

Food for Thought

With Cinco de Mayo just around the corner, comes the reminder that the spices, herbs and raw ingredients used in Mexican foods seem to have been adopted by about 90 percent of West Coast residents. Today's recipes, while not Mexican, use some of the most popular ingredients.

CROCKPOT MEXICAN POT ROAST

You may prefer to put the ingredients together in the crockpot and let everything marinate overnight before cooking. The flavors are excellent as is, but letting it sit overnight makes it even better.

- 3 lb. well trimmed boneless beef bottom round roast
- 1/2 tsp each salt and pepper
- 1- 4 oz. can chopped green chiles
- 1/2 cup water
- 2 cups bottled salsa
- 1 can (16 oz) tomato paste
- 1 envelope (1.25 oz) taco seasoning mix

Rub the roast with the salt and pepper and set aside. Mix remaining ingredients in a small bowl. Pour half of the sauce into a 4 qt. or larger slow cooker. Add the roast. Pour remaining sauce over the roast. Cover and cook on low 8 to 10 hours or until meat is very tender. Remove roast from slow cooker, skim fat off top of sauce. Slice meat against the grain and serve with the sauce.

CHICKEN CASSEROLE

- 9 - 6" corn tortillas, cut in half
- 2 - 10 oz. cans enchilada sauce
- 2 cups sour cream

- 2 cups shredded cheddar cheese
- 2 - 4 oz. cans diced green chiles
- 1 cup fresh or frozen corn kernels
- 1 lb. skinless, boneless chicken breast halves, boiled, cut in bite-size pieces

Preheat oven to 350°F. In a medium bowl, combine sour cream, cheese, chile peppers, corn and chicken. Mix together well. Dip 9 tortilla halves in enchilada sauce, and arrange them in the bottom of a lightly greased 9x13" baking dish. Spread 1/2 of chicken mixture over the tortilla layer. Repeat. Bake in the preheated oven for 25 to 30 minutes, or until center is heated through.
Note: Use either red or green enchilada sauce, as preferred.

BLACK BEAN SALSA

- 1 - 19 oz. can black beans, drained and rinsed
- 1 cup cubed avocado
- 1/3 cup chopped red onion
- 1/4 cup lime juice
- 1 Tbsp seeded, minced jalapeño pepper
- 1 large red tomato, chopped
- 1/4 cup chopped fresh cilantro
- 2 Tbsp olive oil
- 1/2 tsp salt

Place beans, avocado, tomato, onion and cilantro in a large bowl. Sprinkle with lime juice, olive oil, jalapeño pepper and salt. Toss gently. Serve with tortilla chips. Salsa can be covered and refrigerated.

COLD BLACK BEAN DIP

- 1 can black beans, drained
- 1/4 tsp. cumin
- 1/2 cup salsa
- 1/4 tsp. lime juice
- 1/4 tsp. minced garlic
- tortilla chips

Mix half of the beans with all other ingredients. Puree the remaining 1/2 and stir into the rest of the mixture. Chill and serve with tortilla chips.

WARM BLACK BEAN DIP

- 2 cans black beans
- 1 jar salsa, medium or mild
- 12 oz. Mexican-blend grated cheese, divided
- 1 can chopped green chiles
- 8-oz. package sour cream
- tortilla chips

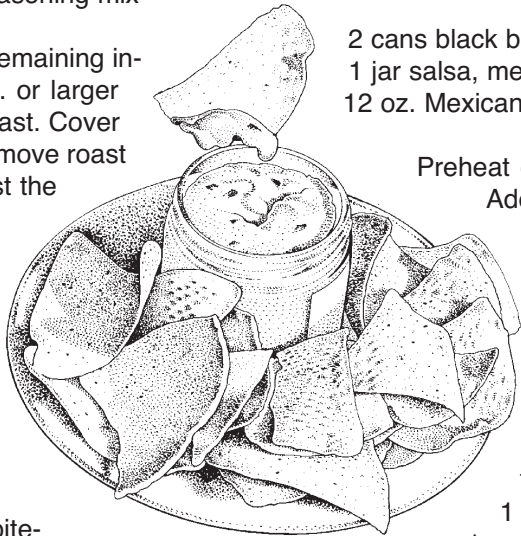
Preheat oven to 350°F. Drain and mash beans, leaving some whole. Add chiles, salsa, sour cream and half the grated cheese. Blend well. Cover with remaining cheese and bake until bubbly, about 30 minutes.
Serve warm with plain tortilla chips.

CHICKEN WRAPS

- 5 cups cooked chicken, sliced
- 1 lb. cooked bacon, cut in 3 inch lengths
- 1 large onion,diced
- 1 mild green chile or jalapeño pepper, diced
- 1 cup mushrooms,chopped
- lettuce, chopped
- 1 large tomato,diced

- 1 - 8 oz. container sour cream
- 1 - 16 oz. jar salsa
- 10 medium flour tortillas

Place warm chicken and bacon warm on tortillas. Add vegetables, sour cream and salsa. Fold bottom of tortilla up, wrap each side over middle, leaving only top of wrap open. Enjoy!
Note: Canned, chopped green chiles may also be used.
Note: If wraps are to be served cold, you may want to avoid ingredients such as bacon, unless the fat has been thoroughly drained.



Church Directory

NEHALEM VALLEY BIBLE CHURCH

Gary Taylor, Pastor
Grant & North Streets, Vernonia
503 429-5378
Sunday School 10:00 a.m.
Morning Worship 11:00 a.m.
Nursery available
Wednesday Service 7:00 p.m.

VERNONIA FOURSQUARE CHURCH

Carl Pense, Pastor
850 Madison Avenue, Vernonia
503 429-1103
Sunday Worship Service: 10:30 a.m.
Children's Sunday School

CHURCH OF JESUS CHRIST
OF LATTER DAY SAINTS

Marc Farmer, Branch President
1350 E. Knott Street, Vernonia
503 429-7151
Sacrament Meeting, Sunday 10 a.m.
Sunday School & Primary 11:20 a.m.
Relief Society, Priesthood and
Young Women, Sunday 12:10 p.m.

SEVENTH DAY ADVENTIST

2nd Ave. and Nehalem St., Vernonia
503 429-8301
Morning Worship, 11:00 a.m.
Bible Study 9:15 a.m.

ASSEMBLY OF GOD

Wayne and Maureene Marr
662 Jefferson Ave., Vernonia,
503 429-0373
Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.

VERNONIA CHRISTIAN CHURCH

Sam Hough, Evangelist
410 North Street, Vernonia
503 429-6522
Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Every Wednesday:
Ladies' Bible Study 9:30 a.m.
Ladies' Worship 10:00 a.m.
Children's Choir 3:00 p.m.
Family Bible Study 7:00 p.m.

FIRST BAPTIST CHURCH

359 "A" Street, Vernonia
503 429-5190
Sunday School 9:45 a.m.
Sunday Worship Service 11:00 a.m.
Wednesday Prayer Meeting 7:00 p.m.

ST. MARY'S CATHOLIC CHURCH

Rev. Luan Tran, Administrator
960 Missouri Avenue, Vernonia
503 429-8841
Mass Sunday 12:00 Noon
Religious Educ. Sunday 10:30 a.m.

VERNONIA COMMUNITY CHURCH

Grant Williams, Pastor
957 State Avenue, Vernonia
503 429-6790
Sunday Breakfast 9:00 a.m.
Morning Worship 9:45 a.m.
Children and Nursery 10:00 a.m.
Youth Group 6:00 p.m.
Preschool Tues. & Thurs. 9:00 a.m.
Wednesday Prayer 7:00 p.m.
Friday Adult Volleyball 7:00 p.m.



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