PRAY CONTINUALLY
BE KIND
WORK HARD
STAY HUMBLE
SMILE OFTEN
LOVE ALWAYS
NEVER STOP LEARNING
BE thankful
PRAY MORE
WORRY LESS
PRAY
BRAVE
PRAYERS
it really is simple...
RELY on FAITH...
Love others
STAY TRUE to YOU and
everything will BE okay!
~ruthie~
BE STRONG & COURAGEOUS
DO NOT BE AFRAID
do not be discouraged
FOR the LORD your GOD
will BE with YOU
WHEREVER YOU GO
Josh. 1:9
I
will WALK by
FAITH
even when I
cannot see
2 cor. 5:7
LOVE ONE ANOTHER

JANES CHICKEN SALAD

½ C chopped celery
½ C chopped onion
1 C grapes
1-2 pinches McKays Chicken Seasoning
1 C miracle whip/vegenaise, may need more
1-1 ½ C Cashew pieces
Small roll frozen Chickeetes, thawed/grated
Mix together. Serve on Croissants

SWEET AND SOUR BURGER LOAF

Sautee 1 onion, 8 slices bread cubes, 1 stick marg.
Add 1 can Vegeburger, 2 C cheese, 3 eggs, 1 t sage,
1 t garlic powder. Mix, and put in flat dish.
Sauce: 1/C brown sugar, ½ C water, ½ C ketchup
Pour on top and bake 350 for 45 minutes.

BURGERS

1 C bread crumbs, 1 C pecan meal, 6 eggs, 2C cheese
Salt, garlic powder, pepper, 3 T parsley, ½ can
vegeburger
1 onion. Mix, make burger shape, and fry.

RITZ PATTIES

1 onion chopped.
2 sleeves Ritz crackers crushed
1 C pecan meal
7-8 eggs
2 C grated cheese
Garlic salt to taste
Mix, fry. Drain.
Sauce: 1 C water, 1C Ketchup
Or use mushroom soup sauce
Bake 350 for 30-45 minutes

GRANDMA LOIS'S RICE KRISPIE COOKIES

1 C butter 1 C white sugar
1 C brn sugar 2 eggs
1 tsp vanilla
Beat together.

½ tsp baking powder ½ tsp soda
½ tsp salt 2 ½ C flour
2 C Rice Krispies 2 C coconut
Grease pans. Bake 350 for 12-15 minutes.
Glaze with vanilla frosting.

VEGETARIAN ONION SOUP

¼ C margarine
2 C sliced onions
4 C water
6 envelopes Brown George Washington Broth

Melt margarine and sauté onion till tender. Add water
And broth. Bring to boil. Cook 30 minutes.
Put in bowl. Add piece of French bread and Swiss
cheese
Broil till cheese is bubbly.

VEGEBURGER ROAST

1 Can vegeburger, 2 sleeves crushed ritz cracker,
3-4 ounce soft cream cheese, 1 C cheddar, 1 onion,
¼ C parsley, 3 eggs, 2 packs GW Broth, 1 t sage,
1/8 C milk, ¼ C oil. Mix, loaf pan. 350 – 45 minutes

SPECIAL K LOAF – DAVID CANADA

6 eggs 6 C lightly crushed Special K
½ C pecan meal 2 lbs. Cottage Cheese
¼ C oil 1 onion soup mix
1 onion chopped ½ C chopped mushrooms
½ T minced garlic

Saute onion, mushrooms, and garlic. Mix all
Bake in shallow greased pan, 350 for one hour.

HOT CEREAL RECIPE

Soak over night the following ingredients
2C Old Fashioned Oats
½ C shredded coconut, 3 T brown sugar
½ C pecans
½ C blueberries, raisins, cranberries, cherries
2 C shredded apples layered over the top
Layer ingredients in 9x13 pan and and cover with
3 C Vanilla Silk, ½ t salt, 1T vanilla, 2T brown sugar
Bake 350 degrees for ½ hour – 45 minutes.