

## Food for Thought

by Leslie Barnes



Here are some stick-to-your ribs entrees to enjoy during this cold weather.

### HASH BROWN CASSEROLE with BACON, ONIONS and CHEESE

- 6 bacon slices
- 1 cup chopped onion
- 2 garlic cloves, minced
- 1 (32-oz) pkg frozen Southern-style hash brown potatoes

- 1 cup shredded cheddar cheese, divided
- 1/2 cup chopped green onions
- 1/2 cup sour cream
- 1/2 tsp salt
- 1/4 tsp freshly ground black pepper
- 1 (10.75-oz) can condensed 30% reduced-sodium, 98% fat-free cream of mushroom soup, undiluted
- Cooking spray

Cook bacon in a large nonstick skillet over medium heat until crisp. Remove bacon from pan, and crumble. Discard drippings in pan. Add 1 cup onion and garlic to pan; cook for 5 minutes or until tender, stirring frequently. Stir in the potatoes; cover and cook for 15 minutes, stirring occasionally.

Combine crumbled bacon, 1/4 cup cheese, green onions, sour cream, salt, pepper, and soup in a large bowl. Add potato mixture; toss gently to combine. Spoon mixture into an 11 x 7-inch baking dish coated with cooking spray. Sprinkle with remaining 3/4 cup cheese. Cover with foil coated with cooking spray. Refrigerate 8 hours or overnight.

Preheat oven to 350°F.

Remove casserole from refrigerator; let stand at room temperature 15 minutes. Bake casserole, covered, for 30 minutes. Uncover and bake an additional 30 minutes or until bubbly around edges and cheese begins to brown. Serves 6 (1-cup servings).

### CHICKEN and RICE CASSEROLE

- 2-1/2 lbs boneless, skinless chicken thighs, cut into 1 to 1-1/2 inch pieces, patted dry
- Salt and pepper
- olive oil

- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1/2 lb button mushrooms, sliced
- 1/4 cup dry white wine
- 1-1/3 cups chicken stock\*
- 1/2 cup sour cream
- 1/4 cup cream
- 1 cup raw, medium or long grain white rice
- 1-1/2 tsp salt
- 1 tsp each Italian seasoning and poultry seasoning
- 1/2 tsp paprika
- 2 T chopped fresh parsley

\*This recipe assumes the rice requires approx 1-1/2 cups liquid per cup of rice to cook. Some rice varieties, such as brown rice, require more liquid (and a longer cooking time). Adjust recipe accordingly.

Preheat oven to 375°F. Heat 2T of olive oil in a large sauté pan on medium high or high heat (hot enough to brown but not burn). Sprinkle a dash of salt on the bottom of the pan. Season the chicken pieces all over with salt and pepper. Working in batches, brown the chicken pieces on two sides, about 1-2 minutes per batch. Add a little more salt to the pan (and more olive oil if needed) after every batch. This will help prevent the chicken from sticking to the pan. Remove chicken pieces and set aside in a bowl. Note that the chicken does not have to be cooked through, only browned.

In the same sauté pan add 1 T olive oil, lower heat to medium, add onions and cook until translucent, about 3 minutes. Add garlic, cook 30 seconds more. Remove onions and garlic to a shallow (9 x 13 x 2 inch) casserole dish.

Raise heat to medium high, add mushrooms and dry sauté them (no need to add butter or oil), allowing mushrooms to brown lightly, and release some of their moisture. Add mushrooms to the casserole dish.

Add 1/4 cup dry white wine to the pan to deglaze, scraping the browned bits from the bottom of the pan. Reduce the wine to about 1 T (At this point, if you are making ahead, pour the reduced wine into the casserole dish. Refrigerate cooked onions, garlic, mushrooms, and browned chicken pieces until you are ready to make the casserole.), then add chicken stock, and remove from heat. Stir in 1-1/2 tsp salt, the cream, and sour cream. Add the raw rice to the casserole dish, pour the stock, wine, cream, sour cream mixture over rice. Add the Italian and poultry seasonings and paprika to the dish. Stir to evenly distribute all ingredients in the casserole dish.

Place the chicken pieces on top of the rice mixture (in a single layer if you can, they will be crowded). Cover the casserole dish tightly with aluminum foil. Bake in a 375°F oven for 45 minutes. Remove foil. If the casserole is too liquid, let it cook a few minutes more, uncovered, until the excess liquid has evaporated.

Sprinkle with fresh parsley before serving. Serves 6 (with leftovers).

### BLACK BEAN and TOMATILLO CHILI

- 1 lb dried black beans, (2 1/2 cups), rinsed
- 1 T extra-virgin olive oil
- 2 T mustard powder
- 2 T chili powder
- 1-1/2 tsp cumin seeds, or ground cumin
- 1/2 tsp cardamom seeds, or ground cardamom
- 2 medium onions, coarsely chopped
- 1 lb mushrooms, sliced
- 8 oz tomatillos, husked, rinsed and coarsely chopped
- 1/4 cup water
- 5-1/2 cups vegetable broth
- 1 (6-oz) can tomato paste
- 5-6 T minced canned chipotle peppers in adobo sauce
- 1-1/4 cups grated Monterey jack, or pepper jack cheese
- 1/2 cup sour cream
- 1/2 cup chopped fresh cilantro
- 2 limes, cut into wedges

Soak the beans overnight, covering with at least 2 inches of water to allow for expansion. Rinse well in colander after soaking.

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## Church Directory

<p><b>VERNONIA FOURSQUARE CHURCH</b></p> <p>Carl Pense, Pastor 850 Madison Avenue, Vernonia 503 429-1103 Sunday Worship Service: 10:30 a.m. Children's Sunday School</p> <p><b>SEVENTH DAY ADVENTIST</b></p> <p>Larry Gibson, Pastor 2nd Ave. and Nehalem St., Vernonia 503 429-8301 Morning Worship, 11:00 a.m. Sabbath School 9:30 a.m.</p> <p><b>ASSEMBLY OF GOD</b></p> <p>Wayne and Maureen Marr 662 Jefferson Ave., Vernonia, 503 429-0373 Sunday School 9:45 a.m. Morning Worship 11:00 a.m.</p> <p><b>ST. MARY'S CATHOLIC CHURCH</b></p> <p>Rev. Luan Tran, Administrator 960 Missouri Avenue, Vernonia 503 429-8841 Mass Sunday 12:00 Noon Religious Educ. Sunday 10:30 a.m.</p>	<p><b>FIRST BAPTIST CHURCH</b></p> <p>Pastor John D. Murray 359 "A" Street, Vernonia 503 860-3860 Sunday School 9:45 a.m. Sunday Worship Service 11:00 a.m. Wednesday Prayer Meeting 7:00 p.m.</p> <p><b>VERNONIA COMMUNITY CHURCH</b></p> <p>Ralph Young, Pastor 957 State Avenue, Vernonia 503 429-6790 Sunday Bible Classes 9:00 a.m. Family Praise &amp; Worship 10:30 a.m. Wednesday Prayer 6:30 p.m. Thursday Ladies Study 7:00 p.m. Nursery 10:15 a.m. Vernonia Community Preschool</p> <p><b>VERNONIA CHRISTIAN CHURCH</b></p> <p>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 &amp; Family Center) Various Home Group Meetings</p>	<p><b>PIONEER BAPTIST FELLOWSHIP</b></p> <p>John Cahill, Pastor 939 Bridge Street, Vernonia 503-429-1161 www.pbfalive.com Sunday School 9:30 a.m. Sunday Morning Worship 11:00 a.m. Thursday Prayer 7:00 p.m.</p> <p><b>NEHALEM VALLEY BIBLE CHURCH</b></p> <p>Gary Taylor, Pastor Grant &amp; 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.</p> <p><b>CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS</b></p> <p>Marc Farmer, Branch President 1350 E. Knott Street, Vernonia 503 429-7151 Sacrament Meeting, Sunday 10 a.m. Sunday School &amp; Primary 11:20 a.m. Relief Society, Priesthood and Young Women, Sunday 12:10 p.m.</p>
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