

THE OKLAHOMA CITY +CATHOLIC WORKER+

Volume X #5 The world will be saved by Beauty + May 2011

Time Saving Tips for your Frugal Kitchen

Everybody's busy these days, that's why some people think they need to buy prepared dinners like frozen pizzas, pizza pockets, chicken pies, etc. But the price of that convenience adds up. You can save money by cooking your meals from basic ingredients. And by using a few little tricks, you can cut the time and make your own home-made convenience foods.

When you cook greens, cook a lot. Use your biggest pot, and cook more than your household will eat in one meal. Once the cooking is done, portion the greens into meal-sized containers. Date and label and container and freeze for tasty eating later. How to cook greens you say? Well, I like 'em cooked long and slow with pork. So I chop them or tear them into small pieces. Then I saute them in the pot with onion and garlic. I add some chicken or beef broth, and a ham hock, or some bacon, or pieces of left-over ham, or some chunks of sausage, or whatever I have on hand. Being the way I am, I also add some sliced jalapeno and crushed red pepper. Just a dab of Liquid Smoke is nice, and then I heat it up and simmer it slowly for an hour or two or even three. I like long-cooked smoky greens that melt in your mouth. Go heavy on the onion, garlic, and any other seasonings.

When you cook hamburger, cook a lot. There is no particular reason to cook hamburger every time you need to use it in a recipe. If you are using ground beef in four recipes during the week, cook all of that hamburger in one cooking session, portion it into meal size containers, freeze and date. If its just going to be a couple of days until its used, you can keep it in the refrigerator. This works for chicken, sausage, and other meats. If you are cooking one roast, cook two, freeze one for eating later. This not only works for loose ground meat, but also for hamburger patties.

When you make bread dough, make a lot. Bread dough freezes just fine, or you can keep bread dough fresh in a covered bowl in the refrigerator, and use it as you need it over a week. **When you make spaghetti sauce, make a lot.** Spaghetti sauce, with or without ground meat, freezes just fine. Cook more than you need, and you have another future dinner in your freezer. **When you make beans, make a lot.** Etc.

Don't forget to DATE and LABEL anything you put in your freezer. After food freezes, it is hard to tell (for example) frozen chopped apples from frozen white beans. To save money, don't buy freezer bags, which are only used once. Instead, accumulate reusable freezer containers of various sizes.

THIS IS THE PRAYER FROM OUR HELP LINE.

Holy Mary, Mother of God, help the helpless, strengthen the fearful, comfort the sorrowful, bring justice to the poor, peace to all nations, and solidarity among all peoples. Give us strength to stand against the demonic powers which prowl about the world seeking the ruin of souls. Amen.

WISDOM FOR LIVING

Thanks cost nothing. . . *The best candle is understanding.* . . The best mirror is a good friend. . . *A cat who wants fish but won't get its feet wet will have no fish for dinner.* . . The rain falls on every roof. . . *The salt of patience seasons everything.* . . The worst prison is a closed heart. . . *Vices are their own punishment.* . . War is sweet to those who have not experienced it. . . *Watch the pennies and the dollars will take care of themselves.* . . We fear what we don't understand. . . *Well begun is half done.* . . Well done is better than well said. . . *We never know the worth of water until the well runs dry.* . . What breaks in a moment may take years to mend. . . *What cannot be cured, must be endured.* . . What good is running when you are on the wrong road. . . *What you do to others will bear fruit in you, for good or for ill.* . . When eating fruit, remember the one who planted the tree. . . *Wherever you go, you cannot avoid yourself.* . . Wisdom is to live in the present, plan for the future, and learn from the past. . . *Wonder is the beginning of wisdom.* . .

CUCUMBER TOMATO ONION SALAD

1 cucumber, peeled, sliced in half, then slice thinly
4 medium tomatoes, chunked
onion, sliced and diced
jalapeno, sliced and diced if you like it
apple cider vinegar 1 teaspoon salt
olive oil 1 dried Italian herbs
Prepare the veggies and mix them thoroughly. Mix 1/4 cup oil with 1/4 cup apple cider vinegar, add 1 teaspoon salt and dried Italian herbs. Put in a jar and shake to mix thoroughly, add to veggies, combine thoroughly.

BLAINE'S ZUCCHINI HASH

4 tablespoons butter 1 cup ham, diced
Salt and pepper, to taste Paprika, to taste
3 medium zucchini, peeled and chopped
1 medium onion, chopped
Heat 1 tablespoon butter in a large skillet. Brown the ham over medium-low heat 2-3 minutes. Add the zucchini, onion and remaining butter. Cook on medium-high heat 8-10 minutes or until well browned. Season to taste. Serves 4-6.

Wisdom of Romero

Oscar Romero was the Archbishop of San Salvador in Central America. In 1980, his own government assassinated him because he defended the poor against those who attacked and killed them when they stood up for their rights. Romero is a saint, he is in heaven, and he prays to God on our behalf. The Bible says, "The fervent prayer of the righteous is powerful." When you are in a time of need, cry out to him – "Romero pray for me".

"God has anointed me and sent me to give the good news to the poor." This is Christ's mission, to take the good news to the poor, to those who receive only bad news, to those who are always trampled by the powerful, to those who watch pass by, out of their reach, the riches that satisfy others. The Lord comes for them, to make them happy and to tell them: Do not covet. Count yourselves happy and wealthy with the great gift brought to you by the one who being rich became poor to be with you.

How beautiful will be the day when a new society, instead of selfishly hoarding and keeping, apportions, shares, divides up, and all rejoice because we all feel we are children of the same God! What else does God's word want in El Salvador's circumstances but the conversion of all, so that we can feel we are brothers and sisters?

A church that does not join the poor, in order to speak out from the side of the poor against the injustices committed against them, is not the true church of Jesus Christ.

The church's good name is not a matter of being on good terms with the powerful. The church's good name is a matter of knowing that the poor regard the church as their own, of knowing that the church's life on earth is to call on all, on the rich as well, to be converted and to be saved alongside the poor, for they are the only ones called blessed.

Works of Justice and Peace

A statement of the mission and purpose of the Oscar Romero Catholic Worker House

+LIVE simply and justly in solidarity with the poor and marginalized and be a good neighbor. Make no war on them, rather, be one with them in spirit, truth, and love.

+HEAR the truth when it is spoken to you. Discern the signs of the times and speak truth -- to power, to the people, and to the Church.

+MAKE injustice visible -- witness, remember, teach, proclaim, tell. Light candles, do not curse the darkness.

+PROTECT the poor and powerless-- listen, learn, educate, organize, empower participation, and respect life from the moment of conception to the time of natural death.

+WORK for reconciliation with truth, evangelism, catechesis, orthopraxis.

+CELEBRATE life, goodness, beauty, virtue, responsibility, & joy. Practice peace, non-violence, servant leadership, harmony, community, voluntary cooperation, & the proper stewardship of God's creation. Pray without ceasing.

+ ENSURE fair distribution, subsidiarity, economic opportunity, justice, and food security for everyone everywhere. RMW 1998

Oscar Romero Catholic Worker House

We comfort the afflicted & afflict the comfortable.

1524 NW 21st, Oklahoma City, OK 73106,

robert@justpeace.org

www.justpeace.org | www.bettertimesinfo.org

www.energyconservationinfo.org

bobaganda.blogspot.com | www.bobwaldrop.net

Catholic Worker Help Line – 405-557-0436

Info needed for deliveries: Name, address, zip code, phone, & number of adults and children. **The next delivery is June 25 . The next delivery for Wesley Village, Towers, Bell Air, Charles Atkins, Temple Gardens is June 18. We do not deliver in MWC, Del City, Yukon, Mustang, Moore, Edmond or east of Bryant in OKC.**

HOMEMADE KETCHUP

6 ounce can tomato paste ½ cup water

1/4 cup vinegar 1

5 teaspoons granular Splenda 1 tsp salt

1/4 teaspoon onion powder 1/8 teaspoon allspice

1/8 teaspoon ground cloves 1/8 teaspoon cinnamon

1/8 teaspoon garlic powder

Mix all of the ingredients well. Be sure to add the spices. They are important for that ketchup flavor. Makes 1 1/3 cups. This is better and healthier than store ketchup, since it has ZERO sugar.

CHEESY HASH BROWN PATTIES

1 cup cooked shredded cauliflower, about a quarter of a medium cauliflower

2 tablespoons onion, finely minced

4 oz shredded mozzarella 1 egg

1/4 teaspoon salt 1/8 teaspoon pepper

Mix all of the ingredients well. Pat this mixture evenly in a buttered a muffin top pan. Bake at 450° 8-10 minutes or until crispy and brown on the bottom. Flip them over and bake another 3-4 minutes to brown the other side. Serves 6, can be frozen.

DINER "POTATOES"

1 pound fresh cauliflower, shredded

2 tblspns butter, melted 1 small onion, minced

1 teaspoon salt, or to taste 1/2 teaspoon pepper

1/3 cup heavy cream 2 tblspns cold butter

4 ounces cheddar cheese, shredded

½ c parmesan cheese, shredded

Mix the cauliflower, melted butter, onion and cheeses in a greased 9x9" or 7x11" baking dish. Season with salt and pepper. Mix in the cream and dot with cold butter. Bake at 350° for 40-50 minutes until crusty and brown. Serves 4-6, can be frozen.

ROSY RADISH HOME FRIES

16 ounces radishes, washed, dried and trimmed

1 small onion, diced 2 tablespoons butter

1 tablespoon cooking oil Salt and pepper, to taste

Quarter the smaller radishes and cut any larger ones into eighths. Heat the butter and oil in a medium skillet; add the radishes and onions. Cover the pan and turn heat to low. Let cook for 5-10 minutes.

Uncover, turn heat to medium and cook until nicely browned, stirring occasionally. Season with salt and pepper. Serves 4, can be frozen

For more great low-carb recipes, visit
<http://www.genaw.com/lowcarb/recipes.htm>