

SOUL FOOD WORSHIP SERIES • AUGUST 2021

CHEESE-FILLED MEATLOAF

From Karen Kline, served at Presbys and Wednesday Night Live dinners

- 1½ lbs Ground Beef
- ½ cup Breadcrumbs
- 1 Egg
- 1 T. Horseradish mustard (or, 2 t. Mustard and 1 t. Horseradish)
- 2 t. Salt
- Dash pepper
- 6 Mozzarella cheese slices
- Generous sprinkle of parsley
- ¾ cup Ketchup
- ¾ cup Water
- 1 T. Worcestershire sauce

Preheat oven to 375F. Mix meat, bread crumbs, egg, mustard, salt and pepper. Pat out mixture on waxed paper into a rectangle. Top with cheese and parsley. Roll up like a jelly-roll, starting with the long side; seal the ends and the seam. Place seam-side down in a baking dish. Mix together ketchup, water, and Worcestershire sauce and pour half over meatloaf. Bake for 1 hour. Half-way through baking, baste with remaining sauce.

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GREEN SALAD WITH SUGARED ALMONDS & ORANGES

From Emma Nickel, a family favorite passed down from her mother

Dressing:

- ½ t. Salt
- 2 T. Sugar
- ¼ c. Olive oil
- 1 T. Parsley, chopped
- Dash of pepper
- 2 T. Red wine vinegar
- Dash of Tabasco

Almonds:

- 1 T. + 1 t. Sugar
- ¼ cup Almonds, sliced or slivered

Salad:

- 8 cups (appx.) Salad greens, any combination
- 2 Green onions, thinly sliced
- 1 c. Celery, chopped (or, substitute water chestnuts)
- 1 can Mandarin orange segments, drained (or, substitute fresh clementine segments)

For dressing, combine all ingredients together and whisk or shake in a covered jar. For almonds, stir sugar and nuts together in a small frying pan over medium heat until sugar melts and coats almonds. Keep an eye on it so it doesn't burn!

Combine salad ingredients in large bowl. Toss salad with dressing just before serving and sprinkle with sugared almonds.

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BROWN RICE DRESSING

From Linda Willemssen, good as a side dish for any meal

- 1½ cups Brown rice
- 3 c. Chicken or vegetable broth
- 1 cup Celery, finely chopped
- ½ cup Onion, chopped
- ¼ cup Butter
- 1 t. Poultry seasoning
- ¼ t. Pepper

Combine brown rice and broth in a saucepan and bring to a boil. Lower heat to a simmer. Cover with a tight-fitting lid and simmer for 45 minutes or until liquid is absorbed and rice is tender. In a frying pan, sauté chopped celery and onion in butter. Add poultry seasoning and pepper to cooked brown rice. Stir together and serve warm.

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WHITE CHICKEN CHILI

From Sally Gilreath. This a Gilreath Family favorite and it freezes well too!

- 1 T Olive oil
- ½ Onion, diced
- ½ Jalapeño, minced
- 1 lb Boneless, skinless chicken breast, cut into 1-inch pieces
- 1 Garlic clove, minced
- 1 t. Chili powder
- 1 t. Ground cumin
- 1¼ t. Salt
- ¼ t. Cayenne pepper
- ½ cup Frozen corn kernels (no need to thaw)
- 2 (15 oz) cans White beans (Great Northern or Cannelloni), drained and rinsed
- 1¾ cups Chicken broth, store bought or homemade
- ¼ cup Heavy cream
- Optional toppings: chopped cilantro, sour cream, grated Monterey Jack cheese, diced avocado, and/or corn tortilla strips

In a medium soup pot, heat olive oil over medium heat. Add onion and jalapeño and cook until the onion has softened, 2 to 3 minutes. Add the chicken and cook, stirring occasionally, until lightly browned and no longer pink on the inside (add more olive oil if the pot starts to dry out), 4 to 5 minutes.

Toss minced garlic and spices into the pot and turn a few times to coat the chicken evenly. Add corn, beans, and chicken broth and bring to a boil. Reduce heat to low and simmer, about 20 minutes.

Break up some of the beans with the back of a wooden spoon to help thicken the chili. Stir in the cream, garnish with the desired toppings, and serve!

This dish is great to use leftover cooked chicken. Just skip step 2 and add the cooked chicken with the garlic and spices in step 3.



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BEER BREAD

From Sally Gilreath. Super easy and tasty bread recipe!

- 3½ cups All-purpose flour
- 3 T Sugar
- 1 T Baking powder
- 1½ t. Salt
- 12 oz Beer
- 1 Egg, beaten

Adjust oven rack to lower-middle position and heat oven to 375 F.

Mix flour, sugar, baking powder, and salt in a large bowl. Add beer and stir with a fork until just combined. Turn dough onto a floured surface: knead quickly to form a ball. Place bread on a baking sheet and confidently slit an X on top with a serrated or very sharp knife. Brush loaf with egg wash. Bake until golden brown, about 45 minutes.

Transfer to a wire rack to cool. Serve.

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HOMEMADE SALSA

From Melissa Ross, her signature dish given to her from a friend who is Guatemalan

- 7 Tomatoes
- 1 medium Red onion
- 2 Jalapeño peppers
- 1 Lime
- Salt
- 1 bunch of Cilantro

Chop tomatoes. Chop and mince red onion. Mix together in a bowl. Cut one jalapeño pepper in half and remove the ribs and seeds (this reduces the spicy heat level). Chop and add to the bowl. Mince *half* of the second pepper, seeds and all, and add it to the bowl (or leave out some or all of the pepper(s) to reduce the heat level). Add the juice of one lime. Chop about two tablespoons of cilantro and add to the mixture. Sprinkle salt over all and stir. Taste and add more salt if needed. Place in the fridge for 1-2 hours before serving, if you have time! Enjoy with tortilla chips or serve with a meal.

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HOMEMADE WHITE WHOLE WHEAT TORTILLAS

- 2 cups White whole wheat flour (or substitute all-purpose)
- 3 T Extra virgin olive oil
- ½ t. Salt
- ⅔ cup Warm water

In a bowl, mix together the flour, oil and salt. Slowly add the warm water while stirring until a rough dough comes together. Add a little extra water if needed. Turn the dough onto the counter and knead for about two minutes. Return to bowl and let rest for 20 minutes. Divide dough into eight equal balls. With a rolling pin, roll each ball into a circle (you want them to be pretty thin). Heat a pan over medium high heat and grease lightly. Drop one dough circle into the pan and let cook until bubbles form — about one minute. Flip over and cook another minute, pressing down with a spatula if needed. Repeat with remaining dough. Use immediately, or store in an airtight container in the fridge or freeze.

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BLUEBERRY TART

From Chris Klein, best at end of summer with fresh blueberries, but can also be made with frozen berries

Crust:

- 1 cup All-purpose flour
- Pinch of salt
- 2 T. Granulated sugar
- 1 T. White vinegar
- 1 stick Butter ($\frac{1}{2}$ cup), softened

Combine flour, salt, and sugar. Work in the butter with a pastry blender or fork. Mix in vinegar. Spread crust mixture in bottom of pie plate (or use a tart pan with a removeable bottom) to a depth of $\frac{1}{4}$ inch, and up the sides about 1 inch.

Filling:

- 4 cups Blueberries
- $\frac{2}{3}$ cup Granulated sugar
- 1 T. All-purpose flour
- Dash of cinnamon
- Powdered sugar, for topping

Preheat oven to 400 F. To make filling, combine sugar, flour, and cinnamon. Add 3 cups blueberries and gently fold together. Pour into crust. Bake for one hour. Remove from oven and place remaining blueberries on top. Allow to cool. Dust with powdered sugar before serving.

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BANANA BREAD

From Cassie Coates, makes one loaf.

- 1 stick (½ cup) Butter
- 3 Bananas, large and ripe
- 2 large Eggs
- 1 t. Vanilla
- 2 cups All-purpose flour
- 1 cup Granulated sugar
- 1 t. Baking soda
- ½ t. Salt
- ½ t. Cinnamon
- Turbinado (coarse) sugar

Preheat oven to 350 degrees F. Spray loaf pan with cooking spray or grease with butter. Melt butter. In a large bowl, mash bananas with a fork or potato masher. Add melted butter and mix. Add vanilla and eggs and mix again until fully combined. In a separate bowl combine the remaining dry ingredients. Now mix dry ingredients into wet ingredients with a spatula until just combined. Pour batter into prepared loaf pan and sprinkle with a small amount of turbinado sugar (optional). Bake for 45-55 minutes until a toothpick test comes out clean. Serve warm or cool and save for later.