



COMFORT FOOD TO COMFORT OTHERS

3 Menu Ideas For The Times You Want To Take Food To Others In Need Of Comfort



If not, arm yourself with a paper towel and be ready to wipe.

In the photo of the Raspberry & Vanilla Lollipops, the ice cream was poured directly into the glasses after being made, and it was left to freeze until solid. When the shot glasses came out of the freezer, they got frosty and it was difficult to see that there was a real bottom layer. I

These Raspberry & Vanilla Lollipops are still in shot glasses, showing frost, to indicate they were frozen.
f3.5, ISO 125, 100mm, Macro L

For the photo of Pineapple Sorb because the art director had desired a frosted or dewy look. Yet I still in the studio that day, so I decided. The towel underneath the

Menu 1

Creamy Wildrice Soup Crusty French Bread Spring Salad

Ingredients

- 2 TB of Olive Oil
- 2 TB of butter
- 1 Whole diced onion
- 4 Ribs of celery, diced
- 4 Peeled and diced carrots
- 6 Cups of chicken broth
- 1 Rotisserie chicken cubed
- 2 Boxes of Uncle Ben's Long Grain Wildrice
- 3 Cups of Half and Half
- 1/2 Cup of flour
- Salt and Pepper to taste

Instructions

1. In a large pot melt butter and olive oil.
2. Put all your veggies in the pot with butter and cook till soft. Salt and pepper.
3. Pour chicken broth and cubed chicken in pot. Bring to a boil.
4. Add rice and seasoning packets that come in the box of rice. Simmer 20 minutes.
5. In a hot skillet put oil and flour to make a roux.
6. Once flour is pasty or a good roux add 1/2 cup of half and half. Stir to thicken.
7. Stir roux into pot and add rest of half and half.
8. Let ingredients simmer for 20 minutes.

Tips

Use a rotisserie chicken for this. Also grab a bag of preshredded carrots and frozen chopped onions to make this super easy to put together. It can be made the night before.

The spring salad is easy to put together. Just buy bagged spinach, strawberries and walnuts. Use a light dressing and toss it all together.

A really crusty bread is best with this hearty soup. All together this makes a really good comforting meal to take to someone and is easy to put together.

Menu 2

Poppy Seed Chicken
Brown and Serve Rolls
Green Beans

Ingredients

Rotisserie chicken deboned and cubed
1 8 oz container of sour cream
1 can cream of your choice soup
1/2 cup shredded parmesan cheese
1 sleeve of Ritz crackers
1 stick of melted butter
1TB of poppy seeds

Instructions

- 1. Preheat oven to 350 degrees
- 2. In a very large bowl mix sour cream, chicken, cream soup and poppy seeds together. Mix well.
- 3. Pour into a greased 2 qt casserole dish. Spread out well.
- 4. Crush Ritz crackers and sprinkle on top of dish. Pour butter onto crackers evenly.
- 5. Bake for 30 or until bubbly.

Tips

Make this as easy as possible on you and the people you are taking this to. Use disposable pans when you can. If you would like to.

Take any kind of bread.

Any vegetable will add to this meal. but everyone likes green beans. Even another salad would be nice.



Menu 3

Wild Rice Casserole

Bread Salad

Ingredients

- 1 box of Uncle Ben's Long Grain Wildrice
- 1/4 cup of butter
- 1/3 cup of flour
- 1Ts of salt and pepper
- 1 cup half and half
- 1 cup of chicken broth
- 1 cubed rotisserie chicken
- 1/3 cup of slivered almonds
- 1/2 cup of Panko Breadcrumbs

Instructions

1. Preheat oven to 425 degrees.
2. Cook rice and contents of seasoning packet according to package directions.
3. While rice is cooking, melt butter in a large saucepan. Add onion and cook over low heat until onion is tender.
4. Stir flour in to the saucepan. Add salt and pepper.
5. Gradually stir in half and half and broth. Cook and stir constantly, until thickens.
6. Stir in chicken, almonds and cooked rice.
7. Pour into a greased 2 quart casserole dish.
8. Top with Panko breadcrumbs.
9. Bake 30 minutes.

Tips

Again save yourself time and use those fantastic rotisserie chickens. They are perfect for this kind of meal. Add any bread of choice and a salad or green beans makes the best side dish.

Anyone will enjoy a comforting meal like this during times of stress and need.