

Mothers' UNION

Christian care for families

Diocese of Gloucester

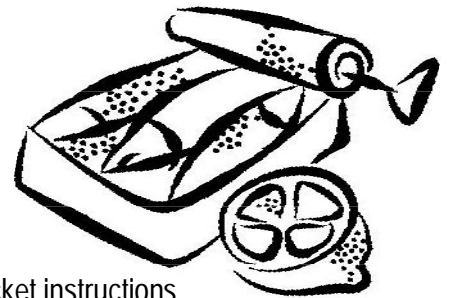
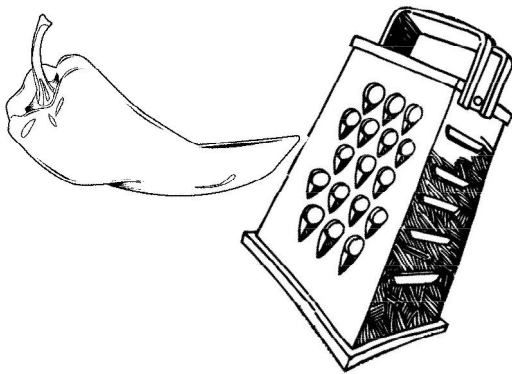
These greetings come with love from the Mothers' Union to you. May we also offer a prayer of blessing to you today.
This prayer was first offered to people a long time ago
who found themselves trapped in a very difficult situation
and who wanted to move to a place where there was the offer of hope and peace:

The LORD bless you and keep you;
the LORD make his face to shine upon you, and be gracious to you;
the LORD lift up his countenance upon you, and give you peace.

Verses taken from the Old Testament of the Bible [Numbers 6: 24–26]

Pasta with Sardines [serves 4]

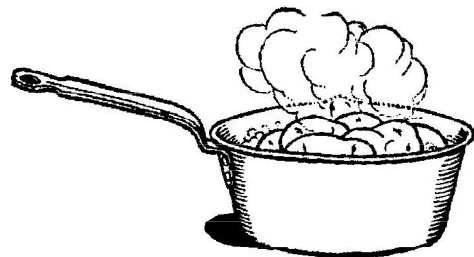
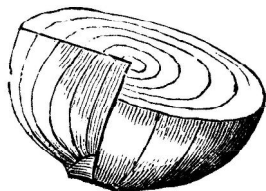
250g of any type of pasta, tagliatelle
or spaghetti is best
2 tablespoons of oil
3 cloves of garlic, crushed
1 tin of sardines in tomato sauce
1 lemon juiced (optional)
1 pinch of dried crushed chillies
Grated cheese to serve



Cook pasta according to packet instructions
While the pasta is cooking,
heat oil in a frying pan over a medium heat.
Add the onion, and cook for a few minutes until soft,
then add the garlic, and cook until fragrant.
Stir in the sardines with their sauce.
When the sardines heat through, reduce heat to low
and simmer until the pasta is ready.
When the pasta is cooked, drain, and add it to the sardine sauce.
Stir, cover, and turn the heat off.
Let stand for a few minutes to absorb the flavours of the sauce.
Squeeze juice from the lemon over the pasta.
Serve and top with chillies and grated cheese.

Corned Beef Hash

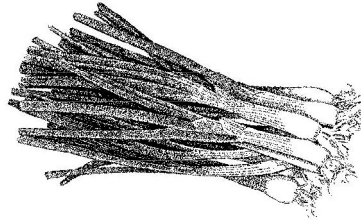
1 tin corned beef
1 tin baked beans
500g potatoes
1 medium onion finely chopped
1 tbsp tomato ketchup or marmite
Knob of butter
Cheese grated



Cook potatoes with a pinch of salt and once cooked, mash.
Fry the finely chopped onion on a medium heat until soft.
Chop the corned beef, crumble and add to the onions.
Pour the beans over the top along with the ketchup or marmite.
Once cooked, flatten and add the potato
[which you have mashed] on top.
Add the grated cheese on top
and cook in a medium oven until the cheese browns.
Enjoy with more beans or on its own!

These greetings and these **Recipes** come with love from the Mothers' Union to you.

Our vision is of a world
where God's love is shown through loving,
respectful, and flourishing relationships.



Tuna and Sweetcorn Burgers [serves 4]

85g white bread torn into pieces
1 can sweetcorn drained well
2 x 185g tuna drained well
25g cheddar cheese
3 spring onions
1 egg beaten
2 tbsp vegetable oil
Bread rolls, lettuce and mayonnaise to serve.



Whizz the bread in a food processor to crumb
or grate in a cheese grater to make breadcrumbs.
Add the sweetcorn to the tuna, cheese and season to taste.
And place into a bowl along with the bread crumbs.
Add the egg until the mixture is sticky enough
to be shaped into burgers.

Heat the oil in a non-stick pan,
then cook for about 5 minutes on each side
or until golden brown and hot in the middle.

Stuff into the rolls and enjoy!



Mixed Bean Goulash [serves 4-6]

1 x 400g tin of red kidney beans
1 x 400g tin of baked or any other type of beans
1 onion
1 fat clove of garlic
4 tablespoons of oil
3 teaspoons of paprika
1 x 400g tin of chopped tomatoes
1 teaspoon of marmite or similar
1 vegetable or chicken stock cube
1 teaspoon sugar



First drain and rinse the beans.

Empty the kidney beans into a colander and rinse under cold water
to get rid of the tinned taste
and the sauce from the baked or other beans.

When well rinsed, set to one side.

Peel and chop the onion and peel and finely slice the garlic.

Place in a frying pan with the oil and paprika,
and cook on a low heat until the onion is softened.

Add the chopped tomatoes, marmite, crumble stock cube,
sugar and half a tin of water [using one of the bean tins as a guide],
and stir well.

Simmer gently for 15 minutes until the sauce is thick and glossy.

Tip in the colander of rinsed beans, and heat through for 10 minutes.
Stir to mix well and serve.