

Our next meeting will be held on Tuesday 28th July at 7 pm.

Please mark the date in your diary.

If you have enjoyed the program tonight, do invite your family and friends to our next meeting.

See you then.



The Family Who Eats Together Stays Together

When was the last time your family enjoyed a meal together?

Our Facebook Group - Eating For Health Recipe Club - Hamilton, Victoria
<https://www.facebook.com/groups/171081359679949/>

To access past Recipe Club recipes, please visit our church website :
<http://hamilton.adventist.org.au/hrc>

EATING for HEALTH

RECIPE CLUB

23rd June, 2015



COOKING WITH KRYSTAL

- **PUMPKIN SOUP**
- **HAYSTACKS**
- **WOLF PACK AMBROSIA**

A Community Service of the Seventh Day Adventist Church

Pumpkin Soup

Ingredients:

1 quarter of Pumpkin, diced
2 Potatoes, peeled and diced
1 large Brown Onion, diced
2-3 medium Carrots, diced
1 L of Water
1 teaspoon of Vegetable Stock Powder

Method:

1. Place all ingredients into the pot and bring to the boil.
2. Turn the heat down and simmer for 1 hour.
3. Blend together to give the soup a thick creamy consistency.
4. Serve.

Serves 6 - 8

Wolf Pack Ambrosia

Ingredients:

1 Banana
2 medium oranges, peeled and diced
1 x can Pineapple chunks, drained (keep the juice!)
230g Low fat Yoghurt
1 cup mini Marshmallows (Optional)

Method:

1. Peel banana and cut into thin slices. Put slices in a large bowl.
2. Put orange pieces in the bowl and mix with the banana.
3. Open can of pineapple chunks and pour juice into a small bowl.
4. Add pineapple chunks to the banana and oranges in the large bowl.
5. Add yogurt to the large bowl and stir yogurt and fruit together with a wooden spoon.
6. Add marshmallows and some of the juice you saved from the oranges to make it taste just right. Serve.

Serves 6

Haystacks

Ingredients:

Corn chips
Lettuce
Tomato
Cucumber
Beetroot
Corn
Grated Cheese

Sauce:

1 large Brown Onion, diced
2-3 medium Carrots, diced
1 large Zucchini, diced
1 x 420g can of Five Bean Mix, drained
1 x 425g Tomato Condensed Soup
1 x 300g jar of Medium Salsa Dip Chunky

Methods:

The Sauce:

1. Place Onion, Carrots and Zucchini in a saucepan.
2. Sauté vegetables until onion is soft and transparent.
3. Add bean mix and salsa and mix well.
4. Add soup and stir thoroughly.
5. Allow to cook for another 5-10mins.
6. Serve.

The Haystack:

1. Spread some corn chips out on a plate.
2. Pour some sauce over the chips.
3. Sprinkle some cheese over the sauce.
4. Top with salad ingredients.
5. Add sour cream on top (if desired)

Serves 4 - 6