



# Food for Your Soul

## Food For The Soul

Peace and Blessings, I enjoy cooking for the church and the community. I really hope everyone is enjoying the home cook meals I prepare each Wednesday

RECIPIE FOR THE MONTH: Quick Creamy Chicken & Noodles; 1 Can (10 1/2 ounces) Campbell's Condensed Cream of Chicken and Mushroom Soup 1/2 cup milk 1/8

teaspoon ground black pepper 1/3 cup grated Parmesan cheese 2 cups cubed cooked boneless, skinless chicken breast 3 cups cooked egg noodles 1 table-spoon chopped fresh parsley Directions: Heat the soup, milk, black pepper, cheese, chicken and noodles in a 4-quart saucepan over medium

heat until the mixture is hot and bubbling, stirring occasionally. Season to taste. Sprinkle with parsley before serving. Wednesday Dinner begins with prayer at 5pm please bring a friend.



### September Menu

March 4, 2018 Fried Swau Fish, Cole Slaw, Rolls, Pineapple upside down Cake

March 18, 2018 Cabbage with Corn beef, Potatoes and Carrots, Peach Cobbler

March 11, 2018 Spaghetti with Sausage, Green Beans, Garlic Bread, Cake

March 26, 2018 Chicken Alfredo, Green Beans ,Rolls, Apple Dump Cake

Did You Know?... always read and re-read your recipes before you start Cooking.

o *Mark Bible Verse: "for God gave us a spirit not of fear but of power and love and self-control." 2 Timothy 1:7*