

Food for the Spirit

SLOW COOKER CORNED BEEF AND CABBAGE SOUP

(Perfect use for your left-over corned beef)

- 4 cups chicken stock
- 1 (12-ounce) bottle of beer (I used a pale ale)
- 1.5 pounds corned beef, cut into large chunks
- 1.5 pounds Yukon gold potatoes, diced into bite-sized pieces
- 2 carrots, peeled and diced
- 2 stalks celery, diced
- 1 medium white onion, peeled and diced
- 1 small head green cabbage, quartered, cored and shredded
- 1 bay leaf
- generous pinch of salt and freshly-ground black pepper
- *for serving: chopped fresh parsley*

1. Add all ingredients to a large slow cooker bowl, and toss to combine. Cover and cook on low for 7-8 hours **or** on high for 3-4 hours, or until the beef is tender and shreds easily.
2. Transfer the beef chunks from the stew to a separate plate, and use two forks to shred it into bite-sized pieces. Return the beef to the stew, and stir to combine. Taste and season with additional salt and pepper if need be, then remove the bay leaf.
3. Serve warm, garnished with fresh parsley if desired.

Yield: 6 to 8 servings



When God giggles

Before dinner, our family was preparing to pray, which we do by holding hands. Upon discovering that one child hadn't washed his hands, my husband struck a contorted pose to avoid physical contact. The mealtime blessing quickly dissolved into laughter as we each peeked at him.

Afterward, as we passed around the food, I asked, "What do you imagine God thought about us laughing during prayer?" One child quickly replied, "I think he was laughing right along with us."

Yes! Although prayer is reverent, God invites us to converse with words, emotions — and even giggles!
—Janna Firestone

