

Evenings alone

Over the past few years, I've become quite comfortable spending time by myself. I found out, with all that time, I really do like me. I'm easy company. I don't ask for much and don't need a lot of attention. A good book, good movie, good music, some computer time, a warm house and full belly is all I needed to be comfortable. It was much different than my life as a husband and father.

Even in that time alone, I found I did miss the human contact. I missed having someone to share my life with. More than just the companionship of close friends, I missed someone I could share the many aspects of life. It is a comfort to know I can share my joys, tears and just about every little bit of fluff I encounter with someone again. I will never underestimate the importance of idle chit-chat with another person. That sort of thing makes the world a wonderful place to live.

Due to schedules, there are evenings I spend by myself. That 'down time' is something I found I need. I need to keep in touch with the person I am. Even if I am doing the same things I would do other evenings, this time for self is also important to my well being. I had that before, but I never really saw the worth of it. Time alone is a relaxing 'tune up' for my mind and heart. It makes me easier for me to get along with others.

This time also gives me a chance to think about where I will be going with this blog. As said, the original reason for the blog has been pushed to one of the safe places. With luck, it will be a place I don't need to look for again. Life is good, and I am a comfortable, happy camper.

So anyway on a few of these evenings on my own, I will be putting my fingers to the keyboard again, and sharing part of what I'm doing with any readers I have.

One final note for this evening...

Quick evening meal

Boneless Chicken breasts

Vegetables

Chicken stock thickened

Rice or Noodles or Bread

I wanted a quick meal this evening, and threw the above ingredients together. I guess it would be about one medium chicken breast per person with about 1 and 1/2 cups of vegetables cut into bite size pieces. I browned the chicken while I was cutting the veggies. After the chicken had browned, I removed it to cut into bite size pieces while cooking the veggies in about 1/4 to 1/2 cup thickened chicken stock (I could have some cream soup, but I had the stock). The veggies I had were broccoli, cauliflower and mushrooms, but it could be whatever you have on hand. I then added the cooked chicken and simmered for about 5 minutes. I served this over a slice of homemade bread.

Total cooking time 1/2 hour. 1 pan, one knife, one cutting board and one wooden spoon were used in preparation tonight. Minimal time, minimal mess ... just what I want when I cook a meal.