

**Tasting the Bible Session One, July 6, 2023 5:00 pm Theme: *Hospitality***

Scripture: Genesis 18:1-15

The LORD appeared to Abraham by the oaks of Mamre, as he sat at the entrance of his tent in the heat of the day. 2 He looked up and saw three men standing near him. When he saw them, he ran from the tent entrance to meet them, and bowed down to the ground. 3 He said, “My lord, if I find favor with you, do not pass by your servant. 4 Let a little water be brought, and wash your feet, and rest yourselves under the tree. 5 Let me bring a little bread, that you may refresh yourselves, and after that you may pass on—since you have come to your servant.” So they said, “Do as you have said.”

6 And Abraham hastened into the tent to Sarah, and said, “Make ready quickly three measures[c] of choice flour, knead it, and make cakes.” 7 Abraham ran to the herd, and took a calf, tender and good, and gave it to the servant, who hastened to prepare it. 8 Then he took curds and milk and the calf that he had prepared, and set it before them; and he stood by them under the tree while they ate.

9 They said to him, “Where is your wife Sarah?” And he said, “There, in the tent.” 10 Then one said, “I will surely return to you in due season, and your wife Sarah shall have a son.” And Sarah was listening at the tent entrance behind him. 11 Now Abraham and Sarah were old, advanced in age; it had ceased to be with Sarah after the manner of women.

12 So Sarah laughed to herself, saying, “After I have grown old, and my husband is old, shall I have pleasure?” 13 The LORD said to Abraham, “Why did Sarah laugh, and say, ‘Shall I indeed bear a child, now that I am old?’ 14 Is anything too wonderful for the LORD? At the set time I will return to you, in due season, and Sarah shall have a son.” 15 But Sarah denied, saying, “I did not laugh”; for she was afraid. He said, “Oh yes, you did laugh.”

**Brown Bag Supper Suggestion (Optional):**

Roast beef sandwich on whole wheat bread  
A small box of raisins

**Feeling more ambitious? Flatbread and beef stew recipes, next page...**



## Flat Bread Ingredients

- 2 cups (470 ml) whole wheat flour (or buckwheat flour or spelt flour)
- $\frac{3}{4}$  cup (180 ml) cold water (milk can be substituted for more flavor)
- 2 tablespoons olive oil
- 1 teaspoon salt
- $\frac{1}{2}$  medium onion chopped finely
- garlic clove minced

## INSTRUCTIONS for Flat Bread

- Preheat oven to 450 degrees.
- Combine all ingredients with the water to form a dough and knead for 3 minutes.
- Divide dough into 8 balls. Flatten each into a thin round and prick with a fork.
- Bake on a greased cookie sheet for 10 minutes.

## Beef Stew Ingredients

- 3 tablespoons olive oil, divided
- 1  $\frac{3}{4}$  pounds beef tenderloin, cut into 1-inch cubes (or smaller)
- 1 large onion, chopped
- 2 garlic cloves, chopped
- $\frac{1}{2}$  teaspoon black pepper
- 2 teaspoons ground cumin
- 1  $\frac{1}{2}$  teaspoons ground cinnamon
- 2 cups beef broth
- $\frac{1}{2}$  cup halved pitted green or kalamata olives
- $\frac{1}{2}$  cup raisins
- 1 15-ounce can garbanzo beans (chickpeas), drained
- $\frac{1}{2}$  cup chopped fresh cilantro
- 1 teaspoon lemon peel

## Beef Stew Instructions

1. Heat 2 tablespoons oil in heavy large saucepan over medium-high heat.
2. Sprinkle beef with salt and pepper. Working in batches, add beef to pan and brown on all sides, about 3 minutes per batch. Transfer to plate.
3. Add remaining 1 tablespoon oil, onion, and garlic to pan. Cook until vegetables are soft, stirring frequently, about 10 minutes.
4. Add spices; stir 1 minute.
5. Add broth, olives, raisins, garbanzo beans, and cilantro; bring to boil. Simmer until juices thicken, about 5 minutes.
6. Add beef and any accumulated juices and lemon peel to pan. Stir to warm through and serve.