

A Taste of Our World



Wonderful Recipes & Amazing Children



A Taste of Our World

If you love ethnic foods~ ones that are easy to make, quick, tasty and fun then this cookbook is for you. If you just love food and have a heart for adoption (like me) then this cookbook is for you. If you have brought home a child through adoption and you are looking for 'comfort' foods that they may be familiar with- then this book is for you too!

As you leaf through this cookbook you will see the beautiful faces of amazing children from all over the world who have found their forever families through the miracle of adoption. They will steal your heart and put a smile on your face... but for every child represented in this cookbook there are hundreds of thousands more around the world who are waiting for families to call their own. These children are often deprived of all basic needs that we take for granted and they go to bed each night with no signs of things getting any better. Sadder yet are the potential matches between orphans and families that go unpaired due to the high cost of adoption. The need is overwhelming, but God sees that and all he asks is that each of us to do what we can to help one another.

If you are reading this right now we ask you to stop and say a prayer for all of the little children in the world living at this very moment without a families love. For we know that no child is ever really alone when someone out there is praying over their lives. And we THANK YOU so much, for in purchasing this cookbook you are helping build a bridge for a few families to cross over to bring a child home for good. We also thank you for joining us in the celebration of adoption... and we hope you enjoy a little 'taste' of your world.



From the cover: both from Guatemala, Abby & Aleigha are the daughters of Michelle & Amy, the creators of "A Taste of Our World".

Surviving the Wait...

****Be assured that if God waits longer than you wish... it is only to make the blessing all the more precious.**

After you complete all the running around, collecting documents, meeting with the Social worker, dealing with the fingerprints, the FBI, the INS, and the home study is completed to this stage, what do you do next while you are waiting for a referral? Here is a list of ideas that other adoptive families submitted to help you survive 'the dreaded wait'.

- Child proof your house
- Enjoy 'date nights' with your spouse or go out with your friends
- Interview pediatricians
- Enroll in a parenting class or read a parenting book
- Take a class on scrap booking (so you'll know how to preserve those precious memories!)
- If you plan to change your child's name, make a list of names you like
- Start looking for age appropriate furniture and necessities
- Meet with other adoptive families or attend an adoptive support group meeting
- Collect or make a list of gifts for the orphanage, foster parents or others involved to thank them
- Take a cake decorating class (it will come in handy to celebrate all of those birthdays you will enjoy together!)
- Prepare your finances
- Make a list of what you need to pack for the trip
- Start a life book- keep everything!
- Take a CPR class
- Get to know your child's birth country- explore the language culture
- Make out a will
- Prepare your child's room
- Keep a journal of your thoughts and feelings during the wait. Your child will treasure it someday!
- Take an exercise class- you will need to build up those muscles to carry your new child!
- Learn 'baby sign' language! This will come in handy especially if your child was used to hearing another language for quite some time. Even older children who come home from other countries could benefit from this

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Thank You

We are so grateful to the many adoptive families and friends who submitted recipes and pictures of their precious children to share.

These children touch our hearts and it is such a privilege to have them in this cookbook.

We'd also like to thank the staff at two amazing adoption agencies - Dillon International (info@dillonadopt.com) & Special Delivery (www.specialdelivery4kids.org) for all of the long hours and dedication they put in every day to bring these incredible children home to our waiting arms.

Your sacrifices are humbling and we literally would not have these children in our lives without your tireless teamwork and friendship. We are honored to have worked with you.

Soup & Salads



Anderson, Guatemala

Guatemalan Corn Soup

Ingredients:

Kernels from 3 fresh ears of Corn or 1 16-ounce can of sweet corn

1 Onion, sliced finely

1 tbsp. Margarine

2 tbsp. Flour

2 ½ c Milk

Directions:

If using fresh corn, cook it in boiling water for 5 to 10 minutes until tender. Drain, keeping water. If you use canned corn, drain and keep liquid. Melt the margarine in a large saucepan and cook the onion until it is soft. Sprinkle in the flour, mixing well. Cook a couple of minutes, stirring constantly. Remove pan from heat and slowly pour in the milk, stirring to give a smooth consistency. Add the corn kernels, along with salt and pepper to taste, and about ½ cup reserved liquid. Bring the soup to a gentle boil, stirring as the mixture thickens. Simmer for a few minutes. Serve hot. Enjoy!

Submitted by Elena, mother of Olivia, Guatemala

There are over 100 million orphans in the world today.

Glazed Fruit Salad

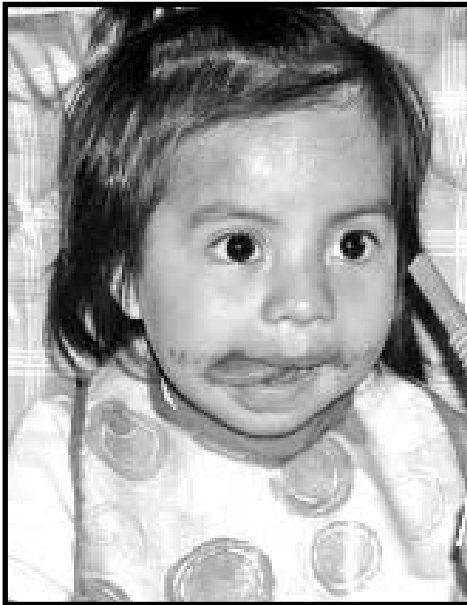
Ingredients:

1 small pkg. instant vanilla pudding
2 – 20 oz. cans pineapple chunks, drained
1 – 11 oz. can mandarin oranges, drained
3 large bananas, sliced
1 cup chopped pecans

Directions:

Reserve 1 cup of pineapple juice. Combine pineapple, mandarin oranges and nuts. Mix pudding with $\frac{1}{2}$ amount of liquid required to make pudding (1 cup pineapple juice) on high speed for one minute. Pour over fruit and mix gently. Add bananas last.

Submitted by Phyllis, mother of Kristen, Guatemala



Kristen, Guatemala

Ethiopian Prunes With Almonds & Raisins

Ingredients:

1 lb. soft prunes, pitted
2 c dry red wine
½ c sugar
2 oz. each peeled chopped almonds and seedless raisins
1 ½ tsp. cinnamon
3 whole cloves

Directions:

In a saucepan mix the prunes, almonds, raisins, cloves, wine, cinnamon and sugar. Bring the mixture to a boil, stirring regularly. Reduce the flame and continue cooking and stirring until the mixture thickens. Remove the cloves and transfer the other ingredients to a medium sized dessert dish. Place the dish in the center of the table and serve hot with small dessert spoons so that each guest may help him or herself. Ideally served with mint tea or strong Turkish coffee.

Submitted by Christine and Jeff, parents of Andrew, Ethiopia

www.affordingadoption.com- for great ideas
and information on adoption grants, loans and fundraisers!

Broccoli Salad

Ingredients:

1 lb. bacon- crisp & broken up
2 bunches of broccoli
1 med. Red onion
1 c. sunflower seeds

Dressing (make 1 hour before serving)

1 c. mayonnaise
1 c. sugar
4 tbsp. red wine vinegar

Directions:

Mix together and pour over broccoli mixture.

Submitted by Michelle, mother of McKenzie, China

Creamy Cucumbers

Ingredients:

4 peeled cucumbers, sliced
½ c. sugar
½ c. white vinegar
1 c. Helmann's Mayonnaise

Directions:

Mix sugar, vinegar and Mayonnaise. Pour over cucumber into a sealable container. Chill and serve.

Submitted by Ron, father of Carlos, Guatemala

Hearty Italian Soup

Ingredients:

1 lb. mild bulk Italian sausage
1 med. Green pepper- chopped
1 med. Onion- chopped
28 oz. can diced tomatoes
(2) 8 oz. cans tomato sauce
(2) 8 oz. cans water
3 cubes chicken bouillon
 $\frac{3}{4}$ tsp. garlic powder
 $\frac{3}{4}$ c. small shell pasta
Shredded mozzarella

Directions:

In a large sauce pan, brown sausage, green pepper and onion, drain. Stir in remaining ingredients, except past and cheese. Cover and simmer 15 minutes. Stir in pasta, cover and simmer 10-12 minutes, until pasta is tender. Serve and top with cheese.

Submitted by Julie, friend of Aleigha, Guatemala

The experience of adoption changes you...
Jesus said, "As you've done these things to the least of these,
you've done them for me".

Chinese Raindrop Soup

Ingredients:

6 Water Chestnuts
2 Scallions
1 tbsp. Sherry
3 c Chicken Stock
6 oz. diced cooked Chicken
Salt and Pepper to taste

Directions:

Slice the water chestnuts and slice the spring onions (scallions) finely. Put these in a saucepan with the chicken stock and the chicken. Bring to the boil and simmer, covered, for 15 minutes. Add the sherry and season to taste.

Submitted by Karen, mother of Kaitlyn, China



Kira, South Korea

Nutty Coleslaw

Ingredients:

2-3 tbsp. sesame seeds
1 pkg. (2 oz) slivered almonds
½ c. rice vinegar
1 tsp. salt
½ tsp. pepper
9 to 12 green onions (finely chopped)
1 lb pkg. coleslaw mix
3 pkg. Ramen Noodles
2/3 c. salad oil
½ c. sugar

Directions:

Preheat oven to 350 degrees. Toast the sesame seeds and almonds in a shallow pan in oven. You can use a little butter if you wish. Let cool. Chop onions, put them in a big bowl with coleslaw mix, the toasted seeds and almonds. Add the crunched up ramen noodles. In a small bowl, mix together the oil, vinegar and sugar. Pour over the coleslaw mixture. Salt and pepper to taste. Refrigerate to chill. Toss and serve.

Submitted by Diane, mother of Matthew and Nate, Philippines

Ask and it will be given to you; seek and you will find;
knock and the door will be opened to you.
For everyone who asks receives; he who seeks finds;
and to him who knocks, the door will be opened.

--- Matthew 7:7-8

Brazilian Tomato Salad

(Salada De Tomate)

Ingredients:

4 ripe tomatoes
2 onions, thinly sliced
salt and pepper to taste
1 clove garlic, minced
1 cup basil vinaigrette sauce

Directions:

Arrange the tomatoes and onions on a plate. Season to taste. Mix together the garlic and vinaigrette and drizzle over the tomatoes and onions. Serve immediately.

Submitted by Deborah, grandmother of James, Brazil



Maria Elena, Guatemala

Mexican Chili

Ingredients:

1 pound hamburger
1 pack taco seasoning
1 pack powdered Ranch Dressing Dip
1 can kidney beans
1 can ranch style beans
1 can black beans
1 can pinto beans
1 can corn
1 can rotel
2 small cans tomato sauce
1 small onion
Cornbread Mix

Directions:

Brown hamburger and chopped onion.

Mix taco seasonings with one cup of water separately. Mix ranch with ½ cup water separately. Drain everything except ranch style beans and Rotel and pour it in. Simmer 30 minutes and make cornbread!

Submitted by Angel, mother of Zoey, Guatemala



Zoe (Guatemala) Russ, Kaithlyn and Angel

Mandarin Salad

Ingredients:

¼ c. almonds or pecan pieces
1 tbsp. and 1 tsp. white sugar
6 c. romaine lettuce
¾ c. chopped celery
3 thinly sliced green onions
1 8oz. canned drained mandarin oranges
1 tbsp. snipped parsley

Dressing:

¼ tbsp. vegetable oil
2 tbsp. sugar
2 tbsp. vinegar
Pepper

Directions:

Cook nuts and sugar over low heat stirring constantly until sugar melts and coats nuts. Pour onto waxed paper to cool then break into pieces for topping. In a large salad bowl put lettuce, celery, green onion. Just before serving add mandarin oranges and parsley. Mix dressing well and pour over the greens and fruit. Top with nuts. Serve immediately.

Submitted by Denise, mother of Alex and Morgan, Columbia

National Adoption Day is celebrated every
year on the Saturday before Thanksgiving.

Brazilian Canja Chicken Soup

Ingredients:

half chicken (3-4 lb)
1 onion, chopped
4 tomatoes, peeled, seeded, coarsely chopped
1 celery stalk, chopped (with leaves)
fresh parsley, minced
10 c water
3 carrots, sliced
1/2 c white rice (uncooked)
salt and pepper to taste

Directions:

Place the chicken, onion, tomatoes, celery, parsley and 8 cups of water in a large stockpot. Bring to a boil. Cook for one hour in low heat. Remove the chicken and strip the meat from the bones. Discard the bones. Force the cooking liquid through a colander. Return the liquid to the stockpot. Add the chicken meat, carrots, rice and remaining water. Bring to a boil. Cook for half hour in low heat. Season to taste. Serve hot.

Submitted by Deborah, grandmother of James, Brazil



Keltia Mae, Haiti

Sopa De Ajo (Garlic Soup)

Ingredients:

3 tbsp. crushed garlic
1 tbsp. oil
2 cans beef broth
2 c .water
Cilantro
1 bay leaf
2 slices bread
Softened butter
2 well beaten egg yolks

Directions:

In large pan cook garlic in hot oil until tender. Add beef broth, water, cilantro and bay leaf. Bring to boil and simmer covered for 40 min. Meanwhile spread bread with butter. Cut in quarters. Put on baking sheet. Bake 350 for 20 min. Strain hot soup and discard garlic, cilantro and bay leaf. Gradually add 1 c. soup to beaten egg yolks, stirring constantly. Return to pan and serve at once. Garnish with toast quarters. Good with chopped avocado and lettuce. This easy soup is one I served my family when they came home from school and work in Mexico. They could smell the garlic. The happy campers always wanted seconds.

*Submitted by BJ Antunez Bliss, 20 year resident
of Acapulco, Grs., Mexico*

God sets the lonely in families.

— Psalm 68:6

Crock-Pot White Chicken Chili

In a five or six quart crock-pot:

Ingredients:

- 1 ½ pounds of boneless skinless chicken thighs on bottom of crock-pot (this is because chicken takes longer to cook than the other ingredients)
- 2 cans great northern beans
- 1 can white hominy
- 1 small can of chopped green chilis
- 1 package of taco seasoning
- 1 can of cream of mushroom soup

Directions:

Layer these ingredients in your crock-pot and cook on low for eight to ten hours. Stir and break up chicken. Serve with green onions and sour cream.

Submitted by Jenn, mother of Joey, adopted from Guatemala



Joe, Guatemala

White Chili

Ingredients:

1 to 2 lbs Chicken Breasts
1 48 oz. jar great Northern Beans
1 16 oz jar salsa
1 8 oz. shredded Monterey Jack cheese
1 tsp. ground cumin
1 8oz. can chicken broth.

Directions:

Cook chicken and cut into bite size pieces. In pot combine chicken, beans, salsa, cheese, cumin and broth. Cover and simmer for an hour or more, stirring occasionally and adding water if chili becomes too thick. You can also place ingredients in a slow cooker and simmer several hours. Serve with corn chips. Freezes well.

Submitted by Jill, mother of Tate and Parker, Korea

Taco Soup

Ingredients:

1 lb. browned ground beef
2 cans of Mexican style stewed tomatoes
2 cans of whole kernel corn
2 cans of pinto beans
1 pkg of taco seasoning
1 pkg of hidden valley ranch dry mix
2 tsp. of chili powder (or to taste)

Directions:

Combine all ingredients in a Dutch oven and bring to a boil. Simmer at least 30 minutes. Serve with sour cream and crackers or Fritos.

Submitted by Jenn, mother of Joey, adopted from Guatemala

Romanian Ciorba Soup

Ingredients:

6 quarts Water
8 large Potatoes, cubed
1 c Green Beans, cut
2 large Carrots, sliced thin
8 Tomatoes
1 Head Cabbage, cut into 1 inch chunks
3 Onions, chopped finely
4 large Dill Pickles, chopped
1 6 oz. can Tomato Paste
4 Green Peppers, chopped
2 stalks Celery, sliced thinly
Basil, Oregano and Thyme to taste

Directions:

Bring water to a boil. Add potatoes, carrots, and celery. Add green beans. Blanch, peel and chop tomatoes. Add to soup. In a bowl, mix tomato paste with 1 cup of hot soup stock from pot until smooth. Add all back to pot and stir. Add cabbage. In a wok or skillet, brown onions and green peppers lightly, add to pot. Cook until cabbage is tender- about 5 minutes. Turn off heat. Add parsley, dill pickles and herbs. Salt and pepper to taste.

Submitted by Ann, adoptive mother of Alyse Marie, Romania

Chicken Soup

Ingredients:

3-4 chicken breasts
2 qts. chicken broth
1 tsp. salt
1 bay leaf
1 onion, diced
1 ½ C. celery, diced
2 C. carrots, diced
1 C. frozen peas
juice of one lemon
¾ cup fresh parsley

Directions:

Put chicken, broth, salt & bay leaf in stock pot or crock pot and cook until tender. Add onion, celery & carrots and cook until tender (15 minutes on stove). Stir in peas, lemon juice & parsley. Remove from heat & serve.

VARIATIONS:

Add noodles or rice. Or omit peas, lemon juice and parsley; add juice of one lime, ½ cup fresh cilantro, and a dash of cayenne.

*Submitted by Barbara, mother of Maria Elena,
adopted from Guatemala*

Religion that God our Father Accepts
as pure and faultless is this:
to look after orphans and widows in their
distress and to keep oneself
from being polluted by the world.

— James 1:27

Dal Soup

Ingredients:

3 tbsp. butter
2 medium onions, diced
2 medium cloves garlic, pressed
1 tbsp. freshly grated ginger or 1 t ginger powder
1 tsp. cumin
1 tsp. coriander
1 tsp. brown sugar
½ tsp. turmeric
¼ tsp. cayenne
¼ tsp. cinnamon
1 c red lentils
1 tsp. salt
4 c chicken or vegetable stock
1 ½ c water

Directions:

Cook onions in butter until soft. Stir in garlic, ginger, sugar and spices. Cook and stir one minute. Add lentils, salt, stock and water. Cover and cook about 35 minutes until lentils are soft. Serve with plain yogurt.

*Submitted by Barbara, mother of Maria Elena,
adopted from Guatemala*

Southwest Bean Soup

Ingredients:

2 cloves garlic
1 small onion, diced
½ c diced carrots
2 tbsp. olive oil
1 can kidney beans, rinsed & drained
1 can great northern beans, rinsed & drained
1 can Mexican stewed tomatoes
3 C. chicken broth
10 oz frozen corn
4 oz can chopped green chilis
1 ½ tsp. chili powder
½ tsp. cumin
½ tsp. salt
10 oz frozen corn
juice of 1 lime

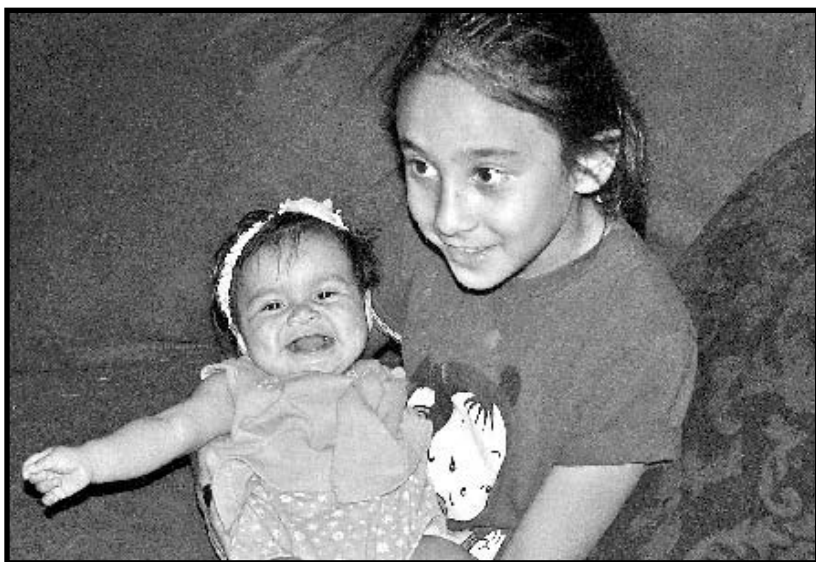
Directions:

Sautee garlic, onions and carrots in oil until onion is soft.
Stir in all other ingredients except corn and lime juice. Simmer about 20 minutes.
Stir in corn and heat. Stir in lime juice.
Serve with cornbread or corn chips, sour cream and grated cheese.

*Submitted by Barbara, mother of Maria Elena,
adopted from Guatemala*



Anthony, Maria Elena (Guatemala), Rosemary and Abby (Guatemala)



Michaela and Abby, Guatemala

Grilled Chicken Salad

Ingredients:

2 Chicken Breasts grilled, chopped into bite size pieces

1/4 c mayonnaise

1/4 c sour cream or plain yogurt

1 stalk celery sliced thin

2 tbsp. chopped onion

1/4 c chopped walnuts

Salt and pepper to taste

1/4 c grapes cut in half

Directions:

Combine all ingredients and put on favorite bread or just as a salad.

Add more or less mayo to your likeness

Submitted by Tammie, friend of Abby, Guatemala



Alexis, Guatemala

Buffalo Chili (heart-healthy)

Ingredients:

2 lbs ground buffalo (can be purchased from Dodson's or through the farmers' coop - www.oklafood.coop)

1 can kidney beans, drained and rinsed

2 cans diced tomatoes in sauce, undrained

1-2 tsp. chili powder

1 tsp. cumin

Dash cayenne or chipotle pepper (optional)

Directions:

Brown buffalo in large stock pot. Drain and return to pot. Add remaining ingredients and simmer 10 minutes. Serve with grated cheese and sour cream. Makes about 8 servings.

Submitted by Barbara, mother of Maria Elena, Guatemala

"Let us not look back in anger or forward
in fear but around in awareness".

.....James Thurber

Spinache & Apple Salad

Ingredients:

For raspberry viniagrette, combine:

1/3 cup extra-virgin cold pressed olive oil

1/3 cup balsamic vinegar

1/3 cup raspberry Polaner All-Fruit

For salad, layer on each salad plate:

1/2 cup fresh spinach leaves, washed, patted dry and torn into small pieces

1/4 cup diced Pink Lady apple

1 T. feta cheese (optional)

1 T. chopped walnuts

dash freshly ground black pepper

Directions:

Drizzle with viniagrette and serve.

Submitted by Barbara, mother of Maria Elena, Guatemala



Landis, Guatemala

Desserts



Matteya, waiting in Guatemala

Brazilian Brigadeiro

Ingredients:

1 can condensed milk
1 tbsp. butter
3 tbsp. cocoa powder

Directions:

Mix the condensed milk, butter and cocoa in a pan. Cook in medium heat, mixing vigorously, until the mixture thickens. Let the mixture cool and form small balls (grease your hands with butter in order to form the balls). Roll the balls on granulated chocolate.

Submitted by Deborah, grandmother of James, Brazil

Reese's Peanut Butter Bar

Ingredients:

1 c. melted margarine
2 ½ c. powdered sugar
1 c. peanut butter
2 c. crushed graham crackers
12 oz. chocolate chips

Directions:

Mix together in 9x13 pan first four ingredients. Melt 12 oz. bag of chocolate chips and spread over top. Cut into square, refrigerate and enjoy!

*Submitted by Addisyn, sister of Aleigha,
and coming soon, Miya, Guatemala*

Smoothies

Ingredients:

½ c. Sugar
1 c. frozen strawberries
¼ c. frozen blueberries
½ c. frozen peaches
½ c. vanilla ice cream

Directions:

Put all ingredients into blender and mix. Serve immediately.

Submitted by Karen, mom of Samantha, Korea



Kylea, India

No Cook Peanut Butter Fudge

Ingredients:

1/3 c. margarine

1/3 c. corn syrup

3/4 c. peanut butter

1/2 tsp. salt

1/2 tsp. vanilla

4 1/2 c. powdered sugar

Directions:

Blend margarine, corn syrup, peanut butter, salt and vanilla in a large bowl. Gradually stir in 4 1/2 c. powdered sugar. Knead until well blended. Roll out on surface lightly dusted with powdered sugar and cut into small pieces.

Submitted by: Karen, mother of Samantha, Korea



*Isabel, Mia and Jose
(Guatemala adoptees beyond infancy)*

Pumpkin Cheesecake

Ingredients:

$\frac{3}{4}$ Cups graham cracker crumbs

$\frac{1}{2}$ Cups Ground pecans

2 tbsp. Sugar

2 tbsp. brown sugar

$\frac{1}{4}$ Cups butter, melted

Combine these first 5 ingredients, mix well, firmly press into 9 inch spring form pan.

$\frac{3}{4}$ Cups Sugar

$\frac{3}{4}$ Cups Canned pumpkin

3 egg yolks

1 $\frac{2}{2}$ tsp. Cinnamon

1 tsp. Allspice

1 tsp. Ground cloves

$\frac{1}{4}$ tsp. salt

3-(8 oz) pkgs. Cream cheese, softened

$\frac{1}{2}$ Cups plus 2 tbsp. sugar

2 tbsp. whipping cream

1 egg

1 egg yolk

1 tsp. vanilla extract

$\frac{1}{2}$ tsp. lemon extract

Directions:

Combine $\frac{3}{4}$ C sugar, pumpkin, 3 egg yolks, spices, salt and mix well. Set aside.

Beat cream cheese until fluffy and add $\frac{1}{4}$ Cup plus 2 tbsp. of sugar. Mix well. Add egg and egg yolk and the whipping cream. Beat until smooth. Add cornstarch and flavorings. Add the pumpkin mixture and mix well. Pour into prepared crust. Bake at 325 Degrees for 50-55 minutes.

*Submitted by Becky, aunt of Aleigha,
and coming soon, Mya, Guatemala*

Russian Tea Cookies

Ingredients:

1 c. butter
1 tsp. vanilla
2 ½ c. flour
3 tbsp. sugar
1 ½ c. powdered sugar
2 c. chopped pecans
1 tbsp. baking powder
Salt

Directions:

Mix butter, sugar, baking powder and vanilla thoroughly. Work in flour, salt, and nuts until dough holds together. If it is needed, add more flour, hands must be free from dough. Shape 1-inch balls. Place them on ungreased baking sheet. Heat the oven to 350.

Bake 10-15 minutes but not till brown. While the balls are still warm, roll very well in powdered sugar, then cool the cookies then roll in sugar again.

Served with tea.

Submitted by Beth, mother of Luke and Anna, Russia

I prayed for this child, and the LORD
has granted me what I asked of him.

—1 Samuel 1:27

Candy Bar Pie

Ingredients:

5 snicker candy bars cut into 1/4 inch pieces
1 pastry shell (9 inch) baked
12 oz. cream cheese, softened
1/2 cup sugar
2 eggs
1/3 cups sour cream
1/3 peanut butter
2/3 cup chocolate chips
2 tbsp. heavy whipping cream

Directions

Place candy bar pieces in the pastry shell, set aside. In a mixing bowl, beat cream cheese and sugar until smooth. Add eggs, sour cream and peanut butter. Beat on low just until combined. Pour into pastry shell. Bake 325* for 35-40 minutes. Cool, in a small saucepan, melt chocolate chips with cream over low heat until smooth. Spread over top. Refrigerate overnight.

*Submitted by Tanner, cousin of Aleigha,
and coming soon, Mya, Guatemala*

Cost of Adopting

Domestic public agency adoption: Zero to \$2,500
Domestic private agency adoption: \$4,000 to \$30,000+
Domestic independent adoption: \$8,000 to \$30,000+
Intercountry private agency or independent adoption: \$7,000 to \$25,000

Romanian Cherry Cream Roll

Ingredients:

Roll:

4 Eggs
4 tbsp. Sugar
3 tbsp. Flour
1 tbsp. Cocoa
1 tsp. Baking Soda

Cream:

1/2 tbsp. Milk
3 Eggs
1/2 c. Sugar
3 tbsp. Flour
1 c. Frozen Cherries
2 tbsp. Butter

Directions:

Separate the eggs. Mix the yolks with sugar. Add flour, cocoa, baking soda and egg whites until well beaten. In a greased and flour-sprinkled griddle pour this mixture and let bake for 45-50 minutes at low temperature. Take out on a wet kitchen towel and roll it carefully. Defrost the cherries and keep the juice. Separate the 3 eggs. Boil 1/4 Tbsp. milk and the cherry juice. Mix yolks with sugar and flour and the other 1/4 tbsp. milk. Boil with the milk and cherry juice mixing continuously. When it becomes thick remove it from fire and add the whites well beaten, the cherries and the butter. Mix and let cool. Unwrap the roll and put the cream on it, then roll it again. Cut into slices and serve

Submitted by Ann, mother of Alyse Marie, Romania

Guatemalan Peaches & Cantaloupe Dessert (Dulce De Duranzo Y Melon)

Ingredients:

2 pounds Peaches
1 Cantaloupe
2 Limes
½ c Water
1 stick Cinnamon
1 t Vanilla
1 lb Sugar

Directions:

Peel the peaches and the cantaloupe and cut into quarters. Add the remaining ingredients and boil until soft. Serve cold. I served this on Jessica's 'Gotcha Day'. It was easy and fun to make!

Submitted by Holly, mother of Jessica, Guatemala



Melody (China) and Emily (India)

Kheer *(Vermicelli Pudding) India*

Ingredients:

- 1 stick Butter
- 2 handfuls Very fine vermicelli
- 4 C. milk
- 1 pt. Whipping cream
- 1 handful Raisins
- 3 T Sugar
- 4 Almonds (optional) peeled and thinly sliced

Directions:

Melt butter in a 4 qt pot. Break vermicelli into 3" pieces. Over low heat stir vermicelli into butter until it turns light brown. Pour in the milk and stir over medium heat until it boils. Put in the raisins, almonds and sugar. Continue to cook under low heat for 10 minutes. Add whipping cream and continue to cook for a couple of minutes. Remove from heat and, when cool, chill in the refrigerator before serving

Submitted by Josie, aunt of Jacob, Calcutta, India



Anna (Guatemala) and Zion (S.Korea)

Krasny Apple Cake

Ingredients:

1/2 c butter
1 c sugar
2 eggs
3 c flour
3 tsp. baking powder
1 tsp. salt
10- 15 large apples
cinnamon
1 c. sugar

Directions:

Combine butter and sugar in a mixing bowl, add eggs and mix. In a bowl, combine flour, baking powder and salt and mix together. Add this to the first part. Make a ball of dough and put in fridge for a couple of hours. Cut apples and add cinnamon and sugar. Cut dough in half and roll 2 dough rectangles. Put a lower crust in greased pan. Next, make a layer with cinnamon, sugar and apples. Put top crust on. Make holes in top crust before baking. Brush with water or beaten yolk on top crust. Bake at 350 degrees for 50 minutes or until golden brown.

*Submitted by Vicki, mother of Shawn,
Jeremy and Angie, Russia*

All children come from God
For some the journey home
Just takes a little longer.

Apple Pudding

Ingredients:

1 c flour	2 tbsp. sugar
1 c. sugar	1 tsp. cinnamon
1 tsp. baking powder	pinch nutmeg
Pinch salt	2 tbsp. butter
1 beaten egg	$\frac{1}{4}$ c. water
4 lg. apples sliced	

Directions:

Sift flour, sugar and baking powder. Add beaten egg and mix well with a fork. Slice apples in an 8x8x2 pan. Cover apples with flour mixture. Sprinkle with sugar and spice. Dot with butter. Sprinkle with water and bake at 350 degrees until apples are cooked and top is slightly browned. (Approximately 45 minutes to 1 hr.) This is my grandmother's recipe that has been passed down through the family for nearly 100 years.

Submitted by Kay, mother of Emma, Russia



*Keegan, Addisyn, Kallan, Amy,
Todd, Aleigha (Guatemala), Travis*

Brazilian Dreams

Ingredients:

1/2 cup of water
1 1/2 tsp. sugar
pinch of salt
1/2 cup of flour
2 eggs
salad oil for deep frying
powdered sugar and cinnamon sifted together.

Directions:

1. Place the water, sugar, and salt in a saucepan and bring to a boil.
2. Add the flour and stir quickly until the mixture forms a ball that doesn't separate.
3. Remove from the stove and cool. Add an egg and beat the mixture with a spoon until smooth. Add the other egg, beating the mixture thoroughly.
4. Drop small balls of the dough from a teaspoon into deep hot oil. Take out when brown and drain on a paper towel. Sprinkle with powdered sugar/cinnamon mixture.

Submitted by Deborah, grandmother of James, Brazil

It's never too late to have a happy childhood".

.....Tom Robbins

Goosey Butter Cake

Ingredients:

1 box Betty Crocker pound cake mix
1 stick margarine
2 eggs,
1- 8z. pkg. cream cheese
powdered sugar

Directions:

Mix cake mix, margarine and eggs and spread in 9 by 13" pan. Mix the cream cheese, eggs and powdered sugar (leave enough to sprinkle on top,) and spread over the bottom layer. Sprinkle with nuts and bake at 350 degrees for 30-40 minutes. Let cool and sprinkle with remaining powdered sugar. This cake is a favorite in St. Louis, Mo.

*Submitted by Debbie, aunt of Aleigha,
and coming soon, Mya, Guatemala*



Addie, China

Iced Pumpkin Cookies

Ingredients:

2 1/2 cups all-purpose flour
1 teaspoon baking powder
1 teaspoon baking soda
2 teaspoons ground cinnamon
1/2 teaspoon ground nutmeg
1/2 teaspoon ground cloves
1/2 teaspoon salt
1/2 cup butter, softened
1 1/2 cups white sugar
1 cup canned pumpkin puree
1 egg
1 teaspoon vanilla extract
2 cups confectioners' sugar
3 tablespoons milk
1 tablespoon melted butter
1 teaspoon vanilla extract

Directions:

Preheat oven to 350 degrees .Combine flour, baking powder, baking soda, cinnamon, nutmeg, ground cloves, and salt; set aside.

In a medium bowl, cream together the 1/2 cup of butter and white sugar. Add pumpkin, egg, and 1 teaspoon vanilla to butter mixture, and beat until creamy. Mix in dry ingredients. Drop on cookie sheet by tablespoonfuls; flatten slightly.

Bake for 15 to 20 minutes in the preheated oven. Cool cookies, then drizzle glaze with fork.

To Make Glaze: Combine confectioners' sugar, milk, 1 tablespoon melted butter, and 1 teaspoon vanilla. Add milk as needed, to achieve drizzling consistency.

Submitted by Jenny, aunt of Aleigha, Guatemala

Lemon Raisin Quick Bread Mix

Ingredients:

2 cups flour
1 cup raisins
 $\frac{3}{4}$ C. chopped walnuts
 $\frac{1}{3}$ C packed brown sugar
2 tsp. baking powder
 $\frac{1}{2}$ tsp. baking soda
 $\frac{1}{4}$ tsp. salt

Directions:

Layer ingredients attractively in order in 1 quart food storage jar with tight fitting lid. Pack ingredients down slightly before adding another layer.

Cover top of jar with fabric' attach gift tag with raffia or ribbon. (Makes 1 jar).

To bake Lemon Raisin Quick Bread: 1 jar of above mixture, 1 $\frac{1}{2}$ c. Lemon-flavored yogurt, $\frac{1}{4}$ c. butter, melted and cooled slightly, 1 egg. Preheat oven to 350 degrees. Spray 8 $\frac{1}{2}$ X 4 $\frac{1}{2}$ inch loaf pan with nonstick cooking spray.

Pour contents of jar into large bowl. Combine yogurt, butter and egg in small bowl until blended; stir into jar mixture just until moistened. Pour evenly into prepared pan and smooth top.

Bake 45-50 min. or until toothpick inserted into center comes out clean. Cool in pan on wire rack 30 minutes; remove from pan and cool completely on wire rack.

Submitted by Kristine, wife of Tim, USA

Neiman-Marcus Bars

Ingredients:

1 box yellow cake mix
½ cup melted butter
3 eggs
1 (8 oz.) pkg. cream cheese
1 (1 lb.) box powdered sugar
½ cup flaked coconut
½ cup chopped pecans

Directions:

Beat 1 egg; mix with cake mix and butter. Put into greased and floured 9x13 inch pan. Mix cream cheese, remaining 2 eggs and stir in powdered sugar. Add coconut and pecans. Spread over cake. Bake in preheated oven at 325 degrees for 45 minutes.

Submitted by Phyllis, mother of Kristen, Guatemala



Maggie, Guatemala

Pumpkin Brownies

Ingredients:

1-15oz. can of pumpkin
1 cup vegetable oil
4 eggs
2 cups of sugar
2 cups of flour
1 tsp. baking soda
1 tsp. baking powder
1 tsp. cinnamon
1/2 tsp. salt

Directions:

Preheat oven to 350 degrees .Beat together eggs, oil, pumpkin and sugar. Stir in remaining ingredients until evenly mixed. Pour into a greased and floured 9 x 13 baking dish. Bake for 30 minutes or until center springs back. When cool ice with cream cheese icing and chopped pecans.

*Submitted by Becky, Aunt of Aleigha,
and coming soon, Mya, Guatemala*



Jordan & Cameron from Korea

Zucchini Muffins

Ingredients:

3 eggs
2 cups sugar
1 cup oil
3 cups flour
1tsp. soda1 tsp. salt
2 cups shredded zucchini
1 tsp. baking powder
2 tsp. cinnamon
2 tsp. vanilla

Directions:

Mix all the ingredients together and scoop into muffin tins with papers.
Bake at 325 degrees for 15-20 minutes.

*Submitted by Tanner, cousin to Aleigha
and coming soon, Mya, Guatemala*



Bella, Guatemala

Banana Bread

Ingredients:

1 stick of butter
1 c sugar
2 eggs
1 tsp. Vanilla
1 2/3 cups flour
1 tsp. baking soda
½ c sour cream
½ tsp salt
½ cup mashed bananas

Directions:

Cream butter, sugar, eggs and vanilla. Mix in the flour, soda and salt. Then bananas and sour cream until blended. Pour into loaf pans and bake 350 degrees or until done.

*Submitted by Becky, aunt of Aleigha
and coming soon, Miya, Guatemala*



Eli (Guatemala) and Noah (India)

Eagle Brand Pineapple Pie

Ingredients:

1 can Eagle brand milk
9 oz. Cool Whip
Small can crushed pineapple, drained
½ cup pecans
1/3 cup lemon juice

Directions:

Fold all ingredients together. Pour into 2 – 8 or 9 inch graham cracker crusts. Refrigerate.

Submitted by Phyllis, mother of Kristen, Guatemala



Mya, Guatemala

Grandma Sullivan's Cereal Cookies

Ingredients:

1 cup brown sugar
1 cup sugar
1 cup Crisco
2 eggs
1 cups corn flakes
1 cups oatmeal
1 cup coconut
2 cups flour
1 tsp. Vanilla

Directions:

Cream together brown sugar, sugar and Crisco. Beat in eggs. Add the corn flakes, oatmeal, and coconut. Sift in the soda, flour and vanilla. Dough will be stiff. Bake at 375 degrees for 10-12 minutes.

*Submitted by Becky, aunt of Aleigha
and coming soon, Mya, Guatemala*



Sean, Kimberly and Kira (South Korea)

Monkey Bread

Preheat oven to 350 degrees. Butter Bundt pan.

Ingredients:

4 cans regular buttermilk biscuits. Cut each biscuit in 4ths. Shake in a paper bag with 2/3 cup sugar and 1 tsp cinnamon. Place in bundt pan. Melt 1 stick margarine- add 2/3 c. sugar and 1 tsp. Cinnamon and 1 tsp vanilla.

Directions:

Bring to a boil. Pour over biscuits. After baking immediately turn over onto serving dish. Enjoy!

Submitted by Kristine, wife of Tim, USA

Bolitas De Nuez (Mexico)

Ingredients:

2 cups ground pecans
1 cup powdered sugar
2 egg whites stiffly beaten

Directions:

1. Mix pecans with sugar, add beaten egg whites.
2. Form mixture into balls.
3. Bake on a buttered baking sheet at 350 degree oven for 5 minutes.
4. Makes about 16 candies.

Submitted by Roberta, mother of Nikki, Guatemala

Dudh Pakh (India)

Ingredients:

one or two packets of 4 serving size rice pudding mixes
bowl
spoon
1 tablespoon cardamon
pistachios, raisins, and almonds
dessert dishes

Directions:

1. Prepare pudding according to instructions on the packet.
2. Stir in the cardamon.
3. When cooled, add raisins, almonds or pistachios.
4. Serve the pudding in party dishes.
5. Decorate with almonds or pistachios

Submitted by Rosa, mother of Sejuti, India



Suzannah Iris, Haiti

Fortune Cookies

Ingredients:

1/4 cup sifted cake flour
2 tbsp. sugar
1 tablespoon cornstarch
dash salt
2 tbsp. vegetable oil
1 egg white
1 tbsp. water

Directions:

1. Before preparing cookies, write fortunes with predictions of good health, prosperity and happiness on small slips of paper.
2. Sift together the flour, sugar, cornstarch and salt. Add oil and egg white; stir until smooth. Add water and mix well.
3. Make one cookie at a time by pouring 1 tablespoon of the batter on a lightly greased skillet or griddle.
4. Spread to a 3 1/2 inch circle. Cook over low heat about 4 minutes or until lightly browned. Turn with a wide spatula; cook 1 minute more.
5. Working quickly, place cookie on a pot holder. Put paper strip with fortune in the center; fold cookie in half. Then bend folded cookie over the edge of a bowl to give it the "C" shape. Place in muffin pan to cool. Makes 8 cookies. We make these for the girls Adoption Day and they have so much fun thinking of the 'fortunes' to put inside!

Submitted by Renee, mother of Chloe and Grace, China

Not flesh of my flesh
nor bone of my bone
But still miraculously
my own,
Never forget
for a single minute
You didn't grow under my heart
But in it. - Fleu Conkling Heylinger

Hamburger Treat Desserts

(Cookies that look like hamburgers and fries)

Ingredients:

Vanilla wafers

Oreo cookies

Green icing

Red icing

Yellow icing

Honey sesame seeds

Shoestring potatoes

Directions:

To make the sandwich put an Oreo cookie between 2 vanilla wafers, wafers to look like the bun, place a small amount of icing between them to hold together. Overload one wafer with red, green and yellow icing and firmly push on the Oreo. This will look like mustard, ketchup and pickle. Spread a small amount of honey on the top vanilla wafer and sprinkle with a few sesame seeds. Place a few shoestring potatoes next to them to look like the French fries. Great for kid's parties!

*Submitted by Tanner, cousin to Aleigha
and coming soon, Mya, Guatemala*

When you adopt internationally,
you do not assume your child's cultural and ethnic identity,
nor does your child assume yours.

The result is something even better:
you become an international and diverse family,
each member bringing new talents, traits,
traditions, and history to the mix.

Guatemalan Corn Cakes

Ingredients:

1 yellow cake mix
1 pkg. Vanilla instant pudding
4 eggs
½ c. Vegetable oil
1 8 oz. can creamed corn, mashed.

Directions:

Add milk to creamed corn to make 1 cup. Then add in 1 tsp. vanilla. Mix that with the above ingredients for 2 minutes. Pour into a greased pan. Bake for 55 minutes at 350 degrees. Cool. Dust with powdered sugar. Enjoy! I made this recipe for my daughter's class when she brought in her new little sister for 'show and tell'. All of the kids loved it!

*Submitted by Amy, mother of Aleigha
and coming soon, Mya, Guatemala*

Easy Peach Cobbler

Ingredients:

2 cans of peaches (drained)
1 c. milk
1 c. butter
1 c. self- rising flour

Directions:

Pour cans of peaches into a baking pan. Mix together the last 3 ingredients and pour over the peaches. Top with ½ c. brown sugar and sprinkle with cinnamon. Bake 350 degrees for 30-40 minutes. Top with vanilla ice cream. My kids love this and it's quick to make when company comes.

Submitted by Julie, friend of Aleigha, Guatemala

Ice Cream Dessert

Ingredients:

½ gallon vanilla ice cream

1 pkg. oreo's

¼ c. chocolate syrup

2 c. chopped candy bars

Directions:

Chop Oreo's into little pieces and spread out in the bottom of a 13x 11 pan. Next spread ice cream over the top. Then drizzle with chocolate syrup and then put chopped up candy bars all over the top. Freeze for 2 hours. This is one of my family's favorite desserts. You can use whatever candy you want. Sometimes we even use certain holiday m&m's.

Submitted by Amy, mother of Aleigha, and coming soon, Mya, Guatemala

Italian Cookies

Ingredients:

1 C. sugar

1 C. oil

1 C. milk

6 eggs

1 tbsp of anise flavoring

6 C. flour

6 tbsp. baking powder

Directions:

Mix sugar, oil, milk, eggs and flavoring. Add flour and baking powder until pliable. Drop by spoonfuls on cookie sheet. Bake at 350 degrees until lightly browned, about 15 minutes.

Submitted by Tammy, mother of Ariana, Guatemala

Baked Bananas

Ingredients:

4 large bananas
1/2 stick butter
2 tbsp. honey
lemon juice
sour cream

Directions:

- 1 - peel bananas and cut them in half length wise
 - 2 - Turn on oven to 350 degrees
 - 3 - grease a baking dish - 9x13
 - 4 - arrange banana halves in the dish
 - 5 - dot with butter
 - 6 - spread honey and lemon juice over the bananas
 - 7 - bake 15 min.
 - 8 - put sour cream into a bowl and serve it with the bananas
- YUMMY!!!

Submitted by Jessica, mother of Owen, Guatemala



Emma and Owen (Guatemala)

Peanut Butter Fingers

Ingredients:

1 cup butter
1 cup sugar
1 cup brown sugar
2 eggs
2/3 cups peanut butter
1 tsp. baking soda
1/2 tsp. salt
1 tsp. vanilla
2 cups flour
2 cups oatmeal
Topping:
12 oz. chocolate chips
1/2 cup powdered sugar
1/4 peanut butter
2-4 tbsp. milk

Directions:

Preheat oven to 350 degrees. Cream together butter and sugars. Add eggs and peanut butter. Stir until smooth. Add remaining ingredients (excluding topping ingredients) and mix until evenly blended. Grease a 9 x13 baking dish, press mixture into the pan. Bake 20 minutes. Remove from oven. Cover immediately with chocolate chips and allow to melt then spread evenly. Bend together powdered sugar, peanut butter and milk until smooth. Spread topping mixture evenly over the melted chocolate and make a swirl pattern. cool and cut.

*Submitted by Becky, Aunt to Aleigha,
and coming soon, Mya, Guatemala*

Cheese Flan

Ingredients:

4 oz cream cheese, at room temperature
1 cup sugar
1/4 tsp salt
1 12 oz can evaporated milk
1/2 cup water
5 slightly beaten large eggs
1 tsp vanilla
caramel made with 1 cup sugar (recipe below)
round mold, 7" x 3"
larger mold for the bain-marie

Directions:

1. Caramelize the flan mold and set aside
2. Preheat the oven to 350 degrees
3. Add water to bain marie mold to come up to 2/3 the height of the flan mold and set it in the oven
4. Beat Cheese with the sugar and salt until smooth
5. Mix the milk, water, eggs and vanilla and strain over the cheese. Blend well.
6. Let the foam subside before pouring into the mold.
7. Set inside the larger mold in the oven and bake for 45 minutes.
8. Cover loosely with a sheet of aluminum foil. Bake for 45 additional minutes or until a cake tester inserted near the center comes out clean.
9. Let cool for 2 hours before refrigerating.
10. Turn over a platter before serving.

NOTE: Instead of evaporated milk and water you may use an equal amount of half-and-half.

Glazing Caramel

Ingredients:

1 cup of sugar

non-porous heavy metal saucepan or skillet

Directions:

1. Put sugar in the pan over low to moderate heat.
2. Stir continuously with a wooden spoon until the sugar is completely melted. Continue cooking until you reach the desired color, from light to dark. Do not make too dark, though, as it will taste bitter.
3. Keep over very low heat while glazing the mold.
4. Pour the caramel in a metal or heat-resistant mold. Tilt the mold around with your hands (use oven mitts- the mold will be scalding!), working rapidly until the bottom and sides are caramelized. Set aside to cool.

Submitted by Maria, mother of Miguel, Guatemala

(From "Rice and Beans and Tasty Things"

A Puerto Rican Cookbook by Dora Romano)



Miguel, Guatemala

Peanut Butter Pie

Ingredients:

1/4 -cup milk
1/2 cup peanut butter
1 cup confectioners sugar
4oz. cream cheese
8oz cool whip (not all the way defrosted)
graham cracker pie crust

Directions:

Mix all ingredients above , then blend in cool whip until smooth and put in graham cracker crust and refrigerate for a couple of hours.

*Submitted by Doreen, mother of Gabi
and Bella, Guatemala*

Peanut Butter Playdough

Ingredients:

1 cup of peanut butter
1 cup of powdered milk
1 cup of honey
1 cup of powdered sugar

Directions:

Put all the ingredients into a large mixing bowl. Mix it all up with your hands or a wooden spoon. If it is a little sticky as you stir it, add a little more powdered sugar. Last, you need to roll it in some extra powdered sugar and enjoy!!

Submitted by Taylor, sister of Danni, China

Peanut Butter Cups

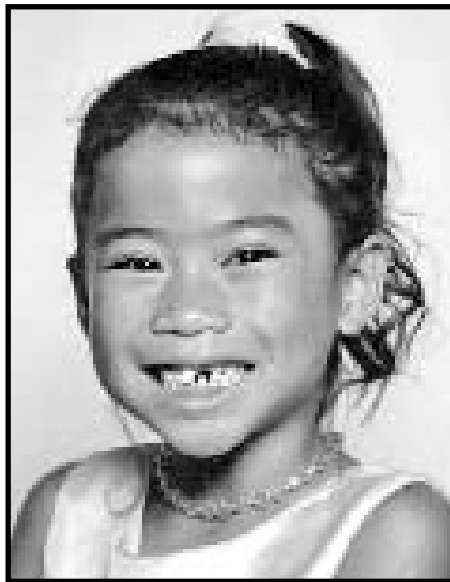
Ingredients:

2 c. peanut butter
1/2 c. melted butter (1 stick)
1/2 c. brown sugar
2 1/2 c. powdered sugar
1 tsp. vanilla
1 12 ounce bag of semi-sweet chocolate chips

Directions:

Mix ingredients well and pat with hands in lightly buttered 13 x 9 inch pan. Place 1 (12-ounce) bag of semi-sweet chocolate chips on top of peanut butter mixture. Put in 200 degree oven for 10 minutes. Spread chocolate chips with knife when melted. Chill until firm enough to cut into bars

Submitted by Kim, mother of Danni, China



Danni, China

Sour Cream Coffee Cake

Ingredients:

1 c. margarine (2 sticks)
2 c. sugar
2 eggs
1 c. sour cream
1/2 tsp. vanilla
2 c. flour
1 tsp. baking powder
1/4 tsp. salt

Directions:

Mix well margarine, sugar and eggs and fold in sour cream and vanilla. Mix and add flour, baking powder and salt. Spoon 1/2 of the batter into a greased and floured Bundt pan. Cover with 1/2 of the topping and then the rest of the batter and rest of topping.

Topping:

1 c. chopped nuts
1 tsp. cinnamon
4 tbsp. brown sugar

Bake at 350 degrees for 50 to 60 minutes or until toothpick inserted comes out clean.

Submitted by Kim, mother of Danni, China

Pecan Squares

Ingredients:

Crust

3 cups of flour

1/2 cup sugar

1 cup butter

1/2 teaspoon salt

Blend, press into a jelly roll. Bake at 350 degrees for 20 minutes.

Filling

4 eggs

1 1/2 cups corn syrup

1 1/2 cups sugar

3 Tablespoons margarine

2 1/2 cup chopped pecans

1 1/2 teaspoon vanilla

Directions:

Blend and pour over hot crust. Bake at 350 degrees for 25 minutes.

Cut into small squares with pizza cutter.

*Submitted by Cindi, mother of Marvin
and coming soon, Lena, Guatemala*

Do not be afraid, for I am with you;
I will bring your children from the east
and gather you from the west.
I will say to the north, 'Give them up!' and to the south,
'Do not hold them back.'
Bring my sons from afar and my daughters
from the ends of the earth--
— Isaiah 43: 5-6

Midnight Cupcakes

Ingredients:

1 c hot water
½ c unsweetened cocoa powder
1 ¼ c granulated sugar (I use Splenda)
½ c unsalted butter
2 large eggs
1 ½ c flour
1 tsp baking powder
1 tsp baking soda
½ tsp salt
1 tsp pure vanilla extract

Directions:

Preheat oven to 350. Insert paper liners into 2 8 cup muffin tins. In bowl whisk hot water into cocoa slowly until smooth. Set aside. Cream sugar and butter for 4-5 minutes with electric mixer or until light and fluffy. Add eggs, one at a time, beating well. Whisk flour, baking soda, baking powder and salt until well blended. Add dry ingredients to wet ingredients, alternating with cocoa mixture until well mixed. Beat in vanilla. Spoon batter into cups, filling each about 2/3 full. Bake 18-20 minutes or until done.

Submitted by Mitzi, friend of Maria Elena, Guatemala

French Apple Pie Or Tart

For Tart:

Ingredients:

1 refrigerated pie crust
¾ c sugar (I use splenda)
2 tbs cornstarch
1 tsbs cinnamon
4 cups thinly sliced and peeled apples (about 4 medium)
1 egg white, lightly beaten
1 tsp sugar

Directions:

Place crust in round pie plate. Mix ¾ c sugar, cornstarch and cinnamon in medium bowl. Add apples, toss to coat well. Spoon into center of crust, spreading to within 2 inches of the edge. Bring crust over edges to form a border of about 2 inches, pleating and folding crust as needed. Brush with egg white, sprinkle with 1 tsp sugar. Bake in a preheated oven at 425 for 20 minutes or until apples are tender and crust is golden brown.

For Pie:

Directions:

Leave crust applied in round cake pan. Arrange apples in a pretty and circular fashion around the pie dish. Bake as above.

Submitted by Mitzi, friend of Maria Elena, Guatemala

And whoever welcomes a little child
like this in my name welcomes me.

--- Matthew 18:5

Buttermilk Pie

Ingredients:

4 tbsp. flour
2 C. sugar
4 eggs
4 tbsp. butter
1 C. buttermilk
2 tsp. vanilla

Directions:

Mix together and bake in favorite pie shell (home made or store bought) at 425 degrees for 10 minutes then at 375 degrees for 20-30 minutes or until pie is set in middle. You may need to cover crust edges to prevent over browning.

Submitted by Tammie, friend of Abby, Guatemala



Bailey, Joe (Guatemala) T.J and Sadie

Brownies

Ingredients:

½ C. oil
1/4 C. cocoa
¾ C. flour
½ tsp. baking powder
¾ tsp. salt
2 eggs
1 C. sugar
1 tsp. vanilla
1 C. nuts (optional)

Directions:

Mix all ingredients, bake in 8x8 pan, greased. Bake at 350 degrees for 35-40 min or until set.

Option: Oatmeal brownies, decrease flour to ½ c and add 1 cup oatmeal.

Submitted by Tammie, friend of Abby, Guatemala



Aleigha, Guatemala

Side Dishes



Lidia, Zoe and Esperanza, Guatemala

Sweet Potato & Honey Pie

Ingredients:

2 homemade spelt pie crusts (see recipe for whole grain pie crusts)
2 c baked and mashed sweet potatoes (please, NOT canned! Just bake
5 med potatoes at 400 degrees for about 45 minutes)
½ tsp. ground ginger
½ tsp. cinnamon
1/2 tsp, salt
3 eggs
1 c honey, warmed slightly
3/4 c half-and-half

Directions:

Preheat oven to 400 degrees. Prepare pie crusts and place into two
8" pie pans. Cover and set aside. In large bowl, blend sweet potatoes,
spices and salt. Beat in eggs, honey, and half-and-half. Pour filling into
unbaked pie shells. Bake about 45 minutes until knife comes out clean.
Serves 16.

*Submitted by Barbara, mother of Maria Elena,
adopted from Guatemala*



Anna Maria Elizabeth, Guatemala

Whole Grain Pie Crust

Ingredients:

2 c spelt flour (from Dodson's. Spelt is a grain related to wheat, but has a lighter and sweeter flavor)
8 tbsp. Spectrum shortening (from Dodson's)
7-8 tbsp. cold water

Directions:

Rub shortening into flour until mixture resembles sand. Toss in water one tablespoon at a time. Divide dough in half and roll into two 10" circles. Makes enough for one double-crust or two single crust 8-9" pies.

*Submitted by Barbara, mother of Maria Elena,
adopted from Guatemala*

Smoothie

Ingredients:

1 c of strawberries,
1 banana,
1 can of pineapple juice,
1 c of ice
Honey (to taste)

Directions:

Mix together in blender.

Submitted by Tami, mother of Alexis, Guatemala

Ethiopian Eggplant Salad

Ingredients:

2 eggplants, peeled, diced
Salt, Pepper
1 tsp. lemon juice
1/3 cup olive oil
2 cloves garlic, minced
3 c cooked black-eyed peas
2 tsp. sugar

Directions:

Place the diced eggplant in a bowl. Mix the salt and lemon juice together and pour over the eggplants. Let sit for 30 minutes. Sprinkle on the oil and toss well. Gently stir in the garlic, beans, and sugar. Season with black pepper.

Submitted by Beth, mother of Jessica and Sam, Ethiopia



Sophi Kate and Sam, Guatemala

Injera, (Ethiopian Crepe)

Ingredients:

½ c Flour, Whole Wheat

1 ½ c Flour, All Purpose

1 tbsp. Baking Powder

½ tsp. Salt

2 ½ c Club Soda

2 tbsp. Lemon juice

Directions:

Heat a large cast-iron skillet over a medium-low flame. Wipe with a paper towel soaked in a little oil. Mix all dry ingredients together well. Stir in club soda and mix to a smooth batter. Should have the thin consistency of a pancake batter. Pour about 1/2 cup of the batter at a time into the skillet and spread with a spatula to make as large a crepe as possible. Let bake in the skillet till all bubbles on the top burst and begin to dry out, about 2-3 minutes. Carefully turn the injera and bake on second side another minute or two. Try not to brown the injera. Remove the injera to a warm platter and repeat with the rest of the batter, wiping the skillet clean with the paper towel each time. After the batter is used up, brush each injera all over with the lemon juice. Serve immediately or hold covered in a warm oven.

Submitted by Beth, mother of Jessica and Sam, Ethiopia

“Cowardice asks the question, Is it safe? Expediency asks the question, Is it politic? Vanity asks the question, Is it popular? But conscience asks the question, Is it right? And there comes a time when one must take a position that is neither safe, nor politic, nor popular, but he must take it because his conscience tells him that it is right.”

.....Rev. Dr. Martin Luther King Jr.

Hash Brown Casserole

Ingredients:

2 pounds frozen hashed brown potatoes, thawed
1/4 c melted margarine
1 tsp salt
1/2 tsp pepper
1 medium onion chopped
1 10 ounce can cream of chicken soup
2 cups sour cream
2 cups shredded cheddar cheese
1/4 cup melted margarine

Directions:

Combine potatoes, 1/4 c margarine, salt, pepper, onion, chicken soup, sour cream and half the cheese in bowl. Spoon into a buttered 9x13 dish. Drizzle with remaining 1/4 c melted margarine. Sprinkle with remaining 1 cup cheese. Bake at 350 degrees for 45 minutes or until brown. This recipe serves 12, can be halved easily.

Submitted by Tammie, friend of Abby, Guatemala



Mo and Noelle, Haiti

Hungarian Noodles (Magyar Tarhonya)

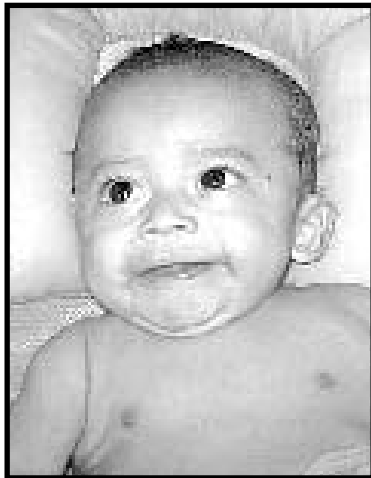
Ingredients:

1 pkg. Hungarian egg barley noodles
(2) 32 oz. pkg. Swanson Chicken broth
1 tbsp. olive oil
1 white onion
3 cloves crushed garlic
Salt to taste

Directions:

Brown tarhonya noodles (egg barley) in olive oil in a large pan until lightly brown, turning periodically. Add one pkg. chicken broth, diced onion and garlic. Let simmer on low heat, adding second pkg. chicken broth over the course of ½ hr. Noodles are done when all are simmered through (consistency of well finished noodles is like spaghetti with a light sauce.) Serves 8-10

Submitted by Teresa, mother of Hannah and Ross, Russia



Jacob, Guatemala

Bar-b-que French Green Beans

Ingredients:

4 slices bacon, cooked or crumbled
1/4 c. chopped onions
1/2 c. catsup
1/4 c. brown sugar
1 tbsp. Worcestershire sauce
2 cans French green beans

Directions:

In bacon drippings sauté onions. Add catsup, sugar, Worcestershire. Add beans and bake 350 for 20 min. (A great and easy dish to take to potlucks. Everyone wants the recipe).

*Submitted by Marcia, grandmother of Aleigha
and coming soon, Miya, Guatemala*

Liberian Sweet Potato Pone

Ingredients:

3 c. grated raw sweet potatoes
1 c. Molasses
2 tsp. ground ginger
2 tsp. baking powder
1 tsp. salt, 1 c. vegetable oil

Directions:

Simmer slowly, stirring constantly for 10 minutes. Remove from heat and pour into a well-greased 9-inch square pan Bake at 325 degrees for 30 minutes, stirring the pan every 5 minutes for the first 20 minutes in the oven. After the last stirring, smooth the top and let it brown. Remove from the oven. Cut into squares and serve hot or cold.

Submitted by Shelby, mother of Jackson, Liberia

Guatemalan Black Beans

Ingredients:

1 large can of black beans (I prefer La Preferida brand. There are likely other good ones, but the only other one I've tried, Bush's--was not good at all and had a completely different flavor.)

3 tbsp. oil

onion powder to taste

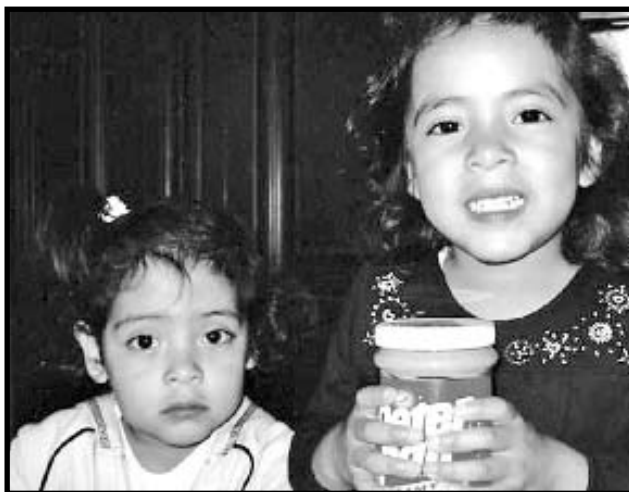
garlic powder to taste

Directions:

Liquefy beans (or slightly drain) and powders in a blender.

Heat oil in skillet and add beans. Cook and stir occasionally until beans are the desired consistency. These can be simply heated or have most of the liquid cooked out of them so they are a thick paste. You can also add salt or other flavors if you like or use fresh garlic and onion which you sauté in the oil and then add to the beans in the blender. I usually keep some made up and in the fridge because it is such a handy side dish.

Submitted by Jennifer, mother of Danielle, Guatemala



Bella and Gabi (Guatemala)

Guatemala Fried Plantains

Ingredients:

1 ripe plantain, with a yellow and black skin
2 tbsp. oil Peel plantain.

Directions:

Cut into 1/2 inch thick diagonal slices. Heat oil in skillet over medium heat and fry plantains for several minutes on each side until golden brown. Drain briefly on paper towels. Serve with fried black bean paste and tortillas.

*Submitted by Amy, mother of Aleigha,
and coming soon, Mya, Guatemala*

Crockpot Stuffing Dressing

Ingredients:

1 $\frac{3}{4}$ cups onion-finely chopped
2 $\frac{1}{2}$ cups celery
1 $\frac{3}{4}$ cups butter

Cook the above in a pan until tender, add to 14 cups of bread, dried and cup up in small pieces. 1 $\frac{1}{2}$ tsp. crushed sage

$\frac{3}{4}$ tsp. thyme

1/8 tsp. pepper

1 can of chicken broth

1 can of cream of chicken soup

Directions:

Mix all together and put in crock pot, cook on low for 3 hours, serves approximately 15 people.

*Submitted by Becky, aunt of Aleigha
and coming home soon, Mya, Guatemala*

Guatemalan Rice

Ingredients:

1 med. Onion,
1 med. Sized carrot
½ red pepper
Garlic
½ c. frozen peas (optional) 4 c. chicken broth
3 tbsp. vegetable oil
2 c. white or brown rice
Salt and pepper to taste

Directions:

Chop onion, carrot, red pepper, and a clove or two of garlic, all very fine (don't use a food processor, liquefied veggies don't work here!). Also get 1/2 c. or so of frozen peas if you like. Begin to heat 4 cups. chicken broth to a boil. Sauté the veggies over high heat in vegetable oil. Once the onions are reasonably well sautéed (starting to change color) add 2 cups white or brown rice. Continue to saute, stirring constantly, until the rice changes color (it gets clearer). Pour the boiling chicken broth over the rice, reduce heat, and cover; cook for 25 - 30 minutes until all the broth is absorbed. Once you're used to it vary the veggies as you like, maybe add a little salt and pepper, etc.

Submitted by Barb, mother of Emily, Guatemala

Chinese Baked Cheese & Rice *(Green Rice)*

Ingredients:

$\frac{3}{4}$ lb. rice
Salt to taste
2 eggs
2 c. milk
1 c. Cheddar cheese, grated
 $\frac{1}{2}$ c. chopped parsley
2 tbsp. butter melted
 $\frac{3}{4}$ tsp. chopped onion
1 tbsp. paprika

Directions:

Cook rice, according to directions. Chill in cold water to stop cooking, then drain. Beat eggs. Heat milk over medium heat just until warm, add 1 tsp. salt and stir to dissolve. Add to eggs. Add cheese, parsley, butter, onion and rice and place in a buttered 13x9 in. baking dish. Bake at 350 degrees until set (about 30-40 minutes). Garnish with Paprika and serve. Yields 12.

Submitted by Ann, mother of Grace, China

Apple Salad

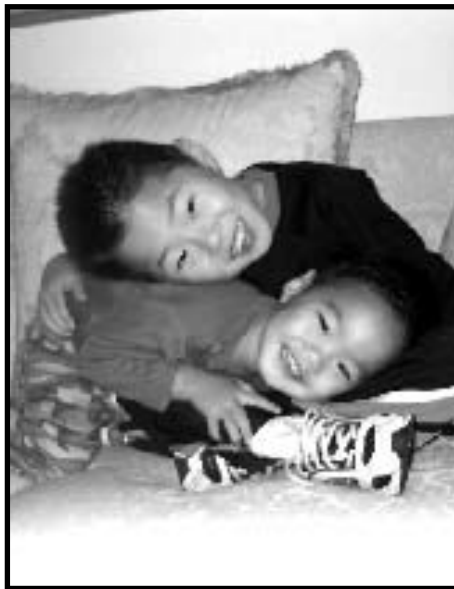
Ingredients:

5 med. Red apples
½ c. sliced celery
½ c. chopped nuts
½ c. raisins
½ c. mayonnaise
1 tsp. lemon juice
1 head lettuce (cleaned)

Directions:

Wash, but do not peel the apples. Core and dish into ½" cubes. To prevent discoloration, sprinkle the apples with the lemon juice. Combine apples, celery, raisins, nuts and mayonnaise: thoroughly mix. Serve on lettuce leaves.

Submitted by Diane, mother of Connor, USA



Geoff and Colin, South Korea

Chinese Broccoli Noodle Stir-Fry

Ingredients:

3 oz. dried fine noodles
Sauce: 5 oz. chicken stock
2 tsp. corn flour
1 ½ tsp. soy sauce
1 tsp. rice or white vinegar
1/8 tsp. crushed dried chilies
1 tbsp. cooking oil
2 tsp. toasted sesame oil
10 oz. broccoli florets

Directions:

In a lg. sauce pan boil 2 quarts of water. Add noodles and boil, uncovered 5-7 minutes, stir occasionally, drain.

Meanwhile for sauce, in a small bowl combine, stock, corn flour, soy sauce, vinegar, and crushed, dried chilies, set aside.

In a wok or lg. frying pan, heat cooking oil and sesame oil over medium heat. Add broccoli, stir-fry for 3-4 minutes, or until crispy tender. Stir sauce, then add that and noodles to wok. Cook and stir until thick and bubbly. Yields 6.

Submitted by Ann, mother of Grace, China

Like cold water to a weary soul,
is good news from a distant land.

— Proverbs 25:25

Indian Baby Carrots With Curry Sauce

Ingredients:

½ lb. baby carrots
2 tbsp. reduced-calorie mayonnaise
1 tbsp. nonfat sour cream
½ tsp. curry powder
½ tsp. skim milk
½ tsp. fresh lemon juice
½ tsp. honey

Directions:

Steam carrots, covered, 7 minutes or until crisp-tender; drain. Combine mayonnaise and next 5 ingredients in a saucepan; place over medium-low heat until hot, stirring occasionally. Yields 2

Submitted by Tiffany, mother of Tyler, India



Sophia (waiting for Mom and Dad in Guatemala)

Baked Pasta

Ingredients:

2 c. chopped onion
2 lg. garlic cloves
¼ tsp red pepper flakes
1 tsp. dried basil
1 tsp. oregano
2 tbsp. olive oil
1 lb. mushrooms, sliced
½ stk. Butter
3 tbsp. flour
2 c. milk
2 cans Italian tomatoes, drained & chopped
1 c. Fontina Cheese, grated
1 c. Gorgonzola, grated
1 ½ c. Parmesan cheese, grated
2/3 c. fresh Parsley, chopped
1 lb. Penne or farfalle Pasta

Directions:

Make a sauce with butter, flour, milk, sauté onion, mushrooms and garlic. Pour sauce over vegetables and add tomatoes. Add seasonings. Set aside ¼ Parmesan cheese and add the rest of the cheeses. Add pasta to boiling water and boil for 5 minutes. Drain and add to mushrooms. Add salt and pepper. Place in a buttered 3-4 quart baking dish. Sprinkle with ¼ cup Parmesan cheese and dot with 1 tbsp. butter. Bake 450 degrees for 20-25 minutes.

Submitted by Diane, mother of Connor, USA

Japanese Fried Rice

Ingredients:

1 c. uncooked rice
1 c. frozen peas thawed
2 tbsp .finely-grated carrots
2 eggs, beaten
½ c. diced onion
1 2/2 tbsp. butter
2 tbsp. soy sauce
Salt to taste
Pepper to taste

Directions:

Cook rice according to directions on package. Place in a large bowl and let cool in the refrigerator. Scramble the eggs in a pan over medium heat. Scramble into small pea-sized bits while cooking. When rice is cooled to room temperature, add peas, grated carrots, scrambled eggs and diced onions to the bowl. Toss carefully. Melts 1 ½ tbsp. butter in a medium sauce pan . Dump the bowl of rice and other ingredients into the pan and soy sauce, plus season with salt and pepper. Cook rice for 6-8 minutes, stirring often.

Submitted by Terri, friend of Grace, China

Authentic Mexican Rice

Ingredients:

1 c. long-grained white rice
2 tbsp. vegetable oil
½ med. Onion, chopped
1/3 c. Embasa Salsa
3 c. water
1 tomato chicken boullion

Directions:

Heat oil in sauté pan on medium-high. Add uncooked rice and stir to coat rice with oil. When rice is brown, add chopped onions and stir. When onions start to brown, add in salsa tomatoes, stirring to coat rice. Add in water and chicken-tomato seasoning and bring to a boil. Allow water to boil for 5 minutes, then lower heat to medium-low and cover. Simmer for 10-15 minutes, stirring every few minutes. When water is completely evaporated and rice is tender, remove from heat and serve hot.

* Note: Embasa Salsa comes canned and can be found in the ethnic sections of your grocery store. This is an authentic recipe from a Hispanic friend of mine.

Submitted by Ruthann, mother of Carlos, Guatemala

Healthy Cornbread

Ingredients:

2 c whole wheat flour
2 c whole grain cornmeal
4 tsp. baking powder
1 tsp. baking soda
1 tsp. salt
2 eggs
2-1/4 c buttermilk
1 tbsp. honey (optional)
1/3 c oil (canola, olive or flaxseed)

Directions:

Preheat oven to 425 degrees. Stir together dry ingredients in large bowl. In separate bowl, stir together liquid ingredients. Add liquid ingredients to dry and stir just until moistened. Put in oiled 9x13 pan and bake for 20- 30 minutes (until toothpick comes out clean). Makes 16 servings. Store leftovers in refrigerator.

*Submitted by Barbara, mother of Maria Elena,
adopted from Guatemala*



Evan, S. Korea

Whole Wheat Biscuits-Of-The-Gods

Ingredients:

2 c cold whole wheat pastry flour
2-1/3 c King Arthur White Whole Wheat flour (from Dodson's or mail order)
5 tsp. baking powder
2 tsp. sea salt
3/4 tsp. baking soda
3/4 c (scant) Spectrum palm oil shortening (from Dodson's)
2 c buttermilk

Directions:

Preheat oven to 450 degrees.

Combine dry ingredients in large bowl. Add shortening. Rub handfuls of shortening and flour back and forth between the palms of your hands. Do this for about 3-5 minutes until mixture looks like sand. Add buttermilk and toss with fork until liquid is absorbed.

Form dough into ping-pong sized balls. Bake about 12 minutes in preheated oven using stoneware baking sheets. Makes 30 small biscuits.

***The two tricks to making these biscuits are to keep all the ingredients cold, and don't over mix the dough. Start with cold flour and work lightly when cutting in the shortening. Toss the dough gently when adding buttermilk, don't stir it. When forming the biscuits, gently pat the dough together, don't squeeze or roll it. These biscuits are not beautiful, uniform and smooth. They will look a little lumpy and misshapen instead of being perfect round circles.

Substitutions don't really work in this recipe. I tried sour milk instead of buttermilk once and they were terrible. The combination of the two flours is important because each type of flour performs it's own function in the baking process. I have not tried every brand of shortening but of all the "healthy" alternatives I sampled, Spectrum tasted the best.

*Submitted by Barbara, mother of Maria Elena,
adopted from Guatemala*

Sugar-Free Fruit Sherbet *(Heart-Healthy)*

Ingredients:

5 ½z unsweetened frozen strawberries, thawed
6 tbsp. unsweetened frozen orange juice concentrate, thawed
1 8-oz can unsweetened crushed pineapple, undrained
1 5-oz can mandarin oranges, undrained
2tbsp. freshly squeezed lemon juice
2 bananas, diced

Directions:

Combine all ingredients in a large bowl. Spoon into small bowls or pour into 9x13 cake pan. Freeze until firm. To serve from small bowls, set out at room temperature until slightly thawed. To serve from cake pan, set out until slightly thawed, cut into squares and serve. This can also be slightly thawed, chopped until slushy, and served as a topping over angel food cake.

Submitted by Barbara, mother of Maria Elena, Guatemala



Marvin, Guatemala

Oven-Fried Potatoes (Heart-Healthy)

Ingredients:

Serve These For Breakfast, Lunch Or Dinner In Place Of Hashbrowns & French Fries.

1 Small-Medium Sized Potato Per Person (Butter Gold Type Are Best),
Unpeeled, Washed And Cubed

Olive Oil

Salt (Sea Salt Is Best; Can Be Purchased At Dodson's)

Herbs Or Seasonings To Taste (Optional)

Directions:

Preheat Oven To 400 Degrees. Line A Cookie Sheet With Foil And Spread Some Olive Oil On The Foil. Put Potato Cubes In A Large Ziploc Bag.

Add 1/2 Teaspoon Salt, 2 Tablespoons Olive Oil, And 1-2 Teaspoons Seasoning For Every 4 Potatoes. Put Potatoes In Single Layer On Cookie Sheet And Roast One Hour, Stirring Occasionally. When Potatoes Are Crispy And Brown, Remove From Oven And Serve Immediately.

Suggested Seasonings To Try:

Rosemary

Paprika (Use 1/2 Teaspoon)

Any Kind Of Seasoning Blend Or Salt Substitute

Chives

I Order Delicious And Inexpensive Seasonings From Penzey's ([Www.Penzeys.Com](http://www.Penzeys.Com)).

Submitted By Barbara, Mother Of Maria Elena, Guatemala

Homemade Macaroni & Cheese

(Heart-Healthy)

Ingredients:

1 box whole wheat or spelt macaroni (whole wheat macaroni can be purchased at Dodson's, Walmart or Albertson's. Dodson's is cheapest. Spelt macaroni can be purchased from Dodson's. Spelt is a type of grain, like wheat and corn - it is delicious!)

5 tbsp. butter

1/4 c whole wheat flour

2 c chicken broth (homemade is best; for storebought, Swanson's organic in a box-type carton)

2 c skim milk

2 c grated 2% cheddar cheese

1 tsp. herbs or seasonings to taste, such as Italian herb mix or any type of seasoning blend (I order delicious and inexpensive seasonings from Penzey's - www.penzeys.com)

2 boiled eggs, peeled and diced

Put macaroni on to cook. Time it carefully! It is easy to overcook whole-grain pasta.

In the meantime, make the cheese sauce: Melt the butter in a small saucepan. Stir in flour and cook for one minute, stirring constantly. Slowly, about 1/4 cup at a time, whisk in the chicken broth and the milk. Keep stirring and cooking until it makes a medium-thick sauce (about 5 minutes. Get your kids to take a turn stirring.) When the sauce is thick, remove from heat and whisk in the cheese.

Drain the macaroni well and return to the pot. Stir in the cheese sauce and herbs. Fold in the chopped eggs and serve. Makes 6-8 servings. To reheat leftovers, add a little milk and microwave on medium, stirring every minute or so.

With a side dish of tomato soup and a salad, this makes a great meatless meal.

Submitted by Barbara, mother of Maria Elena, Guatemala

Yellow Plantains

Ingredients:

3 very yellow (almost black) Plantains
1/2 stick of butter
3 tbsp. Brown Sugar
1 c Maple Syrup
Cinnamon

Directions:

Cut ends off, peel just like you would a banana, slice length wise place in buttered baking dish. Top with pats of butter, Add brown sugar and syrup sprinkle with cinnamon . Cover with foil. Bake for 30-40 minutes at 350'. This is a very good side dish with broiled pork chops, and a salad. Walmart carries the plantains, they run .50 cents each. Usually I buy one plantain per person. All together different taste from the green ones

*Submitted by Sonia, honorary Grandmother of Abby,
adopted from Guatemala*



Abby - Guatemala

Green Plantains

You often wondered “What do people do with those big green bananas?” You want to get the greenest plantains. 1 plantain will usually yield 7-8 “Squashies”

Ingredients:

Plantains

Canola Oil for deep frying

water

Salt to taste

Directions:

In deep fryer put oil to the line marked by manufacturer, heat on high or 450 degrees.

Place plantains submerged in hot water in sink, for 3 - 5 minutes (this helps to loosen the skin). Cut off end, make a slit length wise just deep enough to pierce the skin. Then with knife point inserted pry the skin off. If skin breaks off, just put it back in the hot water a little longer. After all the skin is off cut into 7 -8 pieces. Place in bowl with water and salt. Do this with all plantains. Place as many plantains as you can get in your fryer basket lying flat, be careful, make sure you close the lid before you lower the basket. Cook till you can pierce with for and get no resistance. I like to use a hamburger press to squash the plantains (save the hands from burning) if you don't have a hamburger press the you can use a brown paper bag, squash till almost flat, set back in salt water, continue to squash the others till all are squashed. Place the squashed plantains in the basket, again be careful. Lower the basket and cook till golden brown. Have a paper towel ready when you start to get them out of the basket, Lightly salt. Continue to cook the others, follow the same procedure.

The greener the plantain the better. They can be served as a side dish or as a snack. They are high in carbs and starch.

*Submitted by Sonia, honorary Grandmother of Abby,
adopted from Guatemala*

Spicy Rice

Ingredients:

2 c broth
1 c uncooked long grain rice
16 oz sour cream @room temperature
1 1/2 c shredded Monterey Jack cheese
4 oz can chopped green chilies, (do not drain)
1 1/2 c shredded Colby cheese

Directions:

Preheat oven to 350 degrees. In medium saucepan, combine broth and rice bring to a boil. Reduce heat; cover and simmer 15 minutes or until rice is tender. In large bowl, combine all ingredients except 1/2 cup of Colby Cheese; mix well. Turn into buttered 1/12 quart baking dish. Bake 20 – 25 minutes. Top with remaining Colby cheese; bake 3 minutes or until cheese melts. Let stand 5 minutes.

*Submitted by Sonia, honorary Grandmother of Abby,
adopted from Guatemala*



Carol and Mason, Guatemala

Famous Adoptive Parents:

President Ronald Reagan

Joan Crawford

Bette Davis

Walt Disney

Nicole Kidman

Willie Mays

Angelina Jolie

Steven Curtis Chapman

Henry Fonda

Diane Keaton

Jamie Lee Curtis

Magic Johnson

Marie Osmond

Burt Reynolds

Steven Spielberg

Jane Fonda

Kirstie Alley

Meg Ryan

Mia Farrow

Tom Cruise

Roy Rogers

Main Dishes



Mya, Guatemala



Landis, Guatemala

Guatemalan Style Chicken & Rice *(Arroz Con Pollo Chapina)*

Ingredients:

3 lbs chicken pieces, skin and fat discarded
1 tbsp. corn oil
1 tsp salt
1/4 tsp black pepper
1/2 cup chopped onion
1 garlic clove, chopped fine
1/2 cup chopped ripe tomato
1 1/2 cups raw rice
1 cup sliced carrots
1/3 cup stuffed green olives
1 tbsp. caper
2 1/2 cups chicken broth
1 cup green peas
1/2 cup sweet red pimiento, cut into strips
1 hard cooked egg, sliced
2 tbsp. grated Parmesan cheese

Directions:

In a large skillet brown the chicken in the oil over medium heat for 20 minutes. Sprinkle with 1/2 tsp salt and the black pepper. Remove the chicken and set aside. In the same skillet with the chicken fat, fry the onion, garlic and tomato for 2 minutes. Add the rice and fry for 2 minutes more. Add the carrots, olives and capers and mix everything together. Pour in the broth and chicken pieces. Bring to a boil, reduce heat to low, cover skillet and simmer until broth has been absorbed, about 10 minutes. Add the green peas. Cover skillet with aluminum foil and punch 8 holes in the top to allow steam to escape. Bake at 350 degrees for 30 minutes. Fluff up the mixture once or twice during the baking time. Serve warm. Decorate the surface with the pimiento strips and egg slices and sprinkle with the cheese. The rice should be dry, loose and not sticky. Serve with fried ripe plantain slices, salsa and pickled vegetables. Serves 6.

Submitted by Barb and Andrew, parents of Alex, Guatemala

Ceviche (Marinated Raw Seafood)

Ingredients:

1 lb. seafood (white fish, shrimp or octopus) 1 small onion
1 c. fresh lemon or lime juice 1/4 c. olive oil
2 Serrano peppers, rinsed, seeded and cut into tiny pieces
3/4 tsp. salt 1/4 tsp. oregano 1/8 tsp. black pepper
2 med. size tomatoes 1/2 c. cilantro 1/4 c. crushed garlic

Directions:

Cut fish into 1/2 in. cubes. In glass bowl cover with lime or lemon juice and refrigerate 4 hours or overnight, turning occasionally. (The lime or lemon juice "cooks" the fish) Thinly slice onion. Separate into rings. Add to seafood with peppers, olive oil, salt, oregano and pepper. Toss gently and mix well and chill. Peel, seed and chop tomatoes. Toss with chilled seafood mix. Sprinkle with cilantro.

I fed this to my children when they were very young. They never knew I hadn't cooked the seafood until they were much older.

*Submitted by BJ Antunez Bliss, 20 year resident
of Acapulco, Mexico*



Esperanza, Guatemala

Chinese Chicken Dice With Fried Walnuts

Ingredients:

4 dried Mushrooms
4 oz shelled Walnuts
1/3 c Oil
3 lb Chicken
1 tsp. Cornstarch
1 tbsp. Sherry
2 tbsp. Soy Sauce
1 tsp. Salt
1 tsp. Brown Sugar

Directions:

Soak the mushrooms in hot water for 10 minutes. Chop the walnuts and fry in 2 tablespoons of the oil for 2 minutes. Drain on absorbent kitchen paper to remove all traces of oil. Cut the chicken meat into small pieces, fry in remaining oil for 3 minutes over fierce heat, stirring all the time. Mix the cornstarch to a smooth paste with the sherry, soy sauce, salt and sugar. Add to the chicken and mix well. Drain the mushrooms and chop roughly, add to the pan and cook for 2 minutes. Add the walnuts.

Submitted by Sarah, mother of Addy, China

"I am only one, but I am still one.
I cannot do everything,
but I can do something".
.....Helen Keller

Guatemalan Chuchitos (Cornmeal Dumplings Stuffed With Meat)

Ingredients:

1 pound boneless chicken or pork
1 tbsp. oil 2 cups sliced ripe tomatoes
1 chile guajillo, seeds and stem removed
2 tbsp. water
4 c. masa harina
8 tbsp. margarine, room temperature
1 1/2 cups cold water
1 tsp salt
Fresh green or dried cornhusks, wet

Directions:

Cut the chicken or pork into 1 inch cubes and fry in oil over medium heat for 3 minutes. Set aside. Process the tomatoes, chile pepper and 2 tbsp. water into a smooth sauce. Set aside. Mix the masa, margarine, 1 1/2 cups cold water and the salt together into a thick mush. Put 1/2 cup mush in each wet cornhusk, push and indentation into the mush, and add 1 tbsp. sauce and a chunk of meat. Cover the stuffing with the mush and wrap the dumpling into a sausage shape with the corn leaves. Steam the chuchitos over hot water over moderate heat for 1 1/2 hours. Serve. These are wonderful and I serve them every once in awhile when we want to have a real Guatemalan meal to remind Ariel we are so proud of her heritage.

Submitted by Joanna, mother of Ariel, Guatemala

Green Chili Tortilla Dish

Ingredients:

Tortilla shells
1 can cream of mushroom soup
1 sm. can green chilies
1 sm. can chicken
Mexican cheese

Directions:

Cut in wedges several tortillas. Layer them in a 9x11 greased baking dish with Cream of Chicken soup, chopped green chilies, can of chicken, Mexican blend or grated Cheddar cheese. Bake 350 for 30 min. until cheese melts and blends.

*Submitted by Marcia, Grandmother of Aleigha,
and coming soon, Mya, Guatemala*

Inside Out Sandwiches

(Kids love these and they are good to take in cooler when traveling)

Ingredients:

1 pkg. sliced deli ham (or other lunch meat)
8 slices American cheese
8 slices bread, crusts removed
1/2 c. mayo
8 pickle spears, drained

Directions:

Put meat slices on wax paper. Top with a slice of cheese, then a slice of bread. Put mayo on bread then add a pickle spear. (Cut bread to be same size as meat and cheese) Roll up tightly, stick in a toothpick to hold and wrap in plastic wrap. Refrigerate overnight.

*Submitted by Marcia, Grandmother of Aleigha,
and coming soon, Mya, Guatemala*

Guatemalan Jocon (Chicken In Green Sauce)

Ingredients:

1 Chicken, cut into serving pieces, loose skin and fat discarded
4 c Water
1 tsp. Salt
2 Tortillas, sliced
1 tbsp. Pepitoria (squash seeds)
½ c Sesame Seeds
1 c Cilantro
1 c sliced Scallions, green part only
1/2 cup sliced Tomatillos
1 to 2 tsp. Hot Green Chile slices
1 tbsp. Corn Oil

Directions:

Cook the chicken in the water with the salt in a covered kettle until soft, about 30 minutes. Remove the chicken and set aside. Reserve broth and soak tortillas in it. Toast the squash seeds and sesame seeds in a dry skillet over moderate to low heat until they turn a light tan color, about 10 minutes. Prepare sauce in processor. First grind the squash and sesame seeds. Add the cilantro, scallions, tomatillos, hot chile pepper and 1 cup of the reserved broth. Add the soaked tortillas and process to a smooth paste. Brown the chicken pieces in oil over moderate heat for 5 minutes. Add the green sauce and the balance of the broth, about 2 cups. Simmer over low heat for 15 minutes, until the sauce is reduced to a thick, rich, green consistency.

Submitted by Joanna, mother of Ariel, Guatemala

Russian Kapusta

Ingredients:

1 Pork Chop (bone and all)
1 Head of Cabbage
1T Ketchup
1 carrot grated
salt to taste
Rye Bread

Directions:

Cook pork chop until falling off the bone. Add carrot, cabbage and ketchup. Serve with a good rye bread. My grandmother has been making this for our family for years.

Submitted by Ruth, mother of Kari, Russia

Philippine Kare Kare

Ingredients:

1 lb Beef
3-4 c Water
1 Pusong Saging or Artichoke
1 Onion
1 Head Garlic
1 Eggplant

Directions:

Cut beef in small strips, peel and chop onion and garlic. Quarter the eggplant. Bring the water to a boil and add the beef. Boil until beef is tender. Remove beef reserving broth and sauté with garlic and onion. Add broth into the beef, garlic, and onion. Bring to a boil, add vegetables and season to taste with salt.

Submitted by Michelle, mother of Sam and Cassie, Philippines

Lasagna In A Bun

Ingredients:

8 sub or hoagie buns
1 lb ground beef
1 c. spaghetti sauce
1 tbsp. garlic powder
1 tbsp. Italian seasoning
1 c. cottage or ricotta cheese
1/4 c. shredded cheddar, divided
1 c. shredded mozzarella cheese, divided

Directions:

Cut thin slices off tops of buns. Hollow out centers, leaving 1/4 in. thick shell. Brown ground beef, drain; add spaghetti sauce, garlic powder and Italian seasoning. Cook 4-5 min.

Mix cottage or ricotta cheese, Parmesan and half of cheddar and mozzarella cheese. Put meat sauce in buns; top with cheese mix. Put on baking sheet. Cover with foil, loosely. Bake at 350 for 20-25 min. Uncover; sprinkle with remaining cheddar and mozzarella and bake another 2-3 min. until cheese melts. Serves 8.

*Submitted by Marcia, Grandmother of Aleigha,
and coming soon, Mya, Guatemala*

Approximately five million Americans alive today are adoptees
2-4 percent of family have adopted
2.5 percent of all children under the age of 18 are adopted.

Pork & Bamboo Shoots

Ingredients:

2 lb Lean Pork
¼ c Soy Sauce
1 tbsp. Sherry
1 tsp. Brown Sugar
1 tsp. Ground Ginger
1 tsp. water
4 oz Bamboo Shoots

Directions:

Cut the pork into small cubes. Mix the soy sauce, sherry, sugar and ginger together, add to the pork, toss well and leave for 10 minutes. Put pork and flavorings in a large pan, add the water and bring gently to the boil, cover and simmer for 1 hour. Drain bamboo shoots and shred finely, add to the pan and simmer for 10 minutes. If wished, liquid may be thickened with 1 tablespoon cornstarch. Mixed with a little cold water.

Submitted by Lisa, mother of Lee, China

“Only a life lived for others is a life worthwhile....
Without deep reflection one knows from
daily life that one exists for other people”.
.....Albert Einstein

Shrimp Cantellinee'

Ingredients:

1 lb shrimp (cooked or uncooked) or fake crabmeat

2 cloves garlic (chopped in small pieces)

1 tomato, chopped

½ lg. green pepper, chopped

1 onion, chopped

1/3 cup virgin olive oil

1 stick butter

1 package fettuccini

½ cup red wine

½ tablespoon dill weed

½ cup Parmesan cheese

½ tablespoon seasoning salt

Put olive oil and butter in pan on medium heat

Add chopped garlic, onions and green peppers

Add meat and cook for 7-10 minutes

In another pan, boil water and cook noodles

Add tomatoes and wine, simmer 4-5 min (while noodles are cooking)

Add noodles and stir.

Add dill weed and cheese slowly, stir and keep on low heat.

Add seasoning salt, stir. Serve while hot.

*Submitted By Wendy, mother of Emily Runkj, Calcutta, India
and Melody Lishan Faith, Zhanjiang, Guangdong Providence, China*

"Don't be afraid your life will end;
be afraid that it will never begin".

.....Grace Hansen

Romanian Chicken Breasts

Ingredients:

3 lg. Chicken breasts, halved
¼ c Oil
Salt and Pepper
1 c Diced Beef
1 c Chopped onion
¾ c Chopped celery
½ tsp. Basil
2 can (6-oz) Tomato Paste
1 can (13.75-oz) Chicken Broth
1 tbsp. Parsley
½ lb Spaghetti

Directions:

Brown chicken breasts in oil. Season with salt and pepper. Remove from pan. To oil, add beef, onion, celery and basil; simmer 5 minutes, stirring. Add paste and broth. Return chicken, cover and simmer 1 hour or until done. Turn occasionally. Add parsley and serve over cooked spaghetti.

Submitted by Ann, mother of Alyse Marie, Romania

For this child I prayed; and the Lord hath
given me my petition which I asked of him. – I Samuel 1:27

Shrimp Curry

Ingredients:

$\frac{3}{4}$ c. Flour
3 $\frac{1}{2}$ Tbsp curry
4 tsp salt
 $\frac{1}{2}$ tsp ginger
2 $\frac{1}{2}$ tsp sugar
1 c. minced onion
1 c. pared, diced apple
 $\frac{3}{4}$ c. chicken broth
2 c. milk
3 Tbsp butter
3 lbs shrimp, shelled, deveined
1 $\frac{1}{2}$ lbs fresh mushroom caps (or cut mushrooms)
 $\frac{1}{4}$ c melted butter
2 Tbsp lemon juice
2 c. cooked rice

Mix the first 5 ingredients and set aside. Sauté onion and apple in $\frac{3}{4}$ c. butter until tender. Blend in the flour mixture. Slowly stir in broth and milk. Simmer until thickened, stir often. Remove from heat.

Sauté shrimp in 3T butter. Drain and add to curry sauce.

Place mushroom caps (I cut them into bite size pieces instead of leaving them whole) in shallow pan and brush with melted butter, broil 3 minutes. Turn and brush with butter (I stir them), broil 3 more minutes.

Add mushrooms to curry sauce. Add lemon juice. Serve over hot rice.

*Submitted By Wendy, mother of Emily Rumki, Calcutta, India
and Melody Lishan Faith- Zhanjiang, Guangdong Province, China*

Spaghetti Pie

Ingredients:

1 and 1/2 lbs. sausage
1 lg. onion
1 32 oz. jar spaghetti sauce
1 cup water
1 pound spaghetti, cooked and rinsed
1/2 stick butter
3 eggs, beaten
16 oz. shredded mozzarella cheese
8 oz. parmesan cheese
16 oz. cottage cheese

Directions:

Preheat oven to 350*. Grease one deep 11 x 13 inch casserole dish. Brown sausage and onion in a large saucepan. Drain. Add spaghetti sauce and water, simmer until thick. Toss cooked spaghetti with butter, eggs, parmesan cheese, and half of the mozzarella cheese until well mixed. Spoon spaghetti and cheese mixture into greased casserole dish and press down. Cover evenly with a larger of cottage cheese. Spoon sauce on top. Bake for 20 minutes. Remove from oven and sprinkle remaining mozzarella cheese on top. Return to oven and bake 10-15 minutes longer or until golden and bubbly. Serves 12-16.

Submitted by Becky, aunt of Aleigha, and coming soon, Mya, Guatemala

Door Boys

Ingredients:

2-3 lbs. roast (trim off fat)

Put in crock pot with 1 inch of water

1 tbsp. Pepper

1 tbsp. Dry mustard

1 tbsp. Garlic powder

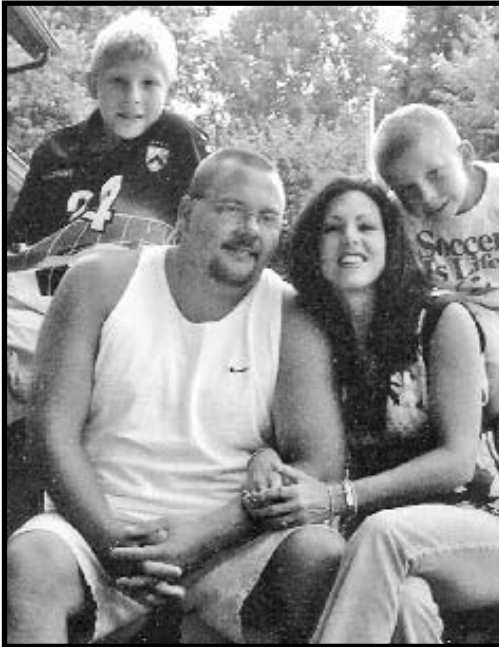
1 tbsp. Worstershire sauce

1 tsp. salt

Directions:

Cook 8 hours in crock pot.

Submitted by Kristine, wife of Tim, USA



Dylan, Tim (USA) Kristine, and Arron

German Pizza

Ingredients:

1 lb. ground beef
1/2 med. onion, chopped
1/2 green pepper, diced
1/1/2 tsp. salt, divided
1/2 tsp. pepper
2 tbs. butter
6 med. Potatoes (about 2 lbs) peeled and finely shredded
1 egg, beaten
1/2 cup milk
2 cups of shredded cheddar or mozzarella cheese

Directions:

In a 12 in skillet, over medium heat , brown beef with onion, green pepper, 1/2 tsp. salt and pepper. Remove meat mixture from skillet and drain off fat. Reduce heat to low. Melt butter, spread potatoes over butter and sprinkle with remaining salt. top with beef mixture. Combine eggs and milk, pour over all. Cook covered, until potatoes are tender, about 30 minutes. Top with cheese, cover and heat until cheese is melted- about 5 minutes. Cut into wedges or squares. Serves 4-6.

*Submitted by Becky, Aunt of Aleigha
and coming soon, Mya, Guatemala.*

Life is not measure by
the number of breaths
you take...
But by the moments
that take your
breath away.

Tostada Casserole

Ingredients:

1 lb. ground beef
(1) 15 oz. can refried beans
(1) 15 oz. can tomato sauce
1 pkg. taco seasoning
2 oz. (1/2 cup) shredded cheddar cheese
2 ½ c. corn chips

Directions:

Preheat oven to 375 degrees. Brown ground beef. Add 1 ½ cups of tomato sauce and the taco seasoning. Mix well. Line bottom of 11 x7 baking dish with 2 cups of corn chips. Crush remaining corn chips and set aside. Put mixture over chips in baking dish, add the remaining tomato sauce, refried beans and mix. Spread over ground beef mix. Bake for 25 minutes or until heated through. Sprinkle remaining chips and cheese over the top and bake 5 more minutes or until cheese melts.

Submitted by Paige, mother of Carolina, China



Annie Grace, China

Shrimp Spaghetti

Ingredients:

1 stick oleo
½ c. chopped green pepper
1 ½ c. milk
½ c. chopped onion
4 oz. shredded mozz. Cheese
1 can cream of mush. Soup
½ lb spaghetti
1 can cream of shrimp soup
Shrimp (optional)

Directions:

Cook spaghetti and drain. Saute' onion and green pepper in Oleo. Add the soup and milk. Blend well. Stir in cheese. Mix well. You may add some shrimp here if desired. Mix with cooked spaghetti and serve.

Submitted by Karen, mother of Grace, China



Dylan and Maggie (Guatemala)

Marinated Salmon

Ingredients:

(Marinate for 2 hrs. or overnight):

2-6oz fresh or frozen salmon fillets in: 2 tbsp. teriaki sauce, 1 tbsp. orange juice and 1 tbsp. lemon just and 1/2 tsp. ginger.

Directions:

Coat baking dish with olive oil.. Remove salmon from marinade and save marinade. Spread salmon with soft butter. Sprinkle with flour, salt, pepper. Bake 450 degrees for 10 min. Add 1/4 c. sherry (not cooking sherry) or dry white wine to marinade. Take salmon from oven, top with marinade, add sliced green onions and return to oven and bake 5 more min. Delicious and healthy.

*Submitted by Mary Catherine, great aunt to Aleigha
and coming soon, Mya, Guatemala.*

Famous people who were adopted:

- Dave Thomas (Wendy's)
- Elenor Roosevelt (first lady)
- Faith Hill (country singer)
- George Washington Carver
- Jesse Jackson (Minister)
- Jesus (adopted by Joseph- Bible)
- Jim Palmer (Athlete)
- John Lennon (Musician)
- Lynette Cole (Miss USA 2000)
- Malcolm X- Civil Rights leader
- Melissa Gilbert (actress)
- Nancy Reagan (first lady)
- Nat King Cole (singer)
- Nelson Mandela (Politician)
- President Gerald Ford (Politician)
- President Willian Clinton (Politician)
- Scott Hamilton (figure skater)
- Tim McGraw (Country singer)

Korean Bulgogi

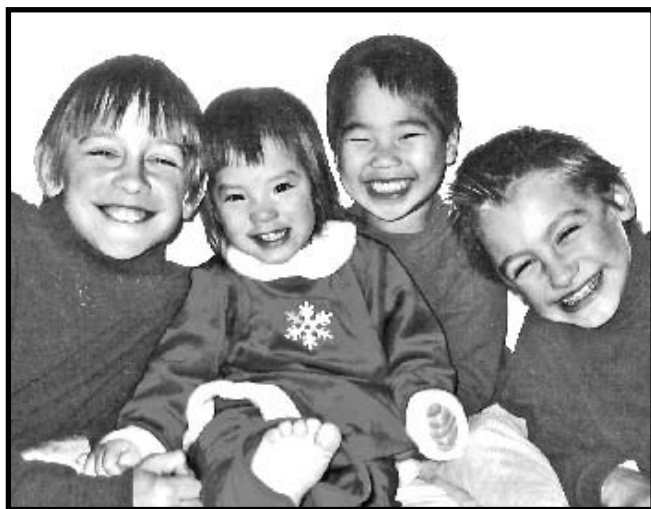
Ingredients:

1 ½ lbs sliced lean beef (sirloin tip or rump roast sliced almost as thin as for chipped beef)
5 T. Soy sauce
4 T. Sugar
2 T. Water or cooking wine
2 T. chopped green onion
2 T. sesame oil
¼ Tsp. Black pepper
1 to 2 tsp. Sesame seed
1 to 2 tsp Clove Garlic, minced

Directions:

Make a sauce by mixing all ingredients except beef. Pour sauce over beef, and mix thoroughly. Let meat marinate for at least one hour. Barbeque beef over a charcoal fire or cook and stir in skillet.

Submitted by Kristine, friend of Tate and Parker, Korea



Forrest, Tate (Korea) Parker (Korea) and Cooper

Enchilada Casserole

Ingredients:

2 lb. ground beef
1 can cream of chicken soup
1 can cream of mushroom soup
1 can chopped green chilies
1 onion, chopped
2 cans enchilada sauce (hot or mild)
Garlic
½ cup milk
1 lb. cheddar cheese, grated
Doritos

Directions:

Brown ground beef with onions and garlic. Drain off grease. Add soups, green chilies, milk and enchilada sauce. Heat thoroughly. Put layer of Doritos in bottom of casserole dish (crushed). Cover with ½ of meat mixture. Add another layer of crushed Doritos and cover with layer of cheddar cheese and rest of meat mixture. Add another layer of crushed Doritos and cover with layer of cheese. Put in over and heat until cheese is hot and bubbly.

Submitted by Phyllis, mother of Kristen, Guatemala

I will not leave you as orphans, I will come to you. John 14:8

Liver Knaefly (German Style)

Ingredients:

1 lb. liver
Half tsp. dried basil
1 med. onion, finely chopped
Salt and pepper to taste
1 tbsp. parsley, finely chopped
Milk (about 2 tbsp)
3 c. flour
3 eggs
1 tbsp. fat

Directions:

Grind liver and mix with onion and parsley. Mix flour, eggs, basil, salt, pepper and just enough mil to make a stiff dough. Place some of the mixture onto a flat platter. Use a knife, dipped in hot water, to cut and drop tine pieces of the batter into boiling salted water to which the 1 tbsp. fat has been added to keep dumplings from sticking together. When dumplings rise to the surface of water they are ready to be skimmed off and drained. Fry slightly in a little sausage drippings, or serve with a light gravy. The dough freezes well for a short time.

A German favorite- served at Christmas and other family get-togethers.

*Submitted by Debbie, Aunt of Aleigha
and coming soon, Mya, Guatemala*

Bistek Guatemalteco

Ingredients:

10 1/4" thick steaks--sprinkle these with garlic salt and onion powder and rub in well

Mix the following and rub into the meat as well:

2t. soy sauce

1t. beef flavoring

1/2t. salt

Directions:

Cover and refrigerate for several hours. Then fry beef in 5-6 T. oil sprinkled with a bit of thyme. Remove the meat from the pan and set aside. Cook the mixture below in the same pan, then add the meat and cook a bit longer to infuse the flavor.

The best part about this recipe is that you can use steaks that are missing the "stringy stuff" they always seem to have when I order them in Guatemala.

Submitted by Jennifer, mother of Danielle, Guatemala



Aletheia (friend of Kumari) and Kumari, Nepal

Chicken Enchiladas

Ingredients:

1 tbsp plus ½ C. oil
2 (4 oz) cans chopped green chile peppers
1 lg. clove garlic, crushed & minced
1 lg. can (28 oz) tomatoes
2 c. chopped onion
2 tsp. salt
½ tsp. oregano
3 c. cooked, shredded chicken
2 c. sour cream
2 c. shredded cheddar cheese
15 corn tortillas

Directions:

In a skillet over medium-high heat, heat 1 tbsp oil. Add the chile peppers and garlic, saute' until garlic is soft and browned. Break up tomatoes and add to chile peppers along with the chopped onions, 1 sp. Salt, oregano. Simmer uncovered until thick, about 30 minutes. If it thickens too quickly, add a little more water, if necessary. Remove tomato sauce from heat and set aside.

In a bowl, combine chicken, sour cream and shredded cheese. Heat ½ c. oil in a skillet over medium-high heat. Using tongs, dip tortillas in hot oil for a few seconds, just until they become limp. Drain the tortillas well on paper towels. Fill tortillas with the chicken mixture. Roll up and arrange side by side, seam-side down, in a 9x13 baking dish.

Pour tomato sauce over enchiladas and bake at 350 degrees until heated through, about 30 minutes. Garnish with sour cream if desired. Serves 6.

*Submitted by Amy, mother of Aleigha
and coming soon, Mya Guatemala*

Yaki Soba

Ingredients:

½ lb. ground beef

½ lb. sausage

2 carrots, shredded

¼ head of cabbage, cubed

2-3 pkg. crushed ramen noodles

Directions:

Fry meat together and drain. Add ramen noodles seasoning packets to meat. Add carrots and cabbage and cook. Cook ramen noodles and add to the meat mixture.

Submitted by Kim, mother of Joshua, USA



Brook, Joshua (USA) and Taylor

Hawaiian Turkey Burgers

Ingredients:

1 8 oz. can sliced pineapple
½ c. dry bread crumbs
½ c. sliced green onion
½ c. chopped red pepper, opt.
1 Tbsp. soy sauce
¼ tsp. salt
1 lb. ground turkey
¼ c. teriyaki sauce
4 hamburger buns

Directions:

Coat grill tack with nonstick cooking spray before starting the grill. Drain pineapple, reserving ¼ c. juice; set pineapple aside. In a bowl, combine the bread crumbs, onions, red pepper, soy sauce, salt and reserved pineapple juice. Crumble turkey over mixture and mix well. Shape into four patties.

Grill over medium heat for 3 minutes on each side. Brush with teriyaki sauce. Grill 4-6 minutes longer on each side or until meat is no longer pink and a meat thermometer reads 165 degrees. Grill pineapple slices for 2 minutes on each side, basting occasionally with teriyaki sauce. Top each burger with a pineapple slice.

Submitted by Kim, mother of Joshua, USA

Children are a gift from God; they are His reward. – Psalms 127:3

Chicken Enchiladas

Ingredients:

8 tortillas
½ c. chopped onion
4 cloves of garlic, minced
¼ tsp. pepper
2 tbsp. butter
3 tbsp. flour
8 oz. sour cream
2 c. chicken broth
1 c. shredded cheese
2 c. chopped cooked chicken

Directions:

Warm tortillas. For sauce, cook onion, garlic and pepper in butter until onion is tender. Stir flour into sour cream; add to onion mixture. Stir in broth. Cook and stir until thickened and bubbly. Remove from heat; stir in ½ cup of cheese.

For filling, stir ½ c. of sauce into chicken. Place about ¼ c. filling on top of each tortilla; roll up. Arrange tortillas, seam side down, in a greased baking dish. Top with remaining sauce. Bake, uncovered, at 350 degrees about 35 minutes.

Sprinkle with remaining cheese. Bake, uncovered, about 5 minutes more. Sprinkle with olives, tomatoes, and green onion if you wish.

Submitted by Kim, mother of Joshua, USA

To the world
you may be one person
But to one person
you may be the world.

Chicken Quesadillas

Ingredients:

2 ½ c. cooked chicken, chopped or shredded

2/3 c. salsa

1/3 c. sliced green onion

¾ tsp. ground cumin

½ tsp. salt

½ tsp. dried oregano

6 tortillas

2 tbsp. butter, melted

2 c. shredded cheese

Sour cream and Guacamole

Directions:

In a skillet, combine the first six ingredients. Cook, uncovered, over medium heat for 10 minutes or until heated through. Brush one side of tortilla with butter. Spoon 1/3 c. chicken mixture over half of unbuttered side of each tortilla. Sprinkle with 1/3 c. cheese; fold tortilla over cheese. Place on a lightly greased baking sheet. Bake at 475 degrees for 10 minutes or until crisp and golden brown. Cut into wedges; serve with sour cream and guacamole.

Submitted by Kim, mother of Joshua, USA

Top 4 countries where most children
were adopted from in 2003:

China, Russia, Guatemala, Korea

Taco Mac

Ingredients:

2 6 oz. boxes shells and cheese
1 lb. ground beef, cooked and drained
1/3 c. taco sauce
½ Tbsp. taco seasoning
Shredded lettuce
Chopped tomatoes
Shredded cheddar cheese, optional

Directions:

Prepare shells and cheese according to package directions. Stir in ground beef, taco sauce, and seasoning. Top each serving with lettuce, tomatoes and cheese.

Submitted by Kim, mother of Joshua, USA



Martha, Anderson (Guatemala) and Tim

Sister's Chicken

Ingredients:

6-8 pieces crumbled, crisp bacon
6-8 chicken breasts
3/4 stick butter
8 oz cream cheese
1 can cream of mushroom
1 can cream of chicken

Directions:

Preheat oven to 350 degrees
1) soften cream cheese and mix with soups
2) Melt butter
3) crumble butter on bacon
4) Lay chicken on top
5) Pour soup and cream cheese mixture over chicken
6) cook at 350 degrees for one hour.

Submitted by Angel, mother of Zoey, Guatemala



Kaithlyn and Zoe (Guatemala)

Mexican Casserole

Ingredients:

- 1 ½ to 2 pounds of Ground Turkey or Ground Beef
- 2 cans Pinto Beans
- 1 can Enchilada sauce (red)
- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- About ¾ pound of grated cheddar cheese
- 20-24 corn tortillas.

Directions:

1. Preheat oven to 350 degrees.
2. Cover tortillas in water and let sit while preparing rest.
3. Brown meat.
4. Add to meat beans, enchilada sauce and two soups and let cook on medium or less heat while working on next step.
5. Drain water thoroughly off tortillas.
6. Spray sides and bottom of 9X13 pan with Pam.
7. Layer in 9X13 pan as follows:
 1. 1st layer: Tear into pieces ½ of the tortillas
 2. 2nd layer: ½ of meat mixture
 3. 3rd layer: Tear rest of tortillas into pieces
 4. 4th layer: remaining meat mixture
 5. 5th layer: Cover with shredded cheese
8. Cover with Foil paper.
9. Bake in 350 degree oven for 35 minutes covered with foil – bake an additional 10 minutes uncovered

Submitted by Angel, mother of Zoey, Guatemala

Quesadillas

Ingredients:

1 pound ground beef

$\frac{3}{4}$ cup chunky salsa

1 (1 $\frac{1}{4}$ ounce) envelope taco seasoning mix

2 tablespoons cilantro, minced

9 flour tortillas

1 (8 ounces) of shredded cheddar cheese

1 (16 ounce) can Refried beans

Condiments: guacamole, sour cream, shredded lettuce, tomatoes, salsa

Directions:

Preheat oven to 500 degrees.

Crumble ground beef and brown. Combine first three ingredients with meat

and simmer a few moments.

Layer Quesadillas:

1st layer: Tortilla – beans – meat mixture – cheese

2nd layer: Tortilla – beans – meat mixture – cheese

3rd layer: Tortilla

Makes two to three large quesadillas: If not enough mixture to go to three full, leave out 2nd layer on last one.

Spray cookie sheet with Pam and place quesadillas on cookie sheet.

Bake in 500 degree oven for about 5-8 minutes until top tortilla is crisp.

Remove from oven and turn oven off. Sprinkle each stack with shredded cheese and return to oven for one minute. Cut into wedges and serve with condiments.

Submitted by Angel, mother of Zoey, Guatemala

Lasagna

Ingredients:

Stouffer's Lasagna (found in the freezer aisle of your local grocery store)

Directions:

There's no use trying to make homemade lasagna because you know Stouffer's is better!!! Please place your efforts where they can be better rewarded.

Submitted by Angel, mother of Zoey, Guatemala

Skillet Enchiladas

Ingredients:

1 lb. ground beef
2 tbsp. oil
1 (10 3/4 oz.) can cream of mushroom soup
1 (10 oz.) can enchilada sauce
1/2 c. milk
10 enchilada shells
1 onion, finely chopped
1/2 lb. grated Cheddar cheese

Directions:

Prepare enchilada shells by dipping in hot oil. Let cool. Brown meat in oil. Add soup, sauce and milk. Stir and simmer for 5 minutes. Fill each shell with 1 tablespoon of onion and 1 tablespoon grated cheese. Roll: place in simmering sauce. Place grated cheese on top. Cover and simmer for 10 minutes

Submitted by Kim, mother of Danni, China

Chicken Pot Pie

Ingredients:

2 cans cream of potato soup
1 (16 oz.) can Veg-All, drained
2 cups cooked, diced chicken
½ cup milk
½ tsp. thyme
½ tsp. black pepper
2 refrigerated pie crusts

Directions:

Combine first six ingredients. Spoon into prepared pie crust. Cover with top crust. Crimp edges to seal. Slit top crust. Bake at 375 degrees for 40-50 minutes. Cool for ten minutes. So easy and good!

Submitted by Dana, friend of Aleigha, Guatemala



Lena, waiting in Guatemala

Chicken Noodle Bake

Ingredients:

8 ounces of noodles (cooked)
4 cups of hot water
4 chicken bouillon
6 Tablespoons Margarine
6 Tablespoons Flour
1 teaspoon salt
1 teaspoon paprika
dash of pepper
3 cups diced cooked chicken
3 tablespoons Parsley

Directions:

Dissolve bouillon in water. In a sauce pan melt butter and stir in flour. Stir until golden brown then add salt, paprika, and pepper. Slowly add reserved water. Cook and Stir over low heat until thickened. Add noodles, chicken and parsley.

Pour into 13X9X2 baking pain. Bake covered at 350 for 35-45 minutes or until bubbly. Remove covering and sprinkle Fried onions on top and place in over for 2-3 minutes.

Serves 8.

*Submitted by Cindi, mother of Marvin
and coming soon, Lena, Guatemala*

I didn't give you the gift of life,
But in my heart I know.
The love I feel is deep and real,
As if it had been so.
For us to have each other
Is like a dream come true!
No, I didn't give you
The gift of life,
Life gave me the gift of you.

Grilled Cuban Sandwich

Seasoned with lots of garlic and oregano

Ingredients:

5 tbsp. Mayo (divided)
1/2 tsp. dried oregano
2 garlic cloves (crushed)
1 loaf French / Italian bread
3 oz thinly sliced Swiss cheese
6 oz roast pork thinly sliced
3 oz boiled ham thinly sliced
thinly sliced dill pickles

Directions:

In small bowl, stir together 4 tbsp. of Mayo, oregano and garlic. Set aside to let flavors incorporate. Slice bread length wise. Top with cheese and meats, spread the bread with Mayo mixture. Use the remaining plain 1 tbsp. mayonaise to coat the outside of the bread. Cut into desired size pressing down on sandwich to contain filling. Cover sandwich with foil: weight it down to flatten. Heat large skillet over medium-high heat until hot. Remove foil, cook 3 minutes or until golden brown or cheese is melted.

Serve hot with chips or french fries.

You can change the meats or add those of your choice.

*Submitted by Sonia, honorary Grandmother of Abby,
adopted from Guatemala.*

With anxious hearts and open arms,

we sought you everywhere.

You, dear child, are a gift from God,

The answer to our prayer.

No matter whether birth or choice,

A home is blessed from above.

When caring parents claim their child,

A family is formed by love.

Appetizers



*Kya Blu (waiting for Mom
and Dad in Guatemala)*

Ariana's Teddy Bear Party Mix

Ingredients:

4 C. crisp cinnamon graham cereal
2 C. honey flavored teddy grahams
1 can potato sticks
3 tbsp. melted butter
1/2 tbsp. of cinnamon
2 tbsp. Worcestershire sauce
1 tbsp. packed brown sugar
1 C. sweetened dried cranberries
1/2 C. chocolate chips
1/2 C. peanut butter chips

Directions:

Preheat oven at 350 degrees. Lightly spray pan with cooking spray.
Combine cereal, graham snacks and potato sticks in large bowl.
Combine butter, sauce, sugar, and cinnamon in small bowl. Toss with cereal mixture. Transfer to pan and bake 12 minutes. Cool completely and stir in cranberries and chips. Store in an air tight container.

Submitted by Tammy, mother of Ariana, Guatemala

When they placed you in my arms,
you slipped into my heart.

Hot Bean Dip

Ingredients:

- 1 Large can refried beans
- 1 8 oz cream cheese, softened
- 1 8 oz sour cream
- 1 package of taco seasoning
- 1 8 oz package grated cheddar cheese

Directions:

Preheat oven to 350 degrees. Mix all ingredients, except cheddar cheese, together in a large bowl until smooth (I use a mixer). Pour mixture into a 9 x 13 glass dish. Sprinkle cheese on top. Cover with foil and bake for 15 minutes, then uncover and bake an additional 15 minutes. Serve with tortilla chips. Yummy! I made this for Anna's family day and everyone loved it!

Submitted by Debbie, mother of Anna, Guatemala



Anna, Guatemala

Romanian Sausage Rolls

Ingredients:

3 lb Meat, 1lb Beef and 1lb Lamb

½ tsp. Baking Soda

Salt and Pepper, to taste.

½ c Meat Stock or Bouillon

Garlic clove, or more, taste

Directions:

Mash garlic with a bit of salt and stock. Strain over meat with other Cooking Recipes ingredients. Add teaspoon of summer savory chopped and roll as small sausage. Broil over charcoal. Mix day before so flavors will blend. Add bread crumbs if meat is fatty.

Submitted by Ann, adoptive mother of Alyse Marie, Romania



Chae and Jade, S. Korea

Hot Articoke Dip

Ingredients:

2 8 oz. containers of whipped cream
1 can artichoke hearts (plain not marinated)
1 cup romano cheese

Directions:

Blend in food processor until course. Bake until lightly brown on top at 350 degrees for 1/2 hour to 40 minutes. Good with crackers or vegetables

Submitted by Tammy, mother of Ariana, Guatemala



Ariana, Guatemala

Pull Apart Bacon Bread

Ingredients:

12 diced bacon strips or Bacon bits
1 loaf frozen bread dough, thawed
2 tbsp. olive oil, divided
1 c. mozzarella cheese, shredded
1 envelope ranch salad dressing mix

Directions:

Cook bacon. Drain on paper towels. Roll out bread dough to 1/2 in thickness; brush with 1 tbsp. oil. Cut in 1 in. pieces. Put in large bowl. Add bacon, cheese, dressing mix and rest of oil. Toss to coat. Make pieces into 9x5 oval on a baking sheet; layering. Cover and let rise for 30 min. Bake 350 for 15 min. Cover with foil, bake 5-10 min. longer.

*Submitted by Marcia, Grandmother of
Aleigha and coming soon, Mya, Guatemala*



Hope, China

Creamy Crab Dip

Ingredients:

8 oz. imitation crab meat
8 oz. cream cheese
8 oz. sour cream
2 tbsp. minced onion
2 tsp. dill weed

Directions:

Chop or food process crab meat. Add all the other ingredients and mix thoroughly. Chill overnight. Serve with crackers.

Submitted by Jessica, mother of Jackson and Aiden, Guatemala



Andrea Marisol, Guatemala

Holiday Appetizer Dip

Ingredients:

1 (8 oz.) pkg. cream cheese, softened
2 tbsp. milk
1 – 2 ½ oz. jar sliced dried beef, finely snipped (about ¾ cup)
2 tbsp. instant minced onion
2 tbsp. finely chopped green pepper
1/8 tsp. pepper
½ cup sour cream
¼ cup coarsely chopped walnuts

Directions:

Blend cream cheese and milk. Stir in dried beef, onion, green pepper and pepper. Mix well. Stir in sour cream. Spoon into 8-inch pie plate or small shallow baking dish. Sprinkle walnuts over top. Bake in moderate oven (350 degrees) for 15 minutes. Serve hot with assorted crackers.

Submitted by Phyllis, mother of Kristen, Guatemala



Parker and Mason (Guatemala)

Queso Dip

Ingredients:

(16 ounce) container sour cream
1 (8 ounce) package cream cheese, softened
1 (1 ounce) package taco seasoning mix
2 cups shredded Pepper Jack cheese
1 cup salsa
1 teaspoon dried, crushed Mexican oregano
salt and pepper to taste

Directions:

Preheat oven to 350 degrees. In a medium bowl, blend sour cream and cream cheese until smooth. Mix in taco seasoning mix. Stir in salsa, Mexican oregano, salt and pepper. Transfer to a 9x13 inch baking dish. Top with Pepper Jack cheese. Bake in the preheated oven 10 minutes, or until cheese is melted.

Submitted by Rosemary, friend of Emily, Guatemala



Sabrina, Ada and Sophie, India

Cranberry Salsa

Ingredients:

1 pkg. of cranberries (chop),
1 cup of sugar
1/2 jar to 1 full jar Jalapeños (chop)
1 cup of sugar.

Directions:

Mix altogether the package of Cranberries and cup of sugar and let sit overnight. Drain the next day and then add Jalapenos. (1/2 to full jar depending on how hot you like things). Then add 1 cup of sugar. Let it set for 3 hours. Serve on Ritz crackers with cream cheese. (excellent a round Thanksgiving)

Submitted by Tami, mother of Alexis, Guatemala



Kumari, Nepal

Avocado Corn Salsa

Ingredients:

2 small to medium ripe avocados, peeled, seeded, and finely diced
1 cup fresh or frozen corn kernels
2 medium tomatoes, seeded and finely diced
2 to 3 tablespoons lime juice
1 tablespoon finely chopped fresh cilantro
1/2 to 1 teaspoon minced hot green chile peppers
1/2 teaspoon salt

Directions:

In a medium bowl, gently combine avocado, corn kernels, tomatoes, lime juice, cilantro, chile peppers, and salt. Cover and refrigerate until ready to be served.

Submitted by Patty, mother of Kaden, Philippines



Gabi, Guatemala

Ethiopian Dabo Kolo *(Little Fried Snacks)*

Ingredients:

In a 1-quart bowl:

Mix: 2 cups all- purpose flour

½ tsp. salt

2 tbsp. sugar

½ tsp cayenne pepper

¼ c oil.

Directions:

Knead together and add WATER, spoonful by spoonful, to form stiff dough. Knead dough for 5 minutes longer. Tear off a piece the size of a golf ball. Roll it out with palms of hands on a lightly floured board into a long strip 1/2 inch thick. Snip into 1/2-inch pieces with scissors. Spread about a handful of the pieces on an ungreased 9-inch frying pan (or enough to cover bottom of pan). Cook over heat until uniformly light brown on all sides, stirring up once in a while as you go along. Continue until all are light brown. They will look like flat peanuts, and are served as a snack or with cocktails; and like peanuts, once you start eating them you can't stop.

Submitted by Beth, mother of Jessica and Sam, Ethiopia

For I was hungry and you gave me something to eat,
I was thirsty and you gave me something to drink,
I was a stranger and you invited me in,
The King will reply, 'I tell you the truth, whatever
you did for one of the least of these
brothers of mine, you did for me.

— Matthew 25:35,40

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I made this for Anna's Family Day this year. Everyone loved it!

Submitted by Debbie, mother of Anna, Guatemala



Larisa, Miguel (Guatemala) and Gabi

Cheesecake Dip

Ingredients:

(2) 8 oz. pkgs. Softened cream cheese
¾ c. marshmallow cream
2 tbsp. powdered sugar
1 c. mini semi sweet chocolate chips
Vanilla wafers

Directions:

Mix all ingredients (excluding chocolate chips) until smooth. Stir in Chocolate chips. Serve with vanilla wafers.

Submitted by Michelle, mother of Isabella, Guatemala



Abby, Guatemala with brother, Garrett

Ethiopian Honey Yeast Bread *(Yemaryna Yewotet Dabo)*

Ingredients:

1 pkg. active dry yeast
1/4 cup lukewarm water (110-115 degrees)
1 egg
1/3 cup honey
1 tablespoon ground coriander
1/2 teaspoon ground cinnamon
1/4 teaspoon ground cloves
1 teaspoon salt
1 cup lukewarm whole milk
6 tablespoons melted unsalted butter
4-5 cups all-purpose flour

Directions:

In a small bowl, sprinkle yeast over the warm water. Let stand for 3 minutes, then stir to dissolve. Set the bowl in a warm place for about 5 minutes; mixture should double in volume. If it does not repeat procedure. Combine the egg, honey, coriander, cinnamon, cloves, and salt in a deep bowl, mixing until smooth. Add the yeast mixture, milk, and 5 tablespoons of the melted butter. Beat until well blended. Stir in flour 1/2 cup at a time, until becomes too stiff to stir. On a lightly floured board, knead the dough, adding a small amount of flour when necessary to keep from sticking. Knead for about 5 minutes. Place dough in a large, greased bowl. Cover with a damp cloth and let sit in warm place for about 1 1/2 hours. Grease a cookie sheet with the remaining tablespoon of butter. Punch down the dough and knead it again for a few minutes. Shape the dough into a round, and place it on the greased sheet. Preheat the oven to 325 degrees. Let the bread rise again while oven is preheating. Bake the bread for 1 hour, or until the top is crusty and light golden brown.

Submitted by Robert and Angie adoptive parents of Joseph, Ethiopia

Hummus- Turkish

(Matt's recipe)

Ingredients:

One can of garbanzo beans (15oz)

1/4 c of Tahini (ground sesame seeds- can be found @ Albertson's or Int Pantry)

3 Tbs lemon juice

2-3 cloves garlic or to taste

Dash of salt and pepper

Paprika

Dark olive oil

Parsley

Pita bread

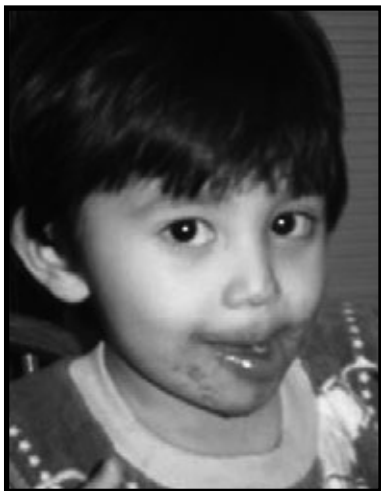
Directions:

Drain beans into separate container and keep for later use. Put beans, Tahini, lemon juice, garlic, salt, and pepper in blender or food processor and pulverize until smooth. Blend bean juice to relax- about 2 Tbs. or desired consistency. Pour into serving dish such as a shallow bowl.

Drizzle olive oil across top, sprinkle parsley and paprika on top as well.

Serve with warm pita bread.

Submitted by Ruth, friend of Abby, Guatemala



Heidie, Guatemala

Jalapeno Pepper Appetizers

Ingredients:

Large fresh jalapeno peppers (any quantity)
Cream cheese, softened
Bacon, thin sliced

Directions:

Wash and slice peppers in half lengthwise. De-seed and de-vain peppers. If you like a little hot you can leave some of the vein or seeds. The more you leave the hotter.

Fill cavity of pepper half with cream cheese, wrap a piece of bacon around the pepper.

Place these on cookie sheet and bake at 350 degrees for about 45minutes to 1 hour. Bacon should be cooked but not crisp.

Submitted by Tammie, friend of Abby, Guatemala.

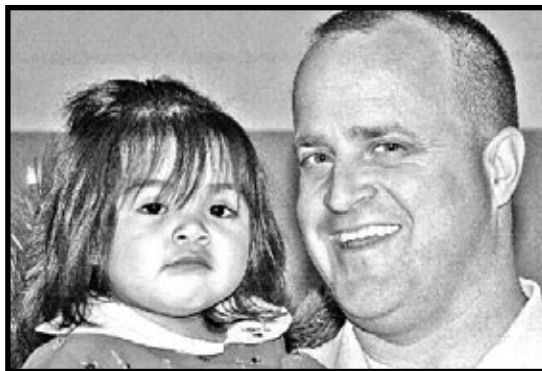


Walt, Guatemala

Celebrating Family Day

No matter what you choose to call it, Family Day, Adoption Day, Gotcha Day- it all means the same thing- the WONDERFUL, blessed day your child came into your family forever. These celebrations help the child feel proud about being adopted and also shows that adoption is a positive part of their lives, It helps them feel comfortable about who they are and where they came from. For those of us still dreaming about that day, or for those who are remembering that day with a smile- here are some ideas on way to celebrate YOUR families very special day.

- Prepare a meal, complete with music from your child's native country. And don't forget to decorate the table with little souvineers you have the child's birth country as well.
- Watch the video from that day you brought him or her home, or perhaps the video you received from the orphanage.
- Go through your child's life book and answer any questions your child might have.
- Present a gift that represents the child's birth heritage, country, state, city where they were born.
- Do a presentation to your child's classroom about adoption and how families are formed in different ways. Perhaps you could send in an activity so that the child's class can participate in your child's cultural background.
- Send a package to your child's orphanage.
- write a family journal that you can add to each year.
- Read a book about families and/or adoption.
- Make a crown to celebrate the special day.
- Arrange a play date or get together with other children from the same country or other fellow adoptive friends to celebrate adoption.
- Celebrate with a family game night! Play games from his/her birth country.
- Get out a map of his/her homeland and talk about the culture.
- Write a thank you note to your child's agency and thank them for the work they did to help bring your child home.
- Make a book about his/her birth country. Include a flag, a map, pictures of leaders and common animals.
- Share a folktale that came from his/her country.
- Donate a book to the child's school library or public library on adoption.
- Take a family photo to display in the child's room.
- Rent a movie with an adoption theme, pop popcorn and make root beer floats!



*Abby (Guatemala) & Brent, our graphic designer,
take a break from working on the cookbook,*





Aleisha and Walt (Guatemala)