

When It's Your Turn to Share Supper

1. Plan your dinner before you go to the store, and make a shopping list. Your favorite recipe will probably need to be doubled to feed 10 hungry adults, plus whatever children are there.
2. You have \$40 to spend for your group. That should be enough to buy raw ingredients for simple cooking, or cheap take-out, but not drinks or dessert. Use rice, bread, or fruit to stretch your budget for a simple meal.

If your financial situation doesn't allow you to spend \$40 and wait for reimbursement, your Convener has \$40 grocery cards that you can use instead. Just ask.

It's probably smart to ask in your group's Facebook group (or group text or whatever) if people are planning to attend. If there are people with dietary restrictions (vegetarians, gluten-free, allergies, etc.), you'll want to know if you need to prepare for them especially.

3. Take a picture of your receipt/s and upload on the Galileo Church app. The treasurer will have a check for you at the next worship gathering. Do it as soon as you've got it, so you don't forget. We want you to be able to do this again and again.
4. Plan time to shop, cook, pack, transport, and reheat whatever you're bringing; or time to pick up what you've ordered. Don't keep your group waiting for supper. (All of this takes longer than you think, until you've practiced a lot. Make your best estimate, then add 30 minutes.)
5. Give the Convener a heads-up about your cooking plans, so they'll know what time to expect you in their home, and how best to help you when you arrive.
6. Ask for help from your #churchfriends who know how to do this well. There are lots of people who will help you learn how.

Here are some recipes we love for G-Groups

A note from Francine, the compiler of recipes:

I am sitting at my house listening to the rain, while I have some spaghetti squash cooking in the oven. I have lit a candle and provided myself with ample rations. After a long day at work, I am enjoying some quiet and lovely smells wafting from the kitchen. This is a rare day. After hosting a G-group for 2 years, I can tell you this is never how my cooking went before our gatherings. I usually rushed home, threw a dish of something in the oven or frying pan, and prayed that everyone was 10 minutes late so dinner would be ready. My group got used to clearing off my table and setting it, while I rushed around finishing the meal. This is normal! Please know that everyone agrees: the best dinner is the one they didn't make themselves! And don't forget that Chicken Express or pizza can be just as soothing on a busy day! If you freak out, look up the recipe on allrecipes.com—it's never let me down. Best wishes, friends.

Taco Soup

by Melina Wikoff

Ingredients:

- 2 ½ lbs lean ground beef (98/2)
- 1 large yellow onion - chopped
- 1 1/2 cups water
- 1 (16 ounce) can chopped stewed tomatoes, with juice
- 1 (15 ounce) can kidney beans with liquid
- 1 (15 ounce) can of black beans with liquid
- 1 (15 ounce) can of corn
- 1 (8 ounce) can tomato sauce
- 1 small can of diced green chiles
- 1 package of taco seasoning
- 1 package of (dry) ranch seasoning

Suggested toppings:

- Canned jalapenos
- Avocados - peeled, pitted and diced
- Shredded Cheddar cheese (optional)
- 2 bags of corn tortilla chips (optional)
- 1 (8 ounce) container sour cream (optional)

Directions:

1. In a large saucepan over medium heat, cook ground beef and onion until meat is evenly brown; drain excess fat. Mix in water, stewed tomatoes, kidney and black beans, corn, green chilies, tomato sauce, and taco and ranch seasoning mix. Cover, and simmer for 20 minutes on high until soup is thoroughly heated. Stir occasionally. Remove from heat and cool 5 minutes before serving.
2. Ladle hot soup into serving bowls. Set out avocados, cheese, jalapenos, tortilla chips, and sour cream to top each serving. You can easily make this vegetarian by making a separate pot by adding the same ingredients without the ground beef.

Notes:

This soup is a meal, and this recipe feeds 10 people! If you are worried about this being enough food, then buy extra chips, cheese, and salsa for nachos or chips-n-salsa on the table.

Your could follow up Taco Soup night with tacos or nachos. The convener keeps the tortilla chips, salsa, cheese, sour cream and jalapenos. Let the co-host cooking for the next meeting know what they need to buy to complete next week's menu.

Taco Bar

Ingredients:

- 2 ½ lbs lean ground beef or turkey
OR
- 2 ½ lbs chicken (Preheat oven to 350 degrees F. Add chicken to a greased oven safe dish. Bake for 30 minutes. The chicken MUST NOT have pink in the middle. Yes, you have to check!)
- 1 yellow onion
- 1 package of taco seasoning
- 1 can of regular Rotel tomatoes
- 2 packages of flour tortillas
- 1 package of hard taco shells

Suggested Toppings:

- Shredded lettuce
- Diced tomatoes
- Canned jalapenos
- Avocados - peeled, pitted and diced
- Guacamole
- Shredded Cheddar cheese (optional)
- 2 bags of corn tortilla chips (optional)
- 1 (8 ounce) container sour cream (optional)

Directions:

In a skillet, melt a pat of butter and to grease the pan. Add the ground beef or turkey with the chopped onion and saute on high until the beef or turkey is not pink in the center. When the protein of your choice is thoroughly cooked, add the taco seasoning and Rotel. Stir the seasoning and Rotel until it's mixed into the protein of your choice. If you choose to use chicken for tacos, then follow baking instructions and skip this step.

Once your protein of choice is cooked, lay out all the toppings. If you buy extra shredded lettuce, then some people can make a salad.

Notes:

In order to round out this a meal, heat two can of corn, as a side dish.

The meat math is generally ¼ lb of protein per person. 1 lb of meat feeds 4 people. If you have a group of 10 people, you need 2 ½ lbs of ground beef or turkey or chicken.

Baked Potato Bar

Ingredients:

- One good-sized potato for each person
- Olive oil and salt

Suggested Toppings:

- Bacon bits
- Chopped green onions
- Butter
- Sour cream
- Shredded cheese
- Salt & pepper
- Cooked broccoli
- anything else that sounds good!

Directions:

Preheat oven to 350 degrees. Wash the potatoes thoroughly. Pierce the skin of each potato 3 or 4 times with a fork. Rub with olive oil and sprinkle with salt. Wrap in aluminum foil. Bake in oven for 1 hour.

Pierce one potato with a fork to make sure they are cooked. If the fork will not pierce the potato easily, cook for 20-30 more minutes. It will take longer to cook with more potatoes, so cook the night before if you can and just warm in the microwave the day of group. 1 ½ or 2 minutes per baked potato should be good.

Smoked Sausage Jambalaya

by Missy Holtman

Ingredients:

- 2 lbs. smoked sausage, cut into manageable pieces. Cut each section in half lengthwise, then cut into half-rounds about 1/2 inch thick.
- 1 - 28 oz can of diced tomatoes (not Del Monte, Missy sez)
- 1 box of chicken stock (32 oz)
- 1 large yellow onion diced
- 1 red bell pepper- large diced
- 2 teaspoons of Salt
- 2 teaspoons of Garlic powder
- 1 tablespoon of Chili powder
- Lemon juice
- Uncle Ben's Converted Rice Original (This travels better, Missy sez)

Suggested extras:

- 1 bunch of green onions, chopped
- two loaves of French bread
- green salad (in a bag, if you like)

Directions:

Cook in a pot that holds about 4 quarts. If you don't have one, you can probably borrow one from one of the more established cooks in our church.

Heat the pot to medium and put sausage pieces in to cook. As the pieces brown on one side stir them with a spatula so they brown on both sides a little bit. Take them out and set aside in a bowl or on a plate. If there is fat in the pan, pour it off (not down the sink). It's okay if a little is left.

Now throw the diced onions and bell pepper in the pan and salt them. Cook, stirring every now and then until they get lots of brown edges. Add back the cooked sausage.

Pour in the can of tomatoes, the box of chicken stock and about 1½ cups of water. Add garlic powder and chili powder. Stir.

Let the whole thing come to a slow simmer with the lid on and let it cook for about 20 minutes. Taste it to see what needs to be added. Does it need more salt? More of one of the spices? It probably needs some acid so add a few tablespoons of lemon juice.

When it tastes good, add 3 cups of Uncle Ben's Converted Rice. Stir. Cover and cook at a simmer (little bubbles coming up but not a full boil) for 25 minutes. Do check partway through to see if more water needs to be added. Remove from heat.

Notes:

You can cook this ahead of time and keep refrigerated. To reheat, add some water to the pot and heat slowly with the lid on.

To make this a meal, serve with a green salad, and 2 loaves of French or Italian bread. To hear bread: preheat oven to 350 degrees. Put the bread in the oven for about 6 minutes. The crust should be just slightly crispy. Remove and serve by letting everyone tear off a chunk. You may want to have soft butter or olive oil for the bread.

Chicken Chili

by Eleanor Garrett

Ingredients:

- 3, 12-oz cans chunked white chicken
- 3, 15-oz cans great northern, cannellini, or navy beans
- 2, 4-oz cans green chiles
- 1, 16-oz can whole kernel corn
- 1 onion, chopped
- oil for sautéing (olive, sesame, coconut...you choose)
- ½ teaspoon garlic powder
- 1 Tablespoon chile powder
- 1 teaspoon cumin
- 1 teaspoon salt
- 1 box of chicken or vegetable broth (32 oz)
- 1 Tablespoon olive oil

Suggested toppings:

- sour cream
- chopped cilantro
- shredded cheese
- chopped avocado

Suggested extras:

- tortilla chips
- green salad
- 2 loaves of French bread

Directions:

In a soup pot, sauté onion over medium heat in oil until soft and translucent. Mix in all remaining ingredients.

Add enough broth to make it a soup consistency (probably about half the box). Bring to a boil over high heat.

Cover, reduce heat to low, and simmer for 20 minutes. Add broth if it gets too dry.

Tex-Mex Black Bean Soup

by Eleanor Garrett

Ingredients:

- 8, 15-oz cans black beans
- 2 cans water
- 2 Tablespoons chili powder
- 1 teaspoon salt
- 1 teaspoon cumin
- ½ teaspoon garlic powder
- ¼ cup dried, minced onion

Suggested extras:

- naan or tortillas
- pico de gallo
- shredded cheese
- sour cream

Directions:

Bring all ingredients to a simmer in a pot. Seriously, that's it.

Notes:

Serves 12-14.

Eleanor made this dish while camping in Arkansas with G-friends. Eleanor says, *"Kim said I should share a recipe I made for our camping trip that is super-easy and friendly to people who don't really cook."*

Corn & Green Chile Casserole

suggested by Melina Wikoff, from Cooks.com

Ingredients:

- 4, 10-oz. pkgs. frozen whole kernel corn
- 2 Tablespoons butter
- 2, 8-oz. packages cream cheese
- 1 Tablespoon sugar (optional)
- 4, 4-oz. cans chopped green chiles, drained

Suggested extras:

- 2 rotisserie chickens from the supermarket deli
- green salad in a bag

Directions:

Heat corn on the stove; drain and set aside.

Melt butter in heavy saucepan over low heat; add cream cheese and stir until blended.

Stir in corn, sugar and green chiles.

Spoon into a lightly greased large baking dish. Cover and bake at 350 degrees for 25 minutes.

Notes:

Makes 12 servings.

Heat two rotisserie chickens in the microwave for 3 minutes when your casserole is coming out of the oven.

Francine adds: I always have salad fixings on hand for my G-group! Romaine lettuce, spinach leaves, cherry tomatoes, carrots, croutons, sesame seeds, and bacon bits... I kept 4 kinds of salad dressing in my refrigerator. No matter the dietary restriction, salad is a safe bet! Whenever I need to stretch a meal, I add a salad. We are pro-salad around here.

Beef & Broccoli Stir-Fry

by Marilyn Byrum

Ingredients:

- 2 lbs broccoli florets
- 2 Tablespoon soy sauce
- 2 teaspoons sesame oil
- 4 teaspoons cornstarch, divided
- 2 teaspoons baking soda
- 2 lbs flank steak (short cut: buy prepacked John Soules beef- 3 packages.)
- 2/3 cup beef or chicken stock
- 4 teaspoons rice wine
- ¼ cup oyster sauce
- 4 Tablespoons vegetable oil
- 2 cloves garlic, minced

Suggested Extras:

- 2 cups brown rice, cooked according to directions on package

Directions:

Microwave the broccoli in a glass bowl covered with plastic wrap (holes poked for ventilation) about 1 to 2 minutes.

In a small bowl, whisk together the soy sauce, sesame oil, 2 teaspoons cornstarch and baking soda.

Slice the beef against the grain into thin strips (or dump in John Soules beef) and add it to your marinade. Let it sit for at least 20 minutes, or as long as overnight in the refrigerator.

In a separate small bowl, stir together the stock, rice wine, oyster sauce and remaining 2 teaspoons cornstarch until the cornstarch is fully dissolved.

Heat a wok or large skillet on high heat and add the oil. When a wisp of white smoke appears, toss the marinated beef and garlic into the pan. Cook for about 2 minutes, continually moving the beef so it browns on all sides but is still rare.

Once the beef is seared, add the broccoli and cook for an additional minute. Stir in the sauce and keep it all moving. Don't be afraid to scrape any bits off the bottom of the pan before they start to burn. Once the sauce has turned into a nice thick glaze, about 1 minute, serve immediately.

Note:

Because of some specialized ingredients, it would be hard to make this recipe for under \$40 unless you were planning on having a stir-fry again or already had some ingredients on hand.

Serves about 8.

Tex-Mex Casserole

by Liz Speer (Francine's mom!)

Ingredients:

- 2 lbs ground beef or turkey
- 2 cans of pinto beans
- 1 large yellow onion, chopped
- 1 package of shredded cheddar cheese
- 1 package of hard taco shells
- 2 cans cream-of-mushroom soup
- 2 cans of Rotel tomatoes

Directions:

If you need this to be vegetarian then skip the meat and add frozen corn (heated and drained) and canned green chiles.

In a skillet, add a pat of butter and let melt to grease the pan. Add ground beef or turkey with the chopped onion and sauté on high until the beef or turkey is not pink in the center. Drain fat from the pan.

Mix together the mushroom soup and the Rotel tomatoes.

Layer ingredients in a large baking dish, or two medium-size dishes.

Layer ingredients in the following order:

- Break up the taco shells and place on bottom of baking dish.
- Cooked meat
- Beans
- Some cheese
- The rest of the broken taco shells
- The rest of the meat
- The rest of the beans
- Another layer of cheese, but save some for the last step.
- Top with the Mushroom Soup and Rotel mixture.

Bake in the oven on 350 degrees for 40 minutes.

The last 10 minutes, add a layer of cheese on top to brown.

Note:

Add a salad and/or bread to make a whole meal.

Elora's Baked Chicken

by Francine Speer, made for the Webers when Elora was born.

Ingredients:

- 1 breast of chicken per person (1 bag in the frozen section)
- 2 cans of whole tomatoes, drained, but keep the juice
- 2 blocks of mozzarella cheese
- 2 Tablespoons of Italian Seasoning
- Salt and Pepper to taste

Suggested extras:

- white or brown rice, ½-cup of cooked rice per person, cooked according to the package
- salad
- steamed broccoli, edamame, or some other simple veggie
- 2 loaves of French bread

Directions:

Preheat oven to 350 degrees.

Add chicken to a greased oven dish. Bake for 30 minutes. Cook till it's not pink in the middle. The chicken **MUST NOT** have pink in the middle. Yes, you have to check!

Remove chicken from the oven. Sprinkle Italian Seasoning, and salt and pepper, on both sides.

Cut the whole tomatoes in half and place on top of the chicken and add two slices of mozzarella.

Add the juice from the tomatoes to cover the bottom of the pan to keep the chicken moist. Bake until the cheese is brown on top.

Here's some prepared food you can buy for \$40

A note from Katie, the master of pizza math:

Sometimes you just can't cook a meal for your G-Group. Travel time and work schedules and logistics don't work for every Co-Host. But it's actually helpful for you to raise your hand and say, "I'll bring pizza next week." Because putting in an order, picking it up, and getting reimbursed are work that you're doing on behalf of your G-Group. They'll be grateful, I promise. No one has ever turned down a slice of pizza at my house, or asked why I didn't make something homemade... Well, there was that one guy, but we buried him out back. Shhh.

Chicken Express:

- Family Meal with 30-piece tenders and two family-size sides. Get both sides the same so everybody gets some.
- Add salad from the grocery store.

Schlotsky's:

- Family-size soup, \$10 each, buy four
- Free toppings included
- Add 2 loaves of bread from the store.

Domino's Pizza:

- Can get expensive quick! Be careful!
- 2 extra-large pizzas from Domino's, \$20 a piece.
- Add a bag of salad from the store, plus dressing.
- 2 slices of pizza per person is good math, for extra-large pizza.
- Domino's has gluten-free crust for small pizza if you need that.
- Carry-out is cheaper than delivery, and no tip for carry-out. Always tip for delivery!

Pizza Hut:

- Order online: \$7.99 per large pizza, two toppings, any crust
- Carry-out only for this deal
- No gluten-free crust at Pizza Huts in our area, but coming soon
- Add a bag of salad from the store, plus dressing.
- 2.5 slices per person is the math for large pizza.

Subway Sandwiches (and some other sandwich places, but Subway is cheapest):

- Footlong sandwiches are under \$10 and can feed 2 or 3 people.
- Sub of the Day is cheaper.
- Add big bags of chips from the store – not individual bags from Subway.

Taco Bell (and other Taco Etc. places):

- 12 crunchy tacos (corn shells on Taco Bell's menu for gluten-free)
- 12 bean burritos
- 2 or 3 chicken quesadillas
- Don't forget hot sauce!
- Add tortilla chips and salsa from the store

Braum's:

- Bag of 5 burgers for \$5; get 4 bags for 20 burgers (they're small)
- 2 large orders of fries
- Condiments from Braum's