

Dear Brothers and Sisters,

It is with pleasure that we offer to you our 2002 collection of Lenten recipes. These recipes have all been personally tested by the members and friends of the St. Ignatius parish. (Note: Save new recipes for next year's edition!) As we enter another Great Lent, we hope that this collection will help answer the question "What shall we cook?" so that we can concentrate more on "How much shall we eat?" and "How often?" These questions, of course, are for us to ask our own selves — not to use to judge our neighbor.

Fr. Alexander Schmemmann writes in his book *Great Lent*:

Ultimately, to fast means only one thing: *to be hungry* — to go to the limit of that human condition which depends entirely on food and, being hungry, to discover that this dependency is not the whole truth about man, that hunger itself is first of all a spiritual state and that it is in its last reality *hunger for God*... The *ascetical* fast consists of a drastic reduction of food so that the permanent state of a certain hunger might be lived as a reminder of God and a constant effort to keep our mind on Him. Everyone who has practiced it — be it only a little — knows that this ascetical fast rather than weakening us makes us light, concentrated, sober, joyful, pure. One receives food as a real gift of God. One is constantly directed at that inner world which inexplicably becomes a kind of food in its own right... the principle is clear: [ascetical fasting] is a state of half-hunger whose "negative" nature is at all times transformed by prayer, memory, attention, and concentration into a *positive* power.

We offer these recipes to be used with wisdom and moderation. Even though we are fasting, life continues around us, and we have feast days, birthdays, business obligations, and friends who visit. Some of the recipes may be more elaborate; more suited to times of celebration and hospitality. As we tend to the needs of other people on such occasions, these recipes can keep us within the fasting rules; *however, we may find that if we use them on a regular basis, the true spirit of Lent might elude us*. Just because a recipe is in this cookbook, does not necessarily mean that a person can eat it as often, or as much of it, as he wishes. Please use this collection with prayer and discernment, according to the needs of your own spiritual welfare and warfare.

May each of you truly find victory over self during this holy season of Great Lent as you deny your own desires and open yourself up to God's desires.

*The Myrrhbearers*

St. Ignatius of Antioch  
Orthodox Christian Mission

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Fasting  
and  
Meal Planning  
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and  
Guides

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# FASTING AND GREAT LENT

## *Traditional Guidelines for Observing Great Lent of the Ancient Christian Faith*

### ***FASTING AND GREAT LENT THE TRIODION***

*Great Lent* is the 40-day season of spiritual preparation that comes before the most important Feast of the Christian year, *Holy Pascha* (which means “*Passover*” and is commonly called “*Easter*”). It is the central part of a larger time of preparation called the *Triodion* season.

The *Triodion* begins ten weeks before Easter and is divided into three main parts: three Pre-Lenten weeks of preparing our hearts, the six weeks of Lent, and Holy Week. The main theme of the Triodion is repentance — mankind’s return to God, our loving Father.

This annual season of repentance is a spiritual journey with our Savior. Our goal is to meet the risen Lord Jesus, Who reunites us with God the Father. The Father is always waiting to greet us with outstretched hands. We must ask ourselves the question, “Are we willing to turn to Him?”

During Great Lent, the Church teaches us how to receive Him by using the two great means of repentance — prayer and fasting.

### ***THE LENTEN FAST***

The word “fast” means not eating all or certain foods. As Orthodox Faithful, we can fast completely at certain times of great importance, and especially each time before receiving Holy Communion. Usually, fasting means limiting the number of meals and/or the type of food eaten.

The purpose of fasting is to remind us of the Scriptural teaching, “Man does not live by bread alone.” The needs of the body are nothing compared to the needs of the soul. Above all else, we need God, Who provides everything for both the body and the soul. Fasting teaches us to depend on God more fully.

The first sin of our parents, Adam and Eve, was eating from the forbidden tree (*Genesis 3:1-19*). We fast from food, or a food item, as a reminder that we are to fast from sinning and doing evil.

There are several benefits of fasting. Fasting helps us pray more easily. Our spirit is lighter when we are not weighed down by too much food or food that is too rich. Through fasting, we also learn to feel compassion for the poor and hungry and to save our own resources so that we can help those in need.

Fasting is more than not eating food. Saint John Chrysostom teaches that it is more important to fast from sin. For example, besides controlling what goes into our mouths, we must control what comes out of our mouths as well. Are our words pleasing to God, or do we curse God or our brother?

The other members of the body also need to fast: our eyes from seeing evil, our ears from hearing evil, our limbs from participating in anything that is not of God. Most important of all, we need to control our thoughts, for thoughts are the source of our actions, whether good or evil.

Fasting is not an end in itself. Our goal is an inner change of heart. The Lenten Fast is called “ascetic.” This refers to actions of self-denial and spiritual training which are central to fasting.

Fasting is a spiritual exercise. It is not imposed or forced upon us. In the same way that true repentance cannot be forced upon anyone, each of us makes the choice to turn away from our sinful ways and go toward our loving, forgiving Father in Heaven.

### ***THE PRELENTEN WEEKS***

Before Great Lent begins, four Sunday lessons prepare us for the Fast. *Humility* is the theme of the first Sunday, called the Sunday of the Publican and the Pharisee. The Lord’s parable in Luke 18:10-14 teaches that fasting with pride is rejected by God. For this reason, there is no fasting the week following this Sunday. This includes no fasting on Wednesday and Friday that week. (Wednesdays and Fridays are usually fast days throughout the year — Wednesday’s Fast recalls the betrayal of Christ by Judas; Friday’s Fast commemorates the Lord’s Crucifixion.)

*Repentance* is the theme of the second Pre-Lenten Sunday, called the Sunday of the Prodigal Son. Before we can return to God, we need to recognize

that we are far from God because of sin. Like the Prodigal Son (Luke 15:11-32), we are in a self-imposed exile. Will we come to our senses as did the Prodigal Son and return to our Father?

The next Sunday is called both Meatfare Sunday and the Sunday of the Last Judgment. The second name refers to the Gospel lesson (*Matthew 25:31-46*) read on this day. The Lord tells us we will be judged at the end according to the love we have shown for our brother. "I was hungry..thirsty..naked...a stranger...in prison...sick... Whatever you did for one of the least of these brothers of Mine you did for Me." *Almsgiving* goes hand in hand with fasting. This Sunday is called Meatfare because it is the last day meat, fish or poultry is eaten before Easter, for those keeping the Lenten Fast.

The last Pre-Lenten Sunday is called both Cheesefare Sunday and the Sunday of *Forgiveness*. This is the last day dairy products are eaten before the Fast. The Gospel lesson (*Matthew 6:14-21*) read on this day tells us that our fast must not be hypocritical or "for show." Our work and our appearance are to continue as usual and our extra efforts are to be known only by God. The Gospel reading also reminds us that God the Father will forgive us in the same manner as we forgive our brother. With this promise of forgiveness, Great Lent begins on the next day, which is called Clean Monday. Clean Monday is a total fast day, except for a little water. No other beverages or food are taken.

### ***GENERAL RULES OF THE LENTEN FAST***

The Lenten Fast rules that we observe today were established within the monasteries of the Orthodox Church during the sixth through eleventh centuries. These rules are intended for all Orthodox Christians, not just monks and nuns.

The first week of Lent is especially strict. On Monday, Tuesday and Wednesday, a total fast is kept. In practice, very few people are able to do this. Some find it necessary to eat a little each day after sunset. Many Faithful do fast completely on Monday and then eat only uncooked food (*bread, fruit, nuts*) on Tuesday evening. On Wednesday, the fast is kept until after the Presanctified Liturgy.

From the second through the sixth weeks of Lent, the general rules for fasting are practiced. Meat, animal products (*cheese, milk, butter, eggs, lard*), fish (*meaning fish with backbones*), olive oil and wine (*all alcoholic drinks*) are not consumed during the weekdays of Great Lent. Octopus and shell-fish are allowed, as is vegetable oil. On weekends, olive oil and wine are permitted.

According to what was done in the monasteries, one meal a day is eaten on weekdays and two meals on weekends of *Great Lent*. No restriction is placed on the amount of food during the meal, though moderation is always encouraged in all areas of one's life at all times.

*Fish, oil and wine* are allowed on the Feast of the Annunciation (*March 25*) and on Palm Sunday (*one week before Easter*). On other feast days, such as the First and Second Finding of the Head of Saint John the Baptist (*February 24*), the Holy Forty Martyrs of Sebaste (*March 9*), the Forefeast of the Annunciation (*March 24*) and the Synaxis of the Archangel Gabriel (*March 26*), wine and oil are permitted.

### ***HOLY WEEK***

The week before Easter, Holy Week, is a special time of fasting separate from Great Lent. Like the first week, a strict fast is kept. Some Orthodox Christians try to keep a total fast on Holy Monday, Holy Tuesday and Holy Wednesday. Most eat a simple Lenten meal at the end of each day before going to the evening Church services.

On Holy Thursday, wine is allowed in remembrance of the Last Supper. Holy Friday is kept as a strict fast day, as is Holy Saturday. Holy Saturday is the only Saturday in the entire year when oil is not permitted.

In short, these are the Lenten rules for fasting. Traditionally, the Church Fathers recommend that someone new to fasting begin by resolving to faithfully do as much as he or she is able during the Lenten period. Each year as one matures as a Christian, a fuller participation can be undertaken. However, it is not recommended that a person try to create their own rules for fasting, since this would not be obedient or wise. The Faithful are encouraged to consult with their priest or bishop regarding the Fast when possible.

Personal factors such as one's health and living situation need to be considered as well. For example, an isolated Orthodox Christian required to eat meals at their place of employment, school or in prison may not be able to avoid certain foods. The Church understands this and extends leniency.

It is important to keep in mind that fasting is not a law for us — rather, a voluntary way of remembering to not sin and do evil, and to help keep our focus

on prayer, repentance and doing acts of kindness, for we “are not under the law but under grace” (*Romans 6:14*).

## ***EASTER, BRIGHT WEEK AND THE PASCHAL SEASON***

The Lenten Fast is broken following the midnight Easter service. With the proclamation, “*Christ is risen!*” the time of feasting begins. The week after Easter is called Bright Week and there is no fasting. For the next 40 days, the Church celebrates the Paschal (Easter) season. Joy and thanksgiving are the fulfillment of our Lenten journey.

### ***A PRAYER FOR LENT***

The Prayer of Saint Ephraim the Syrian is traditionally said many times throughout each day during Great Lent, in addition to our daily prayers.

*O Lord and Master of my life, take from me the spirit of sloth, despair, lust of power, and idle talk. (+)*

*But give rather the spirit of chastity, humility, patience, and love to thy servant. (+)*

*Yea, O Lord and King, grant me to see my own transgressions and not to judge my brother, for blessed art thou unto the ages of ages. Amen. (+)*

(The “(+)” indicates that those praying make a deep bow or prostration at this point.)

***ORTHODOX CHRISTIAN PRISON MINISTRY, HOLLYWOOD CALIFORNIA***

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**Antiochian Orthodox Christian Archdiocese of North America: MIDWEST REGION**

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# Ideas for Lenten Meals

## Meals —

### Rice and:

- Black Beans
- Lentils
- Vegetable Stir fry
- Spinach (see recipe for  
"Spinach and Rice")
- Seafood (Shrimp, scallops, etc...)

### Bread and:

- Soup
- Salad
- Hummus
- Peanut Butter and Jelly

### Soups:

- Bean soup
- Lentil soup
- Split pea soup

### Mexican Style:

- Bean Tacos
- Bean Burritos
- Vegetarian Chili

### Potatoes:

- Baked + toppings
- Boiled and/or mashed
- Pierogis

### Ramen (oriental) noodles and:

- Vegetables
- Baked Tofu
- Roasted Cashews

### Pasta and:

- Marinara (Tomato) Sauce
- Marinara & Seafood Sauce
- Margarine and Garlic

### Stuffed:

- Cabbage
- Grape leaves
- Green Peppers (use rice & beans)

### Vegetable Stir Fry and:

- Rice
- Tofu
- Seafood

### Breakfast:

- Oatmeal
- Toast & jam
- Cereal & soy milk
- Poptarts
- Scrambled Tofu  
(buy envelope of seasoning mix)

## Desserts —

(See recipes) Fruit pies, Apple Crisp, Lenten Chocolate Cake, Brownie Pudding, Fruit, Sliced Bananas with Cinnamon & Sugar, Fig Newtons, Popcicles.

## Snacks and Light Meals —

Fruit (fresh and dried), Nuts, Fresh Vegetable Sticks, Popcorn, Cracker Jack, Chips, Gorp (Good Old Raisins & Peanuts -- with or without semisweet chocolate chips), Saltines/Oyster crackers, Graham Crackers, Tortilla Chips & Salsa, Rye Crisp & Non-Tuna Spread (see recipe), Crackers & Peanut Butter, Pita & Hummus, Pretzels, Ramen Noodles (can be nibbled dry).

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# Quick Meals

## Spaghetti

1 can or jar marinara sauce  
1 box Boca Burger crumbles OR  
1 can garbanzo beans  
1 16 oz. box spaghetti, cooked

Heat sauce and add EITHER the Boca Burger Crumbles OR the (drained) garbanzo beans. Serve over cooked spaghetti. Serve with salad and bread.

## Ramen and Cashews

Ramen noodles  
Knorr Vegetable bouillon cubes  
roasted cashews

Make Ramen according to package directions EXCEPT remove broth packet and substitute one vegetable bouillon cube for each packet. Add the bouillon cube to the water BEFORE you begin heating it. (Use the broth packet for flavoring something else during a non-fast period.)

When noodles are cooked, let each person add cashews as desired to his/her portion. If you want soup, eat "as is." If you prefer a noodle main dish, drain off the broth. You may also cook some frozen vegetables to go with or in the noodles.

## Veggie Burger Meal

veggie burgers & condiments  
buns  
chips  
carrot and celery sticks

Cook veggie burgers as package directs. (Boca Burgers are juiciest when cooked in the microwave.) Serve with catsup, mustard onion, relish, etc. Chips, and carrot & celery sticks complete the meal.

## Hummas Sandwiches

hummus  
bagels or pita  
assorted sliced veggies  
apple or banana

Toast the bagels or pita if you wish. Spread with hummus. Add whatever sandwich veggies you like: lettuce, sprouts; slices of onion, tomato, avocado, cucumber etc... Complete the meal with some fruit.

## Beans-n-Bread

canned vegetarian baked beans  
whole wheat buns  
onions browned in oil (optional)  
sauteed green pepper slices (optional)

Heat the beans and serve on toasted whole wheat buns. If oil is allowed, top with sauteed onions and green pepper. Serve with carrot & celery sticks, and sauerkraut.

## Corn on the Cob meal

corn on the cob  
canned vegetarian baked beans  
sliced fresh tomatoes  
sliced bananas sprinkled with  
cinnamon and sugar  
(This makes a good meal during the Dormition Fast in August.)

## Chili-topped Baked Potatoes

canned vegetarian chilli  
baked potatoes

Top baked potatoes with heated canned vegetarian chili. May top with extras but not necessary. (Extras: chopped raw onions, chopped raw broccoli, salsa, olives, soy cheese shreds, etc....)

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# *Cooking with Dried Beans*

Use the following methods for most dried legumes... except lentils and split peas. These two are not soaked... Just rinse, then simmer till tender.

**SOAKING -- OVERNIGHT METHOD:** Rinse beans in cold water. Put beans, by handfuls, in a soaking container. In so doing check for stones, foreign objects, or strange-looking beans. Soak overnight in about 3 times as much water as beans. Drain. (Save the soaking water to water your houseplants with!) Soaked beans will keep in refrigerator for several days.

**SOAKING - QUICK METHOD:** Rinse and sort beans as for overnight method. Put in pan containing about 3 times as much water as beans. Bring to boil; boil for 2 minutes. Remove from heat; let stand, covered for 1 to 2 hours. (Do NOT use soaking water from this method to water plants -- it will stink after awhile, since the beans were partially cooked)

**FREEZING:** Soaked beans are easily frozen for later use. Put convenient amounts in freezer containers; freeze; when you need beans, thaw as many containers as needed. OR: Freeze beans separately. Spread soaked beans on clean towel; let excess water dry; put beans in single layer on cooky sheet (don't crowd) and freeze. Put completely frozen beans in freezer container. They'll stay loose, and you can use what you need.

**COOKING -- STOVE TOP:** Simmer beans until tender -- usually 2 hours or more. (Especially be sure soybeans are thoroughly

cooked. Soybeans contain an enzyme that limits digestion of proteins...but thorough cooking destroys this enzyme.) While cooking you can add various seasonings such as herbs, bayleaf, chopped celery or onion, tomatoes, garlic BUT wait to add salt or sugar until the beans are cooked, because salt and/or sugar can toughen beans.

**SLOWCOOKING:** It is better to start slow cooker recipes with precooked beans, unless you are prepared to wait for a VERY long time for the beans to finish cooking.

**PRESSURE COOKING:** "Soaking or pre-cooking saves a little time, but with pressure cooking it is really not necessary. Bring the washed beans, and three or four times their volume in water, to a boil in the cooker. Cover and bring to 15 pounds pressure. Cook beans for 25 to 45 minutes. Cool immediately. Don't attempt to cook split peas, or any bean that tends to foam, in a pressure cooker or you may bind yourself with a clogged cooker and a big mess!" (See note below.)

**ROASTING:** Put firm cooked beans on lightly oiled cooky sheet (or spray with nonstick spray). Sprinkle with salt (optional). Bake at 200 for about an hour, until well browned. When cool, beans will be hard and crunchy throughout. Or roast in lightly oiled frypan over medium heat. Stir constantly. Roasted beans can be eaten whole or chopped and ground in blender. You can use them where nuts or nutmeal are called for. (See note below.)

**\*Note:** The information on pressure cooking and roasting beans was taken from: "Diet for a Small Planet" by Frances Moore Lappe, Ballantine Books, a Division of Random House, Inc. (c) 1971, 1975

## *Some Final Encouragement —*

“...After all this is said, one must still remember that however limited our fasting, if it is true fasting it will lead to temptation, weakness, doubt, and irritation. In other terms, it will be a real fight and probably we shall fail many times. But the very discovery of Christian life as fight and effort is the *essential aspect of fasting*. A faith which has not overcome doubts and temptation is seldom a real faith. No progression in Christian life is possible, alas, without the bitter experience of failures. Too many people start fasting with enthusiasm and give up after the first failure. I would say that it is at this first failure that the real test comes. If after having failed and surrendered to our appetites and passions we start all over again and do not give up no matter how many times we fail, sooner or later our fasting will bear its spiritual fruits. Between holiness and disenchanted cynicism lies the great and divine virtue of *patience* — patience, first of all with ourselves. There is no short-cut to holiness; for every step we have to pay the full price. Thus it is better and safer to begin at a *minimum* — just slightly above our natural possibilities — and to increase our effort little by little, than to try jumping too high at the beginning and to break a few bones when falling back to earth.

In summary: from a symbolic and nominal fast — we must return to the *real* fast. Let it be limited and humble but consistent and serious. Let us honestly face our spiritual and physical capacity and act accordingly — remembering however that there is no fast without challenging that capacity, without introducing into our life a divine proof that things impossible with men are possible with God.”

— *Fr. Alexander Schmemmann*  
Great Lent, St. Vladimir's Seminary Press  
Crestwood, NY 10707, © 1996

# Appetizers and Snacks

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## Cashew Sour Creme\*

Ruth Baum

1 cup cashew pieces, raw  
1 cup cold water  
3/4 teaspoon salt (or 1 teaspoon onion salt)  
1 cup vegetable oil  
1/3 cup lemon juice

Combine in a blender: cashews, water, and salt. Blend until very smooth. Then, while blender is running, slowly add vegetable oil. Empty contents of blender into storage container and stir in lemon juice. Refrigerate several hours before serving.  
Yield: 2-3/4 cups.

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*Contributed 2002*

*Use as a base for dips for veggies or chips on days when oil is allowed — or serve on baked potatoes.*

## Non-Tuna Spread

Ruth Baum

3/4 cup almonds (raw, blanched, or slivered)  
3/4 cup cashews (raw)  
1 carrot, finely grated  
2 tablespoons cider vinegar  
2 tablespoons water  
celery, chopped (optional)  
onion, chopped (optional)

Blend the almonds and cashews to nutmeal a little at a time in a blender and pour into a bowl.

Add the carrot, vinegar, and water. Mix well. If you like, add some chopped celery and onion.

Use as a sandwich filling or a spread for crackers.  
Makes 3 - 4 sandwiches.

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*Contributed 2000*

*adapted from "Happy Tuna," Step by Step to Natural Cooking by Dianne Campbell*

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# Zesty Black Bean Dip

Servings: 4

8 6" corn tortillas  
1 15-16 oz can black beans, drained and rinsed  
1 8 oz. jar salsa

Preheat oven to 350. Spray 2 baking sheets with cooking spray.

Cut each tortilla into 6 wedges. Spread out the wedges on the baking sheets and bake until crisp, about 10 - 15 minutes.

While the tortillas are baking, combine the beans and salsa and place in a bowl.

Place the tortillas in a basket and serve with the dip.

Contributed 2000

Weight Watchers (5 points per serving)

## Salsa

Paul Hooper

1 medium jalapeño  
water  
2 cans peeled whole tomatoes  
2 small chopped onions  
lots (at least half a bunch) cilantro, minced  
2 large cloves fresh garlic, pressed  
salt

Boil one medium sized jalapeño in an inch of water until it is nice and soft (the color of it will change when it starts to soften. Drain it and put it in a blender with the remaining ingredients. Mix it all up at lowest speed. You only need to run blender long enough to mix everything up.

Contributed 1997

*Paul's note: The proportion of the ingredients can be adjusted according to your taste. You may also wish to try a little lemon or lime juice.*

# Chili-Bean Nacho Dip

Marijo Svojse

4 rounded tablespoons leftover Lentil Chili  
(see recipe in Soups)  
8 rounded tablespoons mild salsa  
3/4 to 1 can refried beans  
1/2 cup Fearn Soya Granules (see note)  
cheddar flavored veggie slices  
tortilla chips or pita bread for dipping

Preheat oven to 350

Mix together the lentil chili, salsa, refried beans, and soya granules. Place in baking dish. Top with cheddar flavored veggie slices.

Bake until warm and the slices are melted.

Use as a dip for tortilla chips and pita bread.

Note: You can buy Fearn Soya Granules in the health section at Woodman's

Amounts should be to taste!

Contributed 1999

# Chex Muddy Buddies\*

Ruth Baum

Servings: 8

9 cups Chex cereal  
1 cup semisweet chocolate chips  
1/2 cup peanut butter  
1/4 cup margarine  
1 teaspoon vanilla extract  
1 1/2 cups powdered sugar

1. Pour cereal into a large bowl; set aside.
2. Microwave: In a 1-quart microwave-safe bowl, combine chocolate chips, peanut butter, and margarine. Microwave on HIGH 1 to 1-1/2 minutes or until smooth, stirring after 1 minute. Stir in vanilla. (OR -- Stovetop: In a small saucepan over low heat melt chocolate chips, peanut butter and margarine, stirring often. Remove from heat and stir in vanilla.)
3. Pour chocolate mixture over cereal, stirring until all pieces are evenly coated. Pour cereal mixture into a large resealable bag with the powdered sugar. Seal securely and shake until all pieces are well coated. Spread on waxed paper to cool.

Note: You may substitute Crispix for the Chex

Contributed 2002

# Peanut Butter Squares

Vanessa Kinder

1 cup honey  
1/2 cup peanut butter  
6 cups "Nature O's" \*  
1 cup chopped nuts  
1 cup raisins or dried dates  
1/2 cup sunflower seeds

Heat honey and peanut butter in large sauce pan over low heat, stirring frequently until smooth.

Remove from heat and stir in other ingredients until well coated.

Press into 8" x 8" x 2" pan. Refridgerate 1 hour.  
Cut into squares.

\* Buy Nature O's in Woodman's health food section.

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*Contributed February, 2000*

# Cinnamon Tortilla

## Chips with Fruit Salsa

Bethany Torode

1 package small soft tortillas  
cinnamon  
sugar  
1 small can mandarin oranges, drained  
1 cup strawberries  
1 Granny Smith apple  
1 kiwi fruit  
2 tablespoons frozen apple juice concentrate

Preheat oven to 375. To prepare tortillas (as many as you like), spritz one with water, then sprinkle generously with cinnamon and sugar. Cut it into eight triangles. Place as many as will fit on a cookie sheet, and fit on a cookie sheet, and bake for 8-10 minutes.

To make the Fruit Salsa, chop (or process) all the fruit into little chunky pieces. Then add the apple juice concentrate. Voila. Dip the chips in the salsa and enjoy!

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Contributed 2003

## Peanutty Green Pepper

Grandma Dorothy Baum

1 green pepper  
natural style peanut butter

Cut the green pepper in squares and spread with peanut butter. Simple and surprisingly good!

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Contributed 2003

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# Appetizers and Snacks

# Beverages

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# Strawberry Smoothie

Vanessa Kinder

- 1 12.3 oz. carton silken tofu
- 1 16 oz. carton frozen sweetened strawberries

Partially thaw the strawberries, then blend with the tofu in the blender. Serve cold.

Variations: Add orange juice, bananas, or other types of fruit as desired.

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*Good protein source!*

*Contributed 2000*

# Fruit Shake

Ruth Baum

- 1 cup soy milk
- 2 teaspoons sugar
- frozen fruit

Put the cup of soy milk in the blender. Add frozen fruit (I've used strawberries, bananas, or peaches) gradually while the blender is running. When your shake is thick enough for you, stop adding fruit.

VARIATIONS: Omit the sugar. Use a low calorie sweetener, honey, apple juice concentrate, or orange juice concentrate to taste instead. You may use any other milk substitute for the soy milk.

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*Contributed 2002*

# Baba's Punch

Baba Jo Kinder

- 1 small can Hawaiian Punch Frozen Concentrate (thawed)
- 1/2 large bottle 50/50
- 1 large can Apricot Nectar
- 1 1/2 cups pineapple juice -- NOT concentrate (Two 6 oz. cans)

Mix all together. Taste. You may want to add some water or more 50/50.

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*Contributed 2000*

# Hot Spiced Cider

Ruth Baum

- apple cider or cranapple juice
- 1 stick cinnamon
- some whole allspice or cloves

Heat the cider or juice with the cinnamon and allspice or cloves. Keep hot over very low heat for a few minutes to let the juice absorb the spices. Serve hot.

VARIATION: Use apple tea bags, with half water and half apple cider.

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*Contributed 2002*

# Nut, Seed, or Grain

## "Milk"

Ruth Baum

1 cup raw nuts, seeds, or cooked grain  
3 cups cold water  
1 tablespoon honey  
1 tablespoon oil (optional)  
1/2 teaspoon vanilla  
1/4 teaspoon salt

Put everything into a blender and blend until smooth... that's it!

For most cooking and baking needs this works fine. IF you wish a less "chalky" texture, strain through a piece of cotton cloth. Gather the ends of the cloth in your hands and squeeze out as much liquid as possible. ("Milk" made from cashews or cooked white rice is smooth and needs no straining.) This "milk" may be drunk like regular milk, though it doesn't taste exactly the same. If you wish, blend in a banana with all the rest of the ingredients. Nut milk is especially good on granola.

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contributed 2002

*Ruth's notes: I received this recipe in 1978 at a vegan cooking class, taught by Seventh Day Adventists. For several years Mike had to be on a non-dairy diet (not any more) and I used this recipe regularly.*

*Recently I have found some other recipes for nut milk. The proportions vary from 1 part nuts & 3 parts water, to 1 part nuts & 6 parts water, so you can be flexible depending on the richness you want. Several of the recipes suggest soaking the nuts in water overnight to eliminate the chalky texture. Almonds and cashews seem to be the preferred nuts, but you can use other varieties.*

## Favorite Punch

Ruth Baum

1 package raspberry Kool-Aid  
1 12 oz. can orange juice, frozen concentrate  
1 12 oz. can pink lemonade, frozen concentrate  
1 46 oz. can pineapple juice  
2 liters 7-Up® or Ginger Ale  
sugar  
water

Mix the package of raspberry Kool-Aid with sugar and water as directed on the package.

Mix the orange juice and lemonade as directed on the cans.

Combine the Kool-Aid, orange juice, and lemonade, pineapple juice and 7-Up or Ginger Ale.

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Makes about 2 gallons.

Contributed 2002

*Ruth's notes: My mom found this recipe in a magazine. It became my favorite punch recipe and we served it at the reception after our wedding.*

# "Russian" Tea

Bethany Torode

1 cup Tang (instant orange beverage)  
2/3 cup instant tea  
3 ounces presweetened lemonade powder  
2/3 cup sugar  
1/2 teaspoon cinnamon  
1/2 teaspoon cloves

Mix all together and store in a jar. To serve, mix 1  
tablespoon Russian Tea mix into 1 cup hot water.

Contributed 2003

Beverages

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# Breads and Breakfast Foods

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# Fruited Barley

Ann Piatnitzka

1/2 cup barley  
2 1/2 cups water  
1/2 cup raisins  
1/2 cup prunes  
1/2 cup quartered apricots, dried or canned  
1/2 cup quartered peaches, dried or canned  
1/2 tablespoon brown sugar  
1 tablespoon lemon juice

In a medium saucepan soak the barley in 1-1/2 cups water overnight. When ready to cook barley, add the remaining cup of water. Bring to boil and simmer 45 minutes. Add fruit and simmer 5 more minutes or until fruit is soft. Just before serving add brown sugar and lemon juice.

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*Ann's note: I used Delmonte Lite canned apricots and peaches. This is a versatile dish, suitable for brunch, a side dish, or dessert (and, during non-Lenten periods, an accompaniment for meat).*

Contributed 1999

# Whole Wheat

Stacy Ghiz

1 cup whole wheat kernels  
3 cups water  
crushed anise  
white raisins  
walnuts  
halved almonds  
sugar

Bring water and wheat to a boil and simmer for 45 minutes. Cooking time may be a little longer -- watch carefully toward the end of the cooking time to make sure the wheat is tender but not mushy. You may want to soak the wheat over night to lessen the cooking time

Then add a dash of anise (crushed). Can also add white raisins, walnuts, halved almonds and/or sugar

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Contributed 2000

# Oatmeal (slow cooker)

Ruth Baum

1 part steel cut oats (see note\*)  
3 parts water  
salt

Spray the inside of a slowcooker with non-stick spray (or rub with shortening). Add water, oats, and salt (use about 1/2 teaspoon salt per cup of oats). Slow cooker should be at least half to 3/4 full. Slow cook overnight on the lowest setting. Stir well before serving.

Refrigerate leftovers and reheat in the microwave.

\*Note: "steel cut oats" are also known as "pin oats" or "scotch oats."

VARIATION: You may substitute cracked wheat (NOT bulghur wheat) for the oats.

(I bought a small -- 6 cup -- slow cooker, just for making cereal. I use 1-1/3 cup oats, 4 cups water, and 1/2 teaspoon salt. That will make 3 to 4 servings.)

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\*contributed 2002

# Vegan Pancakes\*

Ruth Baum

2 cups flour  
1 tablespoon sugar, optional (see note)  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1 teaspoon salt  
2 1/4 cups soy milk  
1 tablespoon vegetable oil  
1 tablespoon lemon juice  
1 teaspoon vanilla

Mix together the dry ingredients in a mixing bowl. Add all of the liquid ingredients and mix with a wire whisk briefly, just until combined. Fry as regular pancakes on an oiled skillet or griddle. Serve with maple syrup and/or all-fruit blueberry preserves.

**VARIATION: Honey - Whole Wheat Pancakes:** Use Whole Wheat Pastry flour for the regular flour and use one tablespoon of honey instead of sugar. (Measure the honey, AFTER you measure the oil with the same tablespoon, and it will slip right out.)

**Note:** If the batter is thicker that you like, add a little more soy milk. If your soy milk is quite sweet, you do not need the sugar. Vanilla soy milk is good in this recipe.

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*Ruth's Note: A weekend treat!*

*Contributed 2002*

# Soy Yogurt Fruit Parfait

Ruth Baum

Servings: 1

1 small carton soy vanilla yogurt  
fresh fruit, cut up  
4 tablespoons grape nuts cereal  
2 tablespoons all-Bran® Cereal

Layer in a parfait glass or a cereal bowl: half the yogurt, some cut up fresh fruit (strawberries, bananas, blueberries, peaches, etc...), then 2 tablespoons grape nuts and 1 tablespoon All-Bran. Repeat layers ending with All-Bran.

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*Contributed 2002*

# Apple Bread Pudding

Ruth Baum

2 medium apples, peeled and thinly sliced  
1/4 cup undiluted apple juice concentrate  
1 10 to 12 oz. pkg. silken tofu (soft)  
2 cups soy milk  
2 teaspoons vanilla extract  
1 teaspoon cinnamon  
1/2 teaspoon nutmeg  
1/3 cup brown sugar  
16 slices whole grain bread, cubed

Combine apples & apple juice concentrate in a microwave-safe dish and cook at full power about 6-7 minutes, until apples are tender. In a blender puree the silken tofu with the soy milk, cinnamon, nutmeg, vanilla, and brown sugar until smooth. Place cubed bread into a large mixing bowl. Gently mix in the cooked apples (including any apple liquid), and the tofu mixture.

Coat a 9 X 13 baking dish with cooking spray. Add the bread mixture. Cover and refrigerate overnight (or at least one hour). Turn oven to 350 -- no need to preheat. Bake, uncovered for about 50 minutes, until set and lightly brown. Serve cold or hot, for breakfast or dessert.

SUBSTITUTIONS: Apple juice concentrate: Use apple juice and honey. Heat 1/4 cup apple juice and then dissolve 1 tablespoon honey into the juice before combining with the raw apples.

Soy products: If you cannot eat soy, instead of the tofu and the soy milk, use 1 cup mashed potatoes, 2 cups rice milk, and 2 tsp. cornstarch blended together, but remember that the finished product will have less protein.

NOTE: To add raisins -- Add 1/2 cup raisins to the apple mixture before cooking in microwave. Reduce brown sugar to 1/4 cup.

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*contributed 2002*

*adapted from Taste & See Cookbook by St. Ignatius  
Antiochian Orthodox Church, Franklin, TN*

# Traveling Breakfast

Ruth Baum

Shredded wheat® (spoon size)  
almonds, whole  
raisins  
Zip Lock Sandwich bag

Mix together the shredded wheat, almonds, and raisins in whatever proportions you desire in the Zip Lock Bag. Just nibble on it dry from the bag. This makes a healthy breakfast with coffee or juice.

A suggestion for an exact portion measurement would be: 1 cup shredded wheat (170 cal.) + 2 tablespoons almonds (90 cal.) + 2 tablespoons raisins (60 cal.) = 340 calories. This breakfast would give you at least 8 grams of protein and 8 grams fiber. It also contains 7 to 8 grams fat from the almonds, but the fat in almonds is good for you.

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*\*contributed 2002*

*This is an excellent breakfast for when you are traveling. Just pack along a few baggies of this and you can avoid temptation at the hotel breakfast buffets.*

## Cornbread #1\*

Dianne Boardman

1 1/2 teaspoons Ener-G Egg Replacer, \*see Note  
2 tablespoons water  
1 cup cornmeal  
1 cup unbleached flour  
1 tablespoon baking powder  
1/2 teaspoon salt  
1/4 cup sugar  
1 cup soy milk  
1/4 cup vegetable oil (I use canola)

Preheat oven to 400. Grease a 9 X 9 pan (or grease a muffin tin for 12 muffins).

In a small bowl, whisk egg replacer and water together until frothy, and set aside. In a large bowl, combine the cornmeal, flour, baking powder, salt, and sugar. To the small bowl, add the soy milk and oil to the egg replacer and whisk well. Then add the wet ingredients to the dry ingredients in the large bowl, stirring just enough to mix. Pour into the prepared pan (or fill the muffin cups 1/2 to 2/3 full.)

Bake at 400 until lightly browned, about 20-25 minutes (or 15 - 20 minutes for muffins). Check on it early, since oven temps vary and this tends to dry out quickly if overbaked.

Note: Ener-G Egg Replacer is available at natural food stores or in the health food sections of grocery stores. (It's a powder and comes in a box.)

This recipe is adapted from a recipe for Corn Muffins on Beverly Lynne Bennett's Vegan Chef website: <http://www.veganchef.com>

Contributed 2003

## Cornbread #2

Ruth Baum

1/2 cup chopped raw carrots  
2 tablespoons water  
1/3 cup raw cashew pieces  
1 cup water  
2 tablespoons honey  
1 tablespoon lemon juice  
3/4 cup cornmeal  
1 cup flour  
1 teaspoon onion powder, \*see Note  
1/2 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt

Preheat oven to 425. Spray a 10" pyrex deep dish pie plate with nonstick spray (or use a 9" X 9" baking pan).

Put carrots and 2 tablespoons water in a small dish and microwave on high for about 2 minutes or until carrots are cooked and soft (or use 1/2 cup of cooked carrots instead of the water and raw carrots and omit this step).

Combine in a blender the cooked carrots, cashew pieces, water, honey, and lemon juice. Blend thoroughly until mixture is completely smooth and a dark yellow color.

Mix the remaining dry ingredients together in a large bowl. Pour in the blended mixture and stir together. Spoon the batter into the prepared pan and bake at 425 for about 18 minutes.

\*Note: The onion powder is essential to this recipe, otherwise the cornbread seems almost tasteless. It doesn't make the cornbread taste like onions -- it just gives it the savory quality that one expects in cornbread.

Variation: You can substitute Malt-o-Meal cereal for the cornmeal.

Contributed 2003

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Breads and Breakfast foods

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# Nona's Cinnamon

## Granola\*

Bethany Torode

11 cups oats  
1 cup coconut  
1 cup grape nuts  
1 cup sunflower kernels (not seeds)  
1 cup wheat germ  
1 cup vegetable oil  
1 cup honey  
1 tablespoon cinnamon  
1 teaspoon nutmeg

Preheat oven to 350

In a large bowl mix together the oats, coconut, grape nuts, sunflower kernels, and wheat germ. Heat in a pan on the stove the oil, honey, cinnamon and nutmeg.

Pour the wet ingredients into the bowl of dry ingredients and stir until well-coated. Then spread evenly on two baking sheets (for crunchier granola, or fill a 9 X 13 pan to the brim (for chewy). Bake for 5 to 8 minutes, or a little longer if going for the chewy option, as the layers are thicker.

Variation: Add one package of Craisins (dried cranberries) for an irresistible flourish!

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*Contributed 2003*

*Bethany's note: Makes a massive tupperware bowl full!*

Soups

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# Baba's Bean Soup

Baba Jo Kinder

1 pound navy beans  
4 to 5 carrots  
4 to 5 celery stalks  
4 to 5 medium potatoes  
1 medium onion, chopped or sliced  
salt  
pepper  
1 medium can tomatoes  
a little garlic, if you like

1. Check over beans, a small handful at a time to look for little stones or for a few darkened beans that don't look so good. Put in a big kettle, rinse, pour out water, and then cover with cold water about 2 to 3 inches. Let soak over night.

2. Next day, pour out water and put in fresh cold water to cover beans, 2 to 3 inches above the beans. Add salt, pepper, and onion and bring to boil. Turn down heat and let cook slowly -- about an hour or a little more. Check beans until almost soft.

3. Add canned or fresh or frozen tomatoes. I thawed my tomatoes in the micro (because I forgot to bring them up sooner!) (The peelings popped off so easily -- because I don't peel them when I freeze them!) I put the tomatoes in my blender and then into the beans. While this simmers together --

4. I peel the carrots and potatoes. I slice the carrots and celery, and cut the potatoes in chunks and add them to the soup. I let everything simmer until the veggies are done and of course the beans too!

5. Make it a few times and you can judge how much water you need and how much veggies you want, AND if you want a little garlic or not.

*Baba Jo's notes: This makes a good sized pot of bean soup. So nice to have ready when you and your family come home for supper. So good with bread, margarine, and hot peppers.*

Contributed 1999

# Black Bean Soup\*

Margo Schmidt

2/3 cup chopped onion (about 1 medium)  
4 cloves garlic, minced  
1 tablespoon ground cumin  
1/2 - 1 teaspoon crushed red pepper flakes  
2 tablespoons vegetable oil  
3 16-oz. cans black beans, undrained  
1 1/2 cups vegetable broth or water  
3 cups salsa (thick and chunky)  
2 tablespoons lime juice  
saltine crackers

In 4-quart saucepan cook onion, garlic, cumin, and pepper flakes in oil over medium heat about 3 minutes, until onion is tender. Remove from heat.

In electric blender puree 2 cans of beans with the liquid in batches with the broth or water. Add to saucepan. Stir in remaining beans, salsa, and lime juice. Heat mixture to boil. Reduce heat to low and simmer 30 minutes. Serve hot with crackers.

On non-fast days, you may top each serving with a dollop of plain yogurt.

Margo's tip: Do not puree beans. Add all 3 cans to onion mixture with salsa and lime juice. Simmer for 1 hour or until it gets thick enough to serve over rice.

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Contributed 1997

# Lentil Soup

2 1/2 cups dry lentils (about 1 pound)  
6 cups water, approximately  
1 medium onion, diced  
4 cloves garlic, minced  
4 carrots, sliced  
3 potatoes, diced  
3 bayleaves  
salt

Rinse lentils. Bring lentils and water to a boil. Boil gently for 30 minutes. Add vegetables and bayleaves. Simmer for 30 minutes, stirring occasionally. Add more water if necessary. Add salt to taste.

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*Contributed 1999*

# Lentil Chili

Marijo Svojse

1 package Aunt Patsy's Lentil Chili Mix (see note)  
1/2 cup Fearn Soya Granules (see note)  
chopped onion  
1 to 2 cups raw vegetables (carrot, broccoli, etc...), chopped or grated  
veggie cheddar slices  
more chopped onion  
tortilla chips

Follow directions on the package of the Lentil Chili Mix. For more protein (an extra 44 grams) add the soya granules. We add extra onion and 1 to 2 cups of raw chopped or grated vegetables (carrots, broccoli, etc...)

Top the individual servings of chili with chopped raw onion, tortilla chips, and/or cheddar veggie slices.

Use the leftover chili in the following recipes:  
Vegetarian Enchiladas (in Main Dishes)  
Chili-Bean Nacho Dip (in Appetizers and Snacks)

Note: Buy Aunt Patsy's Lentil Chili Mix in the bean section at Woodman's, and buy Fearn Soya Granules in the health section at Woodman's

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*Contributed 1999*

# Vegetarian Chili\*

Dr. Christal Chaney

1 tablespoon oil  
1 onion, chopped  
1 red pepper, seeded and chopped  
1 to 2 garlic cloves, crushed  
2 28-oz. cans crushed tomatoes  
2 28-oz. cans water  
1 cup dried kidney beans, soaked and cooked  
1/2 cup dried lentils, cooked  
1 teaspoon paprika  
1/2 tablespoon chili powder  
salt  
pepper  
some sugar

Heat oil in large saucepan and saute onion and pepper for 10 minutes. Add garlic and cook 1 to 2 minutes longer. Then add the tomatoes.

Drain the beans and lentils, reserving the liquid. Add beans and lentils to the tomato mixture. Add the paprika and chili powder.

Simmer for 15 minutes, adding bean water as needed for consistency. Add sugar, salt, and peper to taste.

Note: You may use two 15 oz. cans of kidney beans instead of the dried beans.

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*Contributed 1997*

# Split Pea Soup (Simple)

Ruth Baum

1 cup split peas, rinsed  
4 cups water  
2 Knorr Vegetable Bouillon Cubes  
2 tablespoons dried minced onion  
1/2 teaspoon dried basil

Bring all ingredients to a boil then simmer for about an hour or longer depending on how mushy you like your split peas.

VARIATIONS: If you wish you may add any or all of the following: a bay leaf, a chopped carrot, a chopped celery stalk, some minced garlic, and /or a small chopped potato. But it isn't necessary. This soup is good just plain.

LENTIL SOUP: Omit split peas. Use lentils instead. Simmer until lentils are tender. You may not have to cook it quite as long as for split peas.

Ruth's Note: Each Knorr Vegetable Bouillon Cube will flavor 2 cups of water. If choosing an amount of another broth seasoning, make sure it flavors 4 cups of water.

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*Contributed 2002*

# Split Pea Soup (Spicy)\*

1 pound dried split peas or lentils  
6 cups water  
3 tablespoons oil  
3/4 to 1 cup chopped onion  
2 to 3 cloves garlic, minced  
1 tablespoon curry powder  
1 teaspoon coriander seeds, crushed  
1/4 teaspoon cayenne pepper  
1 teaspoon salt

Heat split peas to boiling. Turn off heat, cover and let stand for 1 hour. (Omit this step if using lentils.) Reheat and simmer over low heat for 45 minutes.

In a skillet over medium heat, saute in oil the onion, garlic, and spices about 7 minutes. Stir the spice mixture into split peas, cover, and cook over low heat for 15 - 20 minutes. At this point, after allowing soup to cool slightly, you may puree some or all of the soup, for a smoother texture, if you wish. Thin soup with some more water if necessary.

Everything about this recipe is variable: you can adjust amounts of spices, onions, or garlic to taste.

OIL-FREE VARIATION: Add the onions and spices, without sauteing, directly to the soup for the final 30 minutes or so of cooking.

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*Contributed 1999*

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*adapted from The More with Less Cookbook by  
Doris Janzen Longacre*

# Butternut and Sweet Potato Soup\*

Dianne Boardman

1 1/2 teaspoons oil  
1 cup chopped onion  
4 cups butternut squash, peeled and cubed  
1 medium (8 oz.) sweet potato, peeled and cubed  
1 cup corn, fresh or frozen  
3 cups water or vegetable broth  
1 tablespoon fresh ginger, minced  
1 teaspoon coriander  
2 teaspoons brown sugar  
1/4 teaspoon black pepper  
1/2 teaspoon salt

In large saucepan, heat oil and saute onion 3 - 5 minutes. Add remaining ingredients. Bring to a boil. Reduce heat, simmer until squash is tender, about 15 - 20 minutes. Puree it all in a food processor or blender until smooth. Return to pan, adjust seasonings. Serve hot.

Variations: Use apple juice for part of the liquid.  
OR Stir a little peanut butter into hot soup before serving.

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*Contributed 2000*

# Clam Chowder

Ruth Baum

2 cups water  
1 Knorr Vegetable bouillon cube  
1 cup frozen baby lima beans  
1 medium potato, diced  
1 carrot, chopped  
1/2 small onion, minced  
1/4 cup minced celery  
1/2 teaspoon basil  
1 16 oz. can cream style corn  
1 6 to 10 oz. can baby clams or chopped clams, undrained

Combine everything except clams. Simmer until veggies are cooked, about 20 minutes. Add the can of clams.

VEGETABLE CHOWDER VARIATION: Just don't add the clams. OR heat up the can of clams separately. Those who wish can add clams to their individual portion.

Note: Cream style corn has NO dairy products in it.

*Contributed 2002*

# Garden Vegetable Soup

2/3 cup sliced carrot  
1/2 cup diced onion  
2 garlic cloves, minced  
3 cups vegetable broth  
1 1/2 cups diced green cabbage  
1/2 cup green beans  
1 tablespoon tomato paste  
1/2 teaspoon dried basil  
1/4 teaspoon dried oregano  
1/4 teaspoon salt  
1/2 cup diced zucchini

In a large saucepan, sprayed with nonstick cooking spray, saute the carrot, onion, and garlic over low heat until softened, about 5 minutes.

Add broth, cabbage, beans, tomato paste, basil, oregano and salt; bring to a boil. Lower heat and simmer, covered, about 15 minutes or until beans are tender.

Stir in the zucchini last and heat 3 - 4 minutes. Serve hot. Makes 4 servings.

*Hot red peppers are good, too. Use any vegetables you have in your refrigerator. Tomato makes a good base, too.*

Contributed 2000

*Weight Watchers (0 points per serving)*

# 'Birdseed' Soup

Ruth Baum

1/3 cup dry yellow split peas  
1/3 cup dry lentils  
3 tablespoons brown rice  
2 tablespoons dried minced onion  
1/3 cup wild rice  
3/4 teaspoon basil  
3/4 teaspoon oregano  
1 bay leaf  
4 1/2 cups water  
2 Knorr Vegetable bouillon cubes  
1 12 oz. can V-8® vegetable juice  
pepper, to taste

Combine peas, lentils, brown rice, wild rice, onions, basil, oregano, and bay leaf in a sauce pan. Add water and vegetable bouillon cubes. and simmer for about an hour until the peas, lentils, and grains are tender (don't cook too long or the peas will get too mushy). Add V-8 and pepper. Heat thoroughly.

*Ruth's note: The first year we attempted fasting, I discovered this recipe. My son walked into the kitchen just as I had finished putting the dry ingredients in the pot. We had been eating some rather different things lately and he said, "So, Mom, what are you cooking tonight?" He looked in the pot on the stove in disbelief. "Birdseed?!" We have called this recipe "Birdseed soup" ever since.*

Contributed 2002

## Tasty Lenten Chili (Crockpot recipe)

Bethany Torode

1 28 oz. can diced tomatoes with added spices  
1 can chili beans  
1 can water (use chili bean can)  
1 pound browned veggie crumbles  
chili powder to taste

Put all ingredients in a crock pot and cook for at least 8 hours. This recipe is easily doubled. You can also use pureed tomatoes if you don't like the regular tomato chunks. If you prefer less "heat" use a can of kidney beans instead of the chili beans.

Try sprinkling with soy cheddar "cheese" shreds when serving.

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*Contributed 2003*

## Easy Lentil Soup

Ruth Baum

1 cup lentils  
1 envelope Lipton Onion Soup Mix  
4 cups water

Look through lentils, making sure there are no tiny stones or other foreign matter. Rinse. Put in a saucepan with the onion soup mix and water. Bring to a boil and simmer for about an hour.

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*Contributed 2003*

*Soups*



# Salads and Side Dishes

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# Grandma's Bohemian Sauerkraut Salad

Susan Francis

3/4 cup sugar  
1/2 cup apple cider vinegar  
1 32 oz. jar sauerkraut, well drained  
2 green peppers, washed  
2 red peppers, washed  
3 ribs scelery, sliced thin  
1 medium onion, grated  
1/4 cup water

In a glass or ceramic bowl (no aluminum), combine sugar, vinegar, and water. With your hand squeeze out all juice in sauerkraut (use a colander) and add to bowl with the sugar/vinegar/water mixture.

Slice the peppers and celery very thin and add to mixture along with the grated onion. Mix well and pack into glass jars, making sure the mixture is packed down and covered with liquid. Store (covered) in refrigerator

*Susan's notes: Keeps for weeks and weeks and gets better tasting as it ages. Great with potatoes or, for non-Lenten meals with pork, or as a condiment to put on sandwiches.*

Contributed 1999

# Winter Fruit Salad

Ruth Baum

1 apple, cut up  
1 orange, cut up  
1 banana, cut up  
cinnamon  
chopped walnuts

Combine fruits, sprinkle generously with cinnamon, and add a handful of chopped walnuts.

This basic recipe can be varied using different or more fruits.

Contributed 2002

# Pasta Seafood Salad\*

Daria Zender

8 oz. medium shell pasta, uncooked  
1 package Louis Kemp imitation crab  
2 cups small fresh broccoli flowerets,, lightly steamed  
1 medium red bell pepper, chopped  
1/2 cup celery, chopped  
2 tablespoons green onion, chopped  
2 teaspoons prepared mustard  
1/2 teaspoon dried dill weed  
8 oz. Italian salad dressing

Prepare shalls as package directs. In large bowl, combine all other ingredients. Add cooked shells and mix well. Cover and chill. Stir before serving.

Makes 4 - 6 servings

Contributed 1999

# Vegetable Salad \*

Ann Piatnitza

1 small zucchini  
1/2 head cauliflower  
1 small bunch broccoli  
1/2 green pepper  
3 green onions  
fresh mushrooms  
1 small can water chestnuts (optional)  
black olives (optional)  
Wishbone Italian Dressing (with soybean oil)

Cut vegetables into bite size pieces. Combine and marinate overnight in dressing. Before serving, add olives if desired

Contributed 2000

# Mexican Potato Salad\*

Ruth Baum

1 pound red new potatoes, quartered  
1/4 cup water  
1/4 cup picante sauce or salsa  
1 tablespoon lime juice (can use up to 2 T.)  
1 tablespoon olive oil (optional)  
1/4 teaspoon salt  
1/8 teaspoon pepper  
1 large tomato, seeded and chopped  
1/2 cup ripe olives, pitted and sliced  
1/4 cup green onions, sliced  
1 tablespoon cilantro or parsley, snipped

In a 2-quart microwave-safe casserole micro-cook potatoes and water, covered, on 100% power (high) for 9 to 11 minutes or till potatoes are tender, stirring once. (Or use a little more water and boil in a pot on the stove.) Drain. Meanwhile, in a small microwave-safe bowl combine picante sauce, lime juice, oil, salt, and pepper. Cook, uncovered, on high for 45 to 60 seconds or till heated through. Add sauce to cooked potatoes. Stir in tomato, olives, onion, and cilantro or parsley; toss to coat. Serve warm.

Notes: This salad is also good cold. For a non-Lenten dish add strips of sliced leftover roast beef, steak, or deli sliced beef (pastrami is good).

Contributed 2002

# Pickled Pepper Salad

Ruth Baum

2 medium green bell peppers  
1 medium red bell pepper  
1 medium yellow bell pepper  
1/2 cup finely chopped onion  
1/2 cup cider vinegar  
1/4 cup sugar  
2 tablespoons water  
pinch salt  
freshly ground black pepper, to taste  
1 cup thinly sliced unpeeled cucumber

Core and seed peppers; remove white membrane from insides. Slice into 1/4" strips. Set aside.

In a large bowl, toss together onion, vinegar, sugar, water, salt, and pepper. Add cucumber and toss; let stand 30 minutes. Add reserved peppers; let stand 30 minutes more. Serve at room temperature or chilled.

VARIATION: Omit sugar. Add artificial sweetener to equal 1/4 cup sugar.

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Contributed 2002

# Hungarian-style Potatoes and Green Beans

1 cup red potatoes, halved, sliced 1/4" thick  
1 cup fresh green beans, cut in 2" pieces  
1/2 cup onion, quartered and sliced  
1 teaspoon sun-dried tomato, rehydrated and chopped  
1 teaspoon fresh parsley, chopped  
1 teaspoon olive oil (optional)  
1 teaspoon butter-flavored granules (optional)  
1/8 teaspoon paprika

Place the potatoes and green beans in a microwave-safe (2 quart) steamer basket with bowl underneath. Add a small amount of water. Cover and microwave on High for 3 minutes. Let stand for 2 minutes.

Add the onion and continue to microwave on High for 1 minute more. Let stand for 1 minute.

Discard water and empty vegetables into the bowl. Toss with the tomato, parsley, olive oil, butter-flavored granules, and paprika. Serve immediately.  
*Makes 2 servings.*

*Contributed 2000*

## Baked Asparagus\*

Ruth Baum

48 asparagus spears, trimmed  
1 tablespoon balsamic vinegar  
1 tablespoon olive oil  
salt  
fresh ground pepper

Preheat oven to 425. In a 13 x 9 pan, combine asparagus, lemon juice and oil, turning to coat. Sprinkle with salt and pepper. Bake, covered, 15-20 minutes, just until asparagus are tender. Serve warm or at room temperature. Just before serving transfer to a platter; top with pan juices.

VARIATION: You may substitute fresh lime or lemon juice for the vinegar.

Ruth's note: I don't bother to count the asparagus. I use two bunches of asparagus as packaged in the produce department. I usually double the amount of oil and vinegar as well.

*Contributed 2002*

## Fancy Topped Twice- Baked Potatoes

Marijo Svojse

Baked Potatoes  
water or margarine  
Fearn Soya Granules (see note)  
garlic powder  
onion powder  
salt  
pepper  
steamed broccoli stalks (but still crisp)  
chopped green onions  
cheddar veggie slices

After baking the potatoes, leave the oven on and turn temperature to 350, if it isn't already.

Partially scoop out the baked potatoes. Mix the "scoopings" with a little water (or margarine), soya granules, garlic powder, onion powder, salt, and pepper. Put mixture back into the potatoes.

Top filled potatoes with broccoli, cheddar veggie slice, and chopped green onions.

Rebake until heated through and cheddar slices are melted.

Note: You can buy Fearn Soya Granules in the health section at Woodman's.

*Contributed 1999*

# Company Carrots\*

Ruth Baum

1 pound carrots  
water  
1/2 lemon  
1 tablespoon margarine  
salt  
nutmeg  
1/4 cup fresh parsley, minced

Scrub carrots under running water. Peel if you wish. Cut up into whatever size you like. (Or use a 1 pound bag of baby carrots.) Simmer in a small amount of water until just tender. Remove from heat and drain water.

While carrots are cooking, squeeze lemon into a small bowl and remove seeds.

Add lemon juice and margarine to the cooked carrots. Sprinkle with salt and nutmeg to taste. (If carrots aren't sweet enough, you may sprinkle in a little sugar or stir in a little honey as well.)

Stir in the parsley, and cook briefly over low heat to warm the carrots and blend the flavors.

Note: Even if you cook up less carrots, use the same amount of lemon and margarine.

*Contributed 2002*

## Red Cabbage

apple cider  
sliced red cabbage  
sliced apple  
balsamic vinegar  
brown sugar (optional)

Cover bottom of a heavy frying pan with apple cider. Add sliced red cabbage and apple. Cook 45 minutes to an hour. Toward the end of cooking time add a dash of balsamic vinegar. Then add brown sugar to taste if necessary.

*Contributed 1999*

## Sweet Potato Bake

Susan Francis

3 pounds sweet potatoes  
1/3 cup brown sugar, firmly packed (adjust to taste)  
1 1/2 tablespoons cornstarch  
1/4 teaspoon salt  
1/8 teaspoon cinnamon (adjust to taste)  
1 1/2 cups apricot nectar  
2 teaspoons grated orange peel  
2 tablespoons butter or margarine (optional)  
1/2 cup pecans (optional)

Peel sweet potatoes and cut into serving-size slices. Steam over hot water until just tender, but not mushy. Cool and arrange in a casserole dish.

In a saucepan, combine brown sugar, cornstarch, salt, and cinnamon. Stir in apricot nectar and orange peel. Bring to a full boil, stirring constantly. Remove from heat and stir in butter or margarine (or omit for a non-dairy, non-oil dish). Cool slightly.

Sprinkle pecans over sweet potatoes and then pour the sauce over the potatoes so all are glazed. At this point you may cover and refrigerate or freeze to cook at a later date.

When ready to bake, preheat oven to 375. Bake, covered, for about 25 minutes or until sauce is bubbling.

*Susan's notes: This dish is so good and filling! I buy a large can (46 oz.) of apricot nectar and triple or quadruple this recipe to make several dishes ahead to freeze.*

*Contributed 1999*

# Stuffed Grape Leaves (Dolmathes)\*

from Toula Kargas

adapted from Hellenic Cuisine, St Helen's Philoptochos Society, Sts. Constantine and Helen Greek Orthodox Church, Detroit, Michigan  
(copyright 1967)

Ruth's note: This is not exactly Toula's recipe -- She doesn't use a recipe. We looked at one of her Greek cookbooks, and then she told me how she would cook this recipe. I have tried to incorporate her comments into the directions; I hope I absorbed enough of her cooking wisdom to pass it on to the rest of you.

Contributed 2002

3 medium onions, chopped  
1 or 2 cloves garlic, minced fine  
(optional)  
oil  
2 cups white rice (raw), "Uncle  
Ben's"  
1 cup chopped parsley  
1 cup water  
salt and pepper  
50 grape leaves, fresh or canned  
3 cups hot water  
1 lemon  
oil  
salt or bouillon powder

To make the rice filling: Thoroughly rinse the rice to remove starch. Set aside. Fry the onions and garlic (if using), in as much oil as seems necessary, until onions are golden. Add the washed rice, parsley, 1 cup water, salt & pepper. Cover and let simmer a few minutes -- but not long enough to cook the rice, because the rice will finish cooking when it is in the grape leaves. Remove the filling mixture from heat and let cool.

Meanwhile, rinse and drain the grape leaves. Then fill each leaf carefully, using one large or two small leaves for each dolma, making sure that the shiny side of the leaves is on the outside. Use only a teaspoon of filling, because it will expand as the rice cooks.

Select a large heavy bottomed pot with a lid. Place a few coarse leaves on bottom of pot (or parsley or dill -- use up the stems), and arrange dolmathes side by side and layer upon layer until all leaves and filling are used. Then, mix the juice of one lemon, 3 cups of hot water, and a little salt (or bouillon powder). Pour this liquid over the dolmathes. Then drizzle a little oil over all. Set a heavy plate face down directly on the dolmathes in the pot, and then cover the pot with the lid. Cook over very low heat for 2 hours, so that the rice cooks gradually and does not break the grape leaves. When the rice is cooked, remove from heat and chill. Serve cold.

Toula's note: Be sure to pick your grape leaves before June 10th or they will be tough. You can use canned grape leaves from the grocery store, but fresh or home canned grape leaves are more tender.

Ruth's note: I checked another recipe. It said that if you use canned grape leaves from the grocery store, drain and rinse them. Then put them in a saucepan with water to cover and boil for 15 minutes to soften the leaves. Drain the leaves and separate them carefully. Cut off the stems. Place a spoonful of filling on a grape leaf and proceed as recipe directs, above. The other recipe also suggested substituting a 1/4 cup of minced fresh dill for the parsley.

Note:  
Toula does NOT  
use garlic, and  
she uses salt  
not bouillon powder,  
If you use bouillon  
make sure it is  
vegetarian

## Bean Salad

Ruth Baum

1 can green beans, drained  
1 can yellow wax beans, drained  
1 can garbanzo beans, rinsed and drained  
1 can kidney beans, rinsed and drained  
1/2 green bell pepper, chopped  
1/2 red bell pepper, chopped  
1 small onion, chopped  
1/2 cup apple cider vinegar  
1/2 cup water, \*see Note  
1/2 cup sugar  
1 teaspoon salt  
1/4 teaspoon pepper

In a large bowl with a cover, combine the beans, peppers, and onion. For dressing, in a smaller bowl mix together the vinegar, water, sugar, salt, and pepper until sugar is dissolved. Pour the dressing over the bean mixture. Cover the bowl and refrigerate for a few hours before serving.

Note: On oil allowed days you may substitute oil for the water.

*Contributed 2003*

## Bean and Potato Salad

Ruth Baum

4 small red potatoes, cut in 1" pieces  
1 15 oz. can Green Giant 3 Bean Salad  
1/2 cucumber, chopped  
1/4 cup red onion  
1/4 teaspoon salt  
2 tablespoons fresh minced parsley

Place potatoes in medium saucepan; add enough water to cover. Bring to a boil. Cook 10 - 15 minutes or until tender. Drain.

In medium bowl, combine hot cooked potatoes with all remaining ingredients. Mix well. Let stand at room temperature for 30 minutes, or cover and refrigerate overnight to blend flavors.

*Contributed 2003*

## Crab MacApple Salad\*

Ruth Baum

1 6-7 oz. can crab meat  
1/2 cup vegan mayonnaise (like "Veganise")  
2 tablespoons onion, minced  
1 stalk celery, sliced  
1 apple, cored and chopped  
1 carrot (optional), peeled and sliced  
1 1/2 cups macaroni, uncooked  
salt or celery salt, to taste  
juice of 1/2 lemon  
1/2 cup frozen peas (optional)  
some sliced cucumber (optional)

(Note: All of the measurements are approximate -- use more or less of any ingredient as you wish.)

Cook macaroni according to package directions. While macaroni is cooking, combine the crab and vegan mayonnaise in a large mixing bowl. Slice celery (and carrot, if using) mince the onion, and chop the apple (in bite size chunks). Mix with the crab/vegan mayonnaise mixture. Stir in the lemon juice. Drain the cooked macaroni and rinse in cold water. Add to the mixture in bowl and stir until macaroni is well coated. (You may also add peas and cucumber if you wish.) Salt to taste. If you are making this salad ahead of time, you may want to stir in some more vegan mayonnaise immediately before serving, because the macaroni absorbs the dressing.

NON-LENTEN VARIATION: You may substitute tuna for the crab, and regular mayonnaise for the vegan mayonnaise. You also may want to use part sour cream for the mayonnaise.

*Contributed 2003*

*Ruth's note: This salad may be served as a main dish -- it is especially good on a hot summer day.*

## Salads and Side Dishes

# Russian Beet Salad\*

Olga Trubetskoy

5 large potatoes  
3 large carrots  
2 medium beets, \*see Note  
1 medium cucumber, cut in cubes  
2 medium tomatoes, cut in cubes  
1 medium onion, cut in cubes  
1 jar dill or sour pickles, cut in cubes  
1 can green peas, drained  
1 bunch fresh dill, finely chopped  
2 tablespoons sunflower oil  
1/2 teaspoon salt  
2 teaspoons mustard, optional

Boil, cool down, and peel the potatoes, carrots and beets. Cut into little cubes. Place in a large bowl. Add the chopped cucumber, tomatoes, onion, pickles, peas, dill, and salt.

Thoroughly mix the ingredients in the bowl, gradually adding the oil, until the potatoes turn red from the beets. If desired you may stir in the mustard. Serve chilled.

\*Note: You can use canned beets instead of the fresh beets. In that case, stir some of the beet juice (about 2 to 3 tablespoons) into the salad to preserve the red color.

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Contributed 2003

*Olga's Notes: All Russian recipes are pretty flexible — this reflects the style of life and if you don't have certain ingredients, you may do as well without them. The pickles are the only important part — they have to be sour/dill, and the more the better. You may use frozen peas instead of the canned peas, or use green beans. You may also add some sour apple. This is a regional recipe with multiple variations.*

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# Walnut Stuffed Cabbage

Olga Trubetskoy

1 small head white cabbage  
3 heaping cups shelled walnuts  
3/4 teaspoon whole coriander seed  
3/4 tablespoon ground marigold, optional  
1 1/2 teaspoons salt (scant)  
4 small cloves garlic, peeled and roughly chopped  
3 sprigs cilantro  
pinch cayenne  
pinch dried fenugreek, optional  
1 tablespoon vinegar  
6 tablespoons mixed chopped herbs:  
(parsley, cilantro, dill, and celery leaf)

Core the cabbage and cook in a large pot of boiling water until the leaves are tender, about 25 minutes. Drain well.

Meanwhile, prepare the filling: Grind the walnuts very fine. In a mortar with a pestle, pound into a paste the coriander seed, marigold, salt, garlic, cilantro, and a pinch each of cayenne and fenugreek. Stir the paste into the walnuts, then add the vinegar. Stir in the mixed chopped herbs and mix well.

Carefully separate the head of cabbage into leaves. Working with one leaf at a time, cut out the rough rib, then mound about 1 tablespoon of the walnut filling in the center and roll it up to make a packet. Repeat with the remaining leaves. Cut each cabbage roll in half diagonally to reveal the filling. Serve at room temperature. Serves 6 to 8

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*Contributed 2003*

*Olga's Note: This walnut filling may be used to stuff virtually any favorite vegetable — just be careful not to overcook it.*

# Green Bean Purée

Olga Trubetskoy

1 pound green beans, \*see Note  
1/2 cup shelled walnuts  
3 cloves garlic, peeled  
1/2 cup cilantro, chopped  
1/2 cup parsley, chopped  
1 tablespoon fresh dill, chopped  
1 tablespoon vinegar

Trim the green beans and cook them in boiling water until they are very soft. Drain. (\*see Note) Grind the walnuts in a food processor. Briefly process them with garlic and herbs. Add beans and process to make a puree. Stir in the vinegar and cool to room temperature before serving. Serves 4 to 6.

*\*Note: Can also use drained canned green beans.*

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*Contributed 2003*

*Olga's Note: Can be used as a side dish or a dip.*

## Salads and Side Dishes

# Main Dishes

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## Vegetable Couscous\*

Vicki Kittel

2 tablespoons oil  
2 garlic cloves, minced  
1 medium onion, diced  
2 teaspoons cumin  
1/2 teaspoon turmeric  
1/8 teaspoon cayenne  
1 teaspoon paprika  
2 medium zucchini, cut in 1" cubes  
1 15 oz. can garbanzo beans, rinsed and drained  
1 16 oz. can chopped tomatoes  
1/2 cup raisins (optional)  
1 1/2 cups vegetable stock (I use powdered)  
1/2 teaspoon salt  
1 cup couscous

Heat oil in large skillet over medium-high heat.  
Add the garlic and onion and saute 2 minutes.

Sprinkle in the cumin, turmeric, paprika, and cayenne and cook for 2 minutes more, stirring often.

Stir in the zucchini, garbanzo beans, tomatoes, and raisins. Cover pan and lower the heat to medium. Cook, stirring occasionally, until the zucchini is tender, about 10 minutes. The juices should be thickened. If not, remove lid and cook until thick.

Prepare the couscous. Bring the stock and salt to a boil. Stir in the couscous, cover, remove from heat and let sit 5 minutes. Fluff with a fork before serving.

Serve the couscous with the vegetable mixture mounded in the center.

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*Contributed 2000*

## Irene's Mushroom

### Pasta\*

Irene Robiadek

3 stalks celery, sliced  
7 1/2 to 10 tablespoons olive oil (approximately 2/3 cup)  
5 teaspoons lemon juice  
1 1/2 to 2 teaspoons freshly chopped basil  
1 1/2 to 2 teaspoons freshly chopped parsley  
3 garlic cloves  
1/4 teaspoon salt  
1/4 teaspoon freshly ground pepper  
1 chopped onion  
2 to 4 cups mushrooms  
1 1/3 cups pasta

Cook pasta, rinse in cold water, drain well.

Stir fry vegetables and spices in oil just until lightly cooked, not very long.

Stir in pasta and heat briefly.

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*Contributed 1997*

## Peanut Vegetable Pasta

Marijo Svojse

1 pound linguini  
4 cups broccoli florets  
1 medium red bell pepper, cut in strips  
1 medium yellow bell pepper, cut in strips  
1 medium orange bell pepper, cut in strips  
14 oz. A Taste of Thai Coconut Milk, lite or regular  
1/2 cup A Taste of Thai Peanut Sauce Mix (one packet -- 2 envelopes)

Prepare pasta and set aside.

In a large skillet, stir fry in water the broccoli and peppers for 5 minutes. Add the coconut Milk and Peanut Sauce Mix and stir together well.

Bring to a boil, then lower heat and simmer for 4 minutes, stirring often. Add pasta and toss together well. Serve hot.

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*Contributed 2000*

# Lenten Macaroni

Toula Kargas

canned tomatoes  
garlic  
salt and pepper  
basil (fresh or dried)  
oregano, optional  
macaroni  
garlic  
oil

First make a tomato sauce. Put as many canned tomatoes as you wish through a food mill or rub through a sieve with a spoon. Put this tomato puree into a sauce pan with the juice from the can or jar. Add some garlic, salt, pepper, basil, and oregano if you like. Simmer for a while until the sauce thickens.

Meanwhile cook as much macaroni as your family will eat. Then saute the macaroni in a little oil with some garlic. Mix in as much of the tomato sauce as you want. Let simmer for a few minutes to blend flavors. Save any extra tomato sauce to use at another meal.

Note: A little onion is also good in this recipe.

Contributed 2002

# Bagel Pizzas

Marijo Svojse

Bagels  
Pizza sauce  
Favorite pizza vegetables  
Mozzarella flavored veggie slices

Top toasted or untoasted bagel with sauce, veggies, and mozzarella flavored slice and broil until hot, and cheese flavored slice has melted.

Contributed 1999

# Hearty Macaroni Dinner

Vicki Kittel

2 cups dry elbow macaroni, cooked  
1 onion, chopped  
2 tablespoons oil (optional)  
3 cups tomato juice  
4 teaspoons chili powder, or to taste  
salt and pepper, to taste  
1 10 oz. box frozen corn  
1 19 oz. can kidney beans, drained

Saute onion in oil, or water or tomato juice, until soft. Add remaining ingredients, as well as pasta. Simmer 15 min, stirring occasionally.

*Vicki's notes: This is fast and cheap. I use canned tomato sauce, diluted with water instead of the tomato juice, and I don't put in nearly the amount of chili powder the recipe calls for.*

Contributed 2002

# Pasta e Fagioli

Servings: 4

1 16 oz. can Italian-style crushed or whole Italian-style tomatoes (finely chopped)  
1 19 oz. can kidney or cannellini beans, rinsed and drained  
1 cup frozen mixed vegetables  
3 cups cooked pasta or 3/4 cup dry pasta  
3 cups water

Place all ingredients in a medium-size saucepan.

Simmer for 10 minutes, if using cooked pasta, or until dry pasta is fully cooked. Add enough water during cooking to just cover the pasta.

*Pasta e fagioli means pasta and beans.*

Contributed 2000

Weight Watchers (3 points per serving)

## Jim's Beans\*

4 large onions  
2 tablespoons oil  
3/4 cup brown sugar  
1/3 cup vinegar  
1/4 teaspoon dry mustard  
1/4 cup molasses  
1 can garbanzo beans, drained  
1 can kidney beans, drained  
1 can lima beans, drained  
1 large can vegetarian baked beans

Saute onion in oil. Add the sugar, vinegar, molasses, and mustard to the pan with the onion. Simmer 20 minutes. Add all the beans and mix in a large casserole. Cover. Bake 1-1/2 to 2 hours at 350.

NON-LENTEN VARIATION: Fry up a half pound of chopped bacon. Drain the bacon pieces on paper towel and fry up the onion in the bacon fat. Drain the onion. Do not use the oil but proceed with the remaining ingredients as above, except substitute 1 can of undrained butter beans for the garbanzos, and 1 large can of pork and beans for the vegetarian baked beans. (Butter beans and pork & beans both contain salt pork.)

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Contributed 1997

## Baked Lentils

Dora Meyskens

1 pound lentils (2-1/3 cups)  
1 onion (stuck with 3 cloves)  
1 bay leaf  
5 cups water  
2 teaspoons salt  
1/2 cup catsup  
1/4 cup molasses  
2 tablespoons brown sugar  
1 teaspoon dry mustard  
1/4 teaspoon Worcestershire sauce  
2 tablespoons minced onion  
vegetable oil (optional)

Combine the lentils, onion, bay leaf, water, and salt in a dutch oven. Bring to boiling and cover. Simmer 30 minutes. Meanwhile, preheat oven to 350.

Then, without draining, stir in the catsup, molasses, brown sugar, mustard, worcestershire sauce and minced onion. Top with a little vegetable oil if desired.

Cover and bake at 350 for 1 hour. Uncover the last few minutes.

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Contributed 2000

## Puy Beans\*

1 - 2 cups black beans, uncooked  
1/2 cup olive oil  
2 bay leaves  
1 teaspoon salt  
1/4 teaspoon marjoram  
1/4 teaspoon black pepper  
1 green pepper  
2 onions  
1 cup rice

Soak beans over night in water. Then simmer for about 1 hour and 45 minutes or until tender.

Chop the pepper and onions into small pieces. Saute them with the spices in a skillet until the veggies are tender. Stir in the black beans, mashing them a little with th back of a spoon, simmer gently, stirring occasionally for about 30 minutes.

Meanwhile, cook rice according to package directions. Serve the beans over the rice. Makes 4 servings.

Note: A South American recipe for Black Beans and Rice.

Contributed 2000

# Vegetarian Enchiladas

Marijo Svojse

2 cups cooked rice  
1 to 1 1/2 cans refried beans  
1 can enchilada sauce (divided)  
1 cup leftover Lentil Chili (see recipe in "Soups")  
1/2 cup Fearn Soya granules (see note)  
3 to 4 tablespoons Mild Salsa  
8 to 9 large flour tortillas  
chopped green onions  
cheddar flavored "veggie slices"

Preheat oven to 350. Spray a large baking dish with Pam. Reserve 1/4 cup enchilada sauce for top.

Put remaining enchilada sauce in a large bowl along with the refried beans, soya granules, rice, and lentil chili. Mix well.

Spoon 4 tablespoons of mixture and 1/2 of a cheddar slice on tortilla, then roll up and place in prepared pan. Arrange rolls snugly side by side. Top with the reserved enchilada sauce and cheddar slices, and sprinkle with green onions.

Bake until heated through and cheddar slices are melted.

Note: You can buy Fearn Soya Granules in the Health section at Woodman's.

Contributed 1999

# Cuban Rice Dish

Alisa Evans

1 large can tomato sauce  
2 medium onions  
2 large green peppers  
1 19 oz. can garbanzo beans  
curry powder  
cumin  
salt  
pepper  
cooked rice or couscous

Simmer tomato sauce. Slice onions and green peppers in rounds and add to tomato sauce. Simmer over med/low heat for 5 - 10 minutes. Add the garbanzo beans. Then add the spices to taste. Simmer until tender.

Pour over cooked brown or white rice, or couscous.

Contributed 2000

# Burritos

Ruth Baum

1 tomato, seeded and chopped  
1 small green pepper, seeded and chopped  
1 small onion, chopped  
1 15 oz. can refried beans  
4 to 6 large flour tortillas  
grated soy cheese (optional)  
salsa  
fresh chopped cilantro  
1 avocado, mashed  
1 tablespoon lemon or lime juice, approximately

Chop vegetables. Mash avocado and combine with lemon or lime juice to taste (this makes a good sour cream substitute). Heat beans in a covered microwave-safe dish on high (100 per cent) power until hot, about 3 minutes. Or, heat in a small saucepan on top of the stove. Lightly toast tortillas, 1 at a time in a dry non-stick skillet until a little brown and crispy (or wrap tortillas in foil and warm in the oven for a few minutes).

Spoon hot beans down middle of each tortilla, followed by soy cheese (if using), veggies, salsa, cilantro, and the mashed avocado mixed with lemon juice. Fold tortilla around filling as much as you can and eat.

VARIATION: Use Taco Peas instead of refried beans -- See next recipe.

Contributed 2002

# Taco Peas

Ruth Baum

1 cup yellow split peas  
2 cups water  
1 envelope taco seasoning mix

Mix all ingredients together in a small saucepan. Simmer for 50 to 60 minutes or just until the peas are tender but not mushy. Use instead of taco meat in tacos, burritos, and taco salad. This may be served at room temperature if you wish.

Refrigerate leftovers and use in other Mexican style foods, however do not cook it too long or the peas will turn to mush. You may add a few spoonfuls to vegetarian chili or a tomato based vegetable soup just before you serve it.

Contributed 2002

OR

mix one can black beans (drained) with one small can of chopped green chilis. No need to heat. Use in tacos or taco salad.

## *Black Beans and Rice\**

Wayne Blue

1 pound black beans, dried  
1/2 sweet red pepper, chopped  
1 medium onion, chopped  
1 good dollop vegetable oil  
cooked rice  
shredded lettuce  
chopped tomato  
salsa  
tortilla chips

Clean and sort beans. Put in large pan, cover with 2-3 inches water, and add oil. Bring to a boil, then turn down heat and simmer until beans are tender.

Take out a big spoonful of beans, place in bowl and mash. Put the well-mashed beans back in as roux to thicken sauce.

About 5 to 10 minutes before serving, add the chopped sweet red pepper. Onions may be added earlier while the beans are simmering or later, if you like them crisp, with the red pepper.

Serve over rice with additional fresh onions, shredded lettuce, chopped tomato, and/or salsa. Serve with tortilla chips.

Note: Do not add salt while cooking as salt toughens beans.

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*Contributed 1997*

## *Lentils with Rice\**

Martha Nimmer

Servings: 8

4 large onions, sliced  
1/3 cup oil  
2 cups water  
2 cups washed lentils  
6 cups water, approximately  
2 cups white rice

Saute 4 large sliced onions in 1/3 cup oil until brown. Reserve about three quarters of them. Put the other quarter into a large pot.

Add 2 cups of water to the remaining quarter of onions and the 2 cups lentils. Cook 10 - 15 minutes. Then add 5 to 6 cups of water and 2 cups of rice. Heat to boiling. Immediately turn down the heat, cover and simmer for about 20 minutes or until rice and lentils are tender.

Turn mixture onto a platter and cover with reserved onions.

Note: This recipe can be cut in half

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*Contributed 1997*

## *Spinach and Rice\**

Bessie Lulias

2 pounds fresh spinach  
parsley  
1 cup long grain rice  
1 onion, chopped  
1 garlic clove, minced  
2 tablespoons tomato sauce  
2 cups vegetable boullion  
1/2 cup olive oil  
salt  
pepper

Wash and dry spinach, tear into pieces.

Saute parsley, onion, garlic, and rice in oil until onion is transparent.

Add tomato sauce, boullion, spinach, salt, and pepper. Cover and simmer for 20 minutes.

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*Contributed 1997*

## Oma's Wild Rice\*

Irene Robiadek

1 cup wild rice  
1/2 cup margarine  
1/2 to 1 pound sliced mushroom  
1/2 cup chopped onion  
1/2 cup minced parsley  
1 cup chopped celery  
1 can vegetable broth

Rinse rice in strainer. Cover with cold water, bring just to boil and drain. Repeat this step 2 more times.

Melt margarine in skillet and saute the mushrooms for 5 minutes. Remove mushrooms with slotted spoon and set aside. Leave liquid in pan and add the onions, celery, and parsley. Saute until onions turn yellow.

Add the rice and cook for a few minutes.

Add the broth, cover and let simmer for 15 to 20 minutes. Add water if liquid levels look low.

When rice is done, stir in the mushrooms

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Contributed 1997

## Wild Rice and Black Bean Casserole\*

Dora Meyskens

1 cup wild rice (raw)  
some mushrooms, fresh or canned  
2 onions, sliced  
2 cans black beans, drained and rinsed  
some mushrooms, fresh or canned  
salt, pepper, and garlic salt, to taste

Cook the wild rice according to package directions. Turn oven to 325. Melt 3 tablespoons margarine. Reserve one tablespoon for later. In the remaining 2 tablespoons, saute the onions until transparent. Add cooked wild rice and the rest of the ingredients. Place in a large casserole dish. Drizzle remaining tablespoon of margarine over top to keep it moist. Bake for one half hour.

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Contributed 1999

## Wayne's Party\*

Wayne Blue

pie crust to line and top a 9" X 13" pan  
6 to 8 carrots, sliced thin  
8 to 10 potatoes, cut matchstick style  
rutabega, chopped (optional)  
1 stalk celery, sliced  
1 onion, chopped  
salt  
white pepper  
margarine

5 Roll pie crust very thin. Line 9" X 13" pan with crust and bake at 400 for 5 minutes.

Put a layer of carrots in the pan, then a layer of potatoes, then the rutabega (if using), and next a layer of onion and celery.

Salt and pepper everything and dot with margarine. Cover with remaining crust. Cut a few small steam vents in crust.

Bake 1 hour at 400.

Tips: This is good with gravy -- for Lent you can make gravy using vegetable broth. To cook this recipe a little faster, microwave carrots and potatoes 4 & 6 minutes respectively. This dish is also good with fresh tuna added.

NON-LENTEN VARIATION: Brown 2 pounds of ground beef. Season with white pepper, garlic and oregano. Use butter instead of margarine in the recipe. After the layer of onions and celery, and the salt, pepper, and butter, add the layer of seasoned ground beef before putting on the top crust. Bake as directed

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Contributed 1997



## Moroccan Vegetable

### Stew\*

Servings: 8

2 tablespoons olive oil  
2 medium onions chopped  
2 cloves garlic, minced  
1 teaspoon ground turmeric  
1 teaspoon ground cumin  
1/2 teaspoon cinnamon  
1/2 teaspoon cayenne pepper  
1/2 teaspoon paprika  
2 large sweet potatoes, peeled and cubed  
1 medium eggplant cubed  
2 medium zucchini, sliced  
2 medium yellow summer squash, sliced  
2 medium carrots  
2 large tomatoes, chopped  
1 1/2 cups cooked or canned garbanzo beans  
1/2 cup dried currants  
1/2 cup tomato juice (if needed)

Heat oil in a large suacepan or dutch oven. Add onions, garlic, and spices. Cook over medium heat, stirring often, until onions are soft, about 5 minutes. Add all remaining ingredients except tomato juice.

Cook gently until the vegetables begin to give off some liquid. If it seems dry add some of the tomato juice. Cover and simmer until sweet potatoes are tender, about 30 minutes. Taste, and adjust seasonings.

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Contributed 1999

## Speedy Stuffed Peppers

Vicki Kittel

4 bell peppers  
1 15 oz. can tomatoes  
2/3 cup instant rice (brown or white)  
4 scallions  
1 cup frozen or canned corn  
1 15 oz. can kidney or garbanzo beans  
hot pepper flakes (to taste)

Cut peppers in half lengthwise, seed. Place cut side down in microwave safe dish and cover with vented plastic wrap. Cook at HIGH for 4 minutes. While peppers are cooking, combine tomatoes, rice and about 1/4 cup water in a microwave safe bowl and cover tightly with plastic wrap.

Remove peppers from oven and set aside. Cook tomato mixture on HIGH for 4 minutes. While the tomato mixture cooks, thinly slice green onions. Place corn in a strainer and run hot water over to thaw. (Forget this step if using canned). Rinse beans.

Stir green onions, corn, beans and pepper flakes into tomato mixture. Drain green peppers and turn cut side up. Spoon mixture into peppers. Cover again with wrap, and cook a couple of minutes, till hot. Serve with bread.

Vicki's note: I suppose you could use black beans, if you wanted.

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Contributed 2002

## Lenten Potatoes\*

Toula Kargas

potatoes  
oil  
vinegar  
salt  
pepper  
oregano

Cook potatoes and cut into small pieces. Sprinkle with oil, vinegar, salt, pepper, and oregano. Serve as a main dish.

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Contributed 2002

## Eggplant Medley\*

Olga Trubetskoy

1 pound eggplant  
1 large potato  
1 medium onion, peeled and chopped  
2 tablespoons corn oil  
1 1/2 pounds tomatoes, \*see Note  
1 medium green pepper, seeded and chopped  
4 cloves garlic, peeled and minced  
2 tablespoons (generous) fresh dill, minced  
2 tablespoons (generous) fresh cilantro, minced  
2 tablespoons (generous) fresh parsley, minced  
2 tablespoons (generous) fresh basil, minced  
3/4 teaspoon salt  
1/4 teaspoon paprika  
1/4 teaspoon cayenne (more or less to taste)  
1/4 teaspoon freshly ground black pepper

Preheat oven to 375. Pierce the eggplant and bake for 35 to 40 minutes, until tender. Allow to cool.

Meanwhile, boil the potato in salted water until just tender. Cool, then peel and cube. Sauté the onion in the oil until soft.

Drop the tomatoes into boiling water and cook them until soft, about 10 minutes. Drain, then force them through a sieve to make a puree. (\*see Note).

Add the tomato puree to the onion along with the green pepper and minced garlic. Simmer uncovered for 10 minutes until slightly thickened.

Peel the eggplant and cut it into cubes. Add the cubes to the tomato mixture along with the cubed potato. Stir in the remaining ingredients and heat gently for 5 minutes more. Cool to room temperature before serving. Serves 4 to 6.

\*Note: You can also use a canned tomato puree to reduce cooking time.

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Contributed 2003

## Potatoes with Walnuts\*

Olga Trubetskoy

1 pound boiling potatoes  
1 medium onion, peeled and minced  
1 tablespoon oil  
1 generous cup shelled walnuts  
2 garlic cloves, peeled  
1 teaspoon salt  
freshly ground black pepper  
1/4 cup fresh herbs (cilantro, parsley, dill), finely chopped  
2 tablespoons vinegar  
parsley

Boil the potatoes in salted water until tender. Meanwhile, sauté the minced onion lightly in oil (can use much less oil for the recipe).

Finely grind the walnuts with garlic, salt, and pepper to taste. Stir in the herbs and vinegar into the nut mixture. Then add the sautéed onion.

While the potatoes are still warm, peel them and cut into eighths. Stir together thoroughly with the nut mixture (potatoes will begin to break up). Serve at room temperature, garnished with parsley.

Serves 4 - 6

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Contributed 2003

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## Main Dishes

# Shepherd's Pie

Ruth Baum

## MASHED POTATO TOPPING:

4 cups potatoes, peeled and cubed  
2 tablespoons margarine, optional  
1/3 cup potato cooking water  
1 teaspoon salt

## GRAVY:

1 3/4 cups water, divided  
1/4 cup coffee  
1 Knorr Vegetable bouillon cube (to flavor 2 cups liquid)  
4 tablespoons flour  
**PIE FILLING:**  
3 cups frozen mixed vegetables  
1 4 oz. bag Boca Ground Burger, \*see Note

*2011 note  
You may want to make less mashed potatoes for the topping.*

In a good sized pot, boil the potatoes until tender.  
Preheat oven to 350.

Meanwhile make the gravy: In a small sauce pan put 3/4 cup of the water, the coffee, and the bouillon cube. Turn to medium heat. Then put the remaining cup of water in a jar with a screw top lid and add the flour. Screw on the lid and shake well until combined. Stir into the bouillon coffee mixture in the saucepan and continue stirring until gravy comes to a boil and thickens. Remove from heat.

Now make the mashed potatoes. Drain the potatoes, reserving 1/3 cup cooking liquid. Mash the potatoes with a potato masher in the pot you cooked them in. Add salt and the reserved cooking liquid. Add the margarine if using. Mix well. Set pot of mashed potatoes aside.

Put the frozen mixed vegetables and Boca Ground Burger (no need to thaw veggies or burger first) in a 8 X 8 baking dish (I like pyrex). Mix in the gravy. Drop the mashed potatoes on top by spoonfuls. Bake for about 45 minutes.

\*Note: Boca Ground Burger comes frozen in 12 oz. boxes with three 4 oz. bags of ground burger.

Contributed 2003

# Thai Fettuccine

Ruth Baum

6 oz. fettuccine  
1 cup red bell pepper slices  
1 cup fresh pea pods (about 3 oz.)  
1/2 cup grated carrot  
1 small onion, sliced  
1/4 cup peanut butter  
1/4 cup water  
2 tablespoons fresh lime or lemon juice  
2 tablespoons soy sauce  
1/4 teaspoon ground ginger  
1/8 teaspoon cayenne  
4 oz. Thai baked tofu, cut in 1/2" cubes  
1/4 cup roasted peanuts, chopped

Cook fettuccine according to package directions. Drain. Rinse in hot water. Return to cooking pot and cover with a lid.

Meanwhile, spray a good sized skillet with non stick spray. Heat over medium-high heat and add the red bell pepper, onion, pea pods, and grated carrot. Cook, stirring occasionally, and adding small amounts of water as needed to saute, until the vegetables are crisp-tender (3 to 5 minutes). Remove from heat.

Combine the peanut butter, water, lime juice, soy sauce, ginger, and cayenne in a small bowl. Mix well. Then add the peanut butter mixture to the sauted vegetables and also add the Thai baked tofu. Heat until hot. Then mix the the hot vegetable peanut sauce gently into the fettuccine. Serve sprinkled with chopped peanuts. Serves 4

Contributed 2003

## Super-Easy Bean Burritos

Dianne Boardman

1 can refried beans  
salsa  
tortillas

Put a can of refried beans in a saucepan (I use Little Bear organic pinto or black beans, available in fat-free versions). Add as much of your favorite salsa as you like (I use about 1/2 to 3/4 cup of Muir Glen Organic Medium Salsa). Heat and stir until well-mixed. Spoon onto tortillas, roll them up, and there you have it!

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*Contributed 2003*

*Dianne's notes: My kids love these just this plain and simple. I make a bunch and freeze them, so we have them on hand to microwave as needed. Couldn't be easier. Of course you can add veggies, soy cheese, or whatever you like to dress them up some more, if you want.*

## Chili Baked Beans

Ruth Baum

1 16 oz. can vegetarian baked beans, undrained  
1 15 oz. can spicy chili beans, undrained  
1 15 oz. can black beans, drained and rinsed  
1 can diced tomatoes and green chiles, undrained  
1 chipotle chile in adobo sauce (from 7 oz. can), chopped

Preheat oven to 350. Spray 2-quart casserole dish with nonstick cooking spray.

In a large bowl combine all ingredients; mix well. Pour into sprayed casserole dish.

Bake for 1 hour or until thoroughly heated and flavors are blended.

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*Contributed 2003*

*Main Dishes*

# Deserts

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## Apple Crisp #1\*

Mary Blue

10 to 12 cups sliced apples  
1/3 cup water  
1 1/2 teaspoons cinnamon  
3/4 cup sugar  
1 cup flour  
6 tablespoons margarine

Preheat oven to 400.

Core and slice apples thin. (Peel optional.) Place apples and water in 10" X 13" pan. Sprinkle cinnamon over top. Blend sugar, flour, and margarine until crumbly using pastry blender or knife. Spread this mixture over top of apples. Bake one hour.

This has a wonderful aroma!

Contributed 1997

## Apple Crisp #2\*

Ruth Baum

4 to 5 cups peeled and sliced apples  
(approximately)  
1/2 + 2/3 cup brown sugar, packed  
1/2 cup flour  
1/2 cup oatmeal  
1 teaspoon cinnamon  
1/2 teaspoon nutmeg (optional)  
~~1/4 teaspoon salt~~  
1/3 cup margarine, softened

Preheat oven to 375. Fill a 8" X 8" pyrex glass baking dish with peeled, sliced apples (I usually don't measure the apples) -- no need grease the pan first.

Rub together the remaining ingredients with finger tips. Top the apples with the brown sugar mixture. Bake 30 minutes or until apples are tender (test with fork), and topping is golden brown.

Contributed 2002

## Brownie Pudding

Ruth Baum

1 cup flour  
1/2 cup sugar  
2 tablespoons cocoa  
2 teaspoons baking powder  
1/2 teaspoon salt  
1/2 cup + 2 tablespoons water  
1 teaspoon vanilla  
3/4 cup sugar  
1/4 cup cocoa  
1 1/2 cups boiling water or very hot coffee

Preheat oven to 350.

In a small to medium size mixing bowl stir together the flour, 1/2 cup sugar, 2 tablespoons cocoa, the baking powder, salt, and the 1/2 cup + 2 *and vanilla* tablespoons water. Spoon into an 8" X 8" UNGREASED pan (I like to use a pyrex glass baking dish).

In another small bowl thoroughly mix together the 3/4 cup sugar and the 1/4 cup cocoa. Evenly spread the sugar/cocoa mixture on top of the batter in the pan.

GENTLY pour the boiling water (or hot coffee) on top of everything in the pan -- hold a spoon over the batter in the pan and gently pour the hot liquid onto the spoon so that it flows over the edges of the spoon onto the batter. Completely cover the sugar mixture with the hot water or coffee.

Bake for 30 minutes. Serve warm or room temperature in individual dessert dishes. (If it is chilled, the cake layer gets too stiff, so warm the leftovers in the microwave briefly before serving.)

*Ruth's Note: When this comes out of the oven, it will have a cake layer on top and a wonderful layer of fudge sauce on the bottom.*

Contributed 2002

## Shortbread\*

Mary Blue

1 1/2 cups margarine  
3/4 cup sugar  
4 cups flour

Preheat oven to 325.

Cream margarine and sugar thoroughly, until light and fluffy. Add flour 1 cup at a time. Mix well after each addition. Press into a 9" X 13" jelly roll pan. At this point you may stamp in rows with a cookie stamp, or mark rows with a fork. Bake 35 to 40 minutes. Cut in squares while still hot.

NOTE: You may substitute 3/4 cup margarine and 3/4 cup butter-flavored shortening for the 1-1/2 cups margarine.

NON-LENTEN VARIATION: Substitute 1-1/2 cups butter for the margarine.

*Contributed 1997*

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## Frozen Fruit Cup

Ruth Baum

Servings: 14

2 to 3 bananas  
1 16 oz. can crushed pineapple, with juice  
1 bag frozen strawberries  
1 bag frozen blueberries  
1 6 oz. can orange juice, frozen concentrate  
2 to 3 cups 7-Up®  
14 7 oz. plastic cups

Mix all ingredients together and spoon into plastic cups. Freeze. Remove from freezer about 20 minutes before serving.

*This makes a wonderful dessert on the 4th of July!  
Who cares that it also happens to be Lenten!*

*Contributed 2002*

*from my good friend, Terri Johnson*

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## Oatmeal Sugar Cookies\*

Ruth Baum

1 1/2 cups Crisco shortening (butter flavored)  
1 1/2 cups brown sugar  
1 teaspoon vanilla  
1/2 teaspoon almond extract  
1/4 cup water  
2 cups quick cooking oats  
2 3/4 cups all-purpose flour  
1/2 teaspoon baking soda  
1 teaspoon salt  
sugar

Preheat oven to 350. Blend Crisco and brown sugar. Add vanilla, almond extract, and water and beat well. Add oats, flour, baking soda, and salt. Mix well.

Form into balls. Place on an ungreased cookie sheet. Flatten with the bottom of a glass dipped in sugar. (Before flattening first cookie, grease the bottom of the glass lightly with Crisco before dipping into sugar. As you continue dipping in sugar and flattening the cookie balls, do NOT regrease the glass -- it's only to make the sugar stick the first time.)

Bake for 10 minutes,

*Contributed 2002*

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# No Fail Pie Crust\*

Mary Blue

2 cups flour  
1 teaspoon salt  
2/3 cup shortening  
1/3 cup cold water

Mix salt and flour. Mix enough of the flour mixture into water to make a loose paste. Cut shortening into rest of the flour. Add the water mixture. Mix only enough to blend well. Overmixing will toughen crust.

Yield: 2 9" crusts

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Contributed 1997

## Fruit Pie Tips

Ruth Baum

1. Bake fruit pies in a pyrex glass pie pan. That way, you can take the pie out of the oven and look underneath at the bottom crust to make sure that it's done.

2. My grandmother said to watch for the fruit pie filling to bubble through the steam vents in the top crust. After you notice it start to bubble, count 5 minutes. Then you know that the filling is done.

3. My grandmother also said to put a thin layer of flour on the bottom crust before you put the filling into the pie. The flour will thicken the juices that accumulate at the bottom of the pie, and help to keep the bottom crust from getting soggy.

4. Always thaw frozen fruit before using it.

5. If you want to make a sugar free pie, use a jar of all-fruit jam or jelly. Mix your prepared fruit with the thickener (flour, cornstarch, tapioca) and any spice called for in the recipe. Put half of the fruit and thickener in the pie crust. Spoon on half of the jar of all-fruit jam. Add the rest of the fruit and top with the remaining jam. Add the top crust of the pie and bake as usual. You can use a similar flavor of jam (peaches + peach jam) or a complementary flavor (peaches + raspberry jam).

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Contributed 2002

# Graham Cracker Pie Crust\*

Ruth Baum

1 1/4 cups graham cracker crumbs  
1/4 cup sugar  
1/3 cup margarine, melted

Preheat oven to 350.

Mix everything together and press against the sides and bottom of a 9-inch piepan. Bake for 10 minutes.

I have seen versions of this recipe with as little as 1 cup of graham cracker crumbs up to as much as 1-1/2 cups of crumbs with the same amount of sugar and margarine.

VARIATION: You can substitute brown sugar for the white sugar.

VARIATION #2: Instead of making this pie crust recipe, you may want to just put broken pieces of graham cracker in the bottoms of dessert dishes, and spoon some chilled pudding or no-bake pie filling over the cracker pieces. You could use canned cherry or blueberry pie filling for example.  
Yield: 1 9" crust

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Contributed 2002



# The Best Apple Pie\*

Mary Blue

pastry for a double crust 9" pie  
(or only one crust if using crumb topping)  
6 - 8 cups peeled apples, sliced  
1/3 cup flour  
3/4 cup sugar  
1 1/4 teaspoons cinnamon  
OPTIONAL CRUMB TOPPING:  
6 tablespoons flour  
2 tablespoons sugar  
2 tablespoons margarine

Preheat oven to 400.

Place the bottom crust in pie pan. Mix together flour, sugar, and cinnamon. Pour over apples, mixing lightly. Pour mixture into pie shell. Cover with remaining crust. Flute edges and cut slits in top to allow steam to escape.

Bake 15 minutes at 400. Reduce heat to 375 and bake 45 minutes more. (Place cookie sheet or tin foil on bottom of oven to catch drippings.)

OPTIONAL CRUMB TOPPING: In place of top crust you may use a crumb topping. Cut or rub margarine into flour and sugar, and sprinkle over top of the pie.

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*Contributed 1997*

# Concord Grape Pies\*

Mary Blue

pastry for two 9" pie crusts (or one double crust pie)  
6 to 7 cups stemmed Concord grapes  
1 cup sugar  
6 tablespoons flour  
1/2 teaspoon salt  
1 1/2 teaspoons lemon juice  
2 tablespoons melted margarine  
CRUMB TOPPING:  
3/4 cup flour  
1/4 cup sugar  
1/3 cup margarine

Wash grapes. Remove from bunches and measure out 6 to 7 cups. Slip skins from grapes and save the skins. Put pulp in saucepan without water and bring to a rolling boil. Boil 2 to 3 minutes to loosen seeds. Pour through colander to remove seeds. Combine pulp and skins.

Preheat oven to 450. Add lemon juice and melted margarine to the grape pulp and skins. In a separate bowl mix the sugar, flour, and salt. Then add the flour mixture to the grape mixture and stir gently. Pour into two unbaked 9" pie shells.

Make the crumb topping: In a separate bowl cut the margarine into the flour and sugar. Sprinkle over tops of pies. Bake at 450 for 10 minutes. Then reduce heat to 350 and bake 25 - 35 minutes more, or until crust is golden brown.

Yield: 2 9" pies

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*Contributed 1997*

## Peach Pie\*

Mary Blue

pastry for 9" double crust pie  
3 pounds ripe peaches or 5 cups frozen peaches (thawed)  
3/4 cup sugar  
3 tablespoons flour  
1 tablespoon lemon juice  
2 tablespoons margarine  
sugar, for sprinkling

Preheat oven to 375.

Peel peaches and cut in 1/2 inch thick wedges. Mix sugar and flour in large bowl. Add peaches, sprinkle with lemon juice, mix until evenly coated with sugar mixture. Spoon filling into pie shell, dot with margarine. Cover with top crust. Flute edges and cut slits in top to allow steam to escape. Sprinkle top crust with sugar.

Bake 50 - 55 minutes or until pastry is golden brown. Cool at least 1 hour before serving.

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Contributed 1997

## Cherry Pie\*

Mary Blue

pastry for 9" double crust pie  
2 3/4 to 3 cups fresh or frozen cherries (thawed)  
1/3 cup sugar  
1 1/2 tablespoons tapioca  
2 tablespoons melted margarine  
1/8 teaspoon salt

Preheat oven to 450.

Mix cherries, sugar, tapioca, melted margarine and salt, and let stand for 15 minutes. Then put into a pastry lined 9" pie pan. Cover with pricked top crust or lattice crust. Bake 10 minutes at 450. Reduce heat to 350 and bake for 45 minutes longer or until golden brown.

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Contributed 1997

## Fresh Strawberry Pie\*

Ruth Baum

1 quart strawberries  
1 16 oz. pkg. strawberry pie glaze (sold in produce section)  
1 9" baked pie shell

Wash and drain one quart of fresh strawberries, remove the leafy tops and stems.

Cut off a corner of the pie glaze package and squeeze a small amount into the bottom of the pie. Add all the strawberries. Gently squeeze out the remaining pie glaze and spread to cover the berries.

Refrigerate pie for a least 1 hour before serving. Serve with Cool Whip if desired.

FRESH BLUEBERRY PIE: You can also buy blueberry pie glaze in the produce section of the grocery store, with similar instructions for using fresh blueberries.

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Contributed 2002

# Lenten Chocolate Cake\*

Dr. Christal Chaney

3 cups flour  
1 teaspoon baking soda  
6 tablespoons cocoa  
1 teaspoon salt  
2 cups sugar  
3 tablespoons white vinegar  
2 teaspoons vanilla  
3/4 cup oil  
2 cups cold water

Preheat oven to 350. Grease a 9"X 13" pan. Combine all ingredients and pour into prepared pan. Bake 45 minutes. (Baking time will vary with oven. Watch carefully after 30 minutes.) Let cool and ice or leave plain.

To bake in an 8" X 8" pan or 9" X 9", halve all ingredients. (Baking time may decrease to 30 minutes)

VARIATIONS (from Ruth Baum) --

CHOCOLATE BANANA CAKE: Substitute 1 cup mashed banana for the oil.

CAROB BANANA CAKE: Substitute 1 cup carob for the cocoa and 1 cup mashed banana for the oil.

Both of these variations are good served with sliced fresh strawberries and/or bananas and Cool Whip. Or you may wish to serve them plain, but sprinkled with powdered sugar.

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*Contributed 1997*

## Notes:

(from Ruth Baum)

This is a version of the classic "Goofy Cake" or "Crazy Cake" that has been around for years. (I received a copy of it in high school.) The different versions vary in the amount of baking soda and vinegar, and in the amount of cocoa. My version has 1 tablespoon of baking soda and 6 tablespoons of vinegar. If you use that much, you have to cover the baked cake and let it "age" for about 24 hours, then it tastes wonderful! I have seen versions of this recipe with up to one cup of cocoa for a 9" X 13" cake. My own version has 1/2 cup. This recipe may be cut in half and baked in an 8" X 8" pan.

The "classic" directions for mixing are as follows: Sift dry ingredients into a bowl. Make three wells. Into one put the vinegar, into the second put the oil, and into the third put the vanilla (or some recipes mix the oil, vinegar, and vanilla together and pour a little into each "well") Pour the cold water over all and mix quickly with a spoon just until batter is smooth and you can't see any of the flour. Immediately pour into greased 9"X 13" pan and bake (350 for about 45 min.) Many of the classic recipes have you sift the dry ingredients directly into the greased pan, make the wells, add the oil, vinegar, and vanilla, pour over the cold water and mix with a fork right in the baking dish. I've never tried mixing it in the pan -- I was always afraid I wouldn't get the batter completely mixed.

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## Lenten Carrot Cake\*

1 1/2 cups sugar  
1 1/2 cups finely shredded raw carrots  
1 cup dark raisins  
1 teaspoon cinnamon  
1 teaspoon nutmeg  
1/2 teaspoon ground cloves  
1 1/2 cups water  
3 tablespoons vegetable oil  
2 cups flour  
2 teaspoons baking soda  
1/4 teaspoon salt  
1 cup chopped walnuts

In medium saucepan combine sugar, carrots, raisins, spices, water, and oil. Bring to a boil -- boil for 5 minutes. Pour into large mixing bowl and cool to luke warm.

Preheat oven to 325. Grease and flour a 9" X 13" pan or a bundt pan.

Stir together the flour, baking soda, and salt, then stir these dry ingredients into the cooled carrot mixture. Add walnuts. Pour into prepared pan.

Bake approximately (at most) one hour or until tester comes out clean. Cool and sprinkle with powdered sugar.

*Contributed 2002*

## Peanut Butter Frosting

Ruth Baum

1/2 cup smooth peanut butter  
2 cups powdered sugar  
1/4 cup water  
1 teaspoon vanilla

In a medium bowl, using an electric mixer, beat together the peanut butter and 1 cup powdered sugar. (It won't "cream" -- It will look like crumbs.) Then add the water and vanilla. Mix well. Then beat in the remaining powdered sugar. Frosts a 9 X 13 cake or bar cookies.

*Contributed 2002*

## Fluffy Frosting\*

Ruth Baum

1/2 cup soy milk  
2 1/2 tablespoons flour  
1/2 cup sugar  
1/2 cup shortening  
1 teaspoon vanilla  
dash salt

VANILLA FROSTING: In a small jar with a tight lid, shake flour and soy milk until well combined. Pour into a small saucepan and cook over low heat, stirring constantly until thick. Remove from heat, cover, and let cool -- If you wish, set pan in a bowl of ice water to cool faster.

With mixer, beat together the shortening, sugar, vanilla, and salt until light and fluffy like whipped cream. Then beat in the cooled soymilk/flour mixture until light and fluffy again.

Makes enough for a 9 X 13 cake.

CHOCOLATE FROSTING: Beat in a little cocoa with the shortening for a light chocolate frosting.

BUTTERSCOTCH - MAPLE FROSTING: Use brown sugar instead of white sugar, and butter flavored shortening instead of regular shortening, and 1 tablespoon of real maple syrup instead of the vanilla. Good on applesauce cake.

ALMOND FROSTING: Omit the vanilla. Use 1/2 teaspoon almond flavoring instead. Good on carrot cake.

*This frosting stays soft and fluffy. If you need to cover the cake, you will need to cover it with high cover that does not touch the frosting.*

*Contributed 2002*

# Peanut Butter

## Chocolate Chip Bars

Ruth Baum

3/4 cup creamy peanut butter  
1/2 cup applesauce  
1/3 cup honey  
1/2 teaspoon vanilla  
1 cup quick cooking oats  
1 cup all-purpose flour  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
1 cup semisweet chocolate chips

### FROSTING:

1/2 cup creamy peanut butter  
2 cups powdered sugar (divided)  
1/4 cup water  
1/2 teaspoon vanilla

Preheat oven to 350. Grease a 9 X 13 pan. (Or spray with nonstick spray.)

Beat together the peanut butter, applesauce, honey, and vanilla. Add the oats, flour, baking soda, and salt and mix well

Press mixture into the prepared pan. Sprinkle evenly with the chocolate chips and then press the chips firmly into the dough in the pan. Bake for 15 minutes. Remove from the oven and let cool.

FROSTING: Beat together the peanut butter and 1 cup of the powdered sugar. (It will not "cream," it will look like crumbs.) Then beat in the water and vanilla. Finally beat in the remaining cup of powdered sugar. Spread on the cooled bars in the pan.

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Contributed 2003

*My daughter told me this recipe tastes too good to be a lenten recipe so we don't make it often, however it is an excellent choice to bring to potlucks, school, or sporting events to share with nonfasting friends and still be within the fasting rules for oneself.*

## Desserts

## Fluffy Strawberry-Blueberry Pie

Bethany Torode

### PIE:

1 envelope unflavored gelatin  
1/4 cup cold water  
2 tablespoons fresh lemon juice  
1 cup fresh blueberries, finely chopped  
1 cup fresh strawberries, hulled and finely chopped  
3/4 cup powdered sugar  
1 container Cool Whip®  
9 inch prepared graham cracker crust  
OPTIONAL BLUEBERRY SAUCE:  
2 cups fresh or thawed frozen blueberries  
1/4 cup orange juice  
1/4 cup water  
1/4 cup sugar  
1 tablespoon cornstarch

In a small saucepan, sprinkle gelatin over cold water. Let stand 1 minute. Stir over low heat until gelatin is completely dissolved (about 1 minute). Stir in lemon juice; set aside to cool. In a large bowl, add blueberries, strawberries, and powdered sugar; toss to coat. Stir in dissolved gelatin. Fold in Cool Whip; spoon pie mixture into crust. Refrigerate 2 to 3 hours or until firm. If desired, serve with Blueberry Sauce

Blueberry Sauce: Combine all ingredients in a medium saucepan. Cook and stir over medium heat 4 to 5 minutes or until thickened. Makes 2 cups

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Contributed 2003

*Bethany's note: Light and tasty!*