

All Saints Alternative Lent Supper 2021 Week 1

This Week's Soup: Tomato

Use this recipe from the Lent Supper Recipe Book or your own favourite recipe.

1lb fresh tomatoes or 1x 14oz tin	1 large onion
1 oz butter or marg.	1 oz green peppers
1 bay leaf	1½ pts vegetable stock
Pinch basil	salt & pepper
½ tsp dark brown sugar or white	1tbsp chopped parsley
1tbsp chopped mint	



If fresh tomatoes are used, skin them (put them into a bowl of boiling water for 20 seconds, drain and cover with cold water, after about ½ a minute the skin should peel easily). Chop tomatoes finely.

Peel and chop onion finely. Chop green pepper finely. Melt the butter in a large pan, Fry the onion and green pepper until soft but not brown over a low to medium heat.

Add tomatoes, stock, basil and bay leaf. Bring to boil and simmer for 15 minutes.

Test the seasoning, add sugar. Just before serving add parsley and mint.

Church Family Connect

Send a message to someone in the Church Family you haven't seen for a while

Into the World

Make an extra donation to the Food Bank

Home and Family Activity

Make a colourful cross that you can hang somewhere you will see it every day.
Each time you see the cross, think of something that you can thank God for.



Prayer of the Week

(Collect for the First Sunday of Lent)

Almighty God,
whose Son Jesus Christ fasted forty days in the wilderness,
and was tempted as we are, yet without sin:
Give us grace to discipline ourselves in obedience to your Spirit;
and, as you know our weakness,
so may we know your power to save;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. Amen.