



Lenten Recipes

From the Parishioners (and Past Parishioners) of
St. Elizabeth Orthodox Church

Entrées

Argentinian Stew

—*Carol Lyons*

Ingredients

1 med. onion, chopped and sauteed in olive oil
1 red & yellow peppers chopped and sauté'
Carrots sliced
2 cans white cannoli beans, drained and rinsed
2 cans vegetable broth
1 large sweet yam
Red Potatoes, chopped (about four)

Directions

Cook covered until tender

Artichokes with Lima Beans

—*Carol Lyons*

Ingredients

6 green onions, chopped
½ c. olive oil
1 package (10 oz.) frozen artichoke hearts
1 package (10 oz.) frozen lima beans
Salt & pepper
3 Tbsp. fresh dill or 1 ½ T. dry dill
2 Tbsp. fresh lemon juice

Directions

In a large skillet, sauté onion in oil. Layer beans and artichokes over onion; sprinkle with salt, pepper, and dill. Cover and simmer vegetables 20 min., or until tender. Sprinkle with lemon juice; continue cooking 2 or 3 min. longer.

Borscht (from the Kaleenka Restaurant)

—*Walter Conrad*

Ingredients (5 servings)

½ green pepper
1 small head of cabbage, chopped

1 potato, cubed
1 onion, chopped
2 beets, grated
3 carrots, grated
3 stalks of celery, chopped
¼ tsp. salt
½ tsp. pepper
1 c. tomato juice
2 Tbsp. oil
4 c. water
dill

Directions

1. Brown onions, beets, carrots, and potato separately in ½ tsp oil.
2. Bring water to boil.
3. Add cabbage, green pepper and celery.
4. Return to boil, add browned veggies, salt and pepper.
5. Cook until veggies are soft
6. Add tomato juice.
7. Serve with sour cream and a dash of dill.

Notes

Cabbage is the main ingredient, and is critical to the overall taste. Select a cabbage that tastes sweet. I tear off and taste a small piece when I am shopping at the market (Don't tell anyone).

Chickpea Curry

—*Adrienne Eldred*

Ingredients

2 cans chickpeas—15 oz. per can, rinsed and drained
1–2 apples chopped into bitesize chunks
1 can coconut milk – (13.5oz)
2 tsp. garam masala
2 tsp. turmeric
1 tsp. ginger powder
½ tsp. chili flakes

1 medium-size onion, chopped
2 cloves of garlic, minced
1 Tbsp. olive oil
10 oz fresh baby spinach, or kale uncooked -
(10 c. loosely packed – you can use 10 oz
frozen instead of fresh)
Salt
4 lemon wedges – (optional)
Fresh coriander – (optional)

Directions

1. Heat the oil in a large pan. When the oil is smoking hot lower the heat and add the spices (see additional notes below).
2. After a few seconds, add the chopped onions, minced garlic, and apple.
3. Once the onion and garlic are golden brown, and apple begins to soften, add the chickpeas and the coconut milk. Add salt to taste.
4. Cook for 5 minutes, then add the washed fresh spinach, stir well and cover.
5. Let the spinach/kale wilt for a couple of minutes, and it's ready to serve.
6. You can add a splash of fresh lemon juice and some freshly chopped coriander if you like. But it's not essential.
7. This curry is delicious with basmati rice or soft pita.

Chili Sin Carne

—*Walter Conrad*

This recipe is adapted from Betty Crocker's Cookbook, 1986, page 212.

Ingredients (10 servings)

Canned beans:

2 cans black beans
2 cans kidney beans
2 cans lima or butter bean

Or dry beans:

1 c. dry black beans

1 c. dry kidney or pinto beans
1 c. dry lima beans
Two 11½ oz. cans Italian stewed tomatoes, diced
About 12 oz. Prego Spaghetti Sauce
2 large yellow onions, diced
3 bell peppers, diced
3 Tbsp. olive oil
Seasonings:
2 Tbsp. basil
2 Tbsp. oregano
2 Tbsp. brown sugar
1 Tbsp. chili powder
1 Tbsp. cumin
2 garlic cloves, thinly chopped or crushed
2 tsp. salt
½ tsp. black pepper

Directions

When using dry beans:

Soak beans overnight, or use quick-boil method.

Drain soaking water.

Cover beans with water and slowly cook until tender. Set aside.

When using canned beans, drain and discard liquid, then rinse beans.

Sauté diced peppers until starting to brown, and then add diced onions and sauté onions until transparent.

Add canned tomatoes, canned beans, basil, oregano, chili powder, garlic, cumin, and pepper.

Add half the salt and sugar.

Add beans to seasoned vegetables.

Stir in spaghetti sauce until desired consistency.

Taste and adjust seasonings.

continued . . .

Notes:

Using several varieties of beans makes the chili more digestible and more interesting.

Slow cooking yields the best bean texture. Fast cooking disintegrates the beans. Soak and cook lima beans separately, lest the other varieties discolor them. Suggestion: Put the soaked beans in a ceramic pot, cover with water, cover with lid, and then cook in the oven at 250 degrees. 1.5 hours for lima beans, 2.5 hours for black beans and pinto beans.

When adjusting the seasonings, check the tartness. If too tart, add more sugar.

Chili, Quinoa and Black Bean

—*Walter Conrad*

Ingredients

1 c. uncooked quinoa, rinsed
2 c. water
1 Tbsp. vegetable oil
1 onion, chopped
4 cloves garlic, chopped
1 Tbsp. chili powder
1 Tbsp. ground cumin
1 (28 oz) can crushed tomatoes
2 (19 oz) cans black beans, rinsed and drained
1 green bell pepper, chopped
1 red bell pepper, chopped
1 zucchini, chopped
1 jalapeno pepper, seeded and minced
1 Tbsp. minced chipotle peppers in adobo sauce
1 tsp. dried oregano
salt and ground black pepper to taste
1 c. frozen corn
¼ c. chopped fresh cilantro

Directions

1. Bring the quinoa and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the

quinoa is tender, and the water has been absorbed, about 15 to 20 minutes; set aside.

2. Meanwhile, heat the vegetable oil in a large pot over medium heat. Stir in the onion, and cook until the onion softens and turns translucent, about 5 minutes. Add the garlic, chili powder, and cumin; cook and stir 1 minute to release the flavors. Stir in the tomatoes, black beans, green bell pepper, red bell pepper, zucchini, jalapeno pepper, chipotle pepper, and oregano. Season to taste with salt and pepper. Bring to a simmer over high heat, then reduce heat to medium-low, cover, and simmer 20 minutes.

3. After 20 minutes, stir in the reserved quinoa and corn. Cook to reheat the corn for 5 minutes. Remove from the heat, and stir in the cilantro to serve.

Chili, Vegetarian (Recipe #1)

—*Walter Conrad*

Ingredients

⅓ c. olive oil
2 c. sliced fresh mushrooms
1 c. finely chopped onion
1 c. chopped carrot ⅓
¾ c. chopped green bell pepper
¼ c. chopped celery
1 Tbsp. minced garlic
1 Tbsp. chili powder, or more to taste
1 Tbsp. ground cumin
1 1/8 tsp. salt
¾ tsp. ground black pepper
¾ tsp. dried basil
¾ tsp. dried oregano
1 (28 oz) can whole peeled tomatoes with juice
3 c. black beans, undrained
½ (6 oz) can tomato paste
¼ c. red wine
¾ tsp. hot pepper sauce (such as Tabasco®)
2 c. water

Directions

Heat olive oil in a large pot over medium heat; cook and stir mushrooms, onion, carrot, green bell pepper, celery, garlic, chili powder, cumin, salt, black pepper, basil, and oregano until the onion begins to soften, 2 to 3 minutes.

Stir in tomatoes with their liquid, black beans and their liquid, tomato paste, red wine, hot pepper sauce, and water.

Bring the chili to a boil, reduce heat to low, and simmer until vegetables are tender, about 20 minutes.

Chili, Vegetarian (Recipe #2)

—*Walter Conrad*

Ingredients

2 cubes vegetable bouillon, crumbled
1 Tbsp. ground cumin
1 clove garlic, minced
2 tsp. chili powder
1 tsp. ground turmeric
1 tsp. dried oregano
1 tsp. dried basil
1 tsp. ground red pepper
1 c. water
1 (15 oz) can black beans, rinsed and drained
1 (15 oz) can dark red kidney beans, drained and rinsed
1 (15 oz) can vegetarian baked beans
1 (14.5 oz) can diced tomatoes
1 onion, diced
2 stalks celery, diced
1 c. diced carrot
1 c. fresh green beans, trimmed and cut into 3/4-inch pieces
1 c. coconut milk (optional)

Directions

Stir vegetable bouillon, cumin, garlic, chili powder, turmeric, oregano, basil, and red pepper together in a small saucepan; heat over low heat until aromatic, 1 to 2 minutes.

Add water, bring to a simmer, and remove from heat.

Stir black beans, red kidney beans, vegetarian baked beans, tomatoes, onion, celery, carrot, and green beans together in a slow cooker; add spice mixture and stir.

Cook on High for 6 to 8 hours.

Stir coconut milk into the chili, reduce heat to Low, and cook at least 30 minutes more.

Clam Chowder, Lenten New England Four Servings

—*Walter Conrad*

Ingredients

1 lb. Russet potatoes
3 Tbsp. cooking oil
1 10-oz. can chopped or whole clams in broth
1 small yellow onion, diced
¼ tsp. black pepper
½ tsp. salt

Directions

Peel potatoes, then cut into ½" to ¾" cubes, reserving ends, sides, and pieces.

Put the ends, sides, and pieces in a saucepan, and almost cover with water.

Bring the water to a boil, then put the lid on and reduce heat to low.

Rinse the potato cubes, then dry, and place in a sauté pan.

Add about 2 Tbsp. of oil to the sauté pan and place on burner, set medium high.

Brown diced potatoes (slightly), turning often.

Despite frequent turning, some potato/oil residue will accumulate and turn brown from the heat. Do not let the residue turn dark brown but set aside the potato cubes at this point. Do not clean the residue from the sauté pan unless it is burned.

Add a Tbsp. of oil to the sauté pan then return to the burner.

Add chopped onions to the sauté pan and cook until transparent.

Add clam broth, salt, and pepper to the sauté pan.

Bring to a boil, stir well, and then turn off the heat.

By this time, the potato pieces should be fully cooked. Mash and whip them.

Combine everything; add the clam pieces, stir, and keep hot until serving.

Clam Chowder, Lenten New England Twenty Servings!

—*Walter Conrad*

Ingredients (9-pint crockpot)

5 lbs. Russet potatoes

1 51-oz. can chopped clams in broth (from Costco)

2 c. yellow onions, diced

1 tsp. black pepper

2 tsp. salt

Directions

1) Peel potatoes, then cut into ½" to ¾" cubes, reserving ends, sides, and pieces.

There should be about six cups of cubes, and two cups of other pieces.

Put the ends, sides, and pieces in a saucepan, and almost cover with water.

Bring the water to a boil, then put the lid on and reduce heat to low.

2) Rinse the potato cubes, then dry, and place in a large, deep, sauté pan.

Add about ¼ c. of oil to the sauté pan and place on burner, setting to medium high.

Brown diced potatoes (slightly), turning often.

Despite frequent turning, some potato/oil residue will accumulate and turn brown from the heat. Do not let the residue turn dark brown, but transfer the potato cubes to a crock-pot at this point. Do not clean the residue from the sauté pan unless it is burned.

3) Add a couple tablespoons of oil to the sauté pan then return to the burner.

Add chopped onions to the sauté pan, and cook until transparent.

Add clam broth, salt, and pepper to the sauté pan.

Bring to a boil, stir well, and then turn off the heat.

4) By this time, the potato pieces should be fully cooked. Mash and whip them.

Put everything into the crock-pot, stir, add the clam pieces, and keep hot until serving.

Fettucine Alfredo

—*Jamie Telegin*

*From the Aesthetic Life of Motherhood Nativity
Fast Meal Plan (2022)*

Ingredients

Pasta for serving

2 Tbsp. coconut oil (optional)

½ onion minced finely

2 garlic cloves crushed or 1 tsp. garlic powder

½ tsp. sea salt

1 bunch fresh parsley, chopped

1 can full fat coconut milk

¼ c. nutritional yeast

Directions

Boil pasta according to package directions.

In a large skillet, melt coconut oil to sauté onion and garlic for a few minutes.

Add salt and half the parsley, continue to sauté another minute.

continued . . .

Whisk in coconut milk, heat and whisk until smooth.

Fold in nutritional yeast.

Stir the sauce into the drained noodles.

Serve with parsley.

Gigantes Thessalonikis

Thessaloniki style large Lima bean casserole

—Kathy Person

*From Holy Trinity Greek Orthodox Church
cookbook*

Ingredients

1 lb. large Lima beans, sorted
and rinsed

1 med. onion, finely chopped

2 tsp. salt

½ c. vegetable oil

1 (15-oz.) can diced tomatoes

1 (8-oz.) can tomato sauce

1 c. water

2 tsp. salt

¼ tsp. pepper

1 Tbsp. dry mint

Directions

Simmer beans in plenty of unsalted water until quite tender, 45 minutes to 1 hour. Drain completely. Sauté onion in oil over medium heat until limp and slightly yellow. Combine beans, onions, oil from cooking the onions, tomatoes and juice from the can, tomato sauce, water and seasonings in a 9" x 13" pan. Mix gently. Bake, uncovered, in a 350° oven for about an hour, stirring occasionally. Serves 4 to 6.

Of this recipe Kathy says “When I make this I use canned large butter beans. This dish is so tasty. (I helped make this for a large church meal one time. I thought it sounded terrible, but I was definitely wrong.)”

Himmel Und Erde (Heaven and Earth)

Bavarian-style peasant food

Fills a 9.5" x 13.5" pan

Serves 6 as a side dish, or 4 as main dish

Ingredients

2 large yellow or white onions

2 Tbsp. vegetable oil, any kind

1 c. water

Yellow vegetable: choose any or all of 1 large acorn squash, or small butternut squash, or large yam. Apples with skin still on, about half the amount of squash

Seasonings: ¼ tsp. Hungarian paprika, ¼ tsp. ground ginger or a large slice candied ginger minced up finely, ¼ tsp. nutmeg, ½ tsp. cinnamon (optional), 1 bud crushed cardamom (optional), salt if desired, a little black pepper if desired.

Directions

Onions: Slice onions thin, place in a pan with oil and cook on low heat until light brown, maybe ten minutes. Add water and deglaze pan one minute. Remove from heat.

Squash: Wash squash and put it whole into a microwave, cook on high until it is soft enough to slice easily but still fairly firm (6 minutes in my machine). Let cool so you can handle it. Remove skin and seeds, slice into the size of a half-dollar but about ¼" thick. Place all the squash slices in a glass or porcelain casserole dish, any which way will do.

Apples: Wash, trim, and core apples, leaving unblemished skins on, and slice as for pies, about 1/4" thick. Add to the squash slices in the glass pan.

Seasonings: Put seasonings on the squash and apples, mix around like tossing a salad. Pour onions with oil, water, and all the brown bits from the pan over the apples and squash. You may cover and refrigerate your

dish at this point, save for a day, and finish cooking just before serving.

Finish Cooking

1. Quick Cooking Method: Cover pan with waxed paper and microwave until veggies get to desired degree of tenderness. This produces a softer consistency.

2. Slow Cooking Method (my preference): Place uncovered pan in heated oven (can be slow oven or up to 400 F degrees, the dish is not fussy) and bake until vegetables are desired tenderness. Squash and apples may caramelize a bit. This gives a firmer consistency.

Serve while warm, plain, or top with a bit of plain yogurt or non-fat sour cream. (Dairy is NOT Lenten.) Very hearty eating, no guilt.

*_*_*_*_*_*_*_*_*_*

This dish is an obvious adaptation from a well-known Bavarian dish. The original featured small white or red potatoes (erdapfel or “earth apples”), big pork chops or bacon slabs roasted on top of the veggies to soak them in yummy schweineschmalz, and sometimes buttered bread crumbs as well. My family truly prefers this lower-fat version. We love winter squash, and it is full of nutrients, hence this variation. If your family just can’t live without a melted cheese topping, try spreading plain yogurt over the top of the casserole and brown it in the oven. Not bechamel, but still very tasty. Of course, you can vary the veggies: sliced celery root, turnips or rutabagas, carrots, sliced anise root. Choose your own combination but remember the rule of diminishing returns and restrain, refrain from the sorcerer’s apprentice effect. Love from Theresa Tilton, Port Orchard, Washington "Excess on occasion is exhilarating. It prevents moderation from acquiring the deadening effect of a habit." (W. Somerset Maugham)

Irish Guinness Stew

—*Susan Ferrenberg*

Ingredients

1½ tbsp olive oil 22 ml
2 medium to large onions, chopped 240 g
1 cup celery, chopped 100 g
4 large garlic cloves, minced
1 tsp fine sea salt 6 g
2 bay leaves
2 tbsp fresh thyme substitute 2 tsp dried thyme
1 tbsp fresh rosemary substitute 1 tsp dried rosemary
¼ tsp freshly ground black pepper
¼ cup flour 45 g
¼ cup tomato paste 60 ml
1½ cups carrots, ½ inch chunks 200 g
1½ cup parsnips, ½ inch chunks 200 g
3 medium waxy potatoes, ¾ inch cubes 650 g
2 lb. cremini mushrooms, halved or quartered to bite sized 900 g
1 can vegan Guinness Stout 14.9 oz or 440 ml or substitute equal amount of mushroom or vegetable stock
1 cup vegetable broth 350 ml
2 tbsp vegan Worcestershire sauce 22 ml

Directions

Add your olive oil to a large heavy pot and prep your garlic, onion and celery. Pre-heat the pot and sauté the veg, seasoned with sea salt, for 7 to 10 minutes, stirring periodically to ensure that garlic does not stick to the bottom of the pot and burn.

Add herbs and freshly ground black pepper and stir to combine. Sauté for another minute or so until wonderfully fragrant. Add flour and stir to combine well and cook for another minute or so.

Add tomato paste and stir to coat veg and cook for another minute.

Add all of the veg and stir to distribute aromatics throughout and pour in the stout (yup, it's vegan . . . thank you Guinness!) Bring to a boil and let cook for a few minutes so that that veg can take on some of the stout. If you are not using the stout, add all of the mushroom or vegetable stock at once in the next step.

Add the veg stock and Worcestershire sauce and bring to a boil before reducing to a simmer and covering for about 30 minutes, stirring every 10 minutes or so and replacing the cover.

The flour that was cooked with the aromatics should be enough to thicken your stew. However, if you find it could be a little thicker, make a slurry out of a teaspoonful each of flour and arrowroot starch (or cornstarch) and water. Bring the stew back to a boil and add just enough of the slurry to thicken to the desired consistency.

Lentil Soup, Cook's

—Carol Lyons

Ingredients

2 large onions (I used one large sweet onion)
¼ cup olive oil
4 garlic cloves, minced (I used 2 large)
4 ribs celery, chopped
3 carrots, chopped
1 tsp. pepper
½ tsp. thyme
2 bay leaves
2 ½ quarts water (may substitute vegetable broth 32. oz for part or all of the water)
I used broth & water.
1 can (14oz. can diced tomatoes)
1 small can tomato sauce or paste
2 cups lentils, washed
Dash of red wine vinegar
Salt to taste, after cooking
1 tsp. curry (optional), after cooking.

Directions

In a large stockpot, over medium -high heat, sauté onion in oil until tender. Add garlic, celery, and carrots. Reduce heat and continue cooking about 10 min. add all other ingredients. Bring to boil, Reduce heat and simmer about 1 ½ to 2 hours until lentils are cooked. May be served with rice.
Serves 8.

Mac and Cheese, Creamy

—Jamie Telegin

*From the Aesthetic Life of Motherhood Nativity
Fast Meal Plan (2022)*

Ingredients

Pasta for serving
1 c. peeled/diced yellow potatoes
¼ c. peeled/diced carrots
1/3 cup chopped onion
¾ c. water (preferably use liquid from pot of boiled veggies)
½ cup raw cashews (presoaked)
¼ cut non-dairy milk
2 Tbsp. nutritional yeast flakes
1 Tbsp. lemon juice
1 tsp. salt
1 pinch paprika

Directions

Cook pasta according to package directions. Drain and set aside.

Bring several cups of water to boil in a small pot. Place chopped potatoes, carrots, and onion in the boiling water, and cook for about 10 minutes, or until vegetables are tender and soft enough to blend.

When veggies are soft enough to blend, use a slotted spoon to remove them from cooking water, and place them in your blender. Add ¾ cup of the cooking water to the blender, along with remaining ingredients (including cashews).

Blend until smooth.

Pour sauce over cooked macaroni noodles. Taste for salt. Serve immediately.

Minnesota Vegan Chili

—Jon Olson

Serves 8–10

Ingredients

2 Tbsp. coconut oil or olive oil
2 garlic cloves, minced
1 c. finely chopped onion
8–10 medium mushrooms, finely chopped
½ c. finely chopped green bell pepper
½ c. finely chopped red bell pepper
½ c. finely chopped carrots
1 jalapeño pepper or other hot pepper, seeded and minced (optional)
1 c. frozen corn kernels
1 tsp. ground cumin
½ tsp. ground coriander
2 Tbsp. chili powder, or to taste
2 tsp. sea salt, or to taste
1/2 tsp. black pepper
1 28-oz. can diced tomatoes
1 15-oz. can tomato purée
1 15-oz. can kidney beans, drained
1 15-oz. can black beans, drained
1 15-oz. can red beans, drained
2 ½ c. water
½ c. dry bulgur wheat
Hot sauce or cayenne pepper (optional)
¼ c. minced fresh cilantro, for garnish
Tofutti sour cream or almond yogurt for garnish (optional)

Directions

Add the oil to a large pot. Sauté the vegetables and spices in the oil over medium to medium-low heat for 10 minutes or until tender. Add a few tablespoons of water if the veggies begin sticking to the pot.

Add the remaining ingredients except the cilantro and simmer over medium-low heat, covered, for 30 minutes. Stir and simmer for an additional 20 to 30 minutes until the veggies are cooked through.

Season with salt and, if more spice is desired, hot sauce or cayenne pepper to taste. Serve sprinkled with the cilantro.

Tip: Leftover chili freezes well.

Mujadara

Lebanese lentils and rice

—Kathy Person

From Holy Trinity Greek Orthodox Church cookbook

Ingredients

1 large onion, chopped
Oil to coat bottom of pan
1 c. lentils, sorted and rinsed
1 c. converted white rice
1 tsp. salt, or to taste
2 large onions, sliced
¼ to ½ c. oil, to fry the onions

Directions

Sauté the chopped onions in a large sauce pan with lid. Stir frequently and cook until onions are medium brown. Add the lentils, 2 cups of water, and bring to a boil. Reduce heat, stir well, cover, and simmer for 20 minutes. Add rice, 2 more cups of water, salt, and bring to a boil again. Stir, reduce heat, cover and simmer for another 25 minutes.

While the lentils and rice are cooking in their own pan, prepare the onion topping. In a medium to large skillet, slowly sauté the sliced onions in the oil, stirring occasionally. Continue to cook until they are very soft and caramelized. Over low heat, this will take almost as long as the rice and lentils take to cook. When the lentils and rice are cooked, serve them in a shallow bowl or on a platter. Pour the caramelized onions and their oil over the lentils and rice, and serve. Serves 4 to 6 as a main dish.

Red Lentil Kebbeh

—*Theresa Tilton*

Four to six servings as a main dish.

This dish is based on three main components: red split lentils, bulgur and *kammooneh* or seasonings.

Kammooneh is a combination of spices and herbs specific to the South of Lebanon and in this dish, from the district of Bint Jbeil. It is made up of the following:

- Onion
- Mint
- Cumin
- Marjoram
- Dried red pepper flakes (Aleppo pepper, available from Amazon)

Ingredients

1 ½ c. red split lentils

3 c. of water

¾ c. bulgur (extra-fine or #1, bleached or white preferably)

1 Tbsp. (or a little more) vegetable oil, any kind

Kammooneh: 2 Tbsp. dried mint, crumbled

3 Tbsp. ground cumin

3 Tbsp. marjoram

1 Tbsp. dried red pepper (Aleppo pepper flakes, not cayenne!)

1 Tbsp. grated orange rind

1 large onion chopped very fine

Fresh salad vegetables as desired

Lemon-olive oil mix as salad dressing

Directions

1. Place the lentils and water in a pot over low heat and simmer for about 30 minutes (cover the pot only partially) until the lentils are thoroughly cooked and there is a bit of cooking water left in the pot.

2. Pour the bulgur in with the cooked lentils and let it absorb the rest of the cooking

water for a few minutes longer. Remove from heat.

3. Meanwhile, heat a few tablespoons of oil or coconut butter in a skillet and fry the onion over low heat until it becomes translucent. Add all the spices (adjust the proportions according to taste) and a couple tablespoons of water and let the mixture combine well and let the water get absorbed.

4. Mix the onion and spice mixture with the lentil and bulgur mixture.

5. Let the mixture cool and stiffen a bit. Form oval-shaped balls and place on a platter; drizzle olive oil over them. Garnish with fresh herbs such as mint, parsley, some sweet red pepper (bell or pimento), and tomatoes. Serve a dressing of lemon juice and olive oil.

6. Serve with some whole-wheat pita bread, or crusty bread of your choice.

NOTE: You can substitute one (or more, to taste) Tbsp. of red pepper paste (Harissa) for the spice or ground hot red pepper.

Seafood Bisque

—*Kelsey Ferrenberg*

Ingredients

half a red onion

coconut oil

1 red pepper

1 can of tomato sauce

1 can of diced tomatoes

4 cloves of garlic

2 cans of coconut cream

oregano

sage

thyme

salt & pepper

favorite seafood mix

Directions

1. Dice red pepper and red onion half. Press the garlic.
2. Melt coconut oil in a large stew pot, add red pepper and onion, sauté. Add garlic and sauté until cooked through.
3. Add diced tomatoes and tomato sauce + around 4 cups of water or broth. (I used water this time)
4. Bring to a boil. Add spices, simmer for a few minutes.
5. Use an immersion blender to blend until smooth.
6. Add coconut cream, stir until smooth.
7. Add seafood mix. (I got mine from Central Market and it has Shrimp, mussels, octopus, calamari and surimi I believe).
8. Simmer until mix is cooked all the way through.

Shrimp & Rice

—Carol Lyons

Peel raw shrimp and rinse. Chop fine ½ sweet onion & sauté in olive oil in a large skillet.

Blanch three small or 2 med. tomatoes and boil until skins come off. I use a chopper to chop the tomatoes. Save the water to put into rice .

I use Uncle Ben's long grain rice, salt & pepper and follow the directions for amount of rice & water depending on the serving size.

I use one or two packets of Splenda to sweeten the rice depending on how many servings.

Cover and cook rice for 15 min.

Add shrimp and arrange on top when rice is almost done. Turn shrimp over & cover to

cook shrimp on the other side for about 5 min. Sprinkle with chopped fresh Parsley.

Breads

Irish Soda Bread

—Kathy Person

From Holy Trinity Greek Orthodox Church cookbook

Ingredients

- 1 c. soy milk
- 1 Tbsp. apple cider vinegar
- 2 ¼ c. flour
- 2 Tbsp. sugar
- 2 tsp. baking powder
- scant ½ tsp. baking soda
- ½ tsp. salt
- ½ c. raisins, or more
- 1 Tbsp. caraway seeds, optional

Directions

Preheat the oven to 350°. Add the vinegar to the milk and set aside to sour it. Mix all the dry ingredients in a large bowl. Add in the raisins and caraway seeds (if using), and mix well. Add in the milk and mix together until the dough forms a ball. Knead lightly, shape the dough into a disk, and place on a lightly greased pan, or one lined with parchment paper. Cut a cross shape on the top with a sharp knife. Bake for 40 minutes, or until it has a light brown color and sounds hollow when tapped on the bottom. Cool on a rack.

Sauces, Dressings & Toppings

Carrot Ginger Dressing

—*Steve Murphy*

Ingredients

1 medium carrot
1" piece of ginger
¼ c. lightly flavored oil (such as peanut or canola)
¼ c. seasoned rice vinegar
2 Tbsp. agave
1 Tbsp. soy sauce
1 tsp. sesame oil

Directions

Peel and finely grate both the ginger and carrot. Add everything to a clean jar, screw on the lid, and shake like crazy until mixed well.

“Cheese” Sauce, Vegan

—*Sandy Wenberg*

Start soaking ½ c. raw cashews in a little boiling water
To salted boiling water add:
2 peeled and cubed potatoes (Yukon Golds work well)
1 carrot, cut into 1" length
¼ of an onion
Boil until potatoes are tender, reserving 1 ½ c. cooking liquid.
In a blender combine:
1 ½ cooking liquid
drained vegetables
drained cashews
1 tsp. salt
½ tsp. garlic powder
¾ tsp. onion powder
1 ½–2 Tbsp. lemon juice
½ tsp. mustard
generous splash of Worcestershire sauce (optional)
Blend until makes a smooth sauce.
May be served with potatoes, rice or pasta.

Coleslaw Dressing, Vegan

—*Steve Murphy*

Ingredients

½ c. vegan mayonnaise (such as Veganaise)
2 Tbsp. apple cider vinegar
1 Tbsp. Dijon mustard
1 Tbsp. agave
1 tsp. onion powder
1 tsp. celery seed

Directions

Add everything to a clean jar, screw on the lid, and shake like crazy until mixed well.

Miso Dressing, Tangy

—*Steve Murphy*

Ingredients

1" piece of ginger
½ c. seasoned rice vinegar
¼ cup lightly flavored oil (such as peanut or canola oil)
1 Tbsp. white miso paste
2 Tbsp. agave
1 tsp. sesame oil

Directions

Peel and grate the ginger. Add everything to a clean jar, screw on the lid, and shake like crazy until mixed well.

Parmesan Sprinkle Cheese, Vegan

—*Robert Strausser*

Ingredients

¾ c. raw cashews
3 Tbsp. nutritional yeast
¾ tsp. sea salt
¼ tsp. garlic powder

Directions

Add all ingredients to a food processor and mis/pulse until a fine meal is achieved. Store in refrigerator to keep fresh. Lasts several weeks—a

simple recipe for vegan parmesan sprinkles for your Lenten pasta.

Desserts

Apple Cake, Lenten

—*Carol Lyona*

Ingredients

12–16 apples (I used Granny Smith). Golden delicious can be used.

4 c. sugar
2 tsp. salt
6 c. sifted flour
3 tsp. cinnamon
2 c. walnuts
2 c. golden raisins
4 tsp. baking soda
4 tsp. apple cider vinegar
2 c. vegetable oil

Directions

Chop apples in very small pieces.
Mix with sugar and let stand for 15 min.
Sift flour, baking soda, salt, cinnamon.
Mix all ingredients well and put in well-greased 11x15 pan.
Bake 325 oven for 45-60 min. or until toothpick comes out clean.

Chocolate Cake, Lenten

—*Carol Lyona*

Ingredients

3 c. flour
½ c. coco
½ tsp. salt
2 c. sugar
2 tsp. baking soda
2 Tbsp. vinegar
2/3 c. veg. oil
2 tsp. vanilla
2 c. cold water

Directions

Mix all dry ingredients together, then add the other, mix and pour in pan. Bake in 9" x 13" pan at 350° temp. for 35—40 min. Let cool completely before dusting w/powdered sugar.

Chocolate Brownie Cookies

—*Kathy Person*

Holy Trinity Greek Orthodox Church cookbook

Ingredients

½ c. softened margarine
1 c. sugar
1 ½ tsp. vanilla
1 ½ c. flour
½ c. cocoa
¼ tsp. salt
¼ tsp. baking powder
¼ tsp. baking soda
enough water to moisten

Directions

Cream margarine and sugar. Add vanilla. Add dry ingredients and just enough water to moisten mixture so that balls can be easily formed. Form into 1 inch balls and press them down with a floured glass on a non-greased cookie sheet. Bake in a preheated oven at 350° for 8 to 10 minutes.

Date-Nut Sweets (Ladoo)

—*Theresa Tilton*

Ingredients

1 lb. pitted dates, roughly chopped (Deglet Noor variety)
2 c. water
½ c. unsweetened cocoa (Hershey's dark)
¾ c. sweet rice flour (Orchid brand, in Asian food aisle)
1 c. peanut butter (Adams' Natural Chunky) chopped roasted peanuts, optional for garnish

Directions

Bring the dates and water to a boil in a lidded saucepan. Cook, covered, five minutes. Set aside to cool a bit.

Mix the cocoa and the rice flour together. Add the still-warm cooked dates, mash together and mix well. Add the peanut butter and mix well. Mixture will begin to hold together like batter for brownies, only stiffer.

If the mixture seems too dry, add more peanut butter. If it seems too sticky, add a bit more cocoa, or rice flour and/or some chopped peanuts.

Line a 9" X 13" pan with baking parchment. Spoon the lido into the pan (it will be too thick to pour). Smooth with a spatula. If desired, garnish with chopped peanuts. Cool to room temperature. Let stand at least one hour. As the ladoo cools, it will thicken more. Cut into 1" pieces just before serving.

In India where this sweet originates, the mixture is rolled by hand into 1" balls and rolled into chopped peanuts, or cocoa, or sesame seeds.

9" x 13" pan. Bake for 35–40 minutes or until cake tests done. When cake is cool, it can be frosted with frosting made with nondairy margarine, powdered sugar, maple extract, and water or nondairy creamer. Alternately, dust with powdered sugar.

Maple-Nut Cake

—*Kathy Person*

Holy Trinity Greek Orthodox Church cookbook

Ingredients

3 ½ c. flour
2 c. packed brown sugar
2 tsp. baking soda
1 tsp. salt
1 c. chopped pecans or walnuts
2 c. water
⅔ c. vegetable oil
2 tsp. vinegar
1 tsp. maple flavoring

Directions

Preheat oven to 350°. Mix dry ingredients. Mix in wet ingredients. Spread in ungreased