



Dumbarton United Methodist Church

Seasonings of the Spirit

VEGETABLES

Hutspot	Greek Eggplant
Ratatouille	Toasted Carrot Balls
Sesame Vegetables	Cheese Grits
Spring Garden Vegetables	Black Eyed Peas
Spinach and Mushroom Casserole	Olga's Potatoes Supreme
Spinach-Artichoke Casserole	Swiss Potatoes
Spinach-Cheese-Mushroom Casserole	Parisian Potato Bake
Creamed Onions and Carrots	Potato Casserole
Barley Casserole	Pimiento Rice
Green Beans for Company	Brown Rice Supreme
Boston Baked Beans	Squash Casserole
Pork 'n' Beans without the Pork	Hot Tomatoes
Grace Otero's Frijoles Negros	Zucchini Casserole
Broccoli Casserole	
Stuffed Eggplant	



HUTSPOT

Nancy Milton

-- *This is a national dish of Holland* -

5 medium to large potatoes
6 carrots
3 medium onions
2 T. butter
salt and pepper
milk if needed
½ lb. grated cheddar cheese

Boil potatoes; boil carrots and onions together. Combine drained vegetables and mash, adding butter, salt and pepper, and milk if needed. When fluffy and all lumps are gone, spread in 8x11-inch baking dish, sprinkle with grated cheese and bake at 350° F. until cheese is melted.

RATATOUILLE

Mike Beard

3 T. oil	3 cloves garlic, crushed
2 spanish onions	1 c. red wine
4 tomatoes, peeled	1 T. paprika
2 medium eggplants, unpeeled	2 tsp. salt
2 green peppers	freshly ground pepper
½ lb. mushrooms	1 tsp. basil
4 zucchini, unpeeled	3 T. capers (opt.)

Dice onions, eggplants and peppers. Quarter tomatoes and mushrooms and cut zucchini into ½-inch slices. Heat oil in large pot. Add onions and cook until soft. Add tomatoes, eggplant, peppers, mushrooms, zucchini, garlic, wine, paprika, salt, pepper and basil. Simmer slowly, uncovered for 2 to 3 hours, stirring gently now and then so that it does not stick. Capers may be added after cooking. Check seasonings. This may be served hot or cold.

Note: There are as many recipes for this dish as there are French chefs. You can vary it any way you please and still come out a winner!



SESAME VEGETABLES

Lorette Picciano

1 lb. green vegetables (asparagus, watercress or spinach)
2 T. butter
2 T. white sesame seeds
2 T. soy sauce

If you use asparagus, remove tough ends, cut in 2 inch pieces and parboil until cooked but crisp. Heat butter in large fry pan or wok till just melted. Toss in sesame seeds and fry for 15 to 30 seconds. Add vegetables; cook till wilted. Toss in soy sauce. Serve hot.

SPRING GARDEN VEGETABLES SIMMERED IN WINE

Kathy Hepler

6 medium carrots
1 turnip
2 small onions
4 small celery stalks
2 T. butter
a c. Vermouth

Preheat oven to 250° F. Cut vegetables into julienne strips. Melt 2 T. butter in casserole. Add vegetables and Vermouth. Season with salt and pepper. Butter a circle of waxed paper. Place paper on vegetables. Cover casserole and cook 1 hour or until tender. Garnish with parsley.

SPI NACH and MUSHROOM CASSEROLE

Jane Wilson

2 lb. fresh spinach	½ c. grated cheese
4 T. butter	1 lb. small mushrooms
1 medium onion	salt to taste

Wash spinach thoroughly, drain and sprinkle lightly with salt. Cook spinach in water which clings to leaves for 4 to 5 minutes. Drain and press water out with wooden spoon. Chop onion coarsely and saute lightly in 2 T. of butter and salt to taste. Add onions to spinach. Place mixture in a shallow buttered casserole - should be about 1½ inch deep. Add ½ of cheese. Trim mushrooms and saute in 2 T. butter. Spoon on top of casserole. Sprinkle with remaining cheese. Bake in 350° F. oven for about 20 minutes or until cheese is melted.

SPI NACH-ARTICHOKE CASSEROLE

Ann Stevens

2 pkg. frozen chopped spinach, cooked
2 14-oz. cans artichoke hearts
1 8-oz. pkg. Philadelphia cream cheese
¼ lb. butter or margarine

A little minced onion (opt.) buttered bread crumbs Drain spinach and artichokes. Cut artichokes in half and place in flat-bottom casserole. Melt butter and cheese, add spinach and mix well. Pour over artichokes and top with buttered bread crumbs. Cook at 350° F. about 15 minutes. Can be cooked the day before and also freezes well.

SPI NACH, CHEESE and MUSHROOM CASSEROLE (or SAUCE)

Robin Maas

1 package frozen chopped spinach (thawed)
1 can cream of mushroom soup
1½ to 2 c. grated cheddar cheese
1 large onion, chopped
as many sliced mushrooms as you can spare
salt and nutmeg to taste

Combine all ingredients in slow cooker. Cook on low for 3 to 4 hours or on high for about 2 hours. Serve over egg noodles. If desired noodles can be slightly precooked and added to slow cooker ahead of time. Be sure to use nutmeg! It adds a special touch.

CREAMED ONIONS AND CARROTS

Debbie Woodcock

¼ c. sliced celery
2 T. butter or margarine
1 can cream of chicken soup
½ c. sour cream
¼ c. dry white wine
2 T. chopped parsley
1 lb. cooked medium carrots, cut in half lengthwise
1 lb. cooked small whole white onions (about 16)

In saucepan, cook celery in butter until tender. Blend in soup and sour cream; add wine and parsley. Cut carrot halves in 2-inch pieces; add carrots and onions to soup mixture. Heat; stir occasionally. Makes about 4 cups.

BARLEY CASSEROLE

Sookie Alvis

¼ c. butter
½ c. pearl barley
2 medium onions

1 can chopped mushrooms
3 c. chicken stock (bouillon cubes will do)

Melt butter in a skillet, add barley. Saute until brown. Keep stirring. Dice onions and stir until limp. Drain the mushrooms (reserve the liquid for stock). Add these to the skillet and cook for a few minutes. Put all into an 8x8inch casserole with chicken stock. Cook uncovered in 350° F. oven for 30 minutes. Add another 1½ c. of stock and cook for another 30 minutes covered.

GREEN BEANS FOR COMPANY

Suzanne Gell

3 pkg. frozen green beans
2 T. butter or oleo
1 bunch green onions, sliced
1 can sliced mushrooms
salt
lemon pepper

Cook beans according to directions until done but firm. While beans are cooking, saute green onions in butter until soft. Add mushrooms and heat. Drain beans, add vegetables and season to taste with salt and lemon pepper. Serves 7 to 8.

BOSTON BAKED BEANS

Dick and Eileen Doyle

3 c. pea beans
2 tsp. salt
a c. molasses
2 T. brown sugar
¼ tsp. mustard
1/8 tsp. pepper

2 c. boiling water
½ lb. lean salt pork
2 to 3 onions (opt.)

Soak beans in cold water overnight. Drain and put into bean pot. Mix salt, molasses,

brown sugar, mustard, pepper and boiling water and add to beans. Add salt pork, cut into pieces. Cover and bake at 300° F. for about 6 hours. Add more water when necessary. Uncover last 30 minutes to brown the beans. Onions may be added, buried in the beans for extra flavor. Serves 8.

PORK 'N' BEANS WITHOUT THE PORK

Ann Cook

1 lb. navy or great northern beans, cooked
½ c. unsulphured molasses (part blackstrap, part light)
¼ c. chili sauce
1 tsp. dry mustard
1 onion, chopped
bean liquid, as needed

Combine beans with remaining ingredients. Cover and bake at 300° F. for 4 hours or at 200° F. overnight.

GRACE OTERO'S FRIJOLES NEGROS

Jody McPherson

1 lb. black beans	½ tsp. oregano
4 c. cold water	¼ tsp. cumin
1 green pepper	2 bay leaves
1 c. olive oil	½ tsp. sugar
3 cloves garlic, crushed	3 tsp. vinegar
1 c. minced onions	¼ c. sherry or white wine
¼ tsp. Tabasco sauce	

Wash beans carefully and soak overnight in the cold water. In same water, bring to boil with green pepper. Simmer covered for 1½ hours. Meanwhile heat olive oil in small skillet, add garlic, onions, oregano, cumin, and bay leaves. Stir-fry over medium-low heat for 10 minutes, or until soft but not brown. Add to beans. Simmer covered one hour until tender. Fifteen minutes before serving stir in sugar, vinegar, sherry and tabasco. Serve with white rice. Serves 8 to 10.

BROCCOLI CASSEROLE

Ann Stevens

--this recipe serves 18, but it's easy to divide into smaller quantities--

2 large onions, chopped	2 tsp. salt
¼ lb. margarine or butter	1 6-oz. can mushrooms
6 pkg. chopped broccoli	1 c. slivered blanched
4 c. (3 cans) mushroom soup	almonds, chopped
3 rolls garlic cheese	1 c. bread crumbs (opt.)

Saute onions in butter, add broccoli and cook until tender. Add soup, cheese, salt, mushrooms and ¾ c. almonds. Pour in casserole and sprinkle with rest of almonds and bread crumbs. Bake in 300° F. oven until bubbly. This can be cooked the day before and also freezes well.

STUFFED EGGPLANT

1 medium eggplant	1 c. soft bread crumbs
½ c. bacon, diced	½ c. cucumber, chopped
1 c. mushrooms, sliced	2 T. horseradish (opt.)
½ c. onion, finely chopped	¼ c. chili sauce
1 tsp. salt	

Wash eggplant and boil about 10 minutes. Cut in half lengthwise and scoop out pulp, leaving shells about 1 inch thick. Reserve pulp. Sprinkle shells with salt. Cook bacon slightly; add mushrooms and onion. Cook over low heat about 10 minutes, or until soft and slightly browned. Add soft bread crumbs, cucumber, seasonings, and chopped eggplant pulp. Fill shells with mixture. Sprinkle with buttered crumbs. Place in shallow baking dish containing a little water. Bake 35 minutes at 375° F.

GREEK EGGPLANT

Jeff Hoover

2 large eggplants, cubed	5 cloves garlic, chopped
3 large green peppers, stripped	salt and pepper, to taste
3 c. chopped tomatoes	3 c. water
1 T. coriander	1-a c. olive oil
1 T. dill seed	juice of one lemon
1 T. dill weed (not same)	1 T. sugar
1 T. caraway seed	1 c. white vinegar
1 T. sage	24 pitted Greek or Italian
1 tsp. rosemary	black olives
1 tsp. thyme	

Combine liquids and sugar in a large saucepan. Add spices (loose or in a cheesecloth spice bag) and vegetables, but not olives. Cover and cook over high heat for 30 minutes. Add olives and cook 5 minutes longer. Makes 8 to 10 servings.

TOASTED CARROT BALLS

8 to 10 medium carrots	2 c. soft bread crumbs
salt, pepper, sugar to taste	2 eggs, well beaten
2 T. butter	1 T. grated onion
½ c. hot milk	1 c. crushed cereal flakes

Steam carrots and put through sieve. Add butter and milk and stir. Add bread crumbs, egg and onion. Chill for 2 hours. Roll mixture into balls and coat with cereal. Place balls in greased pan. Store in refrigerator until ready to bake. Bake 30 minutes at 350° F.

CHEESE GRITS

Nanette Rutsch

½ c. grits	1 c. Cheddar cheese
2¼ c. water	¼ c. butter
½ tsp. salt	garlic salt
1 egg, beaten	

Cook grits, water and salt according to package directions. Mix all in a casserole dish, sprinkle cornflake crumbs on top if desired. Bake at 400° F. for 30 minutes.

BLACK-EYED PEAS

Elaine Friebele

1 lb. dried black-eyed-peas
½ lb. bacon, chopped
3 onions, chopped
3 small chile peppers or 5 peppercorns
1 clove garlic, minced
½ c. white wine
salt

In a large pot saute bacon and onions. Add other ingredients and enough water to cover peas. Simmer several hours, or until done.

OLGA ABRUZZI 'S POTATOES SUPREME

Debbie Woodcock

--These are "scrumptious"--

10 medium sized potatoes
1 can condensed cream of chicken soup
1 pint sour cream
a c. onion, chopped
b c. Cheddar cheese, grated
2 c. corn flakes, crushed
½ c. melted butter

Grease a 9x13-inch or 2-quart casserole. Boil potatoes until done; cool, peel and slice thinly into pan. Mix together soup, sour cream, onion and cheese. Pour onto sliced potatoes and gently fold in and around potatoes until well mixed. Top with cornflakes and drizzle melted butter over top. Bake at 375° F. for 45 minutes.

SWISS POTATOES

Lyn Jenks Newberry

1½ lb. potatoes (4 medium)
salt and pepper to taste
¼ c. salad oil
1 T. butter
½ c. grated Swiss cheese

Boil potatoes 15 minutes until partly cooked. Drain, chill, peel, and coarsely grate. Season with salt and pepper. In a heavy 10-inch skillet, heat oil. Add butter. Add half the potatoes. Spread evenly. Sprinkle with cheese. Add remaining potatoes in an even layer. Cook over medium-low heat until underside is well-browned and crusty. Cook uncovered. Invert a large plate over the potatoes and turn out. Slide back into skillet. Brown underside. Serves 4.

PARISIAN POTATO PUFF

Suzanne Gell

2 T. chopped green pepper
2 T. chopped green onion

1 T. bacon drippings
4 c. prepared instant mashed potatoes
1 pkg. (6-oz.) process Gruyere cheese, cut in small cubes
¼ c. bacon-flavored bits

Saute green pepper and onion in bacon drippings until soft in small frying pan; beat into mashed potatoes. Fold in ¾ of cheese. Spoon mixture into a 4-cup baking dish; sprinkle remaining cheese over top. Bake in moderate oven (375° F.) for 20 minutes or until cheese melts and potatoes are lightly golden. Sprinkle bacon bits over top. Serves 6.

POTATO CASSEROLE

Leah Theobald

4 to 6 large potatoes
½ pint cream
Lowry's seasoned salt
4 T. butter

Wash and scrub potatoes. Cook in skins until almost done (firm). Cool. Skin and grate. Layer grated potatoes, seasoned salt and butter in casserole. Refrigerate until ready to bake (overnight). Pour cream over potatoes. Bake 45 minutes at 350° F. (good reheated).

PIMIENTO RICE

Debbie Woodcock

1 c. onions, chopped
2 T. butter or margarine
3 c. cooked rice
¼ c. diced pimiento

Saute onions in butter until tender. Add rice and pimiento, and cook until thoroughly heated. Serve with Shrimp Tarragon or main dish of your choice.

BROWN RICE SUPREME

Pam Thielmann

12 slices bacon
½ medium onion, chopped
1 clove garlic, chopped
¼ c. raisins
3 c. brown rice
1½ c. grated Cheddar cheese
1 (or more) c. sour cream

Cook the rice according to package directions. Fry bacon and set aside. Saute onion and garlic in 1 T. of bacon drippings. Combine this with the rice, cheese, sour cream, raisins and crumbled bacon. Turn into a casserole dish and bake at 350° F. for 30 minutes. Serves 4.

SQUASH CASSEROLE

8 to 9 large yellow squash, sliced	1 c. sour cream
2 carrots, shredded	1 can cream of chicken soup
salt and pepper to taste	1 pkg. Pepperidge Farm herb stuffing
1 medium onion, chopped	¼ lb. butter or margarine

Place vegetables in saucepan with enough water to boil. When tender, drain and add sour cream, soup and salt and pepper. Melt butter and mix with stuffing. Place half of the stuffing mixture in the bottom of a buttered casserole dish. Add squash mixture. Spread remaining stuffing mixture on top. Bake 30 minutes at 350° F.

HOT TOMATOES

Dorothy Firsching

tomatoes
bread crumbs
sharp Cheddar cheese, grated
onion powder, parsley, oregano, salt, and pepper

Cut off tops of tomatoes; cut out insides. Chop pulp and combine with bread crumbs, cheese, and seasonings. Restuff, adding more cheese on top if desired. Bake at 375° F. until tender and lightly browned on top.

ZUCCHINI CASSEROLE

Debbie Woodcock

3 to 5 large zucchini	Topping:
½ c. margarine	¾ c. bread crumbs
¼ c. grated Swiss cheese	¼ c. melted margarine
¾ c. grated Cheddar cheese	
1 c. sour cream	
¼ c. chopped chives	

Boil zucchini whole in a large pot until tender to a fork (10 to 12 minutes). Remove and slice lengthwise, then crosswise into thirds. Place in a large glass baking dish. Sprinkle with salt and squeeze ½ lemon over them. (You may use lemon juice if necessary).

Melt margarine in saucepan, remove from heat, add chives, cheeses, and sour cream. Stir together and spread on top of zucchini. Mix topping together and sprinkle on top. Bake at 350° F. for 30 to 40 minutes.

NOTE: This may be prepared the day before and refrigerated. It is an excellent complement to the Beef Bourguignon found in this book!