

ANNUAL PCO

Souper Bowl for Caring



Presented by PCO Youth Group

PANDEMIC EDITION 2021



Us and our family in Acadia National Park

New England Baked Beans

This recipe is from Christine's mother, who grew up in Maine!

Ingredients:

1 cup small white beans (navy beans)
1/4 tsp dry mustard
3 tbsp brown sugar
3 tbsp molasses
Salt pork



Pick over beans. Soak overnight in cold water. Next day, place salt pork in the bottom of the bean pot. Add beans, mustard, molasses, and brown sugar. Cover with HOT water. Bake at 300 degrees for about 5 hours. Check on beans after about 4 hours to make sure there is enough water. Water should not be too much above the beans at this point because you want a thick stock.

We usually have corn bread with our baked beans, which makes for a great addition to the meal!

Baked Macaroni and Cheese

Ingredients:

1 8 oz. package of macaroni	4 tbsp butter	4 tbsp flour
1 cup of milk	1 cup of cream	1 tsp salt
Black pepper (to taste)	2 cups of cheddar cheese	1/2 cup breadcrumbs, buttered

Cook and drain macaroni according to package directions, set aside. In a large saucepan, melt the butter over low heat. When the foaming begins to subside, add the flour, and stir constantly. Watch the color of the mixture. It should become a light nutty brown color. This may take 5 minutes or so. Do not go by the clock, but rather by the color. As soon as the color is right, slowly add the room temperature milk/cream in small increments, continue to stir. When all of the milk/cream has been added, turn the heat up to medium-high, continue stirring until it begins to bubble. Allow to boil for 2 minutes. Add the salt and pepper at this time. Reduce heat and cook (stirring constantly) for 10 minutes. Add shredded cheese little by little, and simmer for an additional 5 minutes, until the cheese melts. Turn off flame. Add macaroni to the saucepan and toss to coat with the cheese sauce. Transfer macaroni to a buttered baking dish. Sprinkle with breadcrumbs. Bake in a 400° oven for 20 minutes.

Chicken and Sage “Noodle” Soup (Instant Pot Recipe)

Makes 6 to 8 servings

- 1 large spaghetti squash, cut in half vertically
- 6 cups (1.4L) water, Divided
- 3 tbsp butter or 3 tbsp extra-virgin olive oil
- 1 cup coarsely chopped onion
- 3 tbsp arrowroot powder
- 1 cup coarsely chopped carrots
- 1 cup coarsely chopped celery
- 4 cups Chicken Broth, Divided
- 2 tbsp coarsely chopped fresh sage
- 2 tbsp coarsely chopped fresh parsley
- 1 ½ lb boneless, skinless chicken breast, cubed



Set the squash on a trivet in the instant pot and then add 2 cups of the water. Set the instant pot on the manual setting and set the time for 7 minutes, making sure the valve is closed.

When the timer is done, Turn the valve for a quick release and turn off the instant pot. Remove the squash and set it on a work surface. Scrape out the “Noodles” with a fork. Pour out the liquid remaining in the bottom of the insert and return the insert to the instant pot.

Set the instant pot to the Saute setting. Melt the butter in the instant pot. Add the onion and cook until translucent, about 5 minutes, then add the arrowroot powder and stir to combine. Add the carrots, celery, and 1 cup of the broth and cook until the vegetables are tender, about 3 minutes. Stir in the sage and parsley and cook until fragrant, about 1 minute.

Season the chicken with salt. Add the chicken, remaining 3 cups of broth and 4 cups of water to the instant pot. Turn off the instant pot and turn it to the soup setting. Adjust the pressure to high and set the time for 10 minutes.

When the timer goes off, do a quick release and open the lid. Turn the setting back to saute and add the spaghetti squash noodles(or regular noodles, You will have to boil water and cook it separately.) Stir to combine and cook, uncovered, for about 5 minutes. This recipe can be done in a large stockpot as well. Use the exact same directions but adjust the cook time to 15 to 20 minutes.

Blueberry Corner - The Fleming Townley Family

Blueberry Muffins

1 ½ cup flour
½ cup sugar
2 tsp. Baking powder
½ tsp salt
1 egg
¼ cup oil
½ cup milk
2 cups frozen blueberries



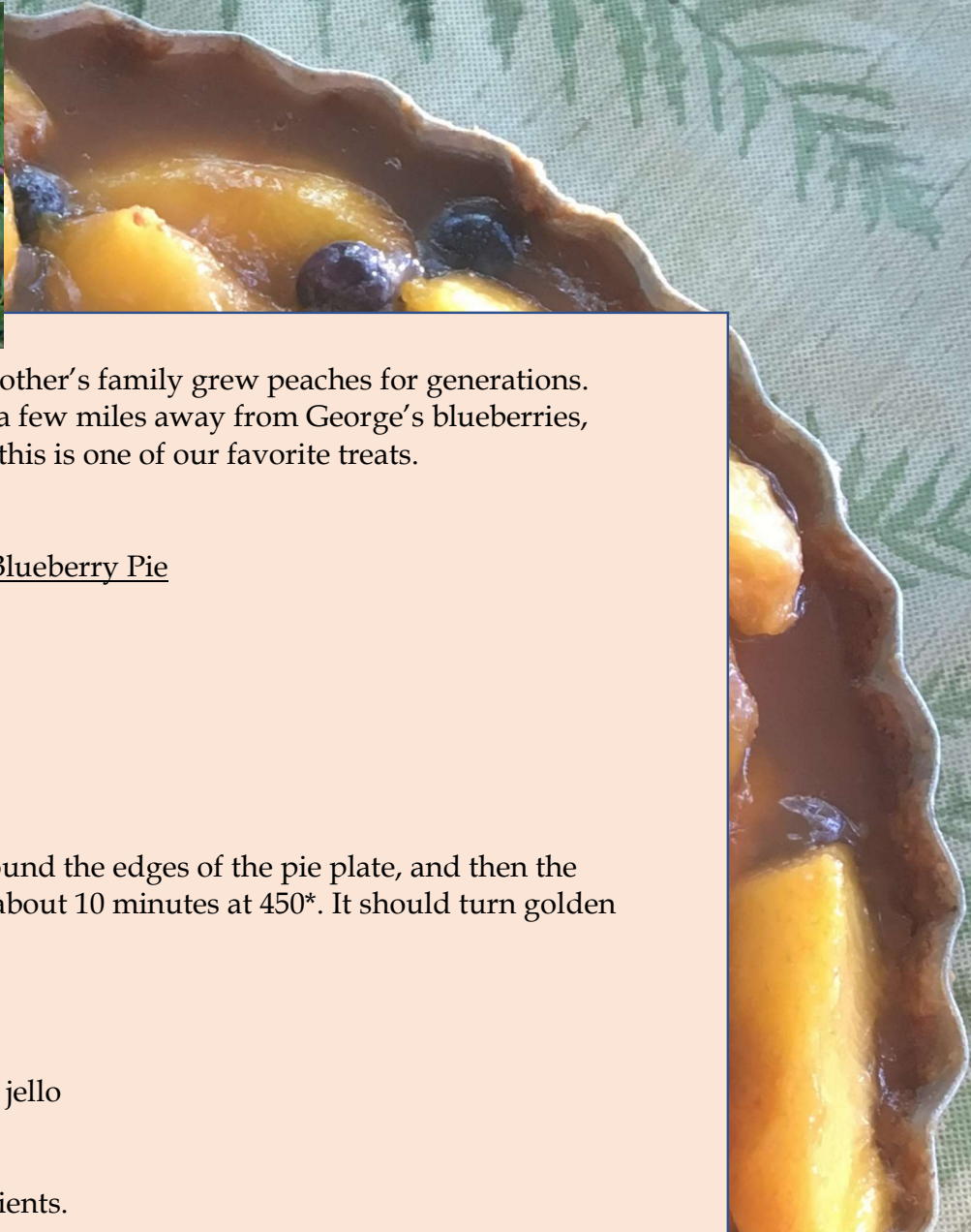
Stir together the dry ingredients separately.
Then stir together the wet ingredients.
Combine with as few stirs as possible (ideally 8)

Preheat the oven to 400* and bake for 15-20 mins.

My grandparents sponsored refugees from Latvia after WWII and hired them to clear the land for their dream of farming blueberries in Casco Township. My Fleming grandparents hoped the new berry project would help their five children pay for college. George, my father, planted the early bushes as part of a 4H project. All through school, college, seminary, and then his career as a pastor, Dad kept running the 40-acre farm. We love to eat blueberries fresh in the summer, frozen in the winter. We eat them fist after fist with gratitude and glee.

-Alice and Grace





My great-grandmother's family grew peaches for generations. Their farm is just a few miles away from George's blueberries, and so in August this is one of our favorite treats.

Fresh Peach and Blueberry Pie

Crust

1 ½ c. flour
2 T. sugar
½ c. oil
2 T. milk

Mix and press around the edges of the pie plate, and then the bottom. Bake for about 10 minutes at 450*. It should turn golden brown.

Filling

1 c. sugar
1 small box peach jello
3 ½ T. cornstarch

Mix above ingredients.

Add 1 ½ c. boiling water.

Boil until clear -- about a minute after it comes to a boil. Cover and set aside to cool.

Put 4 ½ cups of sliced peaches and blueberries in a bowl. Stir in the pie filling and pour into the crust. Be careful that the filling is not hot enough to cook the fruit. Cool in the fridge for 4 hours or until set.





Mayhew Recipes

French Toast

This is a recipe that I really like to make, it's good for both breakfasts and dinners. I recommend eating them with butter and syrup.

Ingredients:

Cooking spray

4 eggs

1 cup of milk

2 tablespoons of sugar

2 teaspoons of vanilla

½ teaspoon of ground cinnamon

¼ teaspoon of ground nutmeg

Bread of your choice

Put a skillet on medium heat. Make sure to put on plenty of cooking spray, or the bread will stick and burn. Add more in between bread slices.

In a small bowl, beat together the eggs, milk, sugar, vanilla, cinnamon and nutmeg.

Dip both sides of the bread slices in, then add them to the skillet. Each piece of bread will be done at slightly different times, about two to three minutes for each.

They're ready to eat!

Recipe originally from better homes
and gardens.



Gougeres

Gougeres are basically french cheese puffs. These are really good. I think my dad had about four on his first sitting.

Ingredients:

½ cup milk
1 stick of unsalted butter
1 tablespoon of sugar
1 teaspoon of salt
1 cup of flour
3 or 4 eggs
1 cup of grated gruyere cheese
½ cup of grated cheddar cheese

Preheat the oven to 425 degrees. Line two baking sheets with parchment paper.

In a saucepan, combine ½ cup of water with the milk, butter, sugar, and salt. Stir over low heat until the sugar, butter, and salt have melted. Raise the heat to medium and bring to a simmer.

Take from the heat and immediately add the flour. Stir until the mixture thickens and no more flour lumps remain. Return this to the heat and cook until a film forms on the bottom of the pan. Continue stirring for a minute or two, but make sure not to scrape the film.

Transfer this to a food processor. Mix for a minute to get rid of the heat. Add the eggs one at a time with the processor running. It should be smooth and shiny, you may only need three eggs. Stir in the cheese now.

Scoop generous mounds onto the baking sheets, they should be about an inch apart. Put them in the oven and reduce the heat to 375 degrees immediately. Bake them for 20 to 25 minutes, until they're golden brown.



Recipe originally from the food network.

Borscht

The Qurashis

Borscht is a soup common in Eastern Europe and Northern/Central Asia. Its main ingredient, beetroots, gives the dish its distinctive red color. The soup is best made a day ahead, giving the flavors time to meld.

INGREDIENTS

- Extra virgin olive oil or vegetable oil
- 1 1/4 pound slice of bone-in beef shank with a lot of meat (or 1 pound of stew beef), excess fat trimmed
- 1 large onion, sliced (about 1 1/2 cups)
- 4 cups of water
- 1 large beet, peeled & sliced
- 3-4 carrots (1 lb), peeled & sliced
- 2 large tomatoes, sliced
- 2 large russet potatoes (.75 lb), peeled & cut into small cubes
- 2 cups thinly sliced cabbage
- 3/4 cup chopped fresh dill
- 1 cup sour cream for serving
- Salt and freshly ground black pepper to taste



Instructions/Prep

1. Dice/chop meat into cubes
2. Vegetables: Dice/chop potatoes and tomatoes in small cubes.
Slice carrots, onions, beets and cabbage into slices (Be careful: Beets can stain)
3. Preheat 4 tablespoons of Olive Oil in a deep soup pot (on medium)
4. Once heated, add cubes of meat and allow it to fry for 5 mins
5. Add onions, cook for another 4-5 minutes
6. Add tomatoes, cook another 4-5 minutes
7. Add carrots and cabbage. Cover soup and allow it to steam (on low medium) for
7-8 minutes
8. Add 4 cups of water, allow it to boil for 10-15 minutes (on medium)
9. Make sure meat is soft & tender
10. Add salt and pepper to taste (or approximately 2 teaspoons)
11. Add potatoes & beets
12. Boil for another 7-8 mins until potato is soft
13. Serve soup with sour cream and dill

Ultimate Potato Soup

Ingredients:

- 6 strips bacon
- 3 tbsp butter
- 1 cup chopped yellow onion
- 3 large garlic cloves, minced
- 1/3 cup all-purpose flour
- 3 lbs gold potatoes, peeled and diced, no larger than 1 inch
- 4 cups chicken broth
- 2 cups milk
- 2/3 cup heavy cream
- 2/3 cup sour cream
- 1/2 tsp salt
- 1 tsp black pepper
- Shredded cheddar cheese, additional sour cream for topping

Instructions:

1. Place bacon pieces in a large Dutch oven or soup pot over medium heat and cook until bacon is crisped and brown.
2. Remove bacon pieces and set aside, leaving the fat in the pot
3. Add butter and chopped onion and cook over medium heat until onions are tender (3-5 minutes).
4. Add garlic and cook until fragrant (about 30 seconds).
5. Sprinkle the flour over the ingredients in the pot and stir until smooth (use whisk if needed).
6. Add diced potatoes to the pot along with chicken broth, milk, heavy cream, salt, and pepper. Stir well.

7. Bring to a boil and cook until potatoes are tender when pierced with a fork (about 10 minutes).
 8. Reduce heat to simmer and remove 3 cups of the soup into a blender (be careful, it will be hot) and puree until smooth.
 9. Return the pureed soup to the pot and add sour cream and reserved bacon pieces. Stir well.
 10. Allow soup to simmer for 15 minutes before serving.
 11. Top with additional sour cream and cheddar cheese if desired.
- Enjoy!

~ Connor Haskel



Youth Group Page

BEST SELLERS ON SOUPER BOWL SUNDAY:



CREAMY WILD RICE WITH CHICKEN AND BROCCOLI

You know how delicious this soup is but you won't believe how easy and fast it is to make!

Serves 8-10

Ingredients:

- 1 pkg of Bear Creek Creamy Wild Rice Soup dry mix
- 1 pkg frozen broccoli
- 2 or 3 cups of cooked chicken

Prepare soup according to package directions.

Stir in prepared broccoli and chicken

Heat through and enjoy!

Pasta e Fagioli

This soup was introduced last year and was the year's best seller!!

This recipe makes 2 ½ Qts or 8 servings

Ingredients

- 1# ground beef
- 1 medium onion, chopped
- 32 oz. chicken broth
- 2- 14 ½ oz. diced tomatoes, undrained
- 1 can cannellini beans, rinsed and drained
- 2 medium carrots, chopped
- 1 ½ cup finely chopped cabbage
- 1 celery rib, chopped
- 2 tsp. dried basil
- 2 garlic cloves, minced
- ½ tsp. salt
- ½ tsp. pepper
- 1 cup ditalini or other small pasta
- grated parmesan cheese, optional



- 1- In a large skillet, cook beef and onion over medium heat until beef is no longer pink and onion is tender; drain
- 2- Transfer to a 4 or 5 qt. Slow cooker. Stir in the broth, tomatoes, beans, carrots, cabbage, celery, basil, garlic, salt and pepper. Cover and cook on low for 7-8 hours or until vegetables are tender
- 3- Stir in pasta. Cover and cook on high 30 minutes longer or until pasta is tender. Sprinkle with cheese if desired

SOUTHWEST TURKEY SOUP

This one is a tribute to Ben Baldwin who moved to Texas and has continued to be amazing working with youth group every week via Zoom.

We are all so grateful that he stuck with us!!!!

Ingredients:

1# ground turkey

1 tablespoon olive oil

2 16 oz cans of kidney beans, rinsed and drained

30 oz. chicken broth

2 cups frozen corn

1 cup salsa

1 4oz chopped green chilies

1 to 2 tablespoons chili powder

Sour cream and minced fresh cilantro

1- In a dutch oven, cook turkey in oil over medium heat until meat is no longer pink, drain
2- Add the beans, broth, corn, salsa, chilies and chili powder. Bring to a boil. Reduce heat; cover and simmer for 10-15 minutes to allow flavors to blend. Serve with sour cream and cilantro.



THANK YOU

for your continued support!

*Please send your donations to
Greater Lansing Food Bank
to PCO with
"Souper Bowl Sunday"
in the memo line*

