
AS OF NOW, WE ARE NO LONGER IN THE ANCIENT WORLD

WELCOME TO THE:



The Middle Ages



* Christian Art before Constantine:

- **Early Christian Art** - any art made before the schism in the Church caused by Constantine moving the capitol to Constantinople
- **Byzantine Art** - any art occurring in the Eastern half of the schism

Historical Background:

- 4th century Rome began declining
- Two major areas of operation:
 - Rome & Byzantium
- As the western side began to fall (Rome), the eastern side grew stronger and stronger (Byzantium)
- A new religious fervor took hold in the crumbling empire
 - Judaism, Christianity, and Gnosticism
 - All these religions were prophet centered
 - Christianity became the most known and widespread
 - The gospels were likely written during this time
- By 300 CE, a third of the Roman Empire was considered christian, but at this time it was still a persecuted religion
 - 312 Christianity became accepted via Constantine
 - Constantine declared God gave him Devine Rule
 - Ruled both Church and State => combined might of empire with Christianity

CHICKEN LONG RICE

Slow Cooker Size: 5 quarts

Cooking Time: 7-9 hours on low & 20-25 minutes on high

Ingredients:

- **12 medium green onions**, chopped into half-inch pieces
- **6-inch piece ginger**, peeled and cut into half-inch pieces
- **3 medium carrots**, peeled and cut into one-inch pieces
- **1 small onion**, cut into one-inch pieces
- **2 pounds chicken thighs**, bone in, skin removed
- **3 (14 ½-ounce) cans fat-free chicken broth**
- **8-10 ounces long rice noodles**, dehydrated
- **1 tablespoon soy sauce**
- **1 tablespoon oyster flavored sauce**

Optional Ingredients:

- **Chinese parsley**, chopped
- **garlic**, peeled and crushed
- **salt and pepper** to taste
- **sesame oil**

Directions:

1. Refrigerate chopped green onions and Chinese parsley (optional) until ready to use.
2. In slow cooker, combine ginger, garlic (optional), carrots, onion, and chicken; cover with chicken broth.
3. Cover slow cooker and cook on low for 7-9 hours.
4. During the last 30 minutes of cooking, soak long rice in warm water for 5 minutes. Remove chicken bones from slow cooker.
5. Add softened long rice and green onions to slow cooker and cook on high for 25-30 minutes.
6. Before serving, stir in soy and oyster sauces.
7. Optional: Stir in salt, pepper, sesame oil, and top with Chinese parsley.

makes
13
one-cup servings

Variations:

Lean ground meat or chicken breast may be used in place of chicken thighs.

Nutrition Facts

Serving Size 1 cup (188g)	
Servings Per Container 13	
Amount Per Serving	
Calories 160	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6 %
Saturated Fat 1g	5 %
Trans Fat 0g	0 %
Cholesterol 35 mg	12 %
Sodium 420 mg	18 %
Total Carbohydrate 18g	6 %
Dietary Fiber less than 1g	4 %
Sugars 2g	
Protein 12g	
Vitamin A 45%	Vitamin C 10%
Calcium 2%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4	

Menu Suggestions:

Chicken Long Rice
Brown rice
Fresh, frozen, canned or dried fruit

CREAM OF MUSHROOM STEW

Slow Cooker Size: 4 quarts

Cooking time: 7-9 hours on low

Ingredients:

- **2 medium russet potatoes**, peeled and cut into two-inch pieces
- **2 large carrots**, peeled and cut into two-inch pieces
- **3 celery ribs**, chopped into two-inch pieces
- **1 medium onion**, chopped into two-inch pieces
- **2 pounds boneless skinless chicken thighs**, cut into one-inch cubes
- **¼ cup water**
- **2 (10 ¾-ounce) cans cream of mushroom soup**

Optional Ingredients:

- **garlic**, peeled and crushed
- frozen or canned **chopped green beans**, defrosted or drained
- **canned mushrooms**, drained
- **salt** and **pepper** to taste

Directions:

1. In slow cooker, add potatoes, carrots, celery, onion, chicken, and water. Optional: Add garlic.
2. Optional: Add green beans, canned mushrooms, salt and pepper to taste.
3. Cover mixture with cream of mushroom soup.
4. Cover slow cooker and cook on low for 7-9 hours.
5. Mix well before serving.

Menu Suggestions:

Cream of Mushroom Stew
Brown Rice
Fresh, frozen, canned or dried fruit

makes
10
one-cup servings

Variations:

Chicken breasts or lean pork may be used in place of chicken thighs.

Chicken broth may be used in place of water.

For a thicker stew: Combine 3 tablespoons flour and ¼ cup water. Mix well and stir into the slow cooker during the last 30 minutes of cooking.

Nutrition Facts

Serving Size 1 cup (217g)
Servings Per Container 10

Amount Per Serving

Calories 210 **Calories from Fat** 70

% Daily Value*

Total Fat 8g 12 %

Saturated Fat 2g 10 %

Trans Fat 0g 0 %

Cholesterol 65mg 22 %

Sodium 510mg 22 %

Total Carbohydrate 14g 5 %

Dietary Fiber 2g 6 %

Sugars 2g

Protein 20g

Vitamin A 45% ■ Vitamin C 8%

Calcium 2% ■ Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4

CURRY

Slow Cooker Size: 5 quarts
Cooking Time: 7-9 hours on low

Ingredients:

- **2 medium russet potatoes**, peeled and chopped into two-inch pieces
- **3 medium carrots**, peeled and chopped into two-inch pieces
- **3 celery ribs**, chopped into two-inch pieces
- **1 medium onion**, chopped into two-inch pieces
- **2 pounds boneless stew meat**, cut into one-inch cubes
- **3-4 tablespoons curry powder**
- **2 (14 ½-ounce) cans fat-free chicken broth**

Optional Ingredients:

- **garlic**, peeled and crushed
- **bananas** or **apples**, peeled and chopped
- **salt** and **pepper** to taste

Directions:

1. In slow cooker, layer potatoes, carrots, celery, onion, and stew meat. Optional: Add garlic, banana or apple.
2. Sprinkle curry powder over meat.
3. Cover mixture with chicken broth.
4. Cover slow cooker and cook on low for 7-9 hours.
5. Optional: During the last 30 minutes of cooking add flour-water mixture to curry and stir well. Cover and cook on low for 30 minutes.
6. Optional: Add salt and pepper to taste.
7. Mix well before serving.

Menu Suggestions:

Curry
Brown rice
Fresh, frozen, canned or dried fruit

makes
15
one-cup servings

Variations:

Lean ground meat or chicken cubes may be used in place of beef cubes.

Beef or vegetable broth may be used in place of chicken broth.

For a thicker curry: Combine 3 tablespoons flour with ¼ cup water; mix well. Stir into the curry during the last 30 minutes of cooking.

Nutrition Facts

Serving Size 1 cup (158g)
Servings Per Container 15

Amount Per Serving

Calories 130 **Calories from Fat** 45

% Daily Value*

Total Fat 5g 8 %

Saturated Fat 2g 9 %

Trans Fat 0g 0 %

Cholesterol 35 mg 11 %

Sodium 190 mg 8 %

Total Carbohydrate 7g 2 %

Dietary Fiber 1g 5 %

Sugars 1g

Protein 14g

Vitamin A 35% ■ Vitamin C 6%

Calcium 2% ■ Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4

JOOK

Slow Cooker Size: 5 quarts
Cooking Time: 7-9 hours on low

Ingredients:

- 1 medium won bok cabbage, chopped into bite-sized pieces
- 12 medium green onions, chopped into one-inch pieces
- 6-inch piece ginger, chopped into one-inch pieces
- 2 medium carrots, chopped into half-inch pieces
- 1 cup uncooked white rice, rinsed (standard cup measure)
- 1 cup uncooked brown rice, rinsed (standard cup measure)
- 1 pound boneless skinless chicken thighs, cut into one-inch cubes
- 4 (14 ½-ounce) cans fat-free chicken broth
- 1 tablespoon oyster flavored sauce
- 1 tablespoon soy sauce

Optional Ingredients:

- Chinese parsley, chopped
- sesame oil

Directions:

1. Refrigerate chopped won bok cabbage, green onions, and Chinese parsley (optional) until ready to use.
2. In slow cooker, combine ginger, carrots, white and brown rice, chicken, and cover with chicken broth.
3. Cover slow cooker and cook on low for 7-9 hours.
4. During the last 1 hour of cooking, open slow cooker and mix in won bok cabbage and green onions. Cover and cook for 1 hour.
5. Add oyster sauce, soy sauce, Chinese parsley (optional) and sesame oil (optional) before serving.

Menu Suggestions:

Jook
Fresh, frozen, canned or dried fruit

makes
11
one-cup servings

Variations:

Lean ground meat, chicken breast, ham, or leftover meats may be used in place of chicken thighs.

Nutrition Facts

Serving Size 1 cup (378g)
Servings Per Container 11

Amount Per Serving

Calories 250 Calories from Fat 35

% Daily Value*

Total Fat 4g 6%

Saturated Fat 1g 5%

Trans Fat 0g 0%

Cholesterol 30mg 10%

Sodium 480 mg 21%

Total Carbohydrate 33g 11%

Dietary Fiber 3g 11%

Sugars 3g

Protein 17g

Vitamin A 80% ■ Vitamin C 60%

Calcium 8% ■ Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4

KIM CHEE SOUP

Slow Cooker Size: 5 quarts

Cooking Time: 7-9 hours on low

Ingredients:

- ½ small head cabbage, chopped into one-inch pieces
- 5 medium green onions, chopped into half-inch pieces
- 1 (10-ounce) bag bean sprouts, rinsed
- 12 ounces hot kim chee
- 1 (14-ounce) block firm tofu, drained and cut into one-inch cubes
- 2 (6 ½-ounce) cans mushroom pieces, drained
- 1 pound lean boneless pork, cut into one-inch cubes
- 3 (14 ½-ounce) cans fat-free chicken broth

Optional Ingredients:

- garlic, peeled and crushed
- ginger, peeled and crushed
- chili pepper flakes
- ko cho jung sauce

Directions:

1. Refrigerate chopped cabbage, green onions, and bean sprouts until ready to use.
2. In slow cooker, combine kim chee (cabbage and liquid), tofu, mushrooms, pork, and chicken broth. Optional: Add chili pepper flakes, garlic, and ginger.
3. Cover slow cooker and cook on low for 7-9 hours.
4. During the last 15 minutes, open slow cooker and mix in cabbage, green onions, and bean sprouts. Cover and cook for 15 minutes.
5. Optional: Stir in ko cho jung or Asian hot sauce before serving.

Menu Suggestions:

Kim Chee Soup
Brown rice
Fresh, frozen, canned or dried fruit

makes
13
one-cup servings

Variations:

Lean ground pork or chicken may be used in place of lean boneless pork.

Nutrition Facts

Serving Size 1 cup (263g)
Servings Per Container 13

Amount Per Serving

Calories 120 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g 7 %

Saturated Fat 1.5g 7 %

Trans Fat 0g 0 %

Cholesterol 20mg 7 %

Sodium 450mg 20 %

Total Carbohydrate 6g 2 %

Dietary Fiber 2g 9 %

Sugars 2g

Protein 15g

Vitamin A 8% ■ Vitamin C 30%

Calcium 8% ■ Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4

LAU LAU STEW

Slow Cooker Size: 4 quarts

Cooking Time: 7-9 hours on low

Ingredients:

- 5-6 large ti leaves, washed and ribs removed
- 2 (24-ounce) packages cooked, frozen luau leaves
- 2 large sweet potatoes or yams, cleaned and cut into two-inch pieces
- 1 pound lean pork roast, trimmed and cut into two-inch pieces
- 2 teaspoons rock salt

Optional Ingredients:

- coconut extract to taste.

Directions:

1. Line the bottom and sides of the slow cooker using 3 ti leaves.
2. In slow cooker, layer 1 package of luau leaves, sweet potatoes or yams, pork, and remaining package of luau leaves.
3. Cover ingredients with remaining ti leaves.
4. Cover slow cooker and cook on low for 7-9 hours.
5. When ready to serve, sprinkle with rock salt and mix lightly.
6. Optional: Stir in the coconut extract.

Menu Suggestions:

Lau Lau Stew
Brown rice
Fresh, frozen, canned or dried fruit

makes
10
one-cup servings

Nutrition Facts

Serving Size 1 cup (210g)
Servings Per Container 10

Amount Per Serving

Calories 170 Calories from Fat 50

% Daily Value*

Total Fat 5g 8%

Saturated Fat 2g 9%

Trans Fat 0g 0%

Cholesterol 35mg 11%

Sodium 80mg 4%

Total Carbohydrate 15g 5%

Dietary Fiber 5g 19%

Sugars 5g

Protein 18g

Vitamin A 240% ■ Vitamin C 110%

Calcium 15% ■ Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4

LOCAL STEW

Slow Cooker Size: 5 quarts

Cooking Time: 7-9 hours on low

Ingredients:

- **2 medium russet potatoes**, peeled and cut into two-inch pieces
- **2 large carrots**, peeled and cut into two-inch pieces
- **3 celery ribs**, cut into two-inch pieces
- **1 medium onion**, cut into two-inch pieces
- **2 pounds stew meat**, cut into one-inch cubes
- **1 (14 ½-ounce) can fat-free chicken broth**
- **1 (14 ½-ounce) can stewed tomatoes**

Optional Ingredients:

- **bay leaf**
- **garlic**, peeled and crushed
- **salt** and **pepper** to taste

Directions:

1. In slow cooker, add potatoes, carrots, celery, onion, stew meat, and chicken broth. Optional: Add bay leaf and garlic.
2. Cover mixture with stewed tomatoes.
3. Cover slow cooker and cook on low for 7-9 hours.
4. Optional: During the last 30 minutes of cooking, add flour-water mixture to local stew and stir well. Cover and cook for remaining 30 minutes.
5. Optional: Add salt and pepper to taste.
6. Mix well before serving.

Menu Suggestions:

Local Stew
Whole wheat bread or brown rice
Fresh, frozen, canned or dried fruit

makes
12
one-cup servings

Variations:

Chicken, pork, or lean ground meat may also be used in place of stew meat. Beef or vegetable broth may be used in place of chicken broth. Tomato soup or tomato paste may be used in place of stewed tomatoes.

Nutrition Facts

Serving Size	1 cup (196g)
Servings Per Container	12
Amount Per Serving	
Calories	170 Calories from Fat 60
%	
% Daily Value*	
Total Fat	6g 10 %
Saturated Fat	2.5g 11 %
<i>Trans</i> Fat	0g 0 %
Cholesterol	45mg 14 %
Sodium	230mg 10 %
Total Carbohydrate	10g 3 %
Dietary Fiber	1g 4 %
Sugars	2g
Protein	17g
Vitamin A	40% ■ Vitamin C 15%
Calcium	2% ■ Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4

PORTUGUESE BEAN SOUP

Slow Cooker Size: 5 quarts

Cooking Time: 7-9 hours on low

Ingredients:

- **1 small cabbage**, chopped into two-inch pieces
- **1 (10-ounce) Portuguese sausage**, sliced into quarter-inch rounds
- **1 pound lean ham steak**, bone-in, cut into one-inch cubes
- **1 large carrot**, peeled and cut into one-inch pieces
- **1 medium russet potato**, peeled and cut into one-inch pieces
- **1 medium onion**, cut into one-inch pieces
- **1 (15 ¼-ounce) can kidney beans**, drained and rinsed
- **1 (28-ounce) can diced tomatoes**
- **4 cups water**

Optional Ingredients:

- **garlic**, peeled and crushed
- **cooked pasta**
- **salt and pepper** to taste

Directions:

1. Refrigerate chopped cabbage until ready to use.
2. In slow cooker, combine Portuguese sausage, ham, carrot, potato, onion, garlic (optional), kidney beans, tomatoes, and water.
3. Cover slow cooker and cook on low for 7-9 hours.
4. One hour before soup is ready to be served, stir chopped cabbage into soup. Cover, and continue cooking for 1 hour.
5. Before serving, remove and discard ham bone and stir.
6. Optional: Add pasta, salt and pepper to taste.

Menu Suggestions:

Portuguese Bean Soup
Whole wheat bread or rolls or brown rice
Fresh, frozen, canned or dried fruit

makes
16
one-cup servings

Variations:

Ham shank may be used in place of ham steak.

Nutrition Facts

Serving Size 1 cup (238g)
Servings Per Container 16

Amount Per Serving

Calories 160 Calories from Fat 60

% Daily Value*

Total Fat 6g 10 %

Saturated Fat 2.5g 12 %

Trans Fat 0g 0 %

Cholesterol 25mg 8 %

Sodium 380mg 16 %

Total Carbohydrate 14g 5 %

Dietary Fiber 4g 14 %

Sugars 4g

Protein 11g

Vitamin A 20% ■ Vitamin C 45%

Calcium 4% ■ Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4

VEGETABLE BEEF SOUP

Slow Cooker Size: 4 quarts

Cooking Time: 6-8 hours on low

Ingredients:

- 1 pound package frozen mixed vegetables
- 1 (14 ½-ounce) can diced tomatoes
- 1 (14 ½-ounce) can tomato sauce
- ½ pound lean stew meat, cut into one-inch cubes
- 2 (14 ½-ounce) cans fat-free chicken broth
- 3 cups cooked pasta (1 ½ cups dry)

Optional Ingredients:

- Bay leaf
- dried basil or mixed Italian seasoning
- salt and pepper to taste

Directions:

1. In slow cooker, combine frozen mixed vegetables, diced tomatoes, tomato sauce, stew meat, and chicken broth. Optional: Add bay leaf, dried basil or mixed Italian seasoning.
2. Cover slow cooker and cook on low for 6-8 hours.
3. Add cooked pasta and mix well just before serving.
4. Optional: Add salt and pepper to taste.

Menu Suggestions:

Vegetable Beef Soup
Whole grain bread
Fresh, frozen, canned or dried fruit

makes
10
one-cup servings

Variations:

Lean ground meat may be used in place of stew meat. Canned tomato soup may be used in place of canned tomato sauce.

Nutrition Facts

Serving Size 1 cup (256g)
Servings Per Container 10

Amount Per Serving

Calories 130 Calories from Fat 20

% Daily Value*

Total Fat 2g 3%

Saturated Fat .5g 4%

Trans Fat 0g 0%

Cholesterol 15mg 4%

Sodium 550mg 24%

Total Carbohydrate 18g 6%

Dietary Fiber 2g 9%

Sugars 4g

Protein 10g

Vitamin A 15% ■ Vitamin C 15%

Calcium 2% ■ Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4