

COVENANT PRESBYTERIAN CHURCH

quarantine cookbook

JUNE 2021



Covenant
Presbyterian
Church

Dear Covenant Friend,

What has your pandemic menu looked like? Have you turned to old comfort foods? Have you used this as an opportunity to explore new flavors? Did you jump on the sourdough train? My answer to all these questions is a resounding yes (Sourdough crackers is a new favorite).

This cookbook is a monument to the year that was. Within this book you'll find old favorites that have acted as a security blanket and provided familiarity through an uncertain time. You'll find new recipes recently discovered used as a way to challenge ourselves in a time of monotony.

These recipes are more than just food, they're a story of an era of pandemic. They're stories of time spent inside; they're stories of fear and hope; they're what nourished our bodies and souls when we were unable to share meals together.

This cookbook is a way to reconnect to one another after a long time apart, it is a way to share in the lives of those whom we have gone for so long without.

Through the pandemic my cooking has gone through phases: learning, enjoying, tiring, rediscovering, relearning. The different kinds of bread I've baked, finally figuring out how to use the Instant Pot, discovering a love of cooking with Asian inspired flavors, experiencing two grilling seasons; all of these markers track a year of uncertainty. It's a joy to welcome you into my pandemic journey, and I hope that this cookbook connects you with your church family through their own journey.

Peace,
Pastor Jeff Fox-Kline



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1

APPETIZERS AND DIPS

Easy Sourdough Crackers

VEGETARIAN/VEGAN

COURTESY OF
Jeff Fox-Kline

“

This recipe comes from the Bon Appetit website. I have a sourdough starter but stopped making sourdough bread, because throughout the pandemic, I have lost the ability to follow complicated directions. But I didn't want to get rid of my starter, so I embarked on a quest to find the easiest way to use my starter as it accumulates. I make this recipe with my daughter every Friday now. The dough is the perfect texture for playing with and is the right consistency for a toddler to practice kneading. I love being able to experiment with flavors and just throw in whatever I happen to see. As long as you have a starter, this recipe is super easy and super fun. I make them on Friday and they're usually gone by Monday. It's the perfect snack to leave out on a counter and graze on throughout the weekend.

”

MATERIALS & INGREDIENTS

1 cup flour

Salt

Sourdough discard

1/4 cup olive oil

Any spice you want! (See comments about possible spice combinations in the instructions.)

Sourdough Crackers, cont.

INSTRUCTIONS

Preheat oven to 350°. Combine your flour (I use 100% whole wheat, but any flour would work) with a healthy pinch of salt. Pour in the sourdough starter and olive oil. Mix to combine all the ingredients and knead a few times (I go crazy on the kneading because it's a fun dough to work with). Divide into thirds. Lay out a sheet of parchment paper and roll out one ball of dough as big and thin as possible without tearing it. Brush the top with more olive oil and sprinkle more salt if you'd like. Place the parchment paper onto a baking sheet and bake for 15-20 minutes. Wait for the giant cracker to cool completely and then break into smaller crackers.

I love to experiment with spice combinations with these crackers. To do so, roll out one of your dough balls (it doesn't need to be very thin) and add whatever spices you'd like. Roll the dough back up and knead a few times to incorporate the spices fully. I've tried it with Za'atar; paprika and cayenne; cinnamon sugar; rosemary, parsley, and thyme; garlic powder, coriander, and cumin; or just plain lots of salt. If the spices are too strong, add less next time. If they are too weak, add more next time. Even a batch that doesn't turn out great will still be pretty good!

Wisco Pico

VEGETARIAN

COURTESY OF
Drew Simon

MATERIALS & INGREDIENTS

- 1 packet of Good Seasonings Italian Dressing (dry)
- 4 tbsp cilantro
- 1 small can of green chiles
- 2-3 tbsp black olives, diced (use how much you prefer)
- 2-3 green onions, chopped
- 3-4 Roma tomatoes, chopped
- 1 lb monterey jack cheese, grated

INSTRUCTIONS

Add all fresh ingredients and top with Italian Dressing packet. Mix all ingredients together and serve!

Flavors mingle together the longer it sits. It can be refrigerated, but depending on the amount of tomato juice, the cheese will absorb extra moisture. Still tastes good!

2

BREAKFAST

Awesome Oatmeal

VEGETARIAN



COURTESY OF
Chris Turner

“

Recipe adapted and changed over the decades from a Runner's World recipe.

Even teenagers love this, and it's healthy! (shhh)

”

MATERIALS & INGREDIENTS

4 cups oats

1/2 cup flaxseed meal

1/4 cup raw sunflower seeds

1 cup pecans

1/4 cup brown sugar

1 tsp salt

1/3 cup vegetable oil

4 tbsp honey

1/2 cup water

1/2 cup almond butter

1 tsp vanilla

1 cup raisins

1 cup chopped dates

Awesome Oatmeal, cont.

INSTRUCTIONS

In a large bowl, combine the oats, flax meal, sunflower seeds, cinnamon, pecans, brown sugar and salt. Mix well.

In another bowl, mix the oil, honey, water, almond butter, and vanilla. Pour the liquid mixture over the dry ingredients and mix well. Spread over a jelly-roll pan sprayed with nonstick cooking spray. Retain the large bowl and put the raisins and dates in it, to use after baking.

Bake at 300° for ~35 minutes, then take out and stir. Bake an additional 20-25 minutes. The granola will brown as it cooks. Cool on a wire rack.

Once granola is almost completely cool, stir it into the raisins and dates in the large bowl. Store in an airtight container on the counter for a week or more.

Baked Oatmeal

VEGETARIAN

COURTESY OF
Joan Colburn

MATERIALS & INGREDIENTS

3 cups quick-cooking oatmeal	2 eggs, beaten
1 cup brown sugar	1/2 cup melted butter
2 tsp baking powder	1 cup milk
1 tsp salt	
1/2 tsp cinnamon	
1/2 cup chopped walnuts	
1/2 cup raisins	

INSTRUCTIONS

Turn oven on to 350°. Grease an 8x8" or 9x9" pan. Combine first seven ingredients. In another bowl combine the rest of the ingredients and add to the first bowl. Spread in the baking pan and bake 40-45 minutes.

Cool the oatmeal and cut into 9 serving pieces. To serve, add milk and microwave for 30 seconds. Optional: top with strawberries, blueberries, bananas, etc. May be stored in freezer.

3

**BREAD
AND ROLLS**

BEST EVER Sour Cream Banana Bread

VEGETARIAN

COURTESY OF
Rhonda Rohn

“

I love to bake quick breads. I love to bake. I've made this to share with others during quarantine and other times.

”

MATERIALS & INGREDIENTS

1/2 cup (1 stick) butter, softened	1/2 cup sour cream (or sub Greek yogurt)
1 cup sugar	1 tsp vanilla
2 eggs, beaten	1 cup walnuts, chopped (optional)
1 ½ cups flour	
1 tsp baking soda	
1 cup mashed bananas (about 3)	

INSTRUCTIONS

1. Preheat oven to 350°. Grease and flour one 9" loaf pan (or 3 small ones). Pan should be 3/4 full of batter.
2. In a large bowl, cream the butter with sugar until light and fluffy. Add the eggs and mix well.
3. Whisk together the flour, baking soda, and salt; combine with the butter mixture.
4. Add the sour cream, bananas, and vanilla; stir well.
5. Pour into prepared pans and bake for 50-55 minutes.
6. Cool for 10 minutes and then turn the loaf out onto a rack.

Early Colonial Bread

VEGETARIAN/VEGAN

**SUBMITTED IN
REMEMBRANCE**

Jane Arbogast

“

This recipe was respectfully submitted on behalf of Jane Arbogast. It was found in the 1992 Covenant Family Cookbook. Bread and bread-making have been a staple of the pandemic and this could be your next type of bread to try.

”

MATERIALS & INGREDIENTS

1/2 cup yellow cornmeal	2 pkg. yeast
1/3 cup brown sugar	1/2 cup lukewarm water
1 tbsp salt	3/4 cup whole wheat flour
2 cups boiling water	1/2 cup rye flour
1/4 cup cooking oil	4 ¼ to 4 ½ cup flour

INSTRUCTIONS

Combine ingredients through oil; cool. Soften yeast in 1/2 cup water. Stir into cornmeal mixture. Add whole wheat and rye flours; mix well. Add white flour until dough is stiff; knead. Place in greased bowl. Cover and let rise. Punch down and divide in half. Let rest for 10 minutes. Shape into 2 loaves. Let rise. Bake at 375° (in preheated oven) for 45 minutes. Makes 2 loaves.

Milk and Honey Communion Rolls

VEGETARIAN

COURTESY OF
Mandy
Bocanegra

— “ —

I found and tweaked this recipe while making the communion rolls during the pandemic. Due to the amount of times I made this recipe my confidence in working with yeast grew a lot.

— ” —

MATERIALS & INGREDIENTS

20 oz whole milk	32 oz bread flour
2 oz unsalted butter	1/3 cup honey
1 package or 7g active dry yeast	2.5 tsp salt

INSTRUCTIONS

Heat the butter and milk to about 130°F. Add the yeast to a mixer bowl. Pour in all of the flour to the bowl followed by the honey and salt. Pour the milk/butter mixture in the bowl. Bring the dough together with a dough hook on low. Increase the speed to medium and knead for 7 minutes. The kneading can be done by hand which will take 10-15 minutes. When ready, the dough will be supple and extensible. Gather the dough into a round and place back in the mixer bowl. Brush the dough with olive oil and cover with a towel and allow to rise in a warm place until doubled in size, about 2 hours.

Communion Rolls, cont.

INSTRUCTIONS

Line 2 cookie sheets with parchment paper. Press the gases out of the dough and break off a 2.5 ounce section of dough. Shape the dough into a roll by pulling the sides to the underside or into any shape that you prefer. Place the roll on the parchment paper, brush with olive oil, and cut decorative slits in the top.

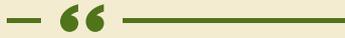
Allow the shaped rolls to rise again until almost doubled, about an hour.

Bake at 375°F for 26-28 minutes until golden brown. Let cool on racks.

Ranch Rolls

VEGETARIAN

COURTESY OF
Jameille Narans



This recipe is excellent for cinnamon rolls, dinner rolls, loaves of bread. I make caramel rolls from it by preparing pans with butter and brown sugar, rolling out a section of dough, brushing with melted butter and sprinkling with cinnamon and sugar. Rolling dough and cutting into 1" slices and placing in prepped pans. Will make six dozen cinnamon rolls. I have also started this recipe earlier in the day so I'm not working on it so late.



MATERIALS & INGREDIENTS

1 cup salad oil	14 cups flour (approximately)
2 cups sugar	2 pkg yeast dissolved in 1/2
1 ½ tbsp salt	cup water
4 cups boiling water	3 beaten eggs

INSTRUCTIONS

At 2:00 pm: Pour 4 cups boiling water over oil, sugar and salt. Stir and cool to luke warm. Add 5 cups flour and mix. Add yeast and eggs and mix well. Add 4-5 more cups of flour until dough is stiff. Knead well and let rise.

At 6:00 pm: Punch down dough.

At 9:00 pm: Form into rolls and let rise over night.

Morning: Bake at 350° for 20-25 minutes.

4

**COOKIES,
BARS,
AND CANDIES**

Blonde Brownies

VEGETARIAN

COURTESY OF
Rhonda Rohn

“ I made these for work and people loved them. ”

MATERIALS & INGREDIENTS

2 cups flour	4 eggs
1 tsp baking powder	2 tsp vanilla
1 tsp salt	10 oz. chocolate chips (1.5 cups, divided)
1/2 cup butter	1 cup chopped nuts (optional)
1 cup firmly packed brown sugar	
1 cup sugar	

INSTRUCTIONS

Mix flour with baking powder and salt. Beat butter until light and fluffy. Beat in sugars. Mix in eggs and vanilla. Stir in flour mixture until well blended. Stir in half the chips and nuts. Spread in greased 13.9" pan. Sprinkle with remaining chips. Bake at 350° for 20 minutes (mine usually take longer than this. More like 25-30). Cool in pan and cut.

I have substituted 2 of the eggs with ground flax seed and water. Use 1 tbsp flax seed and 3 tbsp water for 1 egg.

Chocolate Chip Cookies

VEGETARIAN

COURTESY OF
Marie Crist

“ This recipe is adapted from the Nestle Toll House Chocolate Chip Cookies. ”

MATERIALS & INGREDIENTS

2 ¼ cups flour	¾ cup packed brown sugar
1 tsp baking soda	¾ cup white sugar
1 tsp salt	1 tsp vanilla extract
½ cup butter (1 stick), softened	2 large eggs
½ cup shortening	2 cups chocolate chips
	1 cup chopped nuts

INSTRUCTIONS

Preheat oven to 375°. Combine flour, baking soda, and salt in small bowl. Beat butter, granulated sugar, brown sugar, and vanilla extract in large bowl until creamy. Add eggs, one at a time, beating well after each addition. Gradually beat in flour mixture. Stir in chocolate chips and nuts. Drop by rounded tablespoon onto baking sheet. Bake for nine to eleven minutes or until golden brown. Cool on baking sheets for two minutes. Remove to wire racks to cool completely.

Lemon Cookies

VEGETARIAN

COURTESY OF
Martha Stoner

MATERIALS & INGREDIENTS

1 cup cornstarch
1 ½ cup butter
1 ½ cup flour
¾ cup powdered
sugar

Frosting:
4 tbsp butter (room temp)
3 ½ cups powdered sugar
6 tbsp freshly squeezed
lemon juice

INSTRUCTIONS

Cream to “wet” appearance. (It looks very dry at first. Be patient and keep mixing.) Drop on cookie sheet and bake at 325° for 20 minutes.

Mix frosting and pile it on top of cookies! Can be frozen.

Molasses Cookies

VEGETARIAN

**SUBMITTED IN
REMEMBRANCE**

Pat Rowe

“

This recipe was respectfully submitted on behalf of Pat Rowe and found in the 1992 Covenant Family Cookbook. Cookies make you feel at home. The way these flavors fill your house with good smells also helps the comfort of home sink in. If you have never made Molasses Cookies before, or if you have and want to see how the flavors compare, try this one the next time you want to bake up a storm.

”

MATERIALS & INGREDIENTS

1/2 cup oil	2 cups flour
1 cup sugar	1/2 tsp cloves
1/4 cup molasses	1/2 tsp ginger
1 egg	1 tsp cinnamon
1 tsp soda	1/2 tsp salt

INSTRUCTIONS

Add sugar, molasses and egg to oil. Beat well. Sift dry ingredients together and add to batter. Stir until well mixed. Cover and chill. Form into 1" balls. Roll in sugar and place 1" apart on greased cookie sheets. Bake at 375° for 8 to 10 minutes. Makes 4 ½ dozen.

5

DESSERTS, CAKES, AND PIES

Apple Crisp

VEGETARIAN

COURTESY OF
Barbara & Eric
Eikenberry

“—————

This apple crisp is an old family favorite from a children's cookbook. We have an apple tree so this dish is made a lot in the fall, as well as other times.

—————”

MATERIALS & INGREDIENTS

4 cups apples, cut in thin slices
2 tsp cinnamon
1/2 tsp salt
1/4 cup water
1 cup sugar
3/4 cup sifted flour
1/3 cup soft butter or margarine

INSTRUCTIONS

Place apple slices in a 9x9" baking pan, glass or aluminum. Sprinkle the cinnamon, salt, and water evenly over the top of the apple slices. With a pastry mixer, combine and mix well the sugar, flour, and softened butter or margarine. Crumble the crumbs over the apples. Bake uncovered at 350°F for 40 minutes until crumbs are lightly browned. Let cool on rack. Wonderful with ice cream. Can also substitute other fruit.

Carrot Cake

VEGETARIAN

COURTESY OF
CC Girard



MATERIALS & INGREDIENTS

4 eggs
1 ½ cup brown sugar
1/2 cup apple sauce
3/4 cup olive oil
1 cup granulated sugar
2 tsp of vanilla extract
2 cups flour
2 tsp baking powder
2 tsp baking soda
A pinch of salt
2 tbsp cinnamon
1 tsp nutmeg
3 cups grated carrots

Cream Cheese Frosting:
8 oz cream cheese
1/2 cup butter, softened
3 cups of powdered sugar
2 tsp of vanilla extract
A pinch of salt
1 tbsp of cinnamon

Carrot Cake, cont.

INSTRUCTIONS

1. Preheat oven to 350°F. Whisk the eggs, brown sugar, apple sauce, olive oil, sugar, and vanilla together until combined.
2. In the same bowl add the flour, baking powder, baking soda, salt, cinnamon, and nutmeg. Mix until combined.
3. Once all the ingredients are combined, stir in the grated carrot.
4. Bake at 350°F for 30-35 minutes.
5. Let cool on a wire rack.

Cream Cheese Frosting:

Add all ingredients at once and use a mixer to combine the ingredients.

6

SALAD

Broccoli Salad

VEGETARIAN

COURTESY OF
Kate Sargent

“

Several of our friends have had babies over quarantine. We like to take care of our friends by sharing meals with them. This is one of our favorite side dishes to make (it makes a lot!) and share. We were inspired for our take on this "church cookbook classic" salad by reviewing some of our family's favorite church cookbooks of the past. Revisiting classic recipes over quarantine was a big part of our down time.

”

MATERIALS & INGREDIENTS

4-5 cups broccoli, chopped

1/4 cup chopped red onion

1/2 cup sunflower seeds

1 cup raisins

6 slices of bacon, cooked then crumbled

1/2 cup Duke's mayo

3 tbsp white sugar

2 tbsp red wine vinegar

Salt & pepper to taste

INSTRUCTIONS

Mix broccoli pieces, chopped onion, raisins, sunflower seeds, and bacon crumbles in a large bowl. In a separate bowl, whisk to combine mayo, vinegar, sugar, salt, and pepper. Pour dressing over the dry ingredients and mix with a large spoon. This salad tastes best after letting it sit in the refrigerator for a few hours. This is wonderful for a picnic lunch or a side dish with barbeque meat.

Hibachi-Style Carrot Ginger Salad Dressing

VEGETARIAN



COURTESY OF
TJ Sargent

"When restaurants closed during quarantine, we decided to learn how to make some of our favorite restaurant recipes. This salad dressing is so delicious! It reminds us of eating at hibachi-style restaurants, with tables full of people and a giant, hot grill in the center.

This recipe is from CookieandKate.com."

MATERIALS & INGREDIENTS

1/3 cup olive oil	2 tbsp lime juice
1/3 cup rice vinegar	1 tbsp + 1 tsp honey
2 large carrots, peeled & chopped	1 ½ tsp sesame oil
2 tbsp fresh ginger, peeled & chopped	1/4 tsp salt

INSTRUCTIONS

Combine all the dressing ingredients in a blender until completely smooth. Adjust for taste by adding salt if it's too sweet, or honey if it's too sour/salty. Serve over a classic hibachi-style salad of iceberg lettuce, shredded carrots, cucumber, and tomatoes.

Three Bean Salad

VEGETARIAN

COURTESY OF
TJ Sargent

“

When we weren't ready to enter grocery stores, this was a great recipe to use the canned beans from our pantry. We used herbs from our indoor planters to add the fresh elements of this recipe to the beans.

”

MATERIALS & INGREDIENTS

15 oz. cannellini beans	1 tsp rosemary
15 oz. garbanzo beans	1/4 cup white sugar
15 oz. kidney beans	1/3 cup apple cider vinegar
1 cup flat leaf parsley	3 tbsp olive oil
2 stalks celery, washed & diced	Salt & pepper to taste
1/2 red onion, diced & rinsed	

INSTRUCTIONS

Using a large bowl, combine three cans of beans (drained), celery, onion (drained of water), parsley, and rosemary. In a separate bowl, whisk together the rest of the ingredients for the dressing. Pour the dressing over the bean mixture and lightly mix.

Store in the refrigerator. This salad tastes best after letting it sit for an hour or longer. It's a great addition to barbeque or a lunchbox for kids or adults.

Roasted Asparagus with Chopped Egg Salad

VEGETARIAN/GLUTEN-FREE

COURTESY OF
Carol Philipps

“ This recipe has been a good side dish for many Easter dinners over the years. ”

MATERIALS & INGREDIENTS

- 1 ½ lb asparagus
- 2 tbsp extra-virgin olive oil
- Salt and pepper
- 1 tbsp lemon juice
- 3 hard-cooked large eggs, shelled and coarsely chopped
- 6 green olives, pitted and coarsely chopped
- 1/2 tsp drained capers
- 1 tbsp chopped parsley
- 2 oz arugula (about 2 cups), rinsed and crisped

Roasted Asparagus, cont.

INSTRUCTIONS

1. Rinse asparagus; snap off and discard tough stem ends. In a 12x17" baking pan, mix asparagus with 1 tablespoon olive oil. Sprinkle generously with salt and pepper. Bake in a 450°F regular or convection oven until asparagus is tender when pierced, 10 to 12 minutes.
2. Meanwhile, in a bowl, mix lemon juice and remaining 1 tablespoon olive oil. Add eggs, olives, capers, and parsley; mix gently to avoid mashing yolks. Season to taste with salt and pepper.
3. Mound arugula on a serving platter. Arrange asparagus on arugula and spoon egg salad over asparagus.

NOTES: The asparagus can be roasted (step 1) up to 2 hours ahead; cover loosely and let stand at room temperature. The chopped egg salad can be made (step 2) up to 1 day ahead; wrap airtight and chill. Bring to room temperature, then spoon over asparagus just before serving.

7

S O U P

Lentil Soup with Squash

VEGETARIAN/VEGAN

COURTESY OF
Barbara & Eric
Eikenberry

“ A warm and hearty soup that’s good in any season. ”

MATERIALS & INGREDIENTS

- | | |
|---|---|
| 2 tbsp olive oil | 1/4 tsp ground coriander |
| 1 yellow onion, diced | 1/4 tsp ground cinnamon |
| 2 carrots, peeled & diced | Pinch of red pepper flakes |
| 2 celery stalks | 1 cup dried green lentils, rinsed well |
| 1 medium delicate or butternut squash, peeled, seeded, cut into 1/2 in. cubes | 8 cups vegetable broth |
| 2 pinches salt | 1 cup tightly packed kale, stemmed & thinly sliced |
| 1 tsp curry powder | Optional: 1/2 lb ground Italian sausage, cooked & drained |
| 1/2 tsp ground cumin | |
| 1/2 tsp ground turmeric | |

Lentil Soup with Squash, cont.

INSTRUCTIONS

Heat olive oil in a Dutch oven or heavy soup pot over medium heat. Add onion and a pinch of salt and saute until translucent, about 4 minutes. Add carrots, celery, squash, and another pinch of salt. Saute until all the vegetables are just tender, about 5 minutes.

Add curry powder, cumin, turmeric, coriander, cinnamon, and red pepper flakes, and give a stir. Add lentils and stir to coat. Pour in $\frac{1}{2}$ cup broth, stirring to loosen any bits stuck to the pot, and cook until liquid is reduced by half.

Add remainder of broth. Increase heat to high and bring to a boil. Decrease heat to low, cover, and simmer until lentils are tender, 20-25 minutes. Stir in kale and cook until it's tender, about 3 minutes.

Serves 6.

Tomato-Basil Soup with Shrimp

Nutritional analysis per serving: 360 calories, 21g fat, 3.5g saturated fat, 55mg cholesterol, 6g fiber, 16g protein, 32g carbohydrates, 490 mg sodium. From "The Blood Sugar Solution 10-Day Detox Diet Cookbook" by Mark Hyman, MD.

COURTESY OF
Nancy McCulley

“

This is our family's go-to comfort food. It's easy enough for kids to help prepare and there are never any leftovers!

”

MATERIALS & INGREDIENTS

1 cup raw cashews	1 ½ cups low-sodium chicken stock
2 tbsp extra-virgin olive oil	1/4 cup unsweetened almond milk
1 yellow onion, diced	1/2 tsp sea salt
4 garlic cloves, sliced	1/4 cup tightly packed fresh basil leaves, plus extra chopped basil for garnish
1 celery rib, diced	20 large, cooked and peeled shrimp
1 bay leaf	
1 tbsp tomato paste	
1 (28 oz) can tomato puree or crushed tomatoes	

INSTRUCTIONS

Place the cashews in a small, heatproof bowl and cover with 2 cups of boiling water. Cover the bowl and allow the cashews to sit for 15 minutes, then drain & reserve the nuts.

Tomato-Basil Soup, cont.

INSTRUCTIONS

While the cashews are soaking, heat the olive oil in a medium saucepan over medium heat. Add the onion, garlic, celery, and bay leaf to the pan and cook, stirring occasionally until the vegetables are soft and beginning to brown, about 10 minutes.

Stir in the tomato paste and cook for 2 more minutes. Add the tomato puree, chicken stock, almond milk, cashews, and salt. Bring to a simmer, then reduce the heat to medium-low and cook for 15 minutes.

REMOVE THE BAY LEAF and transfer the hot soup to a blender (or use an immersion blender), and very carefully puree the soup starting on low speed, making sure to vent the lid. Hold a towel over the open window to prevent splattering.

Once the soup is pureed, add the basil and give it a quick final spin in the blender.

Divide the shrimp among 4 soup bowls and ladle the soup into each bowl. Sprinkle a pinch of black pepper over each bowl of soup, garnish with chopped basil, and serve.

8

SIDE DISHES AND VEGETABLES

Glazed Carrots with Red Wine Vinegar & Mint

VEGETARIAN

MATERIALS & INGREDIENTS

- 4 medium-sized carrots
- 3 tbsp honey
- 4 tbsp butter
- 1 tbsp red wine vinegar
- A few mint leaves, finely chopped

INSTRUCTIONS

Cut the carrots into rounds and add to a saucepan. Add 1 cup water, honey, and butter. Cover and bring to a boil. Remove the lid and cook until all the water has evaporated. Watch this closely as it can burn quickly after the water is gone. Stir lightly and continue to cook until the carrots start to brown nicely.

Add the vinegar and mint leaves. Stir to incorporate. Season with salt to taste. Serve hot or at room temperature.

COURTESY OF
Carol Philipps

“

Rod and I took quite a few Zoom cooking classes during quarantine. This was a favorite from the "Pasta LOVE Meal Kit and Virtual Cooking Class" with Peter Robertson (RP's Pasta) and Pasture and Plenty.

”

9

MAIN DISHES

African Pineapple Peanut Stew

VEGETARIAN/VEGAN

COURTESY OF
Jeff Fox-Kline

“

I had never made this before COVID and now I can't imagine living without it. The rich peanut butter and bright pineapple combine to make a flavor I never would have expected. At various times through the pandemic, I have brought this recipe up in Zoom meetings, always to be met with confusion or skepticism. I'm submitting it for our recipe book to prove the haters wrong. If you think you won't like it, or are unsure if kale is even good (it is, by the way), I insist you try making this at least once. It's salty, healthy, interestingly sweet (without being too sweet), and easy to make. The only thing holding you back from making this is your own imagination. Set yourself free and make this meal! Recipe is from the "Moosewood Restaurant Cooks at Home" cookbook.

”

MATERIALS & INGREDIENTS

1 cup chopped onion	1/2 cup peanut butter
2 garlic cloves, minced or pressed	(unsweetened is best)
1 tbsp vegetable oil	1 tbsp tabasco or other hot pepper sauce (optional)
1 bunch of kale or swiss chard	1/2 cup fresh cilantro
2 cups undrained canned crushed pineapple (20 oz can)	Salt to taste
	Crushed skinless peanuts (for garnish)
	Chopped scallion (for garnish)

Pineapple Peanut Stew, cont.

INSTRUCTIONS

In a covered saucepan, saute the onions for about 8 minutes, stirring frequently, until the onions are lightly browned. Add the garlic and saute for two more minutes. While the onions saute, wash the kale or swiss chard. Remove and discard the long stems and any blemished leaves. Cut or tear the leaves into bite-sized pieces.

Add the pineapple and its juice to the onions and bring to a simmer. Stir in the kale or chard. Keep adding the kale or chard as it cooks down. Cover the pot and simmer for about five minutes, stirring a couple of times until the greens are just tender.

Mix in the peanut butter, tabasco, and cilantro and simmer for five minutes. Add salt to taste and serve over rice. Garnish with the peanuts and scallions at the table.

Classic Braised Beef Short Ribs

COURTESY OF
Lynne
Vande-Sande



“

This Recipe is from the Stay at Home Chef which is so appropriate for the pandemic. You can find the recipe online at thestayathomechef.com. There's also a YouTube video to watch if you like. (Note: I ended up doubling the amount of beef broth to make sure the beef was covered at least half way with liquid—your pot may be different) I only made this for our family of 3 during quarantine, but can't wait to make it for a dinner party.

”

MATERIALS & INGREDIENTS

- 6 bone-in short ribs (about 4 lbs)
- 1/2 tsp salt
- 3 tbsp extra-virgin olive oil
- 1/2 white onion, diced
- 2-3 garlic cloves, crushed
- 2 cups of beef broth (The recipe calls for 1 cup, but I doubled it because the beef wasn't covered enough in the pot I used.)
- 2 tbsp worcestershire sauce
- 1 sprig fresh rosemary

Classic Braised Beef Short Ribs, cont.

INSTRUCTIONS

1. Preheat oven to 350°.
2. Season all sides of the short ribs with salt and pepper.
3. Heat a heavy, oven-safe pot over high heat. Add in olive oil and allow to heat briefly. Sear short ribs in olive oil, about 1 minute per side. Remove from pot and set aside.
4. Add in onion and saute 2 to 3 minutes. Add in garlic and saute 1 minute more.
5. Pour in beef broth and worcestershire sauce. Bring to a simmer. Add in meat. Place rosemary sprig on top.
6. Cover and transfer to preheated oven for about 2 ½ hour, until meat is tender.

Notes: If you don't have an oven safe pot, you can let it simmer, covered, in a regular pot on the stove for 2 ½ hours.

To make a sauce: remove the meat and pour the juices into a saucepan. Bring to a boil, reduce heat and simmer until sauce reduces (about 15 minutes). To make a gravy: Melt 2 tablespoons butter in a saucepan. Add 2 tablespoons of flour and whisk together into a paste. Pour in strained juices and heat over medium heat until thickened. If juices are straight from the oven and still piping hot, this will only take a minute or two.

Couscous Yumminess

VEGETARIAN/VEGAN

COURTESY OF
Kim Huff

"We started cooking this recipe in the Summer of 2020. We have come back to it many times over the year and it will continue being in our meal lists from here on. Whether it is your main meal or a side dish, it is filling and good as a hot or cold leftover.

Cooking Options: If your nutrition needs include meat, using chicken stock substituted for the water when cooking the couscous can be a nice switch. You can also cook up some chicken in a similar fashion to the veggies and add it as well."

MATERIALS & INGREDIENTS

2 cups Israeli Couscous	1 zucchini, diced
2 tbsp olive oil (divided)	1 summer squash, diced
2 ½ cups water	1 medium onion, diced
2 tsp lemon pepper (divided), or to taste	1 tsp minced garlic, or to taste

INSTRUCTIONS

Couscous: In a sauce pan, quick fry couscous in olive oil. Add water to couscous and boil. Add lemon pepper to taste. Leave sauce pan partially covered, lower heat to low and heat for 5-7 minutes. Turn off heat and let stand.

Veggies: In a frying pan, heat olive oil with minced garlic. Add diced veggies and cook to tenderness you prefer. Add lemon pepper to taste. Once everything is cooked, mix couscous and veggies and enjoy!

Lentil-Barley Stew

VEGETARIAN

COURTESY OF
Kathy & Eric
Wendorff

"Serve with bread,
plus fruit or salad."

MATERIALS & INGREDIENTS

1/2 cup (1 stick) butter	1 ½ cups barley (or brown rice)
1 ½ cups chopped celery (about 6 stalks)	1 tsp rosemary
1 ½ cups chopped onion (1-2 medium onions)	1 tsp garlic salt
1 ½ cups lentils, washed	1/2 tsp pepper
12 cups water (may substitute 1 49.5 oz can chicken/veggie broth + can of water for more flavor)	3 tsp salt (omit if using broth instead of water)
2 (28 oz) cans tomatoes, chopped	1 cup shredded carrots (about 4 large carrots)

INSTRUCTIONS

1. Saute celery and onion in butter in large soup pot.
2. Add lentils and water (or broth/water) and simmer 20 minutes.
3. Add tomatoes, barley, rosemary, garlic salt, pepper, and salt and simmer 45-60 minutes.
4. Shred carrots in food processor if available. Add and cook 5 more minutes.

One Pot Chickpea Tikka Masala

VEGETARIAN



COURTESY OF
Ann Athas

"I found this recipe last summer while looking for vegetarian recipes, and it has become one of our regular meals. It is quick and very easy to get together, and the aroma is bound to lift your spirits. Do not be deterred by the long list of ingredients—most of them are spices or items that can be kept in the pantry. It makes 4 servings, and leftovers reheat very well."

MATERIALS & INGREDIENTS

- | | |
|------------------------------------|---|
| 2 tbsp extra-virgin olive oil | A pinch of cayenne (optional) |
| 1 medium onion, diced (1 ½ cups) | 2 (15 oz) cans diced fire roasted tomatoes |
| 1 tsp salt | 1 cup vegetable broth |
| 2 jalapeños, cored & finely minced | 1 (15 oz) can chickpeas, drained and rinsed |
| 2 tbsp minced ginger | 1 cup unsweetened coconut milk |
| 1 tsp garam masala | Rice |
| 1 tsp ground cumin | Plain, dairy-free yogurt |
| 1 tsp curry powder | Fresh cilantro |
| 1/2 tsp paprika | Warm naan for serving |
| 3 tbsp tomato paste | |

One Pot Chickpea Tikka Masala, cont.

INSTRUCTIONS

In a large pot, warm the oil over medium heat. Add the onion and salt, stir and cook for 3 minutes.

Add the jalapeño, ginger, and garlic and cook for 2 minutes.

Add the spices (garam masala, cumin, curry, paprika, cayenne) and the tomato paste, then stir together and cook for 2 more minutes.

Pour the cans of diced tomatoes with their juices and 1 cup of vegetable broth into the pot. Bring to a boil and cook for 10 minutes, stirring intermittently.

Reduce heat to a simmer, then stir in the coconut milk and chickpeas. Cook until heated through. Serve warm with rice, fresh cilantro, yogurt and naan.

Salmon with Roasted Asparagus and Lemon-Caper Sauce

COURTESY OF
Ann Athas

“

This recipe is from the February 2001 issue of Bon Appetit Magazine. I made it for a friend's birthday—it got rave reviews—and then tucked it into a cookbook. A few months into quarantine, I decided I had better start looking for some healthy meals and found this recipe. It was just as delicious as it was the first time I made it and has become our family's favorite “just a little bit fancy” meal. It is a pretty adaptable recipe. I use a smaller piece of fish and don't bother to skin it, and I substitute white onion and dried thyme if that's what I have on hand.

”



MATERIALS & INGREDIENTS

- 2 tbsp fresh lemon juice
- 2 tbsp minced red onion
- 1 tbsp extra-virgin olive oil
- 1 tbsp drained capers, chopped
- 1 tsp chopped fresh thyme
- 1/2 tsp grated lemon peel
- 1 skinless salmon fillet (1 ½ lbs)
- 1 lb asparagus, trimmed
- 1 tbsp extra-virgin olive oil

Salmon with Roasted Asparagus, cont.

INSTRUCTIONS

Preheat oven to 450°.

Whisk first 6 ingredients in small bowl to blend. Season with salt and pepper. Set aside.

Cut three 1/2" deep slits crosswise in top of salmon (as if dividing into 4 equal pieces, but do not cut through). Arrange asparagus in even layer on rimmed baking sheet. Drizzle with olive oil and turn to coat. Sprinkle with salt and pepper. Place salmon on top of asparagus; sprinkle with salt and pepper. Roast until salmon is just opaque in center, about 20 minutes.

Transfer asparagus and salmon to platter. Spoon sauce over salmon. Cut into four pieces along slits and serve.



Skillet Penne & Sausage Supper

COURTESY OF
Katie Herringa

“

"This is a comfort food dish. The thing I love about it is that it uses only 1 pan! Easy clean-up.

Leftovers are just as good the next day, so I often double the recipe.

Enjoy!"

”

MATERIALS & INGREDIENTS

- 1 lb hot Italian sausage (or veggie sausage for vegetarians)
- 1 onion, diced
- 3 garlic cloves, minced
- 1/2 cup oil packed sun dried tomatoes, rinsed and finely chopped
- 8 oz penne pasta
- 2 cups of chicken or veggie broth
- 1 cup heavy cream (or half and half)
- 1 bag of baby spinach
- 1 cup shredded parmesan cheese
- Salt & pepper to taste
- 1 tbsp olive oil

Skillet Penne & Sausage Supper, cont.

INSTRUCTIONS

1. Heat oil in 12" skillet over medium heat until shimmering (I find a deeper pan works best). Add the onion and ½ tsp salt and cook until softened, about 5 minutes.
2. Stir in the sausage and cook, breaking up the meat with a wooden spoon, until no longer pink, about 4 minutes.
3. Stir in garlic and cook until fragrant, about 15 seconds. Sprinkle the tomatoes and penne evenly over the sausage. Pour the broth and cream over the pasta. Cover and bring to a boil. Reduce the heat to medium low and continue to simmer, stirring occasionally, until the pasta is tender, about 10 minutes.
4. Stir in the spinach a handful at a time and cook until wilted, about 2 minutes. Stir in the parmesan and season with salt and pepper to taste.

Spaghetti Cheese Almandin

VEGETARIAN

COURTESY OF
Kathy & Eric
Wendorff

MATERIALS & INGREDIENTS

- 2 tbsp margarine
- 1/2 cup slivered almonds
- 8 oz. spaghetti
- 2 cups cottage cheese

“
Serve with garlic bread and green salad. This is a quick last-minute dinner, tasty enough for adults and kids like it (once they pick out the nuts).
”

INSTRUCTIONS

1. Saute almonds in margarine in large frying pan over medium heat until light brown. (It works better with margarine than with butter, for some reason.)
Meanwhile, fill large pot with water and heat to boiling.
2. Break spaghetti into short pieces. Add to boiling water and stir. Cook 8-10 minutes, stirring occasionally.
3. Meanwhile, add cottage cheese to frying pan and stir until smooth.
4. Drain cooked spaghetti and add to frying pan. Toss until evenly mixed. If the sauce turns lumpy, keep stirring; it will get creamy again as the water evaporates.

Tortilla Pie

VEGETARIAN

COURTESY OF
Katie Herringa

“ This is a simple, yet tasty meal. Vegetarians and meat eaters all enjoy it. Comfort food. And you can alter ingredients or toppings to your liking. ”

MATERIALS & INGREDIENTS

15 oz can black beans	2 scallions, thinly sliced
10 oz frozen corn kernels, thawed	1/2 tsp ground cumin
1 cup salsa	4 (10 inch) tortillas (burrito sized)
8 oz can of tomato sauce	Olive oil for cooking the tortillas
2 cups grated cheese (cheddar, Mexican, pepperjack, any kind!)	Optional toppings: sour cream, guacamole, hot sauce, chipotle mayo, etc.
1/2 cup chopped, fresh cilantro	

Tortilla Pie, cont.

INSTRUCTIONS

Put oven rack in lower third of oven and preheat oven to 450°F.

Stir together beans, corn, salsa, tomato sauce, cheese, cilantro, scallions, and cumin in a large bowl.

Heat a 12" heavy skillet over high heat until smoking. Brush both sides of each tortilla with oil and fry, turning over once, until puffed and golden in spots, about 1 minute.

Put 1 tortilla in a well-oiled 15x10" shallow baking pan, then spread with 1 1/3 cups of filling. Repeat layering twice, then top with remaining tortilla, gently pressing to help layers adhere.

Bake until filling is heated through, about 12 minutes. Transfer with a large metal spatula to a platter, then cut pie into wedges with a serrated knife.

White Chicken Chili

COURTESY OF
Chris Turner

“ A favorite, even with teenagers, well before quarantine! Recipe from [Sparkpeople.com](https://www.sparkpeople.com) ”

MATERIALS & INGREDIENTS

- 1 tbsp olive oil
- 2 lbs (32 oz) boneless, skinless chicken breasts, diced into 1" cubes
- 1 onion, diced
- 3 cloves garlic, minced or grated
- 1 tsp salt
- 1 tsp ground cumin
- 1/2 tsp chili powder
- 1/8 tsp cloves, ground
- 1/8 tsp cayenne pepper
- 4 (15.5 oz) cannellini (white kidney) beans, drained and rinsed
- 28 oz. low-sodium chicken stock
- 2 cups frozen corn
- 2 (4 oz) cans green chilis
- 1 lime
- 3/4 cup low fat, shredded monterey jack cheese

White Chicken Chili, cont.

INSTRUCTIONS

After rinsing and draining cans of beans, puree one can of the beans, with some water, to make the chili a little thicker; otherwise, it is more like a soup consistency. Add at the same time as the other beans.

Heat oil in a heavy saucepan over medium heat. Add chicken and onion. Cook until chicken is no longer pink, about 5-7 minutes. Add garlic and spices; continue to cook for 1-2 minutes.

Add beans and stock. Stir and simmer for ~20-25 minutes.

Add corn and green chilis and continue to simmer for 5 minutes.

Remove from heat and squeeze lime into chili.

Serve with 1 tablespoon of cheese per cup of chili.

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MISCELLANEOUS /
OTHER

Pumpkin Chocolate Chip Energy Balls

VEGETARIAN

COURTESY OF
Katie Herringa

“—————

This was a healthy go-to snack to have around. It satisfied a sweet tooth, but also has lots of protein and healthy ingredients. It's a bit messy to make. It helps to rinse your hands once in awhile and then start rolling again.

You could swap raisins or dried cranberries for chocolate chips if you want! Enjoy! :)

—————”

MATERIALS & INGREDIENTS

- 3 cups dry, uncooked oatmeal
- 1 cup all-natural Pumpkin Puree
- 2/3 cup pure maple syrup or raw honey
- 1/2 tsp pumpkin pie spice
- 1/2 tbsp vanilla extract
- 4-6 tbsp ground flax seeds
- 1 cup small chopped walnuts, chopped almonds, coconut flakes, or any combo that equals 1 cup
- 1/2 cup mini chocolate chips

Pumpkin Chocolate Chip Energy Balls, cont.

INSTRUCTIONS

1. Combine all ingredients together in a medium bowl until very thoroughly mixed.
2. Roll into balls of about 1" in diameter (mine were a bit larger).
3. Place on a cookie sheet covered in parchment paper & freeze one hour.
4. Store in an airtight container and keep refrigerated for up to 1 week.

From CleanFoodCrush.com.

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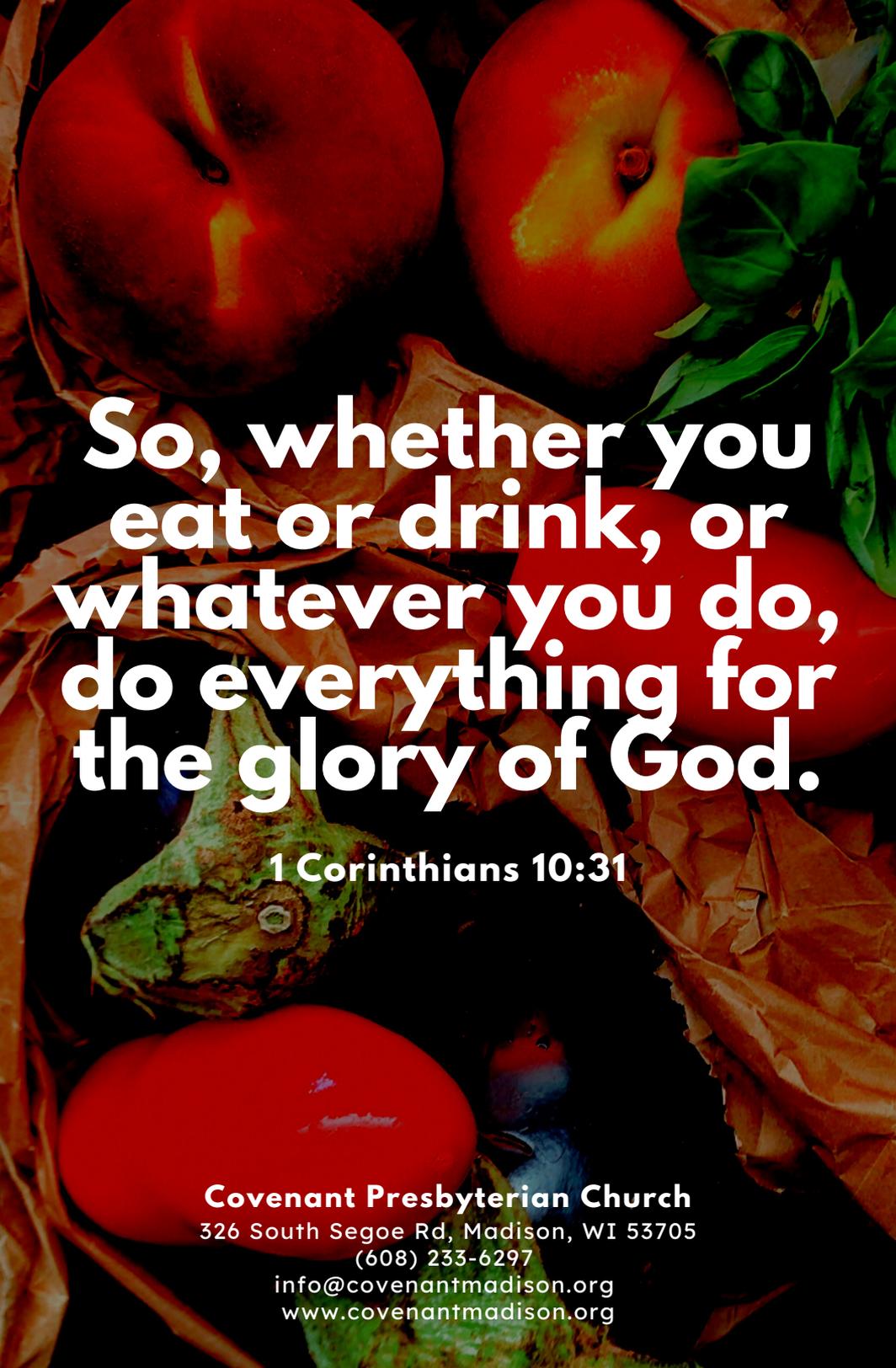
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**So, whether you
eat or drink, or
whatever you do,
do everything for
the glory of God.**

1 Corinthians 10:31

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