



## DON'T HOLD BACK IN 2026!

*Hello Family!*

*It's a new year and there's so much to share with you! We are looking forward to serving up stories, recipes and more, throughout the year to you at the family table. My daughter and I are thrilled to dine via newsletter with you monthly.*

*Let's preserve the family table and see where this year leads us. Shall we?*

My heart wants to share a story that has bubbled up all kinds of emotions and even brought tears in typing this for you.

When I was a pre-teen, I remember going to a youth event at church. This would have been around 1959. There was probably six to eight of us that night and we all went to a soda shop. A boy named David talked me into trying an ice cream float with root beer. I'm so glad I tried it! That night made an unforgettable memory and created an appetite for root beer floats and it has been with me my whole life because of that decision so long ago.

I share this with you because I am nearing 80 now and looking back on the years, good and bad, I realize that there are many things that I have never done and now may be too old to do. I think more than anything, I just never felt I could either afford it, was focusing on the things that screamed the loudest, raising many children, or that other things were just more important at the time. Now, after the kids are grown, the church programs are put away, I sit to myself many days, dealing with the pains of age and limitations that come with it. Suddenly, it's very important.

I didn't even think about this great big world out there that I have never seen and suddenly, I realize what I have missed. So, I started sharing what I knew and you came along to give me a voice again.

I never imagined when I started to do videos of my recipes and stories that it would lead me here to being able to share special moments and thoughts with you this way, also.

As you are going about your days, months and year, don't spend all your time trying to hold back the darkness in life. Go bask in the light. Often times our mindset is what will determine our life. Find time for 'you' and remember that Jesus died so you can live! Don't hold back.

I'm so glad I did not let my inadequacies stop me and I'm so glad I tasted that root beer float so long ago!



## Mamaw's Sweet Jelly Chili



## INSTRUCTIONS

In a large pot, brown your ground beef and drain off the excess liquid. Add in the onions, bell pepper and garlic and cook for two more minutes, stirring. Add chili powder, oregano and thyme. Heat spices for about one minute, stirring. Add the tomatoes, beef broth and tomato paste quickly. Stir. Cover and let cook on low heat for about 45 minutes. Stir every five minutes or so. Uncover after time has expired and cut heat down to simmer for up to another 30 minutes to condense and thicken the chili, as the steam escapes. About 15 minutes before you are ready to serve it, add your beans and jelly and turn heat way down to simmer.

If you don't like kidney beans, try black beans, pintos, navy or other varieties. Salt and pepper to taste.

## INGREDIENTS

- 2 lbs. 80/20 ground beef
- 1 cup onion, diced
- 1 green bell pepper, diced (remove guts)
- 1 red bell pepper, diced (remove guts)
- (28 oz.) crushed tomatoes
- (14 oz.) diced tomatoes
- (14 oz.) beef broth
- (6 oz.) tomato paste
- 2 (15 oz.) cans kidney beans drained & rinsed
- 1 can black beans, rinsed
- 1 tsp. garlic powder
- 1/4 cup chili powder
- 1 large tbsp. grape jelly
- 1 tsp. oregano
- 1 tsp. thyme
- Salt & pepper to taste

Toppers:

Shredded Cheese  
Sour Cream  
Crackers  
Cilantro  
Mamaw's cornbread (recipe in cook book)

Serves 10

*"You are the light of the world, a city that is set on a hill cannot be hidden. Nor do they light a lamp and put it under a basket, but on a lampstand and it gives light to all who are in the house. Let your light so shine before men..." Matthew 5:14-16 NKJV*

To get your copy of "The Cook's Book" A Journal of Faith, Family and Food or to contact Mamaw, go to: [mamawsinthekitchen@gmail.com](mailto:mamawsinthekitchen@gmail.com)

