

Cookbook

South Dakota Lutherans
T.O.G.E.T.H.E.R



South Dakota Synod
Evangelical Lutheran
Church in America
God's work. Our hands.

I·N·T·R·O·D·U·C·T·I·O·N



What is the South Dakota Synod?

This book was created in part to answer that question. The Synod officially represents the ELCA in our state; and the Synod is comprised of all South Dakota ELCA congregations, together.

Together is the key word. Because of the inherent strength in numbers, the South Dakota Synod can assist congregations, train pastors, perform missions and maximize resources with efficiency and effectiveness.

In this sense, the South Dakota Synod is all of us, all Lutherans in South Dakota. It's our families, our history, our early churches on the prairie, our impact on those around us through service and prayer.

To celebrate our heritage - and some of the important work being done by the Synod - we've assembled a variety of recipes in this book.

You may recognize some of the recipes from church cookbooks. Others are more about how the Synod nurtures faith and hope through expressing Christ's love.

By sharing these recipes, we encourage you to come together with other Lutherans of the South Dakota Synod.



South Dakota Synod
Evangelical Lutheran
Church in America
God's work. Our hands.

www.sdsynod.org

Table of contents

Foods we eat
T•O•G•E•T•H•E•R

Salad	5
Hotdish.....	13
Bars.....	21
Special Occasions.....	29



Salad



By definition, a salad brings together various elements in one bowl, much like the Synod brings together diverse people from around the world to achieve common goals. As long as there's JELL-O®, everything will be OK.

Best-Ever Salad

salad

- 1 pt boiling water
- 1 (3 oz) pkg lemon JELL-O
- 1 (13 oz) can crushed pineapple
- 1 cup Cool Whip®
- 9 large marshmallows
- 1 (3 oz) pkg cream cheese
- 1 cup chopped walnuts

Dissolve JELL-O in boiling water; add marshmallows and cream cheese. Cool until it begins to gel. Add pineapple (undrained), walnuts and Cool Whip. Refrigerate until set.

Lime JELL-O® Salad

salad

- 1 small pkg lime JELL-O
- 1 cup boiling water
- 1 cup salad dressing
- 2 small cartons cottage cheese
- 2 carrots (grated)
- ½ cucumber (chopped)
- ¼ onion (diced)

Pour boiling water on JELL-O and stir well. Let cool. Then add rest of ingredients, put in refrigerator until it is firm. Serve on lettuce leaf.

Cherry Salad

salad

- 1 pkg cherry JELL-O
- 1 cup hot water
- 1 cup cherry pie mix
- 1 box vanilla instant pudding
- 1 container Cool Whip

Combine JELL-O and water. Cool. Add cherry pie mix, pudding and Cool Whip.

Supper Salad

salad

- 1 small pkg lemon JELL-O
- ½ cup hot water
- 1½ cups chopped chicken or turkey
- 2 cups chopped celery
- 1 tbsp minced onion
- ½ cup chopped walnuts
- ½ cup milk
- ½ cup salad dressing

Let JELL-O, salt and onion start to set. Mix salad dressing and milk with JELL-O. Pour in rest of ingredients; can also use olives. Double the recipe for a mold.

Featured
recipe



Send Pastor to
Cameroon

- Ingredients:
- 1 financial secretary
 - 1 15-year-old bank fund of \$1000
 - 1 Rotary Club meeting attended by ELCA member and pastor
 - 1 willing congregation council
 - 1 willing church treasurer
 - 6 willing Rotarians

Stir together with love and direction from God. Have an ecumenical group praying for it all. Send a pastor to eat cassava, meet Cameroonian Lutherans, and celebrate God's generosity and healing.

Waldorf Salad

salad

1 cup Granny Smith apples, chopped
1 tablespoon lemon juice
1 cup celery, chopped
¼ cup mayonnaise
¼ cup raisins
¼ cup walnuts

Sprinkle apples with lemon juice after they are cut. Add all other ingredients. Toss to coat all pieces with mayonnaise.

Fruit Salad

salad

1 pkg vanilla pudding
1 can fruit cocktail (drained)
1 cup small marshmallows
1 pkg Cool Whip
1 can mandarin oranges (drained)
1 can pineapple chunks (drained)
2 bananas

Combine pudding mix with 1 cup of cocktail juice. Cook over medium heat until thick. Mix in marshmallows and allow to cool, stirring to mix the melted marshmallows. Blend in 1 pkg Cool Whip. Fold in cocktail, oranges, pineapple and bananas.

1 cup cooked rice
1 cup crushed pineapple
1 small carton Cool Whip
½ cup chopped cherries

Mix well and set in refrigerator overnight. Stir well and add more Cool Whip if necessary.

Glorified Rice

salad

Featured recipe

Handle ingredients separately with great care and delicacy. Mix with worship, prayer, learning, serving, laughter and forgiveness until grace appears. Share and repeat.

Ingredients:

Open, caring pastor

Jill, who came to college right out of high school—with her six-month-old daughter. She can't find child care.

John, who was celebrating the beginning of his sophomore year on Saturday. Sunday he was in jail for sexual assault.

Beth, who couldn't remember the names of all those she had shared her body with. She was too drunk to remember most of them.

Neil, a full time student who works three jobs, doesn't sleep and is angry because his body has turned on him, he is sick all the time.

Courtney, who has lost a friend to AIDS. Her blood test will be back in a week. She waits.



Campus Ministry

Sarah, who is getting anonymous notes from someone who finds her attractive and enjoys watching her. It is her first semester at college. She is scared.

Tom, who hates college. Hates it. Hates it. Hates it. He would rather be dead than at college.

Erin, who was fine until she called home last night. There was an accident, now her parents have to decide whether to unplug life support.

Mark, who didn't know that giving drugs to a friend was "dealing."

Raw Vegetable Salad

salad

- 2 cups cauliflower, cut into bite size
- 2 cups broccoli, cut up
- 1 bunch green onions, cut
- 2 cups frozen peas, thawed
- 2 cups sliced celery
- 1 cup sour cream
- 1 cup Miracle Whip®
- 2 tbsp sugar (or more)
- 2 tbsp vinegar
- 1 tsp salt

Combine together all vegetables. Mix sour cream, Miracle Whip, sugar, vinegar, salt until smooth. Pour over vegetables. Toss lightly. Refrigerate overnight.

Marshmallow Salad

salad

- 1 bag mini marshmallows
- 1 large can crushed pineapple, undrained
- 2 (3 oz) pkgs cream cheese, softened
- 1 large container Cool Whip
- 1 cup shredded cheddar cheese

Mix all together.
Sprinkle some shredded cheese on top.

- 4 apples, cut into bites
- 5 to 6 regular size Snickers® candy bars, frozen
- 8 oz Cool Whip

Chop frozen Snickers (you may hit them with a hammer, breaking them into small pieces). Add to cut apples and fold in Cool Whip. Note: You can substitute Milky Way® candy bars.

Snicker Salad

salad

Pistachio Pudding Salad

salad

- 1 box green pistachio pudding
- 2 cups milk
- 1 container Cool Whip
- 1 small can crushed pineapple
- 1 cup miniature marshmallows

Mix dry pistachio pudding with milk. Add Cool Whip and then drained pineapple. Stir well, then add marshmallows. Refrigerate a few hours before serving.



- Ingredients:
- 2 called pastors
 - 30-40 inmates
 - 10-15 congregation members visiting
 - 5 inmate worship leaders or music leaders
 - 1 room provided by the penitentiary
 - 2 prison guards to process visitors

Featured recipe

Mix visitors, pastors and inmates in worship. Share stories of God's actions in all of our lives. Share fellowship of Christian community. Through God's grace the Holy Spirit will create an environment of wholeness and community around God's word and sacrament.



Ministry for the Deaf

Featured recipe

- Ingredients:
- Generous supply of deaf and hard of hearing people
 - 1 mission to share the message of God's love in American Sign Language
 - 2 directors who know deaf culture
 - 4 interpreters to share the good news with the deaf in their own language
 - 6 deaf leaders on board who are willing to get their hands dirty

Open minds with weekly worship services. Fold in service projects and fellowship opportunities in American Sign Language. Allow as much time as needed to completely open hearts. Educate with Bible studies until cups runneth over. Spread the word of God to the huge un-churched deaf population outside the church. Repeat process.

Cinnamon Applesauce Salad

salad

- 2 (3 oz) pkgs orange JELL-O
- 1 3/4 cups boiling water
- 3/4 cup cold water
- 1 cup applesauce
- 1 cup (8 oz) sour cream
- 1/4 tsp cinnamon

Dissolve 1 package JELL-O in 1 cup boiling water. Stir in cold water. Pour into 6-cup mold. Chill until set but not firm. Meanwhile, dissolve remaining JELL-O in 3/4 cup boiling water. Blend in applesauce, sour cream and cinnamon. Chill until mixture starts to thicken. Spoon into mold. Chill until firm, about 3 hours. Unmold and garnish with salad greens.

Hotdish



It's said that hot dish is the building block of the Lutheran community - because there's plenty to share. Bring it on!



Crunchy Cheesaroni

hotdish

- 2 cups macaroni
- 1 lb ground beef
- 1 can tomato soup
- 1 can cream of mushroom soup
- 2 cups cubed Colby cheese
- 1 (3 oz) can French fried onions

Prepare macaroni according to directions. Drain. Brown ground beef. Add soups to macaroni. Place half of this mixture in a greased 2 ½ quart casserole. Sprinkle with half of the cheese and half of the onions. Top with remaining macaroni-beef mixture and cheese. Bake for 25 minutes at 350°. Top with the remaining onions and bake 5 minutes longer.

Baked Salad Hot Dish

hotdish

- 1 can shrimp
- 1 can crab meat
- 1 cup Miracle Whip
- 1 can mushrooms
- 1 cup chopped celery
- 1 cup chopped green pepper
- 1 small onion chopped
- 1 can water chestnuts

Mix and cover with 1 cup potato chip crumbs. Bake 45 min. at 325°.

Hamburger Hot Dish

hotdish

- 1 lb hamburger, browned
- 1 can Chinese noodles
- 1 can cream of mushroom soup
- 1 can cream of chicken soup

Put ingredients in layers ending with hamburger in casserole or cake pan. Bake for 1 hr. at 350°.

Chicken Hot Dish

hotdish

- 1 cup Velveeta® cheese, cubed
- 1 can cream of chicken soup
- 2 cups macaroni, uncooked
- 2 ½ cups milk
- 2 cups chicken, cooked and diced
- 4 eggs, hard-cooked, diced
- 1 cup cream of celery soup
- ½ cup stuffed olives, sliced
- ½ cup chicken broth

Mix all ingredients. Use 9 x 12 inch pan. Cover with crushed Keeblers Town House® crackers. Bake at 300° for 1 ½ hours.



- Ingredients:
- 2 medical providers (MDs and PAs)
 - 4 pharmacists
 - 3 RNs
 - 15 hospitality, eligibility, facility, and records volunteers
 - 1 prayer minister
 - 1 hospital to donate lay and X-ray services
 - 1 congregation to share its space
 - 1 community to provide money for prescribed medications

Featured recipe

Each Monday, 5:00 – 9:00 PM, stir together all ingredients. Invite uninsured people from throughout the community to experience medical care, a warm welcome, and an offer of prayer. Expect God's healing and many new friendships and partnerships to come to life.

Spam® Hot Dish

hotdish

- 16 slices bread (crust removed)
- 1 (12 oz) can Spam® luncheon meat (coarsely ground)
- 3 cups nippy cheese (grated)
- 2 tbsp mayonnaise
- 6 eggs (slightly beaten)
- 2 cups milk
- ¼ tsp salt

Cube 8 slices of bread, place in bottom of 9 x 13 inch baking pan. Combine meat, cheese and dressing and sprinkle over bread. Cube remaining bread. Place over meat and cheese. Combine egg and milk and salt and pour over the whole mixture. Cover and refrigerate overnight. Next day, bake uncovered in 325° oven for about 1 hr. Last 10 min. spread with 1 can cream of mushroom soup mixed with ½ cup of milk.

Good Hot Dish

hotdish

- 1 pkg frozen hash brown potatoes
- 1 can cream of celery soup
- 1 can cream of mushroom soup
- 1 carton sour cream

Mix all together in large casserole. Bake at least 1 hr. or a little more, until done.

Featured
recipe

Ingredients:

- 2 committed & trained youth leaders (paid staff, parents, other volunteers who deeply care about youth)
- 1 room (comfortable & away from the main room)
- 10-15 faithful, curious, & energetic sr. high kids

- 1 lb hamburger
- 1 can cream of mushroom soup
- 1 lb frozen peas or carrots
- 1 box Tater Tots®

Brown hamburger. Put hamburger in shallow baking dish, add soup and vegetables. Top with Tater Tots. Bake at 350° for 45 min.

- 1 ring bologna
- 1 medium size pkg noodles
- 1 can cream of mushroom soup
- 1 can cream style corn
- Cracker crumbs (for topping)

Grind bologna in food chopper; fry with a little shortening and onion until brown. Cook noodles according to directions on pkg. Drain and add soup, corn, bologna and noodles in dish. Add cracker crumbs for topping and bake 30 min. at 350°.

Tater Tot Hot Dish

hotdish

Bologna-Noodle Casserole

hotdish

First train the adults in Peer Ministry Leadership by contacting the Synod Office Youth Coordinator. Select a room for the group of kids to meet weekly. Advertise and select the youth to be in the Peer Ministry group. After adults have been trained, start Peer Ministry sessions once a week with youth and young adults to equip them in caring and welcoming skills with their peers.



Asparagus Hot Dish

hotdish

- 1 large pkg noodles
- Chicken or turkey, boned and diced
- 1 can pimientos
- 1 large can asparagus
- 1 jar mushroom pieces, drained
- 1 can water chestnuts, sliced and drained
- 1 ½ cup Velveeta cheese
- 1 can cream of chicken soup
- 1 can cream of mushroom soup

Mix the soups with a little milk. Butter casserole dish. Put ingredients in casserole, pour soups with milk over top. Bake 1 hour at 350°.

Five Things Casserole

hotdish

- 1 can tuna fish
- 1 can cream of mushroom soup
- 1 can chicken noodle soup
- 1 small can condensed milk
- 1 (3 oz) Chinese noodles

Mix and put together in a flat casserole. Bake at 350° degrees for 40 minutes. Place some of the noodles on top to brown. Remove from oven and let stand about 15 minutes before cutting in squares.

Cameroon Peanut Butter Stew

hotdish

- 2 pounds cubed beef
- ¼ cup flour
- 3 tbsp oil
- 1 cup chopped onion
- 2 cloves of garlic, chopped fine or pressed
- 1 tsp salt, ¼ tsp pepper, ¼ tsp ground ginger
- 2 cups water
- ½ cup water for paste
- 8 oz tomato sauce or a little more water with 6 oz tomato paste
- ½ cup peanut butter
- 2 (8 oz) packages of frozen spinach or a large bunch of fresh spinach chopped. You can use kale or try other greens.

Flour the meat and brown in hot oil. Add onions and garlic and stir until sautéed. Add water and simmer until meat is tender. (This might be a good place to use your pressure cooker. The toughest meat will be tender!) Add the spinach, salt, pepper, ginger and cook until vegetable is just tender. Mix ½ cup of water, tomato and peanut butter to make paste. Slowly add the paste stirring to blend and heat but do not boil. Serve over cooked rice. Some diners may wish to add Tabasco® sauce. Serves about 12 people. This recipe is easy to multiply for 100 or multiples of 100.



Featured recipe

- Ingredients:
- 15 credit cards
 - 1 Internet scammer
 - 1 empty bank account
 - 1 desperate family

Combine family with Consumer Credit Counseling service at Lutheran Social Services. Guide family through creating a budget, working with creditors to consolidate debt into one monthly payment, cutting back on expenses and learning to communicate about money. Let rise for two years. Rejoice as family becomes debt-free.



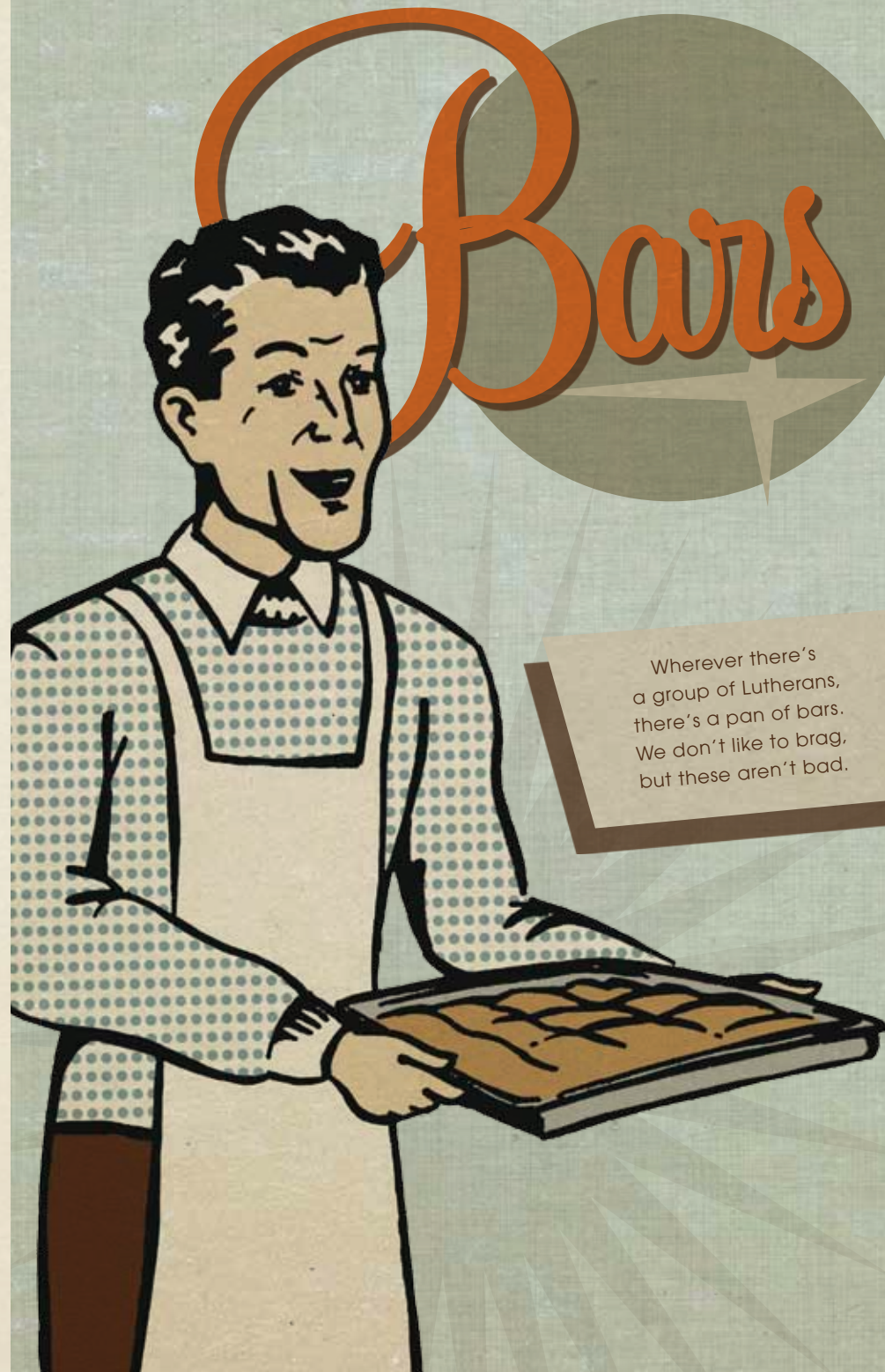
Brief Vision of Heaven

Featured recipe

Ingredients:

- | | |
|---|--|
| 1 little downtown church
(Augustana Lutheran) | 2 inflatables |
| 1 new mission development
among Latino people
(Pueblo de Dios) | 1 large tent |
| 3 nearby ELCA mission partner
congregations (Our Savior's
Lutheran, First Lutheran,
Gloria Dei Lutheran) | 1 sound stage (flat bed truck) |
| 1 small but diverse planning
team with a few people
from each of the above
ingredients | 1 mariachi band |
| | 20 tables |
| | 160 chairs |
| | 10 gallons of authentic
Colombian soup |
| | Several hundred pupusas
(a traditional Salvadoran food) |
| | 700 hot dogs and hamburgers |
| | About 65 friendly volunteers |

Go door to door throughout diverse downtown neighborhood for two weeks prior to block party. Mix with a warm, sunny summer afternoon. Sprinkle in traditional Central American dance and music. Marvel as over 600 people representing dozens of nations and cultures gather for laughter, dance, food, fellowship and fun. Overhear several conversations about how good God is and how welcome others would be at church. Witness as small children take massive swings at pinata. Celebrate as you see new neighbors coming to worship the next day. Thank God for a brief vision of heaven on earth.



Wherever there's a group of Lutherans, there's a pan of bars. We don't like to brag, but these aren't bad.

Monkey Bars

bars

½ cup vanilla ice cream
1 stick margarine
½ cup brown sugar
½ cup white sugar
1-2 loaves frozen bread

Mix first four ingredients and bring just up to a boil. Do not boil. Cool. Grease 9 x 13 inch pan. Cut bread dough into small pieces and roll in mixture of cinnamon and sugar. Place in pan. Pour above mixture over bread dough and let rise. Bake at 350° for 30 minutes.

Yummy Bars

bars

½ cup butter or margarine, melted
1 ½ cups graham cracker crumbs
1 (14 ounce) can sweetened condensed milk
2 cups semisweet chocolate morsels
1 ½ cups flaked coconut
1 cup chopped nuts

Heat oven to 350° degrees F (325° for glass dish). Coat 13 x 9 inch baking pan with no-stick cooking spray. Combine graham cracker crumbs and butter. Press into bottom of prepared pan. Pour sweetened condensed milk evenly over crumb mixture. Layer evenly with chocolate chips, coconut and nuts. Press down firmly with a fork. Bake 25 minutes or until lightly browned. Cool. Cut into bars or diamonds. Store covered at room temperature.

½ cup white sugar
1 cup peanut butter
1 cup chocolate chips
½ cup white syrup
3 cups Corn Flakes®
¼ cup nuts

Combine sugar, syrup and peanut butter. Stir over heat until blended. Stir in Corn Flakes. Press into 9 x 13 inch buttered cake pan. Sprinkle with chocolate chips. Put in warm oven until chips melt and spread out like frosting. Sprinkle with nuts. Cut while still warm.

Smack Bars

bars

Featured
recipe

Ingredients:
Woyatan Lutheran,
ELCA mission congregation
Saturday night worship service
A 74-year-old gentleman, who spent
15 years in federal prison now in
a minimal security prison
Family of the gentleman
Passing of the peace
Dinner



Family Reunion:
Hi, I am your Grandpa

Begin with Woyatan Lutheran, a mission congregation supported by the ELCA. Then take a Saturday night worship service and add a gentleman who has spent 15 years in federal prison, away from family, released to a minimal security facility. Pour in family that had not seen their father, grandfather and great grandfather in 15 years. Passing of the peace takes on a whole new meaning. Follow with a dinner and you have a family reunion where introductions are made, such as "Hi, I am your grandpa," "Hi I am your great-grandpa."

"That 22-year-old was seven when I left," he will say as tears fill his eyes on the ride home," and those children were not even born."

Featured recipe



God's Grace Surprise

- Ingredients:
- 15 volunteers
 - 2 hoses or pressure washers
 - 100 one dollar bills
 - Towels, sponges, soap

Assemble ingredients at appointed location. Ask motorists if they would like to have their cars washed for one dollar. Wash cars thoroughly. As customers pull out their wallets to pay for the car wash, instead hand them a \$1 bill and information. Wait for surprised look and inevitable question: "Why are you giving me a dollar?" Respond that it is just a small way to show how amazing God's grace is -- we don't deserve it, but it given to us freely anyway.

Cereal Bars

bars

- 2 cups Frosted Flakes®
- 3 tablespoons peanut butter
- 3 tablespoons chocolate syrup
- 1 egg
- ½ cup oatmeal
- 1 tbsp vanilla extract
- 20 chocolate chips (optional)

Preheat the oven to 375°. Crush Frosted Flakes slightly. Mix together peanut butter, chocolate syrup, egg, and vanilla extract. Add the Frosted Flakes to the mixture. Add oatmeal. Stir until the Frosted Flakes and oatmeal are evenly covered. Add the chocolate chips if you wish. Shape the cereal mixture into squares. Place the cereal bars onto a pan with baking sheet. Bake for about 20-25 minutes. Let the bars cool for about 10 minutes before eating.

Easy Lemon Bars

bars

- 1 pkg angel food cake mix
- 1 can lemon pie filling
- 1 cup coconut

Mix together pie filling and coconut. Gently fold in dry cake mix. Spread into greased and floured 10 x 15 inch jelly roll pan. Bake at 350° for 25-30 minutes. Cool slightly and frost.

Frosting:
Combine 1 (3 oz) pkg cream cheese (softened) with 2 tbsp milk or lemon juice and 2 cups powdered sugar.



Multicultural Sharing

Featured recipe

- Ingredients:
- 1 small group (5-8 people) of Scandinavian* descent
 - 1 small group (5-8 people) of Latin American* descent
 - 1 recipe for lefse (and the required ingredients)
 - 1 recipe for tortillas (and the required ingredients)
 - 2 Saturdays; 4-6 hours each day
 - 1 Bible (bilingual; or 2 Bibles)
 - Acts 2: 1-21

*replace, when appropriate, with East Asian; Native American; Caribbean; Mediterranean; Somali; etc. Then, also change the needed recipe!

As Augustana Lutheran & Pueblo de Dios seek ways to do ministry together, we have found that - almost without exception - the best way to come together across our cultures is through food! Sharing recipes, and making the food together, is both a fun and tasty way to grow in our understanding of being one single, diverse Family of God. To ensure the recipe is complete - and with sufficient flavor, be sure to add a few pinches of the Word of God, perhaps focusing on Acts 2.

Twix® Bars

bars

Club crackers
2 cup graham cracker crumbs
¼ cup milk
½ cup white sugar
½ cup brown sugar
½ cup margarine (1 stick)
1 cup peanut butter
1 cup chocolate chips
1 cup butterscotch chips

Layer a 9 x 13 inch pan with club crackers. Next, layer graham cracker crumbs. Next, stir together the milk, white sugar, brown sugar and margarine and boil for 5 minutes. Pour over crackers in pan. Then put another layer of club crackers on top. Now, melt together peanut butter, chocolate chips and butterscotch chips and pour over the layer of club crackers. Refrigerate and cut.

Chocolate Cherry Bars

bars

1 pkg fudge cake mix
1 (21 oz) can cherry fruit filling
1 tsp almond extract
2 eggs (beaten)

Frosting:
1 cup sugar
5 tbs butter or shortening
½ cup milk
1 cup (6 oz) semi-sweet chocolate pieces

Preheat oven to 350°. Mix first 4 ingredients by hand. Grease with solid shortening a 10 x 15 or 9 x 13 inch pan. Flour pan. Bake 30 to 35 min. or until toothpick comes out clean. Mix milk, sugar and butter in a small saucepan, bring to a boil, stirring constantly. Remove and add chips. Stir until smooth. Pour over bars.

Brownies

bars

1 cup sugar
¼ cup shortening
2 egg yolks
2 sq chocolate
½ cup milk
½ tsp salt
1 tsp vanilla

2 egg whites
¾ cup flour
½ cup walnuts (chopped)

Cream sugar, shortening and egg yolks. Add melted chocolate and milk. Stir in salt and flour along with nuts and vanilla. Fold in unbeaten egg whites. Put in greased and floured 8 x 8 inch pan. Bake in 375° oven for 25 min. Frost with brownie frosting.

Brownie Frosting:

1 sq. chocolate
1 cup sugar
½ cup milk
¼ cup shortening
¼ tsp salt
1 tsp vanilla

Mix all together. Boil for 1 minute and take off heat. Add vanilla, beat to right consistency to spread.

Featured recipe

Ingredients:

- 20 missionary households from nearby congregations
- 2 mission developers trained at an ELCA Seminary and at Churchwide Mission Developer School
- 1 plan and vision by Synod staff and local leaders
- 1 drum set - donated
- 1 lovingly used electric piano
- 2 hand-me-down offering plates
- 1 or more (as needed) temporary rented facilities



New Church

Knock on 2000 doors and invite friends and neighbors to see what God is up to in a brand new congregation in the neighborhood. Mix in lots of creative thinking. Watch as people from more than 50 households who have not seen the inside of a church in years begin to grow in their relationship to Jesus Christ for the first time.

Quick Raisin Bars

bars

1 pkg dry applesauce or spice cake mix
1 can raisin pie filling
2 eggs

Combine all ingredients with spoon until well mixed. Bake in jelly roll pan, 350° for 20 to 25 min. Frost with thin powered sugar frosting.

Featured recipe

Ingredients:

- 1 phone call to the synod office
- 1 mass email to every rostered leader, congregation president and treasurer
- 17 spaghetti suppers
- 132 midweek Lenten services
- 411 Sunday School offerings
- 1 companion synod committee
- Several South Dakota ELCA farm families



Stopping a Famine in Nicaragua

Start with call from companion synod, the Lutheran Church of Faith and Hope in Nicaragua, asking for help because 300 families were in danger of starving after losing their crops to a hurricane. Mobilize Lutherans throughout South Dakota to help, as farmers give portions of their crops, kids give dimes and quarters. Marvel as people raise \$40,000 in less than one month to purchase seed for planting and food for sustaining the families until the next harvest.

Special Occasions



Every Lutheran celebration - from baptisms and weddings to confirmations and birthdays - includes food.

Potluck Pink Glop

- 1 large dry pink JELL-O
- 1 pt cottage cheese
- 1 large can crushed pineapple (drained)
- 1 large Cool Whip

Mix JELL-O, cottage cheese and pineapple. Add Cool Whip. Chill several hours. Change flavor of Jello for any color you wish.

Special Occasions

Holiday Treat

- 1 bag Bugles®
- 1 bag M&Ms® (choose the colors to go with the holiday or occasion)
- 2 packages white almond bark

Follow almond bark heating instructions to properly melt. Dip open end of Bugle into melted almond bark. Put M&M in coated opening. Let dry on waxed paper.

Special Occasions

Featured recipe

Ingredients:

- | | |
|---------------|-------------|
| 1 week at | Campfires |
| Lutheran camp | New friends |
| Singing | Bible study |
| Playing | Campers |
| Swimming | Counselors |
| Hiking | and staff |

Combine ingredients, adding sunshine, warmth and happiness. Stir just enough to mix, then allow ingredients to mingle. Add natural sweeteners as needed. Test for doneness by checking to see whether all ingredients are connected. Ready to serve immediately, will last a lifetime.

Youth Delight

Pork Sausage Bars

- 1 lb mild pork sausage
- 2 cups brown sugar
- 2 cups flour
- 1 tsp soda
- 1 tsp cinnamon
- ½ tsp cloves
- 2 cups raisins
- ½ cup nuts
- 1 cup hot coffee

Cream sausage and sugar. Sift dry ingredients. Add remaining ingredients and mix well. Bake at 350° for 30-40 minutes in bar pan (9 x 14 inches). May frost with cream cheese frosting, if desired.

- ### Cream Cheese Frosting
- 2 (3 oz) pkgs cream cheese
 - ¾ stick butter or margarine
 - 1 tbsp cream or milk
 - 1 tsp vanilla
 - 4 cups powdered sugar

Beat cheese, butter, vanilla until soft. Add powdered sugar until spreading consistency reached.

Special Occasions

Oreo® Dessert

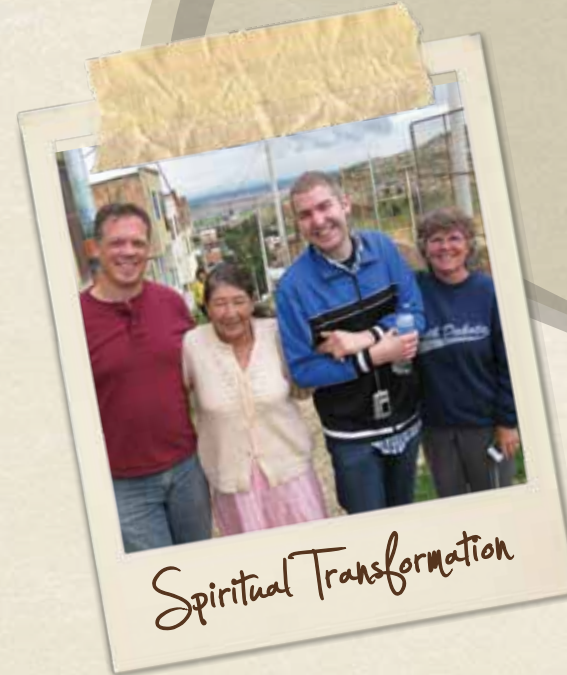
- 1 pkg lime JELL-O
- 1 cup boiling water
- ½ cup pineapple juice
- 1 cup whipped cream
(measure before whipping)
- 1 cup crushed pineapple
- 30 crushed Oreo® cookies
- ¼ cup melted shortening

Mix JELL-O, water and pineapple juice and let stand until it begins to harden. Add whipped cream and pineapple. Combine crushed Oreo cookies with melted shortening. Put half of cookie mixture into 9 x 12 inch pan. Then put rest of ingredients into pan. Layer remaining half of cookie mixture on top. Refrigerate 6 hours.

Special Occasions

Featured recipe

Ingredients:
Austin Nickel, young adult from Sioux Falls, SD
Conchita, 75-year-old displaced Colombian woman
Intergenerational group of 11 from First Lutheran Church in Sioux Falls traveling to Colombia



Preheat with journey to Southern Bogota, Colombia. Find Conchita, a 75-year old displaced woman, living in an extremely poor dwelling alone. Listen to her painful story of fleeing her home to protect her life after seeing family members being killed. Note that young Austin Nickel is deeply moved and immediately connects with Conchita. Walk the steep, barren hill toward the soup kitchen and see Austin offer his arm to Conchita and ask if he could adopt her as his grandma. See Conchita beam with joy. Bake until done. Hear Austin say, "This encounter has forever changed me." Understand that both Conchita and Austin know they matter immensely to God and to each other; through this encounter, a mutual and powerful inner spiritual transformation is unleashed. Give thanks to God.

Message of Hope

Ingredients:

27 young people eager to hear God's word
Weekly young people's worship service
Prayers

Play written and performed by seminary students working at the Retreat Center at Pine Ridge
1 young boy
2 conversations

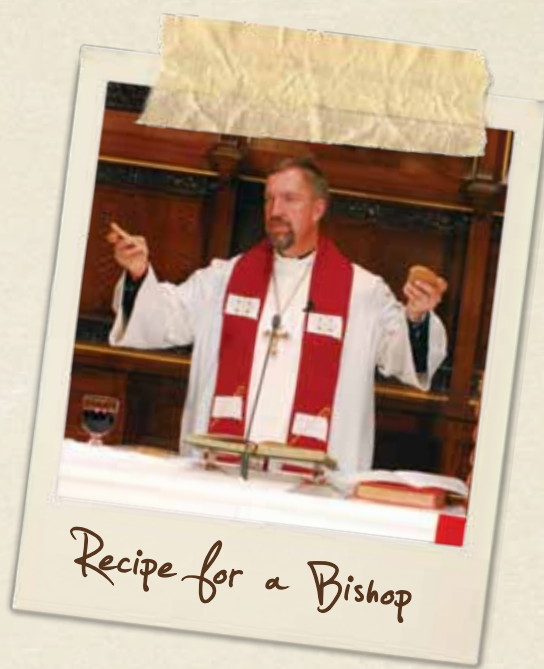
Featured recipe

Arrange for seminary students to perform play, which is about young girl who had a vision of a time when the whole earth was at peace. Give Little Raven a ride home and listen as he says, "So, Pastor Karen, there really was a time when there was peace everywhere...You know what? I think Jesus came so we can have peace again. I think prayer works. Will you pray for Uncle's knee next Wednesday?" Agree to pray and do so. Two weeks later after worship, resume conversation. Hear Little Raven say, "Prayer works. Uncle's knee is better. Is it true you can ruin your life by just taking a first drink of alcohol?" Say, "Yes, for some people that is what happens." Listen as Little Raven vows, "I'm never going to drink. I'm going to be a policeman that helps others. Please pray for my dad to stop drinking."

Featured recipe

Ingredients:

- 1 baptism from our Lord with an invitation into a life filled with promise and grace
- 1 family and many faith communities living out the Baptismal Promises that were made for the child
- Dash of Sunday School and Vacation Bible Schools
- Big dollop of Bible camps
- 1 wife and 4 children, 2 son-in-laws, and 4 grandchildren that provide love, support and balance to life
- 1 call from God to full-time ministry within the church
- Testing, examination and encouragement by world class seminary community
- 1 life-changing internship with a church that understood the role of preparation for pastors of the church



Recipe for a Bishop

- 3 calls that came from parishes in South Dakota, each of which encouraged and supported the growth of their pastor
- 2 bishops that blessed and provided opportunities for leadership experience and development through 26 years of parish ministry
- 1 synod that through conversation, discernment, prayer and the work of the Holy Spirit chose one to be their next Bishop

Mix in a great synodical leadership team, a caring and talented synod support staff, and 240 congregations of the South Dakota Synod filled with Spirit-filled lay and rostered leaders.

Bishop's Fajita Pheasant

Special Occasions

- 3 deboned pheasant breasts & thighs
- 1 onion
- 1 green pepper
- 1 red pepper
- 10 flour tortillas
- 1 bottle Italian dressing with garlic & Parmesan cheese
- 1 cup sour cream

Place meat in a bowl and cover with Italian dressing. Let it marinate from 4 to 8 hours. Be sure and refrigerate during the marinating. Grill on a low to low-medium heat grill, normally about 8 minutes on the first side and 4 minutes on the second. Do not overcook. The pieces should be uniform in color through the entire piece of meat. Use the leftover dressing and place the cut up vegetables in dressing to marinate them for a few minutes. Place marinated vegetables in tinfoil and place on the grill for approximately 10 minutes. During this time, cut meat into strips and make one last check for shot. Variation: The same recipe can be used with grouse, as well. Except, marinate for at least 20 hours.

- 8 oz cream cheese, softened
- ¼ cup chopped olives
- 2 tbsp mayonnaise
- 1 tsp water
- 2 tbsp minced onion
- 3 oz dried beef
- Chopped walnuts

Mix all ingredients together, except the walnuts; put into refrigerator to chill. Form into a ball and roll in chopped walnuts.

Party Cheese Ball

Special Occasions

Lefse

3 cups riced potatoes, cooled
5 tbsp butter
1 tbsp sugar
1 tsp salt
2 tbsp cream
1 cup flour

Mix all ingredients together. Roll out like thin pie crust. Bake on ungreased griddle (400° – 450° F) for 3 or 4 minutes on each side. Store when cool in plastic bag. To serve, butter and sprinkle with sugar. Roll up and serve.

Ingredients:
Multi-lingual worship service:
English, Spanish and Krahn
Two refugees from Liberia, Africa
Joyful dancing
Transfigured congregation
of Midwesterners

Begin with a spirited benediction from Liberian refugee Benjamin Gayetaye. Combine with a large dose of joyful spirit and an impromptu dance. Add a second joyful dancer, his wife Mary. Serve up with a congregation that realized what joy there is in worship, in the presence of God.

Frosting: God used two elderly refugees who have experienced life's hardest realities to give First Lutheran a glimpse of heaven's joy! Such are the joyful gifts that other cultures and people who are different can offer to our church. Working together as First Lutheran, African Refugee ministry, South Dakota Synod and ELCA, together we are growing an exciting African ministry that calls First Lutheran and Sioux Falls its spiritual home.

2 lbs hamburger
1 small onion
Salt and pepper to taste
1 can cream of mushroom soup

Dough:
1 cup milk
1 tbsp shortening
1 tsp baking powder
2 eggs
3 to 4 cups flour

Brown hamburger with onion and season. Mix in cream of mushroom soup.

Dough: Combine milk, shortening, baking powder and eggs; gradually add flour to make dough for kneading. Knead for several minutes. Divide dough in half. Roll out into 9 x 12 inch rectangle. Cut into squares. Place spoonful of hamburger on each square. Pinch edges together. Deep fat fry at 375°. Freezes well fried or unfried.

½ gallon milk (the kind you usually drink but it will be richer if you use whole milk)
1 small package of French vanilla instant pudding mix
¼ cup sugar (a little more if you like it sweeter)
2 tsp vanilla
½ tsp ground cinnamon
¼ tsp nutmeg, freshly grated

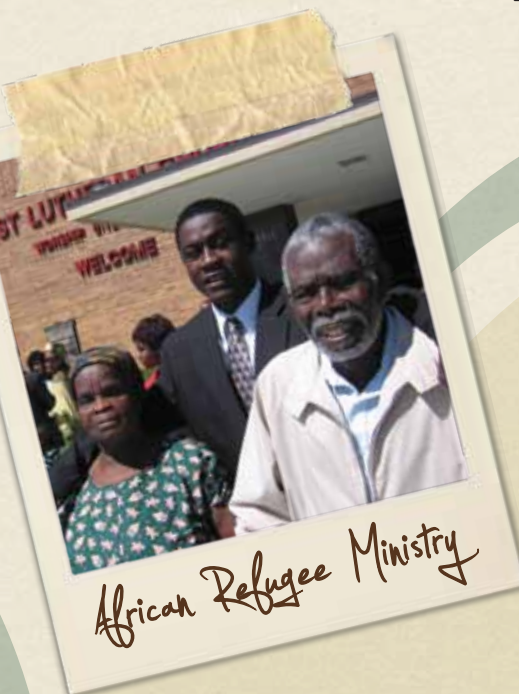
In large bowl mix 2 cups of the milk with the instant pudding mix, add sugar, vanilla, cinnamon and nutmeg and stir well. Add remaining milk, stirring well to mix. Served chilled. Keeps well in refrigerator in the original milk container. You can mix it in the original milk container, but first, pour off at least 1 glass of milk to make room. Add all ingredients to the milk container and shake well. Return reserved milk to fill container.

Fleisch Kuechle

Special Occasions

Eggless Nog

Special Occasions



Featured recipe

Featured recipe

Ingredients:

- 1 anxious father and mother from Wanblee
- 1 long ride to a hospital
- 1 kitchen sink and water faucet
- 1 young people's worship service
- 1 baby
- 1 young boy

Take one anxious father and provide him with resources to get his wife to the hospital for the birth of their new son. Add conversation with a pastor and interaction with a caring community. Some time later, gather in a worship service at the Pine Ridge Retreat Center. Baptize baby, mom and young son in one joyous celebration of God's mercy. Praise God for the miracle of faith and salvation made real in a kitchen sink in Pine Ridge, SD.



Birth into the Family of God

Orange Creamsicle® Dessert

Special Occasions

- 1 small sugar-free orange JELL-O
- 1 small sugar-free instant vanilla pudding
- 8 oz Cool Whip FREE topping
- 1 small mandarin oranges (optional)

Boil 1 cup of water. Mix water and JELL-O for 3 minutes. Add 1 cup cold water and stir. Add pudding (from the box) and mix well. Add drained mandarin oranges and Cool Whip. Mix well, refrigerate for at least 3 hours. Can keep refrigerated for 2 days.

Meat Loaf

- 1 egg
- 1/2 cup evaporated milk
- 3/4 cup quick-cooking oats
- 1/4 cup chopped onion
- 2 tablespoons Worcestershire sauce
- 1 teaspoon salt
- 1/2 teaspoon rubbed sage
- 1/2 teaspoon pepper
- 1 1/2 pounds lean ground beef (90% lean)
- 1/4 cup ketchup

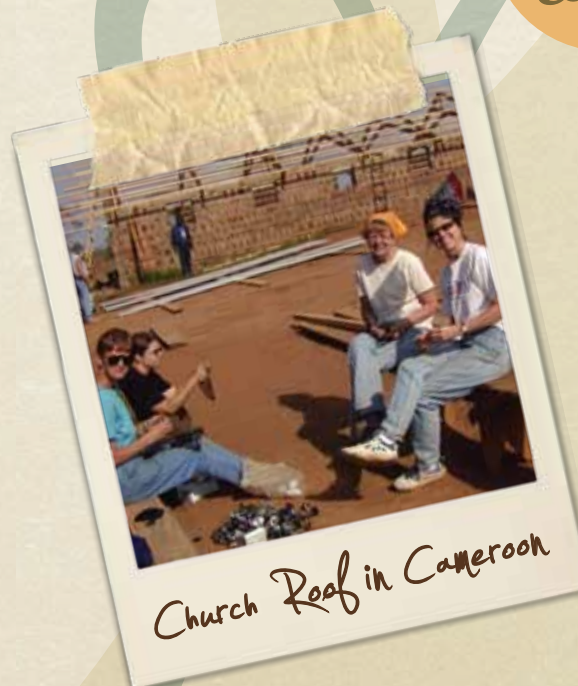
In a large bowl, combine the first eight ingredients. Crumble beef over mixture and mix well. Press into an ungreased 8 x 4 inch loaf pan. Bake, uncovered, at 350° for 1 1/4 hours; drain. Drizzle with ketchup; bake 10 minutes longer or until meat is no longer pink and a meat thermometer reads 160°.

Featured recipe

Ingredients:

- 6 volunteers from South Dakota
- 14 villagers from Cameroon
- 2 local carpenters
- 24 rafters
- 12 square feet of sheet metal
- 11 hours

Allow members of the South Dakota Synod to coordinate journey and mission. Combine ingredients on site. Work hard, meet people, feel intense joy. Return home with a sense of wonder, renewed faith in Jesus Christ and memories for a lifetime.



Church Roof in Cameroon

I • N • D • E • X

Send Pastor to Cameroon (pg 7)
Awareness & Welcoming Peer Ministry (pg 16)
Stopping a Famine in Nicaragua (pg 28)
Recipe for A Bishop (pg 34)
Church Roof in Cameroon (pg 39)
South Dakota Synod, ELCA
605-274-4011
www.sdsynod.org

Campus Ministry (pg 9)
Northern State University
Lutheran Campus Ministry
605-216-3925
cic@northern.edu

South Dakota State University
University Lutheran Center
605-692-4880
www.sdsulutheran.org

South Dakota School of Mines & Technology
Lutheran Campus Ministry
605-342-9302
www.techlutherans.org

Black Hills State University
Lutheran Campus Ministry BHSU
605-210-3108
www.livingroomspearfish.webs.com

University of South Dakota
The Luther Center
605-624-2834
www.luthercenter.org

Prison Ministry Worship Service (pg 11)
St. Dymas Ministries
605-338-1735
www.stdymas.org

Ministry for the Deaf (pg 12)
Heartland Ephphatha
605-361-3683
www.deaffaith.com

Good Shepherd Clinic in Spearfish (pg 15)
Our Savior's Lutheran, Spearfish
605-642-3715
www.oslcspearfish.com

Financial Security (pg 19)
Lutheran Social Services of South Dakota
1-800-568-2401
www.lsssd.org

Brief Vision of Heaven (pg 20)
Multicultural Sharing (pg 25)
Augustana Lutheran/Pueblo de Dios
Sioux Falls
605-338-1672
www.augustanalutheranchurch.net

Family Reunion: "Hi, I am your Grandpa" (pg 23)
Woyatan Lutheran, Rapid City
605-348-0247
www.woyatan.org

God's Grace Surprise (pg 24)
Rejoice! Lutheran, Sioux Falls
605-361-3683
www.rejoiceforlife.com

New Church (pg 27)
Northwest Sioux Falls New Mission Start
605-274-4011
www.sdsynod.org

Youth Delight (pg 30)
Lutherans Outdoors in South Dakota
800-888-1464
www.losd.org

Message of Hope (pg 32)
Birth Into the Family of God (pg 38)
Pine Ridge Retreat Center
605-867-5262
pineridge.center@gmail.com

Spiritual Transformation (pg 33)
African Refugee Ministry (pg 36)
First Lutheran, Sioux Falls
605-336-3734
www.ficsf.org



South Dakota Synod
Evangelical Lutheran
Church in America
God's work. Our hands.

© 2010 South Dakota Synod
Printed in the U.S.A. All rights reserved.

www.sdsynod.org

JELL-O, Cool Whip, Miracle Whip, Velveeta, Oreo, and Cheese Whiz are registered trademarks of Kraft Foods. Snickers, Milky Way, Twix, and M&Ms are registered trademarks of Mars, Inc. Keebler Town House, Corn Flakes, and Frosted Flakes are registered trademarks of Kellogg Co. Spam is a registered trademark of Hormel Foods Corp. Bugles is a registered trademark of General Mills Inc. Tater Tots is a registered trademark of Ore-Ida. Tabasco is a registered trademark of McIlhenny Co. Creamsicle is a registered trademark of Unilever.