

PRAY Together

Lord, we thank you for the blessings of this day
and for this time together as family.

We thank you
for this wonderful meal
and for this hour we can share it.

Help us to remember those who have so much less than we do.
We ask you to comfort and give strength and peace
to those who are sick or struggling in any way.

Bless us as a family.
Help us to grow in love and care for each other.

And so together we pray,
Bless us, O Lord, and these your gifts,
which we are about to receive
from your bounty
through Christ our Lord.
Amen.

COOK Together

Fried Rice

- 1 cup rice, uncooked
- 1 large onion, chopped
- 3 cloves garlic, finely chopped
- 3 tablespoons oil
- 1 1/2 tablespoons soy sauce
- 1/3 cup peas, cooked
- 1/3 cup carrots, cooked
- 1/3 cup shredded cabbage
- 2 eggs, beaten

Cook rice according to instructions. In a pan, fry onion and garlic in oil until soft. Add rice and soy sauce and stir-fry for about 5 minutes. Add peas, carrots, and cabbage and stir well. Add 2 beaten eggs and stir carefully until eggs are cooked through. Add salt and pepper to taste. Serve hot.

This recipe serves 4 people.

Vegetable Egg Soufflé

- 1 cup fresh bread crumbs
- 1/2 cup milk
- 2 tablespoons tomato sauce
- 1 cup vegetable stock
- 2 tablespoons butter, melted
- 1 tablespoon parsley, chopped
- Salt and pepper to taste
- 2 cups mixed vegetables (corn, peas, carrots, green beans, etc.), cooked
- 3 eggs, well beaten

Preheat oven to 350 degrees. Combine bread crumbs, milk, tomato sauce, stock, melted butter and parsley. Add salt and pepper to taste. Add mixed vegetables. Fold in the eggs and pour the mixture into a buttered 1 1/2-quart soufflé dish. Stand the dish in a baking tin, half-filled with hot water. Place in oven and cook for about 1 hour, until knife inserted into soufflé comes out clean.

This recipe serves 4 to 6 people.