



FEED BAG

RECIPE and HELPS

by Pauline Murphy

Fruit Bowl

- 2 navel oranges (cut in small pieces)
- 4 bananas sliced
- 1 can sliced pineapple (bite size) 15 oz.

Mix well and chill before serving. Serves 6-8 .

Traditional Salisbury Steak

- 2 lbs. lean ground beef
- 2 eggs beat in cup with fork
- 4 tbs. bread crumbs
- 1/2 tsp. garlic powder
- 1/2 tsp. pepper

Mix well, shape into patties, dip into 1/2 cup flour. Brown patties in 3 tbs. olive oil, turn them over, brown then set aside.
 In the skillet put in 2 cups water, 3 tbs. flour, whisk until smooth. Stir in 3 tbs. ketchup, 4 tsp. Worcestershire sauce, 2 tsp. beef granules, 1 medium onion quartered and sliced, and 1 (4 oz.) drained can of mushroom stems and pieces. Heat, then add patties, cover and simmer for 15-20 minutes in the hot gravy.
 Serve warm. Serves 6-8 patties.

Salad Blend

- 1/3 cup chopped carrot
- Few sprigs fresh parsley, chopped
- 1/4 cup chopped celery
- 2 tbs. chopped onion
- 6 tbs. sugar
- 6 tbs. salad oil,
- 2 tbs. olive oil
- 1/4 cup cider vinegar
- 1/4 tsp salt

Combine ingredients in a blender.
 In a large salad bowl tear at least 3 cups or more of 2-3 different kinds of lettuce. Add diced cucumber, fresh squash, diced and chopped tomato, Feta cheese or crumbled bleu cheese. Pour blender mixture over salad, toss and chill for at least 1/2 hour.

Luke 6:38 Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give unto your bosom. For, with the same measure that ye mete withal it shall be measured to you again.

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