

Recipes

2016 Quilting Workshop ~ Zion Mennonite Church

Grene Shauble Suppe (Green Bean Soup)

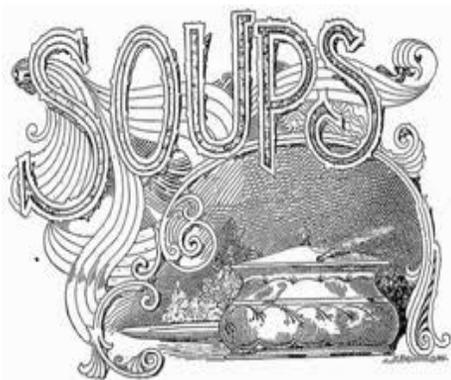
Broth from Pork Shanks*
1 1/2 c. Chicken Broth
1 1/2 c. diced potatoes
3 1/2 c. canned green beans
1/2 c. sliced carrots
1/2 c. diced onion
1 tsp. Summer Savory
1/2 lb. diced ham or 1 Pork Shank*
1/2 c. sour cream
Salt to taste

Cover potatoes, carrots, onions, and savory with broths. Bring to a boil. Add cubed ham and/or meat from pork shanks. Reduce heat and cook until vegetables are tender. Add green beans. Add more broth or water if more liquid is needed. Salt to taste. Add sour cream just before serving. Do not boil after adding sour cream.

*Place pork shanks in a large pot and cover with water. Bring to a boil and then simmer until the meat falls off the bones. (6-7 hours) Add water as needed. Keep the broth and pick the meat from the bone. Often best to do this the day before and then skim the fat from the broth.

Coconut Curry Lentil Soup

1 tbsp. coconut oil
1 large onion, diced
2 cloves garlic, minced
1 tbsp. fresh gingerroot, minced
2 tbsp. ketchup or tomato paste
2 tbsp. curry powder
1/2 tsp. cardamom
3/8 tsp. salt
1/4 tsp. red pepper flakes
1 qt. vegetable broth
1 15 oz. can diced tomatoes
1 15 oz. can coconut milk
1 1/2 c. green lentils
1 1/4 pints spinach, chopped



In a stock pot, heat coconut oil over medium heat and stir fry onion, garlic and gingerroot until the onion is translucent. Add ketchup or tomato paste, curry powder, cardamom, and red pepper flakes and cook for another minute or two. Add vegetable broth, coconut milk, diced tomatoes, and lentils. Cover and bring to a boil then reduce heat and simmer for 20-30 minutes until lentils are very tender. Season with salt and pepper. Before serving, stir in the spinach until wilted. Garnish with chopped cilantro and/or sour cream if desired.

Easy French Bread

(from More with Less Cookbook)

Dissolve 2 pkg dry yeast, 1/2 c. warm water, and 1/2 tsp. sugar

Combine:

2 tbsp. sugar

2 tbsp. fat

2 tsp. salt

2 c. boiling water

Cool to lukewarm and add yeast mixture.



Stir in: 6-6 1/2 cups flour, more if needed. Mix with a mixer and bread dough hook or knead for 10 minutes or until smooth and elastic. Place in greased bowl, turning once. Let rise until doubled. Punch down and let rest 15 minutes. Divide dough in half. On floured surface, roll each half to a 12x15 inch rectangle. Roll, beginning at 15-inch edge. Place loaves on greased cookie sheet and make 4-5 slashes diagonally across tops. Let rise until double.

Mix 1 egg, beaten and 2 T. Milk. Brush loaves.

Bake at 400 degrees for 20 minutes

Chocolate Cherry Cake

(from Zion Cookbook, page 139)

1 pkg. chocolate cake mix

1 tsp. almond flavoring

2 eggs, beaten

21 oz. can cherry pie filling

Mix together. Bake in greased 9 x 13 pan at 350° for 25 – 30 minutes.

Icing

1 c. sugar

1/3 c. milk

5 tbs. butter

6 oz. chocolate chips

1 tsp. vanilla

Combine sugar, milk, and butter together in a sauce pan. Bring to a boil stirring constantly and boil for one minute. Remove from heat and add chocolate chips and vanilla. Stir until chocolate is melted and smooth. Pour over hot cake.

