



Elder Teddy's Missionary Cookbook

Elder Teddy is a creation of Nephi Oliva
Illustrations by Jerrod Maruyama Illustration
Recipes by Monica Howick

Elder Teddy's Cooking Safety Tips

Always wash your hands before you start cooking. Wash your hands after you prepare meat or use raw eggs!

Use separate tools and a separate cutting board for meat. Keep meat and raw eggs away from any food that will not be cooked—like salads or fruit.

Ask an adult to help you when you use the oven or stove. Remember that food in the microwave can be very hot, too. Ask for help moving hot bowls or pans. Always use oven mitts, and always set hot dishes on a hot pad or protector.

Never put your fingers or any tools in a mixer or blender bowl while the machine is turned on. Turn the mixer or blender off first; then wait until it has stopped completely.

Put food on a cutting board to cut it. Cut or peel away from yourself. Take your time, and watch where your fingers are!

Never be afraid to ask for help!



Chewy Goopy Crunchy Breakfast Yummy

- 1/4 cup granola or
crunchy cluster cereal
- 1 serving yogurt
- 1 tablespoon raisins
- 1 tablespoon chopped nuts

Put the granola or cereal in a bowl. Pour the yogurt over it. Sprinkle the raisins and nuts on top and eat it with a spoon!

Makes 1 serving.



In-a-Hurry Muffins

1 egg
½ cup milk
¼ cup vegetable oil
½ cup sugar
2 teaspoons baking powder
½ teaspoon salt
1½ cups flour
Raisins, dried cranberries or
chopped nuts (if you like them!)

Heat the oven to 400°F.

Measure the egg, milk, oil, sugar, baking powder and salt into a mixing bowl. Mix it all together with a fork until the egg is completely stirred up. Add the flour. Stir just enough to wet all the flour. Now stir in the raisins or nuts.

Spray a muffin pan with cooking spray, or use a paper towel to rub it with butter or vegetable oil. Use a spoon or measuring cup to fill each muffin cup half full of batter. Bake the muffins for 20 minutes or until they start to turn golden brown.

Eat them with butter, jam or honey while they are still warm. Put cool extra muffins in a plastic bag for later.

Makes 12 muffins.



Super Easy Garlic Toast

Half a cube of margarine
1/8 teaspoon garlic powder
1/4 teaspoon dried parsley flakes
6 slices of bread

Put the margarine in a small dish and cover it with a paper towel. Microwave it for 30 seconds to melt it. Add the garlic powder. Put the parsley in your hand and crumble it until it's really small then add it to the butter. Stir it all together. Put the bread in the toaster. As soon as it pops up, use a basting brush to brush the garlic butter on each slice of toast.

Makes 6 slices.



Tutti-Frutti Salad

- 1 can of fruit cocktail
- 1 kiwi fruit or
½ cup green grapes
- 1 red apple
- 1 banana
- 2 tablespoons frozen orange
juice concentrate
- 1/4 teaspoon cardamom or
nutmeg

Drain the fruit cocktail through a strainer and keep the juice. Cut the ends off the kiwi then peel it and slice it. (Grapes are already the perfect size!) Cut the apple into four pieces and cut out the seeds. Now cut it into small pieces, but don't peel it! Peel the banana and slice it. Put all the fruit together in a bowl. Stir the orange juice and the cardamom or nutmeg into the fruit cocktail juice and pour it over the fruit. Chill the salad in the refrigerator for at least one hour before you eat it.

Makes 4 big servings.



Eat-Your-Veggies Salad

1/3 cup of frozen peas

½ of a small yellow bell pepper

1 carrot

8 cherry tomatoes

6 mushrooms

(If you don't like one of these veggies, use another one that you like!)

6 big lettuce leaves

Your favorite salad dressing

Put the frozen peas in a bowl of hot water for 1-2 minutes then drain them in a strainer. Cut the top off the bell pepper. Take out the seeds, and cut half of it into big bite-size pieces. (Put the rest in a plastic bag in the refrigerator for later.) Peel the carrot then use the peeler to peel off big, long, fat slices. Wash the tomatoes and mushrooms, and dry them on a clean towel.

Now put three lettuce leaves on each of two plates. Pile half of the veggies on each plate, and add your favorite dressing.

Makes 2 servings.



“The Big Cheese” Sandwich

4 slices of bread
4 slices of your favorite cheese or
enough to cover the bread
4 slices of tomato or
4 thin slices of ham
Parsley Flakes
Pepper

Arrange the bread on a cookie sheet so the pieces don't touch. Cover each piece with a slice of cheese then a slice of tomato or ham. Sprinkle each sandwich with parsley and pepper.

Put the oven's rack at the highest level then turn on the oven's broiler. Put the pan on the high rack under the broiler for 2 minutes or until the cheese is bubbly. But don't walk away, or your sandwiches will burn!

Let the sandwiches cool until you can hold them without getting burned. Then, if you're really hungry, eat them with tomato soup!

Makes 2-4 servings.



Elder Teddy's Favorite Casserole

- 1 can cream of mushroom soup
- 1 soup can of milk
- 3/4 cup uncooked rice
- 1 small can of mushrooms
- 1 package dry onion soup mix
- 2 chicken breasts, cut in half
- Bread crumbs, crushed potato chips, or French-fried onions

Heat the oven to 350°F.

Mix the mushroom soup and milk together in a bowl. Take out a ½ cup of the mixture and set it aside. Stir the rice, the mushrooms and their juice, and half the onion soup mix into the remaining mushroom soup. Pour it into a 2 quart baking dish. Lay the chicken breasts on top and pour the reserved ½ cup of soup over them. Sprinkle the rest of the onion soup mix over the top. Cover the casserole with a lid or tin foil, and bake it for 1 hour.

Carefully remove the lid or foil. Sprinkle bread crumbs or crushed potato chips over the top and cook the casserole for 15 minutes more. Serve with Teddy's favorite vegetable—green beans.

Makes 4 servings.



Keep-the-Sabbath-Day-Holy Chicken or Roast

1 whole chicken or
1 medium size beef or pork roast
6 medium potatoes
8 large carrots
1 onion
Parsley
Garlic powder
Pepper
And 1 fun seasoning
(sage, tarragon, marjoram, lemon pepper, or season-salt)

On Saturday night, spray the bottom of a large baking dish or roasting pan with cooking spray, or rub it with butter or vegetable oil. Put the chicken or roast in the middle of the pan.

Wash the potatoes then cut each one into four pieces and put them around the meat. Peel the carrots and cut them into big chunks. Put them on top of the meat and potatoes. Peel the onion (or just rub off the dry papery skin and the fuzzy ends). Cut it into four pieces and add it to the pan.

Now sprinkle parsley, garlic powder, pepper and your favorite seasoning over the top. Cover the pan with a lid or tin foil and put it in the refrigerator.

On Sunday, put the pan in the oven, and turn the oven to 300°F for 3 hours. Add a green vegetable and "In-a-Hurry Muffins" for a complete Sunday dinner that's almost no work.

Makes 4-6 servings.



The Chocolatiest Chocolate Cake Ever

3 cups flour
2 cups sugar
A heaping ½ cup of baking cocoa
2 teaspoons baking soda
1 teaspoon salt
2 tablespoons vinegar
2 teaspoons vanilla extract
2/3 cup vegetable oil
2 cups cold water

Heat the oven to 350°F. Spray a 10"x13" pan with cooking spray, or rub it with butter or oil.

Put all the ingredients in a big bowl, and stir them together until the lumps are gone. Pour the batter into the pan. Bake it for 40-45 minutes or until you can poke the center of the cake with a toothpick and no batter stays on the toothpick.

Let the cake cool completely then frost it with "Secret Ingredient Glaze" or your mom's chocolate frosting. If your mom won't let you eat the whole cake, put some in the freezer!

Makes one 10"x13" cake.

Secret Ingredient Glaze

1½ cups powdered confectioner's sugar
1 teaspoon lemon juice
Water

Measure powdered sugar and lemon juice into a bowl. Stir in a spoonful of water at a time until the glaze is just runny enough to pour. Now stir it hard with a fork until all the lumps are gone, and dribble it over the cool cake.

Makes glaze for 1 cake.

Summertime Funtime Dessert

Fresh nectarines
Fresh blueberries
(Or any fresh fruit)
Whipped cream
Nutmeg
Mint leaves for garnish

Wash and slice the nectarines (or cut other fruit into large bite-size pieces). Arrange them in dessert bowls with the blueberries. Put a big spoonful of whipped cream on top of each bowl, and sprinkle it with just a pinch of nutmeg. Decorate it with a mint leaf, and put the bowls in the refrigerator until dessert time.

Makes as much as you want!

