



Tuesday

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*"House and riches are the inheritance
of fathers; and a prudent wife
is from the LORD."*

Proverbs 19:14

Grace at the Kitchen Sink

Do we, I wonder, stop to think
How we need God's grace at the kitchen sink?

It really isn't any fun when you can't get your dishes done.



For some folks need to fill their pans,
And others want to wash their hands.

The cook brings vegetable to scrub.

One sister has a cloth to rub.

Each little one keeps coming up for a cool drink in his small cup.
You try to keep the dishwater hot, but cold drips in, like as not.

It takes a lot of prayer, I think,

For the grace of God at the kitchen sink,

Yet - I am glad that I can live among dear ones who take and give.

There is a wondrous family link of love around the kitchen sink!

~ Anonymous ~

❀ Morning Meal Menus ❀

Baked Oatmeal, Apple Oatmeal or Creamy Oatmeal

or

Good Mornin' Millet Cereal

or

Cream of Wheat

or

Baby Bear Porridge

Toasted Plymouth Bread

Fresh Fruit

Baked Oatmeal

Mix together:

1/2 cup butter, melted

1 cup brown sugar

2 eggs, beaten

Add:

3 cups rolled oats

2 tsp. baking powder

1 tsp. salt

1 cup milk

Bake in a greased casserole dish for 30 minutes at 350 degrees.

Good Mornin' Millet Cereal

1 cup hulled millet

3 cups water

1/2 tsp. salt (I use sea salt)

Combine all ingredients in a medium saucepan, and bring to a boil. Reduce heat to low, and simmer 30-40 minutes. Serves 4. Serve with butter and honey.

Creamy Oatmeal

1 cup rolled oats

2 cups cold water

1/2 tsp. salt (I use sea salt)

Combine all ingredients in a medium saucepan. Bring to a boil on medium heat and then simmer gently until oats are tender. Stir often. Serves 4. Serve with cold milk and brown sugar and molasses.

Tuesday

Apple Oatmeal

1 cup rolled oats

2 cups cold water

1/2 tsp. salt (I use sea salt)

Cook 10 minutes on low heat in a medium saucepan. Add in:

2 cups chopped apples

dash nutmeg

Cook 5 minutes longer or until apples are at a desired consistency. Serve with milk or yogurt, honey or brown sugar and a sprinkling of cinnamon. YIELD: 4-6 servings

Cream of Wheat

1 cup cracked wheat kernels

2 cups water

1/2 tsp. salt (I use sea salt)

Coarsely crack the wheat kernels. Combine the cracked wheat kernels with water and salt in a saucepan. Bring to a boil, then reduce heat to low. Cover and simmer for 15-20 minutes. Serve with a pat of butter and a drizzle of honey. The recipe below for Hearty Cereal Topping is delicious with this hot morning cereal.

★ I crack my whole wheat kernels in the BOSCH mixer using the blender attachment. You must use a very strong and powerful blender to accomplish this. The BOSCH mixer has 700 watts. You can crack about 1 cup of kernels at a time. It would be convenient to go ahead and crack up a container full and then store it in the freezer.

Hearty Cereal Topping

1/4 cup wheat germ

1/2 cup bran cereal

1/2 cup brown sugar, firmly packed

1/2 tsp. cinnamon

1/4 cup butter

1/4 cup hulled sunflower seeds

1/4 cup finely chopped walnuts or pecans

1/2 dried fruit, in small pieces

Preheat oven to 300 degrees. In a large bowl combine first 4 ingredients. Add in butter and cut in with a pastry blender or fork until butter is in coarse crumbs and evenly distributed throughout the mixture. Stir in nuts and seeds. Spread mixture in a baking pan and bake for 10 minutes. Remove from oven and stir in dried fruit pieces. Cool and store in an airtight container in a cool dry place. Use within 4-6 weeks. Use as a delightful topping on your hot cereal in the morning. YIELD: 3 cups



Breads – Yeast & Quick

Banana Cream Bread	11
Blueberry Rise 'n' Shine Biscuits	63
Buckwheat Pancakes	74
Buttermilk Wheat Pancakes	75
Cheesy Crazy Bread	65
Corbread	82
Date Nut Loaf	10
Easy French Bread	82
Five Seed Bread	83
Flour Tortillas	66
Fruit Scones	88
Fry Bread	29
Gingerbread Scones	89
Honey Raisin Bread	13
Jeweled Biscuits	16
Make-ahead Dinner Rolls	18
Maple Bran Muffins	26
Oatmeal Muffins	57
Oatmeal Pancakes	74
Parmesan Rolls	81
Party Sandwich Bread	93
Pita Bread	95
Pizza Crust, Homemade	69
Plymouth Bread	40
Pumpkin Quick Bread	27
Pumpkin Spice Muffins	79
Refrigerator Bran Muffins	26
Restaurant French Toast	76
Sub Rolls	95
Sourdough Rolls	21
Southern Biscuits	62
Talami	33
Whole Wheat Croutons	15
Zucchini Quick Bread	27



Cereals

Apple Oatmeal	39
Baby Bear Porridge	40
Baked Oatmeal	38
Chewy Granola	50
Cream of Wheat	39
Creamy Oatmeal	38
Good Mornin' Millet Cereal	38
Hearty Cereal Toppings	39
Maple Nut Granola	51
Stone Ground Grits	11



Condiments

Fruit Syrup	76
Ketchup, Homemade	100
Maple Syrup, Homemade	75
Mustard, Homemade	100
Oven Apple Butter	63
Real Butter Spread	102
Three Tomato Salsa	42



Dairy & Milk Free

Powdered Milk	11
Real Butter Spread	102
Soy Milk	76
Sweetened Condensed Milk, Homemade	103

Desserts & Pastries

Apple Crumble	65
Apple Pie	67
Cinnamon Crescents	12
Creamy 'Nana Pudding	83
Fruit Cobbler	45
Gingerbread	54
Graham Cracker Crust	102
Oatmeal Snack Bars	96
Orange Whip Parfait	30
Pie Crusts for a Crowd	102
Whole Wheat Pie Crusts	102

Dressings & Sauces

1000 Island Dressing, Home Style	101
Canned Soups Substitute	106
Catalina Dressing, Home Style	101
Cheesy White Sauce	66
Creamy Chicken Gravy	53
Creamy Salsa Dip	45
Fruit Syrup	76
Ketchup, Homemade	100
Maple Syrup, Homemade	75
Mustard, Homemade	100
Pizza Sauce, Homemade	69
Ranch Dressing, Home Style	101
White Sauce Base	20
Whole Wheat Sauce	104



Eggs

Boiled Eggs	62
Scrambled Eggs	12

Home Canned Goods

Apple Pie Filling	67
Dilled Green Beans	44
Greene's Dill Pickles	68
Home Canned Beans (dried)	64
Oven Apple Butter	63
Sandwich Relish	104

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Biscuit Mix, Homemade	104
Blackened Chicken Spice Mix	91
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Buckwheat Pancake Mix	74
Cake Mix, Homemade	67
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Taco Seasoning Mix	94
White Sauce Base	20

Meatless & Bean Dishes

Baked Lentils	68
Black Beans	44
Black Eye Peas	19
Dried Bean Basics	41
Four Bean Enchiladas	66
Garbanzo Patties	93
Garden Vegetable Curry	32
Lentil Spaghetti	65
Mexi Bean Bake	42
Monterey Beans	43
Taterbug Casserole	46
Vegetable Au Gratin	17

Meats & Main Dishes

Arabic Rice	31
Bean Burgers	94
Chicken 'n' Dumplings	56
Chicken Roll-ups	53
Creamed Chicken	57
Easy Hamburger Curry	29
Italian Chicken	15
Italian Sausage Sauce	70
Lawry's Chicken	20
Meatloaf	21
Mexi Bean Bake	42
Oven Fried Chicken	16
Parmesan Chicken	20
Scalloped Potatoes	55
Sloppy Joes	92
Spicy Honey Chicken Wings	30
Taco Casserole	91

Salads

Apple Salad	77
Banana Boat Salad	90
Cole Slaw	56
Garden Salad	70
German Cucumber Salad	30
Green Salad	18
Greens with Vinaigrette	45
Italian Garden Salad	78
Lemony Cucumber Salad	31
Millet Salad	18
Pasta & Salad Bar	96
Salsa Salad	33
Seven Layer Salad	43
Taco Salad	94
Three Green Salad	84
Spinach Fruit Salad	52

Side Dishes

Chunky Apple Sauce	55
Cous Cous	41
Lentil Gravy	31
Oven Fries	92
Oven Brown Rice	29
Potato Cakes	82
Tortilla Chips - Restaurant Style	46
Vegetable Fritters	32
Yellow Rice	19



Snacks & Drinks

Bugs on a Stick	103
Crackers	103
Fruit Smoothies	28
Fruity Mint Tea	88
Graham Crackers	106
Oatmeal Snack Bars	96
Slushies	105
Teething Cookies	103
Cucumber Canoes	92
Hot Chocolate/Carob Beverage	89

Soups & Sandwiches

Blackened Chicken Subs	91
County Chicken Noodle Soup	80
Lentil Sausage Stew	79
Parmesan Potato Soup	78
Spicy Split Pea Soup	81
Tuna Bulgar Sandwich Spread	92
White Chili	80

Vegetables

Baked Potato	15
Black Eye Peas	19
Corn on the Cob	17
Creamed Peas with Small Onions	19
Green Beans	15
Green Beans with Potatoes	17
Glazed Carrots	54
Potato Cakes	82
Scalloped Potatoes	55
Steamed Broccoli	19
Steamed Kale	55
Stir Fried Squash	15
Vegetable Fritters	32
Yellow Eye Beans	54

