

## **Food for the Body, Food for the Soul**

### *Family Favorite Recipes from the St. Lad's Faith Community*

*Our Dear Heavenly Father, we thank You for this food.  
Feed our souls on the bread of life and  
help us to do our part in kind words and loving deeds.  
We ask in Jesus' name. Amen.*

#### **John's Mom's Crab Dip**

From the kitchen of John Reinke

*This recipe has been a holiday favorite in our family for many years as well as coworkers who coined it "John's Mom's crab dip". Family would eagerly await the member who would bring it to the party. There has always been an air of mystery as to the origin of the recipe. Mom would never tell.*

1 can 6 oz. crab meat (drained)  
2 hard boiled eggs, chopped  
1 medium onion, minced  
8 oz shredded cheddar  
8 oz Philly cream cheese  
3/4 cup mayo  
1/2 teaspoon black pepper  
1/4 teaspoon prepared mustard

Allow cheese to get to room temp.  
Then blend together.  
Add mayo and all other ingredients.  
Sprinkle paprika lightly on top.  
Serve with crackers.