. In small microwave safe bowl, combine chocolate pieces and condensed milk – Heat till chocolate is melted. Stir in 4 teaspoons of the cherry juice you saved. Spoon about 1 teaspoon of frosting over each cherry, spreading to cover cherry. Bake in 350-degree oven for about 10 minutes (till done). Remove to wire rack to cool.

Notes

This is a recipe that was handed down from my mom, to me and then to my daughters!

Ingredients

1 ½ cups All Purpose Flour
½ cup Unsweetened cocoa powder
¼ teaspoon salt
¼ teaspoon baking powder
¼ teaspoon baking soda
½ cup butter (or margarine) softened
1 cup sugar
1 egg
1 10 ounce jar maraschino cherries
1 6 ounce package semisweet chocolate pieces
½ cup Eagle Brand sweetened condensed milk

Red Beans & Rice

From: Jeff J.

Instructions

1. Dice up the peppers (I usually go heavy on the onions and peppers and will use up to two cups...)
2. Sauté in a big pan
3. Rinse the red beans add to sautéed peppers and onions
4. Add a can of broth and when it starts to boil add the rice and stir for one minute.
5. Turn to warm and stir in the sausage which you cut up into little round pieces as thin or as thick as you like.
6. Now eat!

Notes

This is something I make that's easy and tasty. I like to splash a little soy sauce and Tabasco on mine...Pastor Carrie, not so much!

Ingredients

1 lb of precooked Turkey Smoked Sausage

(really you can use any kind you like)

1 cup of frozen onions

1 cup fresh diced peppers

1 15 oz can Red Beans

1 15 oz can chicken or beef broth

2 cups instant rice

M&M Chocolate Chip Cookies

From: Katie G.

Instructions

1. Combine Butter, Sugar, Brown Sugar, Vanilla & Eggs in a Bowl and
2. Mix on High with a Handheld Mixer
3. Combine Dry Ingredients in a Large Measuring Cup
4. Slowly add in Dry Ingredients to Liquid Mixture
5. Add in Chocolate Chips and M&M's and stir well
6. Roll Dough into Large 1 1/2 – 2" Balls
7. Bake on 350 for 14-16 minutes until edges are browning
8. Remove and let cool on Cookie Sheet for 5-7 minutes before removing

Notes

This is a recipe we found a few years ago at Christmas time. We've been making it ever since. If we don't have both m&m's and the chocolate chips on hand we just omit one and they're still just as good!



Ingredients

- 1 Cup Butter
- 3/4 Cup Sugar
- 3/4 Cup Brown Sugar
- 2 tsp. Vanilla
- 2 Eggs
- 3 Cups Flour
- 1 tsp. Baking Soda
- 1 tsp. Salt
- 1 Bag of Chocolate Chips (12 ounces)
- 1 Bag of Holiday M&M's

Spaghetti Carbonara

From: Martin G.

Yields: 4

Instructions

1. In a large pot of salted boiling water, cook spaghetti according to package directions until al dente. Drain, reserving 1 cup pasta water.
2. In a medium bowl, whisk eggs and Parmesan until combined.
3. Meanwhile, in a large skillet over medium heat, cook bacon until crispy, about 8 minutes. Reserve fat in skillet and transfer slices to a paper towel-lined plate to drain.
4. To the same skillet, add garlic and cook until fragrant, about 1 minutes. Add cooked spaghetti and toss until fully coated in bacon fat. Remove from heat. Pour over egg and cheese mixture and stir vigorously until creamy (be careful not to scramble eggs). Add pasta water a couple tablespoons a time to loosen sauce if necessary.
5. Season generously with salt and pepper and stir in cooked bacon.
6. Drizzle with olive oil and garnish with flaky sea salt, Parmesan, and parsley before serving.

Notes

A good quality recipe that the whole family likes.

Ingredients

12 oz. spaghetti
Kosher salt
3 large eggs
1 cup freshly grated Parmesan
8 slices bacon
2 cloves garlic, minced
Freshly ground black pepper
Extra-virgin olive oil (optional), for garnish
Flaky sea salt (optional), for garnish
Freshly chopped parsley, for garnish

Crockpot BBQ Chicken

From: Ashley R.

Instructions

1. Season chicken breast lightly (a small pinch per breast) with some sea salt and place in your crockpot.
2. In a mixing bowl combine BBQ sauce, Italian dressing, brown sugar and Worcestershire sauce. Stir until well combined.
3. Pour over chicken, cover and cook on HIGH for 3-4 hours
4. Once time is up, you can serve the breast whole, or shred with 2 forks. If shredding, recover and let cook in sauce for about 10-15 more minutes.
5. Serve on buns, over rice, in wraps, on a salad or eat a plateful as is! Our favorite way is on fresh rolls, topped with coleslaw.

Notes

Ingredients

2 lbs Boneless skinless chicken breasts
1 cup BBQ sauce
1/4 cup Italian dressing
1/4 cup Brown sugar
1 tbsp Worcestershire sauce
Salt to taste

White Bean Chicken Chili

From: Kelly K.

Instructions

Mix all ingredients in a large soup pot and bring to a slow boil. Once boiling, reduce heat and simmer 1-2 hours.

* To make spicier– hot pepper cheese or hot salsa

Notes

A good quality recipe that the whole family likes.

Ingredients

2lbs Cooked Chicken – diced or shredded

48oz. Great Norther Beans (use liquid) You can also use a Combo of other white bean (pinto, garbanzo)

1 can Chicken Broth (16 oz.)

10oz. Jar of Salsa* (medium)

8oz. Grated Monterey Jack Cheese*

2 tsp. Cumin

1 Tbsp. Chili Powder

Salt & Pepper to taste

Can add water or more chicken broth if you want more broth

Stuffed Mushrooms

From: Cathy D.

Instructions

Wash mushrooms and remove stems. Mix remaining ingredients until blended. Fill mushroom caps and broil. Check after four minutes. When they start to bubble, remove from heat and sprinkle with Parmesan cheese. Return to heat for another minute. (They are finished when bubbly and browned). Yum!

Notes

This is my favorite! Makes a great appetizer.

Ingredients

1 lb. mushrooms
3 ounces cream cheese
2 tablespoons blue cheese
2 tablespoons mayonnaise
1 pinch garlic salt
4 slices fried/crumbled bacon
2 tablespoons cheddar cheese
Parmesan Cheese

Hilda's Pound Cake

From: Cathy D.

Instructions

Works best in a tube pan-grease bottom of pan. Cream butter and one cup sugar. Add well beaten eggs and 1 cup sugar alternating while mixing. Add vanilla. Sift flour baking powder and salt together. Add milk and dry ingredients alternately. Bake in a preheated 350° oven for 55 to 60 minutes.

Modification to make Lemon Cake:

Add grated rind of one lemon before adding the milk and sugar, being careful not to use any of the white pith.

Lemon Frosting:

Take the juice of two lemons and add powdered sugar until thick enough to spread. Pour over top of cake and smooth out with knife dipped in water.

Notes

My great grandmother's recipe.

Ingredients

1/4 pound butter (1/2 cup)
2 cups sugar
3 eggs
1 teaspoon vanilla
2 1/2 cups flour
1 cup milk
2 1/2 teaspoon baking powder
1/2 teaspoon salt

Grilled Chicken (Diabetic Friendly)

From: Nancy P.

Instructions

Place chicken in a zip-top bag. In a small bowl, whisk together remaining ingredients and pour over chicken. Seal bag tightly and shake gently to coat chicken well. Allow chicken to marinate in the refrigerator for at least 2 hours, shaking bag gently twice during marinating to recoat chicken.

After chicken has marinated, discard remaining marinade. Preheat grill to medium-high heat, or preheat oven broiler. Grill or broil chicken about 8-10 minutes per side, or until chicken is no longer pink and the juices are clear (cooking time may vary depending on the thickness of the meat).

Notes

Ingredients

1 ½ pounds boneless, skinless chicken breasts
¼ cup olive oil
½ cup balsamic vinegar
1 tablespoon (or 3 cloves) minced garlic
½ teaspoon dry parsley
1 teaspoon dry rosemary
¾ teaspoon dry sage
1 teaspoon dry thyme
1 teaspoon salt
½ teaspoon coarse ground pepper

Chicken Tortilla Soup (Diabetic Friendly)

From: Nancy P.

Instructions

Combine all ingredients except chips and cheese in a large slow cooker.
Cover. Cook on low 8 hours.
Just before serving, remove chicken breasts and slice into bite-sized pieces or shred. Stir into soup.
To serve, put a handful of chips in each individual soup bowl. Ladle soup over chips. Top with cheese.

Notes

Ingredients

4 boneless skinless chicken breasts
(about 4-6 ounces each)
2 15-oz cans no-salt added black
beans, undrained
2 15-oz cans Mexican stewed toma-
toes, or Rotel tomatoes
1 cup salsa of your choice
4-oz can chopped green chilies
1 4 1/2-oz can no-added-salt tomato
sauce
2-oz (about 24 chips) tortilla chips
1 cup fat-free cheddar cheese

Grandma Winter's Spaghetti

From: Emily P.

Instructions

Fry bacon while spaghetti is boiling-drain if too much grease.

Add onion when bacon is about ½ cooked. Cook until onions are clear.

Add tomato sauce, soup (undiluted but rinse the can), and ½ cheese. Add sugar to the tomato mixture as desired, about 4 tbsp.

Spray large casserole dish-drain spaghetti and add to dish. Put sauce on top of this and mix well. Sprinkle rest of cheese on top.

Bake in 350 degree oven for 25 to 30 minutes.

(If mixture seems dry, you can always add more tomato soup or sauce)

Notes

Ingredients

½ lb spaghetti (boil as directed while preparing sauce)

1 large onion chopped in small pieces

5 pieces bacon-lean-diced into small pieces

1 can tomato soup

1 8 oz can tomato sauce

Cheese as desired (I like cheddar or sharp yellow) shredded

Brown sugar

Mrs. Salter's Peanut Butter Pie

From: Emily P.

Instructions

Whip cream with $\frac{1}{4}$ cup sugar. Mix all other ingredients until smooth and fold in whipped cream until well blended. Pour mixture into a graham cracker crust and chill for several hours before serving. Top with peanuts and Cool Whip when ready to serve.

Notes

Ingredients

1 $\frac{1}{2}$ cups heavy whipping cream
 $\frac{1}{4}$ cup sugar
8 ounces cream cheese
1 cup crunchy peanut butter
1 cup confectioners' sugar
1 graham cracker crust, store bought or premade
Peanuts
Cool Whip

Edna Howe's Swedish Ham Balls in Brown Sauce

From: Emily P.
Makes: 120 Meatballs

Instructions

Combine meat, crumbs, eggs and milk. Form into small balls (golf ball size or bigger). Place in baking pan. Combine sauce ingredients, stir until sugar dissolves (low boiling point) and then pour over meat balls. Bake at 325 degrees for 1 hours. (I start first 20 minutes at 350 degrees). Baste frequently. Makes 120 meatballs (may require a little extra baking time).

Notes

Ingredients

Meatballs		
4	6	Lbs ground ham
6	9	Lbs ground pork
8	12	Cups bread crumbs
8	12	Well beaten eggs
4	6	Cups milk

Sauce		
4	6	Cups brown sugar
4	6	Tsp dry mustard
2	3	Cups vinegar
2	3	Cups water



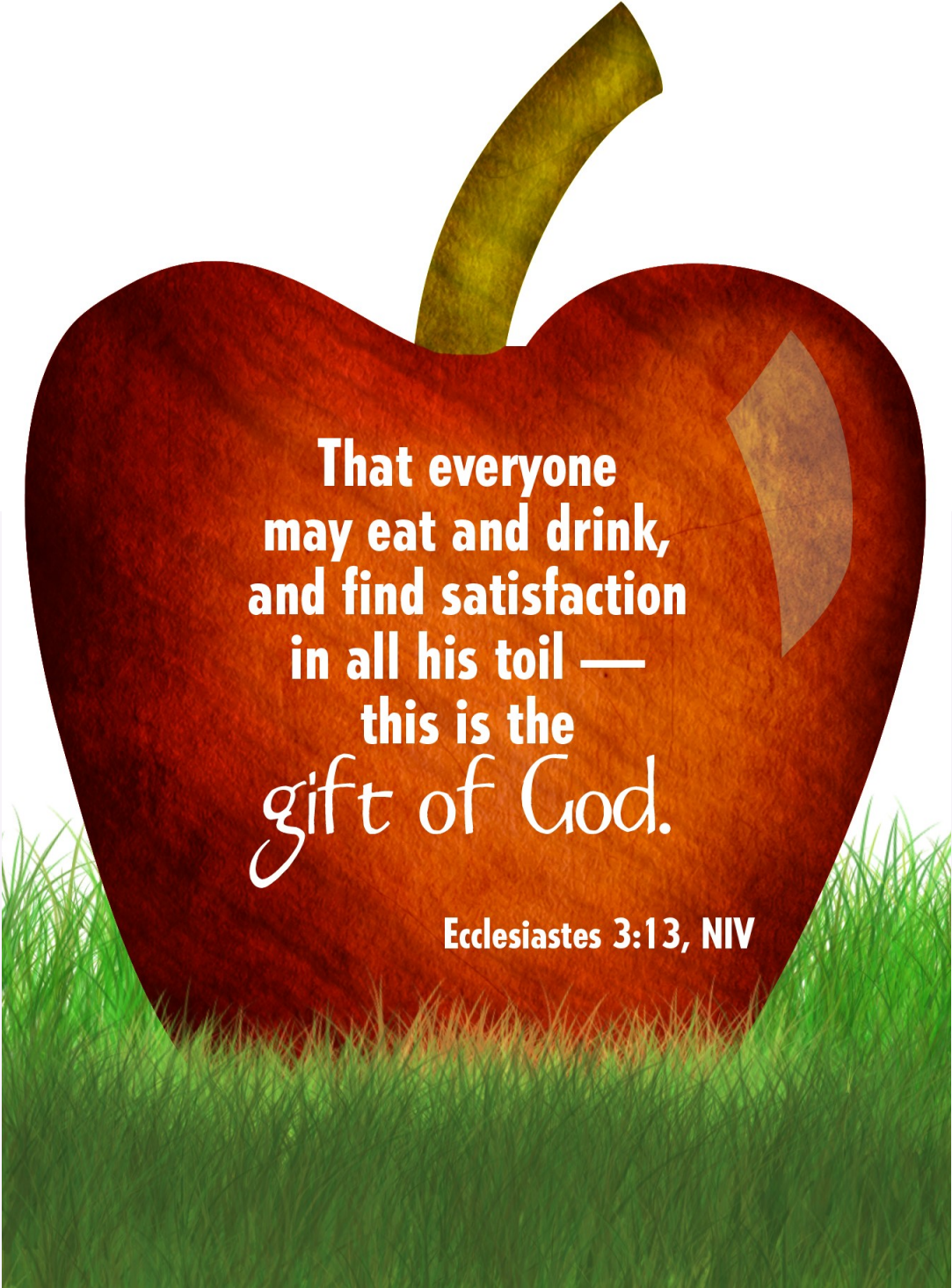
If you are willing

and obedient,

you shall eat the

good of the land ...

ISAIAH 1:19, NRSV



**That everyone
may eat and drink,
and find satisfaction
in all his toil —
this is the
*gift of God.***

Ecclesiastes 3:13, NIV