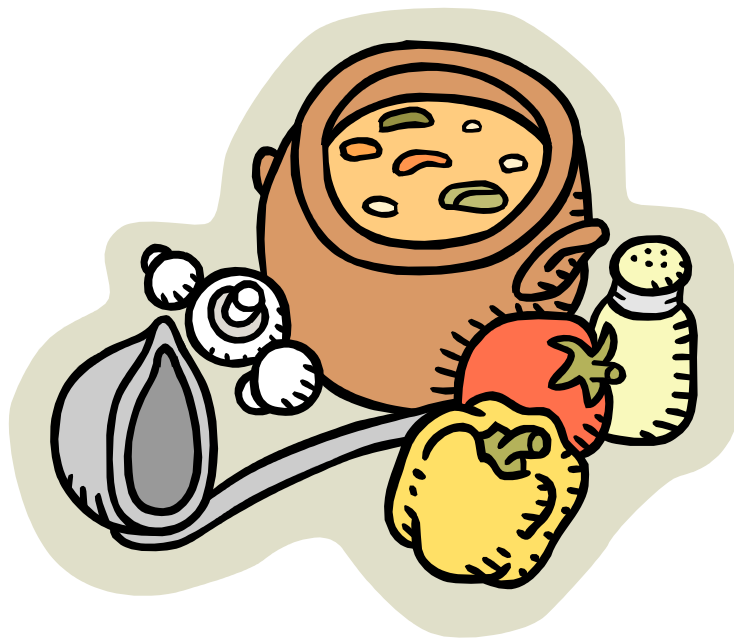


SOUP FOR THE SOUL



MINISTRIES

of
First United Methodist Church Tulsa
2021

Mozzarella Baked Spaghetti



Ingredients

- 8 ounces uncooked spaghetti, **broken into thirds**
 - 1 large egg
 - 1/2 cup whole milk
 - 1/2 teaspoon salt
 - 1 Tbl spoon McCormick Perfect Pitch Italian Seasoning
 - 1 pound ground beef
 - 1 medium yellow onion, chopped
 - 1/2 cup chopped green pepper
 - 1 jar (14 ounces) meatless spaghetti sauce
 - 1 can (8 ounces) tomato sauce
 - 2 cups shredded mozzarella cheese
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Directions

- 1. Preheat oven to 350°. Cook spaghetti according to package directions.
 - 2. Meanwhile, in a large bowl, beat egg, milk and salt. Drain spaghetti; add to egg mixture and toss to coat. Transfer to a greased 13x9-in. baking dish.
 - 3. In a large skillet, cook beef, onion, green pepper and Italian Seasoning over medium heat until meat is no longer pink; drain. Stir in spaghetti sauce and tomato sauce. Spoon over the spaghetti mixture.
 - 4. Bake, uncovered, 20 minutes. Sprinkle with the cheese. Bake 10 minutes longer or until cheese is melted. Let stand 10 minutes before cutting.
Freeze option: Cool spaghetti completely before tossing with egg mixture. Transfer to baking dish; cover and refrigerate. Meanwhile, prepare meat sauce and cool completely before spooning over spaghetti mixture. Cover and freeze unbaked casserole. To use, partially thaw in refrigerator overnight. Remove from refrigerator 30 minutes before baking. Preheat oven to 350°. Bake as directed, increasing time as necessary to heat through and for a thermometer inserted in center to read 165°.
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HAM & PICNIC POTATO CASSEROLE



- 3 cups ham (small to medium dice)
- 2 lbs. frozen hash brown potatoes
- 1 can cream of chicken soup
- 2 cups sour cream
- ½ cup margarine, melted
- 8 oz. grated sharp cheese
- 1 cup onion, chopped
- 1 cup corn flakes, crushed

Thaw hash browns for 30 minutes. In a 9 x 13 pan, mix the first 7 ingredients. Sprinkle corn flakes on top and bake at 375 ° for 1 hour.

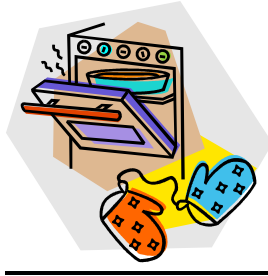
VEGETABLE BEEF SOUP



- 2 lbs ground beef
- 3 Tablespoons chopped onion
- 1 can stewed tomatoes
- 2 cans minestrone soup
- 2 cans ranch style beans
- 1 can Rotel tomatoes
- 2 cans Veg-All mixed vegetables

Brown ground beef with the onion, drain excess fat
Add all other ingredients.
Simmer at least 1 hour.

FIRE CRACKER CASSEROLE



2 lbs ground beef
1 medium onion
1 can black beans
1-Tablespoon chili powder
2 tsps cumin
½ tsp salt
12 flour (small) tortillas torn into small pieces
1 can condensed cream of mushroom soup (do not dilute)
1 10 oz can Rotel tomatoes
1 cup shredded cheddar cheese
1 small can sliced black olives (drained)

Brown beef and onion; Drain
Add beans, chili powder, cumin and salt
Transfer to a greased 9 x 13 pan
Arrange tortillas over top.
Combine soup and Rotel and pour over tortillas.
Sprinkle with cheese and top with olives.
Bake uncovered in 350° for 30 minutes or until heated through

CRISPY CHICKEN & RICE



1 cup uncooked white rice
2 cups or more cooked chopped chicken
2 10 $\frac{3}{4}$ oz can condensed cream of mushroom soup (do not dilute)
1 8 oz water chestnuts (drained)
1 3 $\frac{1}{2}$ oz can sliced mushrooms (drained)
1 cup chopped celery
 $\frac{3}{4}$ cup mayonnaise (miracle whip will give it spice)
1 small onion (chopped)
 $\frac{1}{2}$ cup sliced almonds
1 T lemon juice
1 tsp salt
1 cup crushed corn flakes
Chopped parsley

Cook rice according to package directions

Stir in next 10 ingredients.

Spoon lightly into a 9 x 13 x 2 dish.

Sprinkle with cereal

Bake at 350° for 50 - 60 minutes until golden and bubbly.

Can be prepared ahead of time and frozen. To reheat thaw overnight then bake covered 350° for 45 minutes. Uncover and bake 15 – 20 minutes more until heated and browned

Sprinkle with parsley before serving.

MEXICAN CHICKEN



2 lbs. cooked chicken, cubed
1 small onion
10 diced corn tortillas
1 lb velvetta cheese, shredded*
1 can condensed cream of chicken soup (do not dilute)
1 can rotel tomatoes
Salt & pepper to taste
1 small can sliced black olives

Mix first 4 ingredients and pour into oiled 9x13 casserole.
Mix soup, tomatoes, salt and pepper and pour on top.
Bake at 350 for about 45 minutes. Spread olives on top.

*You can also buy a block of Velveeta and freeze it before you grate it or melt the cheese in a double boiler and add to recipe,

CHICKEN HOT DISH



- 1 package (26 oz) frozen shredded hash brown potatoes (thawed)
- 1 package (24 oz) frozen California blend vegetables
- 3 cups cooked chicken (cubed)
- 1 can (10 $\frac{3}{4}$ oz) condensed cream of chicken soup (do not dilute)
- 1 can (10 $\frac{3}{4}$ oz) condensed cream of mushroom soup (do not dilute)
- 1 cup chicken broth
- $\frac{3}{4}$ cup French Fried onions

- In a greased 9 x 13 x 2 dish
- Add a layer of the potatoes (salt lightly)
- Add a layer of vegetables (salt lightly)
- Add a layer of chicken
- In a bowl, combine soups and broth
- Pour soups and broth over chicken (dish will be full)
- Cover and bake at 375° for 1 hour
- Uncover; sprinkle with onions
- Bake 10 minutes longer or until heated throughout

CHICKEN AND DRESSING



- 4 Cups Pepperidge Farm Herb Stuffing
- 1 Cup Margarine (melted)
- 2 cans (10 ½ oz) condensed cream of celery soup (do not dilute)
- 1 Cup milk
- 3 Cups (or a little more) cooked skinless chicken breasts (cubed)
- 2-4 Tbsp minced onion
- 1 can sliced water chestnuts (drained)

Cook chicken

Mix stuffing with melted margarine

In 9 x 13 dish put one half of stuffing mix (spread evenly on bottom of dish).

Combine remaining ingredients and pour over stuffing mix.

Spread remaining stuffing mix evenly on top of chicken.

Bake uncovered at 350° for 45 minutes to 1 hour until bubbly and brown on top.

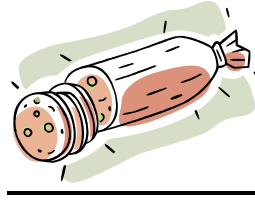
Please note that it is important for the dressing mix on top layer to be moist enough with the butter mixture to ensure that the dressing is not too dry when served.

CHICKEN BISCUIT POTPIE

4 1/3 cups frozen mixed vegetables (vegetable soup mix), thawed
3 cups cubed cooked chicken
2 cans (10 3/4 oz) condensed cream of chicken soup (do not dilute)
1/2 teaspoon dried thyme
2 cup biscuit/baking mix (bisquick)
1 cup milk
2 eggs

In a bowl, combine vegetables, chicken, soup and thyme. Pour into an ungreased 9 x 13 dish. Combine biscuit mix, milk and eggs; Pour over chicken mixture. Bake at 400° for 25-30 minutes or until golden brown.

SAUSAGE CASSEROLE



1 cup long grain rice
2 cans condensed cream of chicken soup diluted with
2 cups water
1 8 oz can mushrooms
1 onion finely chopped
1 lb. sausage, browned & crumbled
½ cup grated sharp cheddar cheese
½ cup celery chopped
1 green pepper finely chopped
Salt & Pepper to taste

Brown sausage, drain.

Add remaining ingredients.

Bake covered in 9 X 13 dish at 350° oven for 1 hour.

Remove cover & cook 30 minutes to 1 hr longer at same oven temperature.*

- * Please note that this dish requires a long cooking time. Add cooking time to ensure that the dish is well cooked and does not appear loose or runny. Extend cooking time if necessary.
TOTAL BAKING TIME IS 1-1/2 to 2HRS.

RICE-BROCCOLI CASSEROLE



1 medium onion
3 T Margarine (NOT low fat)
1 can (10 ½ oz) condensed cream of celery soup (do not dilute)
½-Cup milk
½ lb Velveeta cheese or 8 oz jar of Cheez Whiz (NOT low fat)
3 Cups cooked rice
2 10-oz pkgs frozen chopped broccoli
1 cup grated cheese (cheddar)

Sauté onion in regular margarine (not low fat)
Add soup, milk and Velveeta cheese.
Heat until smooth.
Fold in rice and partially thawed broccoli.
Put in large casserole (9 ½ by 13)
Cover with grated cheese.
Bake 30 minutes at 350 °

PICNIC POTATOES



- 2 lbs. frozen hash brown potatoes
- 1 can cream of chicken soup
- 2 cups sour cream
- ½ cup margarine, melted
- 8 oz. grated sharp cheese
- 1 cup onion, chopped
- 1 cup corn flakes, crushed

Thaw hash browns for 30 minutes. In a 9 x 13 pan, mix the first 6 ingredients. Sprinkle corn flakes on top and bake in 375 ° oven for 1 hour.

GREEN BEANS



- 2 - 48 oz cans of green beans*
- 3 - beef bouillon cubes

Season with salt, pepper to taste. Add beef cubes and simmer until seasoned. Drain off most of liquid and place beans in large baking dish.

*You may be able to find a 6 lb 5 oz cans at some markets.

MEXICAN CORN BREAD



2 cups cornmeal
1 tsp salt
1 tsp soda
2/3 cup oil
4 eggs
1 can cream style corn
1 1/3 cups buttermilk
2 cups grated cheddar cheese
2 small can chopped green chilies (drained)

Combine cornmeal, salt and soda. Stir in oil, eggs and mix well. Stir in corn and buttermilk and mix well. Add cheese and green chilies, pour into a 9 x 13 greased baking pan, and bake at 375° for 30-35 minutes.

PLEASE COOK THOROUGHLY UNTIL A TOOTHPICK INSERTED IN THE CENTER COMES OUT CLEAN.

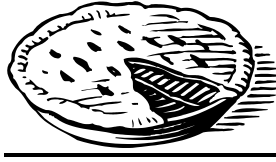
SEASONED BLACK BEANS



Combine:

6 – 15 oz. cans Bush's Best Black Beans
2 - 4.5 oz. can Old El Paso Chopped Green Chilies (drained)

FOUR LAYER PIE



1 stick oleo margarine (softened)
1-cup flour
1-cup pecans chopped fine
1 cup powdered sugar
1 8 oz package cream cheese (softened) (DO NOT use low or no fat)
1 small package vanilla instant pudding mix
1 small package chocolate instant pudding mix
1 12 oz carton of cool whip

Step 1:

Mix the oleo, flour and chopped nuts together.
Press this mixture in a 9 x 13 pan.
Bake at 350° for 20 minutes; Set aside and let cool.

Step 2:

Mix the powdered sugar, cream cheese and 1 cup of cool whip together.
Spread this mixture over the top of the cooled crust.

Step 3:

Prepare the vanilla pudding mix according to instructions on the box.
Prepare the chocolate pudding mix according to instructions on the box.
Mix the vanilla and chocolate pudding together and spread over the top of the cream cheese mixture.

Step 4:

Spread the remaining cool whip over the top of the pudding.

Step 5:

Sprinkle with chopped nuts & refrigerate until ready to serve

CHERRY DUMP CAKE



1 can (20 oz) crushed pineapple, undrained
1 can (21 oz) cherry pie filling
1 package (18.25 oz) plain yellow cake mix
12 TBSP (1 ½ stick) butter, melted
1 cup chopped pecans

Preheat oven to 350°

Spoon the pineapple evenly over the bottom of an ungreased 9 x 13 baking pan. Cover the pineapple with the cherry pie filling.

Break up any lumps in the cake mix and pour the dry cake mix evenly over the fruit mixture so it reaches all the sides of the pan. Drizzle the entire pan with melted butter. Sprinkle pecans evenly over the top of the cake. Bake for 55 to 60 minutes or until done. Cake is done when a toothpick inserted in the center comes out clean.

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APPLE BETTY



8 cups sliced pared tart apples (or 2 1-lb 2 oz cans of pie-sliced apples, drained)

Note: **If you cannot find canned apples you may substitute canned peaches**

2 cups sugar

1 ½-cup flour

1 tsp. cinnamon

¼ tsp of salt

1 cup slightly softened butter (do not use margarine)

Spread the apples in a buttered 9 x 13 baking pan.

Combine sugar, flour, cinnamon and salt; cut in butter until mixture is crumbly.

Sprinkle mixture over apples.

Bake at 350° for 45 minutes or until apples are tender and topping is crisp.

PEACHES and CREAM PIE



- 1 can (14 oz) Eagle Brand condensed milk
- 1/3 cup lemon juice
- 1 carton (16 oz) Cool Whip, softened
- 1 large (29 oz) can peaches, cut into bite-sized pieces and well drained.
- 2 graham cracker pie crusts (9 inch)

Mix condensed milk, lemon juice and Cool Whip until smooth. Fold in peaches and divide evenly into piecrusts. Cover and refrigerate overnight.

** Please be sure to double recipe to make four (4) pies

BANANA-PINEAPPLE CAKE



3 cups flour
2 cups sugar
1 ½-cup salad oil
3 eggs
1 flat can crushed pineapple and juice (do not drain)
1 tsp soda
1 ½ tsp cinnamon
1 tsp vanilla
¾ cup chopped pecans
3 cups diced bananas (firm bananas; do not use overripe bananas)
½ tsp salt

Grease and flour a 9 x 13 inch pan.

In a large bowl, mix all the ingredients with a spoon; do not over mix, the mixture will be slightly lumpy.

Pour batter in the greased and floured 9 x 13 pan.

Bake at 350o for 60 minutes or until toothpicks come out clean.

Cool completely and refrigerate after cooling.

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PUMPKIN PIE CAKE



FILLING:

1 28 oz can pumpkin
4 eggs
1 12 oz evaporated milk
1-cup sugar
½-cup brown sugar
1 tsp pumpkin pie spice

TOPPING:

1 package spice cake mix
1 cup butter (2 sticks)
1 cup chopped pecans

Preheat oven to 350°.

Mix all filling ingredients together and pour filling into a buttered 9 x 13 cake pan.

Break up lumps and sprinkle 1 package yellow cake mix over the filling.

Melt 2 sticks butter and pour evenly over the cake mix. (This is critical otherwise; you will have only dry cake mix on top)

Sprinkle the chopped nuts over the top.

Bake at 350° for 45 minutes or until the center jiggles only slightly just like a pumpkin pie. Cooking time may be extended to ensure cake is not too loose.

Let cool completely and refrigerate. Must be made the day before we serve this dessert.

PLEASE COOK THOROUGHLY UNTIL A TOOTHPICK INSERTED IN THE CENTER COMES OUT CLEAN.

PINEAPPLE CREAM CAKE



1 package (18.25 oz) yellow cake mix
1 can (20 oz) crushed pineapple in juice
 $\frac{3}{4}$ -cup sugar
2 packages (3 $\frac{1}{2}$ oz each) instant vanilla pudding mix
3 cups milk
1 carton Cool Whip
 $\frac{3}{4}$ cup flaked coconut, toasted

Prepare cake mix according to package directions. Bake in a 9 x 13 pan.
In medium saucepan, combine pineapple and juice with sugar.
Cook over medium heat, stirring occasionally, until thick and syrupy, about 20 minutes.
When cake is done, remove from oven and pierce top of cake with a fork at 1-inch intervals.
Pour pineapple mixture over top and spread evenly over cake. Let cool completely.
In medium bowl, combine pudding mix with milk, blending until thick. Spread pudding over cooled cake.
Spread cool whip over top of pudding.
Refrigerate overnight.
Before serving, sprinkle with coconut.

SYMPHONY BROWNIE



2 packages of brownie mix
3 large Hershey's Symphony bars (may substitute large plain Hershey bars)

Preheat the oven to 350°

Mix 1 package of brownie mix according to package directions and pour in a 9 x 13 pan. (Do not bake yet)

Lay the three Symphony bars on top of the brownie mix.

Mix the second package of brownie mix according to package directions and pour on top of the Symphony bars.

Now Bake in oven for 45 minutes. Refrigerate overnight (if not cooled thoroughly it will too soft to serve).

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CHOCOLATE SHEET CAKE



Chocolate Sheet Cake

2 Cups sugar
2 Cups flour
½ Cup buttermilk
1 TSP baking soda
2 Eggs
1 TSP vanilla

Bring to a boil: ½ cup Crisco
 1 stick butter
 4 TBSP powdered cocoa
 1 cup water

Mix above together and bring to boil, then pour over the sugar and flour mixture and mix together

Mix buttermilk and baking soda together then add eggs and vanilla to the buttermilk mixture

Mix all of the above together and pour into a 9 x 13 pan. Bake in preheated 425 degree oven for 20 – 25 minutes.

Frosting

1 Stick butter
4 TBSP powdered cocoa
6 TBSP milk
1 Box powdered sugar (1 lb)
1 TSP vanilla
1 Cup pecans

Bring the butter, cocoa and milk to a boil, and then mix remaining ingredients together until smooth. Pour onto cooled cake and spread evenly.

BLACK OIL CAKE



Ingredients:

2 Cups flour
2 Cups sugar
1 TBSP baking soda
 $\frac{1}{2}$ TSP salt
 $\frac{1}{2}$ Cup salad oil
1 Cup milk
1 TBSP vanilla
1 egg
1 Cup boiling water
 $\frac{1}{2}$ Cup cocoa

Directions:

Combine all ingredients except water. Mix on low speed for 2 minutes. Add 1 Cup boiling water, mix carefully.
Pour into 13x9x2" greased & floured baking dish.
Bake at 350 degrees until toothpick inserted in center of cake comes out clean, about 40-45 minutes.

Glaze:

Melt 2 TBSP butter
Add $\frac{1}{3}$ Cup powdered sugar
2 TBSP milk

Pour over warm cake.