

Food for Thought

SLOW DOWN AND GET CROCKED

The leaves are developing beautiful golden and red hues, and temperatures are falling, so it's time to enjoy a warm, delicious meal prepared in a slow cooker. Using a crock pot for scrumptious, seasonal meals such as chili or chowder will deliver a slow-cooked flavor even if you don't have time to stand next to a stove all day! While slow cookers are easy tools for anyone to use, they are especially good for inexperienced cooks because all you have to do is put in the ingredients and set it to the appropriate temperature. Let a slow cooker prepare dinner whether you're at work or are enjoying your favorite fall and winter activities.

If you don't have time to cook a hot breakfast, here are some delicious breakfast recipes that will cook while you sleep! Additionally, if you like soup, it's hard to find an easier way to make delicious homemade soup.

HEARTY WHEAT BERRY BREAKFAST

1 cup wheat berries, rinsed and drained
2 to 2-1/2 cups apple juice
1/2 cup chopped apricots
1/4 cup raisins
1/2 teaspoon ground cinnamon
1/4 teaspoon ground allspice
1/4 teaspoon ground cloves
1/4 teaspoon ground cardamom

Spray the inside of the crockpot with nonstick spray. Place everything in the slow cooker, stir, cover and cook on low 8-10 hours, or all night. Serve with milk or soy milk. Makes 4 - 6 servings.

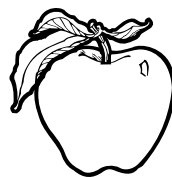
SLOW COOKED OATMEAL

2 cups old-fashioned rolled oats
1/2 to 1 cup chopped dates, apples, raisins, or combination, optional
4 cups water
dash salt

Spray crockpot with non-stick spray. Combine ingredients in crockpot; cook on low for 8 to 10 hours. Sweeten with fruit, brown sugar, maple syrup, or other sweeteners, if desired. Near the end of cooking, thin with a little milk if needed. Great for families on the run in the mornings. Serves 8.

BREAKFAST COBBLER

4 medium-sized apples, peeled and sliced
1/4 cup honey
1 teaspoon cinnamon
2 tablespoons butter, melted
2 cups granola cereal



Spray inside of crockpot with nonstick spray. Place apples in slow cooker and mix in remaining ingredients. Cover and cook on low 7-9 hours, or overnight (alternately, cook on high 2-3 hours). Serve with milk.

CREAM OF SWEET POTATO SOUP

3 sweet potatoes, peeled and sliced
2 cups chicken bouillon
1 teaspoon sugar
1/8 teaspoon each ground cloves and nutmeg
Salt to taste
1-1/2 cups light cream, half-and-half, or milk

Put sweet potatoes and bouillon in cooker. Cover and cook on high 2 to 3 hours or until potatoes are tender. Force potatoes and liquid through a food mill, purée in blender or purée with immersion blender. Combine purée in cooker with remaining ingredients. Cover and cook on high 1 to 2 hours. Serve hot or chilled with a dollop of sour cream if desired. Yield: about 1 quart.

SPLIT PEA SOUP

1 (16 oz.) pkg. dried green split peas, rinsed
1 hambone, 2 meaty ham hocks, or 2 cups diced ham
3 carrots, peeled and sliced
1 medium onion, chopped
2 stalks of celery plus leaves, chopped
1 or 2 cloves of garlic, minced
1 bay leaf
1/4 cup fresh parsley, chopped
1 tablespoon seasoned salt (or to taste)
1/2 teaspoon fresh pepper
1-1/2 quarts hot water

Layer ingredients in slow cooker, pour in water. DO NOT STIR. Cover and cook on high 4 to 5 hours or on low 8 to 10 hours, until peas are very soft and ham falls off bone. Remove bones and bay leaf. Serve garnished with croutons.

HEARTY POTATO SOUP

6 potatoes, peeled and cut into half-inch cubes
2 medium onions, diced
2 carrots, thinly sliced
2 ribs celery, thinly sliced
2 (14-1/2 ounce) cans chicken broth
1 teaspoon dried basil
1 teaspoon salt
1/2 teaspoon pepper
1/4 cup all-purpose flour
1-1/2 cups half-and-half

Combine first 8 ingredients in a slow cooker. Cook, covered, on high for 3 hours or until vegetables are tender. Stir together flour and half-and-half; stir into soup. Cover and cook 30 minutes or until thoroughly heated.

Yield: 8-1/2 cups



Church Directory

VERNONIA FOURSQUARE CHURCH

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

SEVENTH DAY ADVENTIST

Larry Gibson, Pastor
2nd Ave. and Nehalem St., Vernonia
503 429-8301
Morning Worship, 11:00 a.m.
Sabbath School 9:30 a.m.

ASSEMBLY OF GOD

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

FIRST BAPTIST CHURCH

359 "A" Street, Vernonia
503 429-4027
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

957 State Avenue, Vernonia
503 429-6790
Sunday Worship 9:45 a.m.
Children's Church (Blast!) 10:15 a.m.
Nursery 10:15 a.m.
High School Youth 6:00 p.m.
Wednesday Prayer 6:00 p.m.
Preschool: Open House soon

VERNONIA CHRISTIAN CHURCH

Sam Hough, Minister
410 North Street, Vernonia
503 429-6522
Sunday School 9:45 a.m.
Sunday Worship 11:00 a.m.
(meets in Youth & Family Center)
Home Group Meeting throughout
the week at various locations

PIONEER BAPTIST FELLOWSHIP

John Cahill, Pastor
939 Bridge Street, Vernonia
503-429-1161
Sunday School 9:45 a.m.
Sunday Morning Worship 11:00 a.m.
Wednesday Prayer 7:00 p.m.

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.

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.