

THE OKLAHOMA CITY +CATHOLIC WORKER+

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Creative Uses for Leftovers

Throwing food away is like burning money. Few of us can afford that. You spent the money for the food, but if you throw it away, that's a waste. Waste not, want not as our grandparents said, so let's not waste, let's eat. Your leftovers, that is.

Eat leftover veggies at the next meal, even if it's breakfast. Eggs scrambled with veggies are quite tasty. Add them to soup, or mix them in with some newly cooked veggies.

Freeze leftover veggies you won't eat within a day or two. This avoids finding mold covered veggies in the back of your fridge when you clean it. They'll keep longer when frozen, and you can add them to a soup or casserole later and they will be quite tasty.

Store food well. Accumulate some containers with tight-sealing lids so you can store your leftovers properly.

Eggs. Freeze or refrigerate cracked eggs. If you accidentally crack an egg, go ahead and break it into a bowl. Refrigerate it for a day or two, or simply beat it so the yolk and white combine, then pour it into an ice cube tray and put it in the freezer. When it is frozen, pop it out and put it in a freezer container. It will keep just fine for up to a year until you need it.

Meat. There are lots of uses for leftover meats. You can always make soup. Or you can chop cooked meats very finely, and mix with mayo, mustard, chopped onion, dill or sweet relish, to make a sandwich spread.

Canned pumpkin and tomato paste. Both of these freeze very well and can be thawed and used later when you need them.

Trust in the Lord with all your heart; & lean not unto your own understanding. In all your ways acknowledge him, & he will direct your paths. Proverbs 3:5-6

WISDOM FOR LIVING

It can take a moment to make a decision that can take a lifetime to deal with the consequences. . . *Fall seven times, get up eight.* . . Flexible people don't get bent out of shape. . . *For you to do what you need to do, you first must come to terms with the fact that you need to do what you need to do.* . . Give a smile and you bring the world new hope. . . *I can't stop growing old but I don't have to get old.* . . If you can laugh at it, you can live with it. . . *If you can't dream then you can't rest.* . . If you cut too many corners, you'll be going in circles. . . *If you don't look after the little things in life, they will look after you.* . .

Oatmeal. Refrigerate leftover oatmeal and heat it up later for another breakfast. Add oatmeal to pancake batter. Add oatmeal to bread dough. Always make extra oatmeal; it's useful and tasty. Add applesauce to oatmeal.

Mashed potatoes. Add to bread dough. Add an egg the next day and pan fry as a substitute for hash browns. Add milk and make potato soup.

Grits. Add to bread dough. Add an egg the next day and pan fry. Mix with some dried fruit or raisins and nuts and freeze in bars – voila, snack bars.

Roast chicken. After you have pulled off the meat for eating, simmer the bones in water for about 45 minutes. The rest of the meat will come loose and you will have a tasty broth for making chicken soup or chicken and dumplings. If you don't have time for this right away, freeze the bones and do this later.

Leftover stew. You can make a soup from many leftovers. Freeze leftover bits of meat and vegetable until you get a good quantity and then turn that into soup. Cook them slowly for full flavor.

Stale bread. Make French toast. Or toast the stale bread in a warm oven until it is completely dry. Crumble to use as bread crumbs, or chop it into chunks to use as croutons, or make bread pudding. Or stuff a turkey or chicken with it or make a side dish of stuffing.

Plan for leftovers. Take some of last night's dinner to work the next day for lunch. If you have a roast one night, plan for hot beef sandwiches the next day.

Gravy. Always make extra gravy. Use it as a sauce for meat or veggies the next day. Add it to soups to thicken them and make them creamy. Add to a casserole.

Bread Pudding

2 cups dry bread | 2 cups milk | 2 eggs | 1 teaspoon vanilla | 1/2 cup sugar or honey or syrup or other sweetener or apple sauce | dash salt | raisins | optional: add pecans

Beat eggs, milk, sugar, salt, and vanilla together. Crumble bread and add to the milk mixture, add raisins/dried fruit/nuts. Mix together. Bake in dish set in a larger pan of water for one hour at 300 degrees. Test it by inserting a knife in the center. If it comes out clean, then it is done!

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.

The Christian wears the sureness of Christ and is the seed of salvation. If there is hope of a new world, of a new nation, of a more just order, of a reflection of God's kingdom in our society, brothers and sisters, surely you Christians are the ones who will bring about this wonder of a new world – but only when we all are really communicators of the life that we come to receive.

When we leave church, we ought to go out the way Moses descended Mount Sinai: with his face shining, with his heart brave and strong to face the world's difficulties.

Life is always sacred. The Lord's commandment, Thou shalt not kill, makes all life sacred. Blood poured out, even a sinner's, always cries out to God.

“Most gladly, therefore,” says St. Paul humbly, “will I rather glory in my weaknesses that the power of Christ may rest upon me. Therefore I live content in my weaknesses, in reproaches, in hardships, in persecution and distress for the sake of Christ.” Brothers and sisters, what a beautiful experience it is to try to follow Christ a little bit and for that to receive the broadside of insults, of disagreements, of slanders, of lost friendships, of being suspect!

When Father Rafael Palacios was murdered in Santa Tecla, and his body was laid out here, I said that he was still preaching, calling attention not only to crimes outside the church but to sins within the church. The prophet also decries sins inside the church. And why not? We bishops, popes, priests, nuns, teachers – we are human, and as humans we are sinful and we need someone to be a prophet for us too and call us to conversion and not let us set up religion as something untouchable. Religion needs prophets, and thank God we have them, because it would be a sad church that felt itself owner of the truth and rejected everything else. A church that only condemns, a church that sees sin only in others and does not look at the beam in its own eye, is not the authentic church of Christ.

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.

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Catholic Worker Help Line – 405-557-0436

Info needed for deliveries: Name, address, zip code, phone, & number of adults and children. **All**

November deliveries will be made on Saturday

November 19th. However, you must request a delivery before 12 noon on Thursday, November 17th, to receive a delivery. We do not deliver in MWC, Del City, Yukon, Mustang, Moore, Edmond or east of Bryant in OKC.

Crockpot Dressing

8-inch pan dry cornbread | 8 slices day old bread, toasted and cubed | 2 eggs | 1 med. onion | 1/2 c. chopped celery | 2 tsp. sage or poultry seasoning | 1/2 tsp. black pepper | 2 tbsp butter | 2 cans cream of chicken soup or 2-1/2 cups gravy | 1 cup chicken broth

Lightly grease crock pot. Crumble cornbread into mixer bowl. Add all ingredients except butter. Pour into crockpot, dot top with butter. Cook on high 2 hours or on low 3-4 hours. You can add crushed red pepper or sauteed sliced jalapeno peppers to spice it up a bit. If you have leftover cooked meat (beef, chicken, pork) add that. Add or reduce amount of liquid to get the consistency you like. Variation: Add a can of corn, green beans, peas or other cooked veg.

Easy Dressing Side Dish

Brown 1 onion, chopped, in 3 tbsp bacon grease or oil. Add 1/3 cup chopped celery, 1 tsp sage, 2 cups chicken broth, and mix well. Pour this mixture over 8 to 10 slices of very dry bread cut into cubes. Pour into well greased baking dish, cover, and bake at 325 degrees for one hour. You can add shredded and sauteed squash (zucchini, yellow squash) or carrots to this

Corn Loaf

1 can creamed corn | 1 can whole kernel corn | 2 cups biscuit mix | 1 can chopped green chilies | 2 eggs | 4 tbsp melted butter | 1/4 cup applesauce | 1 cup shredded cheese (optional). If you don't have biscuit mix, combine 2 tablespoons baking powder and 2 cups flour/ Add that instead of the biscuit mix.

Mix ingredients except cheese. Grease two 9 x 9 inch pans. Divide one half of the mixture between the pans. Sprinkle cheese over the batter. Pour the other half of the batter over the two pans. Bake 30 to 40 minutes in a 375 degree oven. Note: don't drain the whole kernel corn can.

Golden Carrot Casserole

2 cups cooked rice | 3 cups shredded carrots | salt and pepper | 2 beaten eggs | 1/2 cup milk | chopped onion

Combine rice, carrots, milk, eggs, onion, and seasonings. Sprinkle top with crushed crackers, corn flakes, or shredded cheese. Bake in oven one hour at 350 degrees. Sprinkle chopped green onions on top before serving if you have them.

Hearty Vegetable Casserole

3 cups carrots, sliced/chopped | 1-1/2 C milk | 2 eggs | 3 cups zucchini (sliced/chopped) | 1 C shredded cheese | 1-1/2 cup bread or cracker crumbs | 2 C chicken or beef broth | 1/4 tsp thyme | 1 tbsp chopped parsley | salt and pepper to taste

Simmer carrots in broth for 10 minutes. Add diced zucchini and simmer 3 or 4 minutes (add more broth or water if necessary). Stir occasionally. Add seasonings. Beat eggs with milk, add crumbs and cheese, stir in vegetables. Pour into greased casserole. Bake at 350 degrees for 40 minutes.