

*Our next meeting will be held on Tuesday 28th June 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.*

*Contact Lynette on 0409 215 436 for more information and bookings*



## **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**

**24th May, 2016**



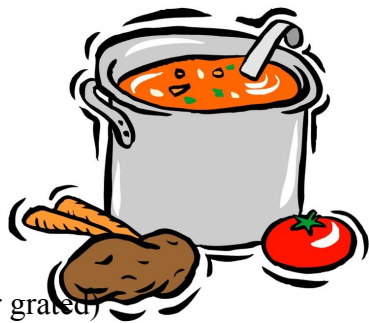
**COOKING WITH WENDY**

- **TOMATO AND BEAN SOUP**
- **PARMESAN TUILE TOPPERS**
- **HEALTHY CHOCOLATE MOUSSE**

A Community Service of the Seventh Day Adventist Church

## TOMATO AND BEAN SOUP

- 1 Onion (chopped)
  - 2 Garlic Cloves (finely chopped)
  - 1 T oil
  - 2 sticks of Celery (chopped)
  - 1/2 a Red Capsicum (chopped)
  - 1 medium Carrot (either finely chopped or grated)
  - 1 small Zucchini (chopped)
  - 1 chunk of Orange Sweet Potato (finely chopped or grated)
  - 1 chunk of Pumpkin (finely chopped or grated)
  - 1/8 teaspoon of bottled Chili [to taste] (optional)
  - 1 good teaspoon of Veggie Stock Powder (salt reduced)
  - A few good shakes of Pepper
  - 1 x 420gm can of chopped Tomatoes (no added salt)
  - 1 x 420gm can of Heinz Baked Beans (no added salt)
  - 3/4 of a can of Water
1. Heat 1 Tablespoon of oil in a large saucepan
  2. Add 1 chopped onion and 2 finely chopped garlic cloves
  3. Cook for a couple of minutes until softened
  4. Stir in celery, red capsicum, carrot, zucchini, orange sweet potato, pumpkin, chili, veggie stock powder, and pepper.
  5. Cook over medium heat for a few minutes until starting to soften,
  6. Stir in tomatoes and baked beans.
  7. Add the water to the soup and simmer for about 15-20 minutes until veggies are fully cooked.
  8. Serve with a Parmesan Tuile soup topper (see recipe next page)



## PARMESAN TUILE SOUP TOPPERS

- 1 cup finely grated Parmesan cheese
  - 1 teaspoon plain flour
- Mix flour and Parmesan together, then spoon little clusters onto a tray lined with baking paper and cook in a moderate oven 7-10 minutes until lightly golden.
- Place on top of soup and sprinkle with finely chopped chives
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## HEALTHY CHOCOLATE MOUSSE

- 1 ripe avocado straight from the fridge
  - 1 frozen banana. \*NB Peel and chop into chunks before freezing
  - 3 Tablespoons of cocoa
  - 2 Tablespoons of honey
  - A squeeze of lemon juice
- Whizz everything together for a minute or 2, scrape the bowl if necessary and whizz again till well blended.
- Serve straight away.

