

## Sunday

### Lunch (after church)

Mexican Pork Stew, fruit salad,  
Onion-Parmesan Rolls

### Supper

Banana pancakes with honey syrup.  
Hot tea, Pumpkin Pie (recipe, Week 3)

## Mexican Pork Stew

- 1 lb. boneless pork, cut into 1 inch pieces
- 1 large onion, chopped
- 2-3 celery ribs, chopped
- 1/4 cabbage, chopped pretty small
- 4-5 carrots, cut into sizes like beans
- 2-3 tomatoes, diced
- Tabasco Sauce, to taste (start with a few drops)
- 1 clove garlic, minced or 1/2 t. crushed garlic
- 4 1/2 c. tomato juice
- 2 t. honey
- 1 t. ground cumin
- 1/2 t. oregano
- 3 t. minced fresh or dry cilantro (or parsley)
- 1 to 1 1/2 t. salt, or to taste
- (You may want to add water to almost fill the  
crock pot...up to 3 c.)

Place all ingredients in the crock pot before church and cook on HIGH for 5-6 hours or all day on LOW. (If you want to do this on the stove, brown the meat in a kettle in a tablespoon of oil. Add the rest of the ingredients and simmer for about an hour.) Refrigerate leftovers to be heated later in the week. 4-5 servings.

## Pancakes

- 1 speckled banana, mashed
- 1 egg
- 1 T. chopped pecans



Combine and fry both sides on a griddle or frying pan. Makes 2 to 3 pancakes.

## Honey Syrup

Combine warm honey and water to desired consistency.

## Monday

### Lunch

Mexican Pork Stew, cheese lace, onion roll, apple slices with peanut butter (made with peanuts and salt only), California dates stuffed with pecans. (California dates have no added sugars or syrups.)

### Dinner

Leek and Spinach Tart, Grapes or other fresh fruit, Pumpkin Pie

## Cheese Lace

Grease a flat glass pie plate with oil. Cover the surface with thin slices of Cheddar cheese or combine Cheddar, Monterey Jack, and/or Parmesan. Place in the microwave on HIGH for 3 minutes, turning once. Remove carefully, tip and absorb all the grease with a napkin. Lift with a knife to cool while cleaning oven. When cool, break Cheese Lace into hunks. Yummy.

## Leek and Spinach Tart

(This could also be served for a company brunch.)

- 1 zucchini, cut in 1/4's the long way and then in slices
- 1/2 c. chopped leeks (wash thoroughly in a strainer after chopping)
- 2 T. olive oil
- 1/2 bag chopped frozen spinach (8-10 oz.)
- 2-3 slices of bacon, cooked crispy and crumbled (bacon may be enjoyed once a week)
- 1/2 c. homemade yogurt, 1/2 c. water, 1/2 t. baking soda - combine all three in a measuring cup
- 4 eggs
- 1/4 t. salt
- 1/4 t. pepper
- 1 1/4 c. shredded cheese (Cheddar, Swiss)
- 1/3 c. freshly grated Parmesan cheese

Grease a pie plate. In a nonstick skillet, fry bacon and set aside. Pour out some of the bacon grease and use the rest to saute zucchini and leeks for 12-14 minutes. Remove from the heat; stir in spinach.

In a bowl, combine the yogurt mixture, eggs, salt and pepper. Stir in the spinach mixture, 1 c. cheese and Parmesan cheese. Pour into prepared pie plate. Bake at 350 degrees for 35-40 minutes or until a knife inserted near the center comes out clean. Sprinkle remaining cheese around edge of tart. Let stand for 5 minutes before slicing. Cut into 6 servings.