


# Food for the Spirit

## Chicken Bacon Ranch Casserole

- 1 1/2 cups white rice
- 8 slices bacon, cooked and chopped
- 1/2 Onion, finely chopped
- 3 boneless, skinless chicken breasts, cut into bite sized pieces
- 2 tbsp. olive oil
- 2 tbsp. Ranch seasoning
- 2 1/4 cups chicken broth
- 1/4 cup heavy cream
- 1 cup shredded Cheddar
- 1/2 cup mozzarella
- 2 tsp. chopped parsley or a few sprigs of rosemary



1. Preheat oven to 350° F.
2. Into a 9" by 13" baking dish, combine rice, bacon and onions.
3. Drizzle chicken breasts with oil and season all over with ranch seasoning. Place in baking dish with rice and stir until all ingredients are distributed evenly. Pour in chicken broth and heavy cream and stir again to combine. Top with cheddar and mozzarella. Cover baking dish with foil and bake for 30 minutes, remove foil and bake 15-20 minutes more, until chicken is done and rice is fully cooked.
4. Garnish with parsley/rosemary and serve.



## A PLANTING PARABLE

Jesus had to explain his Parable of the Sower to the confused disciples.

*Directions: Use the word bank to answer the clues. Then fill in the correct words below to complete Matthew 13:23, NIV.*

**WORD BANK:** sow, soil, wither, root, thorn, crop, seed, farmer

1. Plant part that absorbs water . . . . . \_\_\_\_\_
2. Contains what's needed to grow a plant . . . . . \_\_\_\_\_
3. To plant . . . . . \_\_\_\_\_
4. Sharp part of a plant . . . . . \_\_\_\_\_
5. What is harvested. . . . . \_\_\_\_\_
6. To dry up and shrivel . . . . . \_\_\_\_\_
7. Person who plants . . . . . \_\_\_\_\_
8. The earth a plant grows in. . . . . \_\_\_\_\_

“But the       <sub>2</sub> falling on good       <sub>8</sub> refers to someone who hears the word and understands it.


This is the one who produces a       <sub>5</sub>, yielding a hundred, sixty or thirty times what was       <sub>3</sub> n.”

MATTHEW 13:23, NIV

Answer: root, seed, soil, wither, farmer, crop, thorn, soil, seed, soil, crop, sower

## SEED impressions

Create autumn-themed artwork using items from plants.



**What you need:**

- Seed pods, nuts, pine cones
- Mixing bowl
- 2 cups flour
- 1 cup salt
- 1 cup warm water
- Adult help

**What you do:**

1. Go on a nature walk and collect seeds with interesting textures.
2. In the bowl, mix flour and salt. Gradually add water. On a table, knead the dough. (If too dry, add more water; if too sticky, add more flour.)
3. Flatten a ball of dough and stamp impressions in it with the seeds.
4. If desired, bake for several hours at 150 degrees until dry and hard. Or, to reuse dough, store in an airtight container up to 6 months.

