

Westminster Presbyterian Church



Senior Lunch Recipes

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CHICKEN ALA KING

3 cups cooked chicken, chopped
¾ cup butter or margarine
1 ½ cups chopped celery
6 oz. can chopped mushrooms, drained
¾ cup flour
3 cups chicken broth
1 ½ cups milk
1/3 cup chopped pimento
1 ½ tsp. parsley flakes
12 oz. package frozen peas

Melt butter in large skillet. Add celery and mushrooms. Saute until tender. Blend in flour and simmer for 1 minute. Slowly add chicken broth and cook 3 to 5 minutes stirring constantly until thick. Add remaining ingredients and simmer for 10 minutes.

Serve over hot biscuits.

*Those who have no principles
draw little interest*

CHICKEN SUPREME

- 2 10 oz. packages frozen, chopped broccoli
- 3 ½ cups cooked chicken, cut in small pieces
- 2 cans Cream of Chicken soup
- 1 cup mayonnaise
- 1 tsp. lemon juice
- ½ tsp. curry powder
- 1 cup shredded sharp cheddar cheese
- 1 cup toasted bread crumbs

Cook and drain broccoli. Combine mayonnaise, soup, curry and lemon juice for sauce.

Layer broccoli evenly in the bottom of a 9" x 13" greased baking dish, add chicken, then sprinkle with half of the cheese. Pour sauce over ingredients and sprinkle with remaining cheese & toasted bread crumbs.

Bake 30 minutes at 350 degrees or until bubbly.

*You are never fully dressed
until you put on a smile!*

FROZEN POTATO CASSEROLE

32 oz. package frozen hashbrowns
½ cup chopped onions
2 Tbsp. Margarine or butter
1 tsp. salt
¼ tsp. pepper
1 can cream of chicken soup, undiluted
2 cups sour cream
2 cups cheddar cheese, grated
1 cup crushed potato chips

Place frozen potatoes in greased 9" x 13" baking dish. Saute onion in margarine and combine with salt, pepper and soup. Add sour cream & cheese and pour over potatoes. Top with crushed potato chips.

Bake at 350 degrees for 1 hour.

"Lord, let me thank You in my heart for blessings small each day, lest I may fail to recognize when great ones come my way."

APPLE CRISP

8 cups peeled, sliced apples
½ c. water (for less juicy apples)

Topping:

1 ½ c. flour
1 ½ c. brown sugar
1 ½ cubes softened butter or margarine
1 ½ tsp. cinnamon
1 tsp. nutmeg
½ tsp. salt
1 ½ c. quick or old-fashioned oats

Place apples (and water, if needed) into greased 9" x 13" baking dish.
Combine topping ingredients until mixture is crumbly and spread evenly over apples.

Bake at 350 degrees for 30 - 45 minutes or until the apples are tender.

*Prayer is the key to the day
and the lock of the night.*

BANANA CAKE

2 small ripe bananas
1 package yellow cake mix
1 small package vanilla instant pudding
4 eggs
1 cup water
¼ cup cooking oil

Slice bananas into a large mixing bowl. Beat until well-mashed. Add remaining ingredients and blend at medium speed for two minutes.

Pour into a well-greased 9" x 13" pan and bake at 350 degrees for 50 minutes.

*Friendship is a chain of gold
Shaped in God's all-perfect mold,
Each link a smile, a laugh,
A tear, a touch of the hand,
A world of cheer.*

Helen Keller

CHERRY-PINEAPPLE DUMP CAKE

- 1 20 oz. can cherry pie filling
- 1 20 oz. can drained crushed pineapple
- 1 box (regular size) white cake mix
- 1 ½ cubes butter or margarine, melted
- 1 cup chopped nuts

Grease & flour a 9" x 13" pan. Place cherries filling then pineapple into pan. Crumble the DRY CAKE MIX over the fruit as evenly as possible, then drizzle the melted butter evenly over all. Sprinkle with nuts.

Bake at 350 degrees for approximately 1 hour. Cool and serve with whipped cream.

Life is God's gift to you.

What you do with life is

Your gift to God.

CHOCOLATE APPLESAUCE CAKE

3 cups flour
1 ½ cups sugar
½ cup cocoa
2 tsp. baking soda
½ tsp. salt
2 cups applesauce
1 cup water
2/3 cups cooking oil
2 Tbsp. Vinegar
2 tsp. vanilla

Sift dry ingredients into a mixing bowl. Add remaining ingredients and stir until dry ingredients are moist.

Pour into a greased 9" x 13" pan. Bake at 350 degrees 35 to 40 minutes or until done.

A budget is a family's effort

To live below its yearnings.

HAWAIIAN CAKE

- STEP 1: 1 7oz box JIFFY yellow cake mix
Mix according to directions on the box and spread in a greased 9" x 13" pan. (*This will be a thin layer*) Bake 20 minutes and cool.
- STEP 2: 1 8oz. Philadelphia Cream Cheese
Whip and add:
2 cups milk
1 large box instant vanilla pudding
Whip together until thick. Spread this mixture over top of the cooled cake evenly.
- STEP 3: Mix the 20 oz. can crushed pineapple with 1 tbsp. cornstarch and cook until thick. Cool thoroughly and spread over top of frosted cake.
- STEP 4: Spread 8oz. Cool Whip over the Pineapple and sprinkle with 1 cup Shredded coconut.

POPPYSEED CAKE

1 package yellow cake mix
½ cup cooking oil
1 large package instant butterscotch pudding
2 oz. poppy seeds
4 eggs
1 cup warm water

Mix all ingredients thoroughly with an electric mixer. Pour into a greased 9" x 13" baking dish and bake at 350 degrees for 45 minutes. Sprinkle cake with powdered sugar.

Recipe for Life

The Best Things to Give . . .

To your enemy - forgiveness
To an opponent - tolerance
To a friend - your heart
To a child - a good example
To all - charity

SLOPPY JOES

2 lbs. Lean ground beef
2 cans tomato soup
3 Tbsp. sugar
¼ c. vinegar
½ c. catsup
6 Tbsp. prepared mustard
2 Tbsp. Worcestershire sauce
1 large onion, diced
1 tsp. salt

Brown meat in a heavy skillet; add onion and cook until onion is soft. Add remaining ingredients and simmer 1 hour. Spoon over warmed hamburger buns.

Serves 12-16

To do nothing is the most tiresome job . . .

you cannot stop to rest.

FOUR-BEAN SALAD

In a large bowl, combine:

- 1 can (16 oz.) green beans, drained
- 1 can (16 oz.) waxed beans, drained
- 1 can (16 oz.) garbanzo beans, rinsed & drained
- 1 can (16 oz.) kidney beans, rinsed & drained
- ¼ c. slivered green pepper
- ½ c. finely diced celery
- 8 finely cut green onions

In a small bowl, combine:

- ½ c. sugar
- ½ c. cider vinegar
- ¼ c. vegetable oil
- ½ tsp. salt

Stir until sugar is dissolved and pour over bean mixture. Cover and refrigerate overnight, stirring several times.

10 -12 servings

ORIENTAL TUNA CASSEROLE

4 c. cooked rice
1 ½ c. diced celery
¾ c. chopped onion
¼ c. butter or margarine
2 6 oz. cans water-packed tuna, drained
1 8 oz. can sliced water chestnuts, drained
2 cans cream of mushroom soup
½ c. milk
10 oz. frozen peas
2 Tbsp. chopped pimento
½ c. cashews
2 Tbsp. soy sauce

Saute onions & celery in margarine until tender. Drain & add remaining ingredients. Place in 9" x 13" baking dish and bake at 350 degrees for ½ hour.

One problem of retirement:

You have more time to read what your problems are.

MAZETTI

- 2 lbs. lean ground beef
- 2-1/2 cups celery & leaves chopped fine
- 12 oz. small penne noodles
- 2 10-3/4 oz. cans tomato soup
- 1 6 oz. can mushroom pieces
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 2 tsp. chili powder
- 1 cup grated cheddar cheese (1/4#)

Brown beef in large skillet. Add celery, onion and 1/2 cup water. Cover and steam until veggies are tender.

Cook noodles and drain. Add remaining ingredients, except cheese. Mix together. Spread mixture into a 9 x 13" pan. Top with cheese.

Bake at 300 degrees until bubbly (about 1 hr.).

PORCUPINE MEATBALLS

2 lbs. lean ground beef
½ c. uncooked long-grain rice
2 eggs, slightly beaten
2 Tbsp. parsley flakes
4 Tbsp. finely chopped onion
¼ tsp. Pepper
1 tsp. salt

Mix together:

2 cans cream of mushroom soup
¼ tsp. garlic powder
2 cups water
2 tsp. Worcestershire sauce

Combine meat, rice, eggs, parsley, onion, pepper and salt and ½ cup cream of mushroom soup mixture. Make small “walnut-sized” balls. Brown and drain. Place in 9” x 13” casserole dish and pour remaining soup mixture over meatballs. Bake at 350 degrees until rice is done, 30 - 40 minutes.

CRANBERRY SALAD

- 1 large (6 oz.) package cranberry or raspberry jello
- 2 c. boiling water
- 1 20 oz. can pineapple tidbits, drained (save juice)
- 1 16 oz. can whole cranberry sauce
- 2 c. diced apples
- 1 c. diced celery
- ½ c. chopped walnuts

Dissolve jello in the boiling water. To the reserved pineapple juice, add enough water to make 1 1/2 cups and add to jello. Add cranberry sauce, breaking it up with a fork. Chill until slightly thickened. Stir in remaining ingredients and pour into a 9" x 13" pan and chill.

*An adult is a person who has stopped
growing at both ends, but not in the middle.*

JANET'S LAZY LASAGNA

- 1 ½ lbs. Lean ground beef
- 1 tsp. sugar
- dash of pepper
- 1 tsp. garlic powder
- 2 cans (15 oz.) tomato sauce
- 1 12oz. package "little lasagna chunks" (available at Fred Meyer)
- 1 3 oz. package cream cheese
- 1 c. sour cream
- ½ tsp. onion powder
- ½ c. parmesan cheese

Brown ground beef and add tomato sauce, sugar, and garlic powder. Simmer about 15 minutes. Meanwhile, cook the "little lasagna chunks" according to package directions. Melt cream cheese with sour cream and onion powder (this can be done in the microwave at medium for about a minute). Layer 1/3 noodles, 1/3 cream cheese mixture, and 1/3 sauce in the 9" x 13" baking dish. Continue layering and top with parmesan cheese. Bake at 350 degrees for about 20 minutes or until bubbly. Serves 10

CURRIED PEA SALAD

MIX:

- 1 1/3 c. mayonnaise
- 2 tsp. curry powder

ADD to mixture:

- 1 small jar chopped pimentos
- 10 chopped green onion with tops
- 1 6oz. can finely chopped smoked almonds
- 2 16 oz. packs frozen green **PETITE** peas,
uncooked

Mix well and refrigerate for at least two hours before serving.

A Moment with Him

*We mutter and sputter;
We fume and we spurt.
Our feelings get hurt.
We can't understand things,
Our vision grows dim,
When all that we need is
A MOMENT WITH HIM.*

JELLO FRUIT SALAD

- 2 c. boiling water
- 1 large (6 oz.) package raspberry jello
- 1 c. COLD water
- 1 20 oz. can crushed pineapple with juice
- 1 11oz. can Mandarin orange sections, drained

Pour boiling water over jello in a 9" x 13" dish and stir to dissolve. Add cold water, pineapple and oranges. Chill until firm.

Time is:

Too slow for those who wait

Too swift for those who fear

Too long for those who grieve

Too short for those who rejoice

But for those who LOVE,

Time is ETERNITY

Henry VanDyke

LIME GARDEN PATCH SALAD

- 1 6oz. (large) package lime jello
- 2 c. boiling water
- 1 ½ c. cold water
- 12-16oz frozen mixed garden vegetables
(small pieces), cooked & drained
- 1 c. thinly sliced celery
- ½ tsp. salt

Dissolve jello in boiling water. Add cold water. Cool until slightly thickened. Add vegetables. Place in a 9" x 13" dish and chill to set.

She was mailing a Bible to a friend.

"Anything breakable?" asked the postal clerk.

"Only the Ten Commandments."

LIME JELLO VEGETABLE SALAD

- 1 6oz. (large) package lime jello
- 2 c. boiling water
- 1 ½ c. cold water
- 1 10oz. package frozen peas
- 1 c. finely shredded carrots
- 1 cup thinly sliced celery

Dissolve jello in 2 c. boiling water. Add cold water. Cool until thickened and add vegetables. Place in 9" x 13" dish and chill to set.

Recipe for a Home

To a ½ cup of friendship, add a cup of thoughtfulness. Cream together with a pinch of powdered tenderness. Very lightly brown in a bowl of loyalty with a cup of Faith, one of hope, and one of charity. Be sure to add a spoonful each of gaiety that sings and the ability to laugh at little things. Moisten with the sudden tears of heartfelt sympathy. Bake in a good natured pan. And serve repeatedly.

SUNSHINE SALAD

- 1 6oz. (large) package orange jello
- 2 c. boiling water
- 1 cup cold water
- ¼ tsp. salt
- 1 20oz. can crushed pineapple with juice
- 1 c. finely shredded carrots

Pour boiling water over jello in a bowl and stir to dissolve. Add cold water, salt, and pineapple. Cool until thickened. Add carrots. Pour into a 9" x 13" dish and chill until firm.

*Ears are made for listening
And hearts are made to care.*

VEGETABLE SALAD

2 20oz. packages of frozen mixed vegetables

Cook **two minutes**. Drain and cool. To the drained vegetable, add:

1 head chopped lettuce

4 green onions, chopped

½ tsp. sugar

½ tsp. salt

1 tsp. dill seed

1 c. mayonnaise

Salad is ready to serve.

Serves 12-14

Handy Hint:

When cooking cabbage, add a bit of diced celery. It takes away the cabbage odor and tastes good, too.

CRUNCHY SALMON CASSEROLE

8 oz. uncooked medium-sized noodles
14 ½oz. canned salmon, drained
1 10oz. package frozen green peas
2 cans Cream of Mushroom soup
1 ½ c. water
½ c. slivered almonds, toasted
3 green onions, sliced
2 Tbsp. lemon juice
½ c. sliced olives (optional)
¾ c. grated cheddar cheese

Cook the noodles until tender. Fold together all the ingredients except the cheese and place in a 9" x 13" baking dish. Sprinkle the cheese over the top. Bake at 350 degrees about 30 minutes or until bubbly.

*A smile is a magnet by which you attract
the good things of life.*

TATER-TOT CASSEROLE

1 ½ lbs. lean ground beef
½ c. chopped onion (1 small)
1 can Cream of Mushroom soup
1 can Cream of Chicken soup
1 cup milk
1 can sliced green beans, drained
salt & pepper
1 32oz. pkg. frozen Tater-tots

Brown ground beef & onion; drain off excess fat. Add both cans of soup & milk. Mix together and then add the green beans. Salt & pepper to taste.

Place mixture in a greased 9" x 13" baking dish and spread the Tater-tots evenly over top. Bake at 350 degrees for 45 - 60 minutes.

Wisdom is the reward you get

from a lifetime of listening

when you would have preferred to talk.

HAM & EGG CASSEROLE

Make the night before:

- 2 c. diced fully-cooked ham
- 2 ½ c. herb-seasoned croutons
- 2 c. grated cheddar cheese
- 6 eggs
- 2 ¾ c. milk
- 1 tsp. dry mustard
- 1 can Cream of Chicken soup

Place croutons evenly in the bottom of a 9" x 13" baking dish. Sprinkle ham & cheese over croutons. Add small amount of the milk to the soup and stir until mixed. Add remaining milk & mustard to the mixture. Beat eggs slightly and stir into the soup mixture. Pour evenly over the croutons, ham & cheese.

Refrigerate overnight.

Bake at 325 degrees for 1 hour.

AMBROSIA SALAD

- 1 20oz. can pineapple chunks or tidbits,
well-drained
- 1 11oz. can mandarin orange sections,
well-drained
- 2 c. shredded coconut
- 2 c. miniature marshmallows
- 2 c. vanilla yogurt
- 2 bananas, sliced

Mix all ingredients together except the bananas and refrigerate overnight. Add bananas just before serving.

*“Reputation is what men and women
think of us; character is what God and the
angels know of us.”*

Thomas Paine

SKILLET TAMALES PIE

- 2 Tbsp. cooking oil or margarine
- 1 medium onion, chopped
- 1 lbs. lean ground beef
- 1 16oz. can stewed tomatoes
- 1 17oz. can whole (or creamed-style) corn
- 1 c. sour cream
- 1 ½ c. cornmeal
- 1 small can sliced ripe olives, drained (optional)
- 2 tsp. salt
- 1 Tbsp. chili powder
- ½ tsp. cumin
- 2 c. shredded Monterey jack or cheddar cheese

Heat oil or margarine in large skillet with cover. Add onion & meat and cook until lightly browned. EXCEPT FOR THE CHEESE, add tomatoes, corn with liquid, sour cream, cornmeal & seasonings (and olives, if desired). Stir well until thoroughly mixed. Cover and simmer 20 minutes. Sprinkle with shredded cheese. *Alternate method: After mixing all ingredients, except cheese, mixture can be put in baking dish and baked in a 350 degree oven 30 - 45 minutes or until hot and bubbly.* Serves 6-8

CHICKEN CANTONESE SALAD

- 2 quarts cubed, cooked chicken
- 1 20oz. can sliced water chestnuts, drained
- 1 lb. Red or green grapes, washed
- 2 cans Mandarin orange sections, drained
- 2 c. sliced celery
- 1 large can (1 lb., 13oz.) pineapple chunks,
drained
- 2 c. mayonnaise
- ½ to 1 Tbsp. curry powder (to taste)
- 2 Tbsp. soy sauce
- 1 package slivered almonds

Mix water chestnuts with the chicken. Add oranges, grapes, celery, and pineapple. Combine mayonnaise, curry powder and soy sauce and mix with the chicken/fruit mixture. Chill. Serve on a leaf of lettuce and sprinkle with the slivered almonds. Serves 12 - 16.

PUMPKIN STRUDEL

- 2 (15 oz.) cans solid-pack pumpkin
- 1 can (12 oz.) evaporated milk
- 1 cup sugar
- 3 eggs
- 1 tsp. vanilla
- 1/2 tsp. nutmeg
- 1 pkg. yellow cake mix (2 layer size)
- 1-1/2 cubes butter or margarine
- 1/2 cup nuts (optional)

Mix together pumpkin, milk, sugar, eggs and vanilla. Pour into a greased 9 x 13" pan. Sprinkle with dry mix, breaking up any lumps. Melt butter or margarine and drizzle over top. Sprinkle with nuts if desired.

Bake at 350 degrees about 60 mins., or until toothpick comes out clean. Cake should look browned. Serve with Cool Whip.

Early to bed, early to rise,

Until you've learned and earned

Enough to do otherwise.

PUMPKIN DESSERT

3 c. powdered sugar
2 8oz. pkgs. cream cheese, softened
(DO NOT USE LOW FAT)
1 stick (1/2 c.) butter or margarine, softened
1 ½ Tbsp. vanilla
2 tsp. pumpkin pie spice
32oz. canned pumpkin
2/3 c. graham crackers

Sprinkle ½ of the graham crackers in the bottom of a 9" x 13" pan. Beat sugar, cream cheese, butter, vanilla and spice with an electric mixer 1-2 minutes, until fluffy. Add pumpkin and blend well. Spoon onto graham cracker crumbs and sprinkle with remaining crumbs. CHILL OVERNIGHT.
(This is VERY rich!)

The cart in the supermarket is the most

Expensively run vehicle in the world.

NO-BAKE CHEESECAKE

Crust:

2 c. graham cracker crumbs

1 Tbsp. sugar

$\frac{3}{4}$ stick margarine, melted

$\frac{1}{4}$ tsp. cinnamon

Mix all ingredients together and pat into 9" x 13" pan. Save about $\frac{1}{4}$ c. to sprinkle on top.

Filling:

1 3oz. (small) package lemon jello

1 c. boiling water

2 Tbsp. lemon juice

1 scant cup sugar

1 tsp. vanilla

1 8oz. package cream cheese

1 12oz. container Cool Whip

Dissolve jello in 1 cup boiling water; add lemon juice. Cool slightly. Cream together the cream cheese, sugar and vanilla; add gelatin mixture. Cool to room temperature. Fold Cool Whip into the jello/cream cheese mixture and pour into crust. Sprinkle remaining crumbs on top. Chill overnight. Serves 12-16.

FRUIT COCKTAIL DESSERT

Sift together in a bowl:

- 2 c. flour
- ¼ tsp. salt
- 2 tsp. baking soda
- 1 c. sugar

Add to above:

- 2 eggs, slightly beaten
- 2 tsp. vanilla
- 2 16oz. cans fruit cocktail

Pour into a 9" x 13" baking dish. Spread over the mixture:

- 1 c. brown sugar
- 1 c. chopped walnuts

Bake at 325 degrees for 20 minutes. Reduce heat to 275 degrees and continue baking for another 30 minutes. May be served with ice cream or Cool Whip.

APPLE GINGERBREAD UPSIDE-DOWN CAKE

½ c. butter or margarine

½ c. brown sugar

4-5 apples (I use Golden Delicious) peeled,
halved, cored and sliced

2 boxes (about 14.5 oz. each) gingerbread mix,
batter prepared according to package
directions

Heat oven to 350 degrees. Put butter in a 9" x 13" pan and place in oven to melt while the oven heats. Remove from oven and sprinkle brown sugar evenly over the melted butter. Top with apples slices, overlapping slightly. Pour gingerbread batter over apples to cover completely.

Bake at 350 degrees for 45 - 50 minutes, until a toothpick comes out clean. Cool in pan on wire rack for 5 minutes . Run a knife around the edge to loosen cake and then invert onto platter. Serve warm or at room temperature.

BROCCOLI SALAD

3 c. broccoli slaw (in package)
3 c. broccoli flowerets
½ c. raisins
¼ c. sunflower seeds
¼ c. bacon bits (or crumbled cooked bacon)

Dressing:

½ c. sour cream
½ c. mayonnaise
1/3 c. vinegar
¼ c. green onions
2 Tbsp. Sugar
1 ¼ tsp. Salt
¼ tsp. Pepper

Put first 3 ingredients in a bowl. Mix dressing ingredients together and pour over vegetables. Cover tightly and marinate overnight. Stir several times. Just before serving, add sunflower seeds and bacon and toss well.

*She didn't have potatoes,
So she used a cup of rice.
She couldn't find paprika,
So she used some other spice.
Tomatoes weren't in season,
So she used tomato paste.
The WHOLE can, not a cup, dear.
She couldn't bear to waste.
And now, she isn't speaking.
She's convinced I pulled a fast one.
So don't ask for my recipe.
That one was the last one.*

CHILI BEEF AND RICE CASSEROLE

Saute until brown:

1 1/2 lbs ground beef

1 green pepper, chopped

1 medium onion, chopped

1 t salt

1 t chili powder

Add:

3/4 C uncooked rice

1 can red kidney beans (do NOT drain)

1 can stewed tomatoes

1/4 C water

Place in 9 x 13 pan, cover with foil Bake at 350 degrees for 45 minutes

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May bake the evening before and refrigerate, or bake the morning of the lunch.

NOTE: In case you want to make this recipe for yourself later, you will need to add 1 small can sliced olives and 1 1/2 C grated sharp cheese after baking and bake an additional 15 minutes before serving.

MOMS TUNA CASSEROLE

Combine and mix until smooth

2 cans condensed cream of celery soup
2 C whole milk

Add to above mix
2 cans tuna - drained
2 C uncooked elbow macaroni
2 C frozen peas
Chopped green onions
1 1/2 C shredded cheddar cheese

Pour into 9 x 13 casserole. Cover and refrigerate overnight.
Please bring to church by 10 am so that we may bake it.

If you do this recipe for yourself later at home, you will want to bake it at 350 degrees for 40 minutes, and then sprinkle another 1/2 C cheese on top and bake an additional 5 minutes.

CORNBREAD

2 C flour
1 1/2 C yellow cornmeal
3/4 C sugar
2 t baking soda
2 C buttermilk
2 eggs, beaten
2/3 C oil

Mix flour, cornmeal sugar and soda together in one bowl.
In another bowl mix together the buttermilk, eggs and oil.

Fold both mixtures together until mostly lump-free (A slotted spoon works well)
Pour into greased 9" by 13" pan.
Bake pan at 425 degrees for 20 minutes.
(Freezes well) Prep time is 45 minutes.