

# A Collection of Useful Lenten Recipes

On days of strict fasting (most Wednesdays and Fridays throughout the year, most weekdays during Great Lent, and many weekdays during the other three major fasts), Orthodox fasting practice is to abstain from meat, animal products (milk, cheese, butter, eggs, etc.), fish, olive oil and wine (all alcoholic drinks). On more moderate fast days, wine and olive oil are added, and on some days fish is added as well. The calendar shows for each day of the year whether it is a non-fasting day, a day of strict fasting, a wine and oil day or a fish, wine and oil day.

## Miscellaneous Good Ideas

- Keep carrot sticks and other veggies ready to eat in a container in the fridge
- Peanut butter on graham crackers is a good sweet snack.
- Try almonds or cashews inside pitted dates rolled in coconut.
- Pizza Hut will happily make Veggie Lovers Pizzas without the cheese if you ask. They're quite good.
- You can sauté in a small amount of vegetable broth and water instead of oil.
- Canned Garbanzo Beans (Chick Peas) make a quick and flavorful meat/cheese substitute in many dishes. Just open the can and dump them in.

## Sauces, Dips and Sandwich Spreads

### 1. TAHINI WITH LEMON

1 cup sesame oil (Tahini)  
4 Tbsp water  
juice of 3 lemons  
1 clove garlic, crushed  
1/2 tsp salt  
2 Tbsp chopped parsley

Stir sesame oil in can. Pour 1 cup into large bowl. Add cold water and stir. You'll notice the water thickens the paste and lemon juice thins it. Add lemon juice and stir into a smooth sauce. Mash garlic with salt and mix with sauce. Garnish with parsley. This is an excellent fish and meat dressing; use also with cauliflower, eggplant and salads. Serves 6

### 2. CHICK PEA TAHINI SAUCE (homos)

Tahini with Lemon (previous recipe)  
1 cup chick peas  
1/2 tsp baking soda  
1 Tbsp olive oil or substitute veg. oil  
1/2 tsp salt  
3 Tbsp pomegranate seeds  
3 Tbsp chopped parsley

**Chick Pea Tahini Sauce, cont.**

Soak chick peas with baking soda in water overnight. Following day drain off water. Place peas in kettle, add water to cover, and cook until well done, about 1 hour. (Soaking is unnecessary if you use canned chick peas). Place chick peas in large bowl, add Tahini with Lemon and salt. Mix well. Place in a flat dish. Make several dents in mixture and spoon olive oil into the dents. Garnish with parsley and pomegranate seeds. Serves 4

**3. EGGPLANT WITH SESAME OIL**

1 medium eggplant, dark skinned  
 2 cloves garlic  
 salt to taste  
 3 Tbsp sesame oil  
 juice of 2 lemons  
 2 Tbsp water  
 2 Tbsp pine nuts  
 2 Tbsp pomegranate seeds  
 2 Tbsp chopped parsley

Broil eggplant with skin on, turning it frequently. Remove skin under cold water and mash eggplant. Pound the garlic with salt, add sesame oil, lemon juice, and water. Then mix with eggplant and salt. Spread on a platter and garnish with pine nuts, pomegranate seeds, and parsley. Serves 4

**4. HUMMUS**

I generally make a lot of this and put into the freezer. It's easiest to make this with a food processor.

Ingredients (approximate):

2 fresh lemons or 2-4 Tbsp bottled lemon juice  
 3 C tahini (sesame butter)  
 4 tins chickpeas  
 2 C parsley, finely minced.  
 1/2 onion, minced  
 1/2 tsp cumin, cayenne  
 3 cloves minced garlic  
 Salt, black pepper to taste  
 Hummus, cont.

1. Find a big bowl in which to mix ingredients. Drain cans of chickpeas and grind them up two can at a time in food processor. Decant into mixing bowl.
2. Grind up onion and parsley and add to garbanzo beans. Add lemon, salt and spices. Mix together thoroughly. Add tahini and if the mix is too stiff or too spicy add some water.
3. Spoon into every available container in the house.      Mark Pearson

## 5. SHRIMP COCKTAIL SAUCE

1/2 tsp horseradish  
 4 drops Tabasco  
 1 Tbsp chopped celery  
 3/4 cup tomato ketchup  
 juice of 1 lemon  
 2 tsp Worcestershire sauce  
 salt and pepper to taste

Combine all ingredients and mix thoroughly. Place in refrigerator jar and chill. Just before serving, place small green piece of lettuce leaf in cocktail glass and arrange shrimp. Pour sauce over shrimp and garnish with parsley. Yield: sauce for 4 shrimp cups.

## 6. CHICK PEA PUREE (Green Glop)

2 cans(16 ounces each) chick peas  
 1 C finely chopped parsley, or more  
 3 or 4 scallions(green onions), cut in large pieces  
 4 to 6 Tbsp lemon or lime juice  
 salt and pepper to taste

Optional additions:

1 to 2 Tbsp tahini  
 1 clove garlic  
 1/2 C cilantro leaves , finely chopped

Place drained chick peas in bowl of food processor. Add parsley and cilantro, scallions, garlic and tahini if using. Process until the mixture is smooth, adding lemon juice as you go. Season to taste with salt and pepper. Makes a good sandwich filling in pita bread with sliced vegetables.

## 7. PEANUT DIP FOR VEGGIES

1/2 C chunky peanut butter  
 1 Tbsp honey  
 1/4 C hot water  
 1/4 C chopped green onions (or to taste)  
 2 Tbsp soy sauce  
 1/4 tsp pepper  
 2 Tbsp white vinegar  
 few drops hot chili oil (optional)

Thin peanut butter with hot water, mix in remaining ingredients. Can be made thinner and used as a salad dressing. Marge McLarnan

## Salads

### 1. TABOULEH

1. Soak 1/2 C bulgar wheat in fridge for 1 hour and drain.
2. Mix soaked and drained bulgar with 3/4 C finely chopped onion, 1 tsp salt, 1/4 tsp pepper, dash each of cinnamon, allspice and nutmeg.
3. Place bulgar in large bowl and layer (not mix) 2 cups chopped tomatoes, 4 cups chopped parsley and top with 1-2 Tbsp dried mint (3-4 Tbsp fresh mint.)
4. Cover in airtight container and refrigerate overnight.
5. Before serving, toss with 1/4 C lemon juice, and 1/4 C veg. or olive oil.  
Patti Peterson

### 2. WHEAT GARDEN SALAD (Tabouli)

1 cup cracked wheat, fine  
 1 bunch green onions  
 2 large bunches parsley  
 1/2 bunch mint  
 4 large tomatoes  
 juice of 4 lemons  
 1/2 cup olive oil or substitute veg. oil  
 salt and pepper to taste  
 Tabouli, cont.

Soak wheat in water a few minutes. Squeeze dry by pressing between palms. Chop onions, parsley, mint leaves, and tomatoes very fine. Add wheat, lemon juice, olive oil, salt and pepper. Mix well. Serve with fresh lettuce leaves, grape leaves, or cabbage leaves used as scoops. Serves 6  
 The Helferichs

### 3. FAVA BEAN SALAD

1 tsp baking soda  
 2 cups dried fava beans  
 1 onion, chopped  
 1 clove garlic, chopped  
 2 tomatoes, quartered  
 1 tsp mint  
 2 Tbsp lemon juice

Soak beans overnight in water with baking soda. Following day rinse; cover with water and boil for 1 hour. Cool, then add onion, garlic, tomatoes, dried or fresh mint, and lemon juice. Serves 4

NOTE: Dried fava beans can be purchased by the pound at Middle Eastern stores. Canned fava beans are available at your supermarket.

**4. LIMA BEAN SALAD**

1/2 lb lima beans  
 1 tsp salt  
 1 clove garlic, minced  
 juice of 1 lemon  
 2 Tbsp olive oil or veg. oil

Boil beans until tender and drain. Add salt, garlic, lemon juice, and oil to beans. Mix thoroughly. Serve hot or cold. Serves 3. Note: String beans may be substituted for limas in this recipe.  
 The Helferichs

**5. SYRIAN BREAD SALAD**

2 loaves Syrian Bread  
 1/2 bunch green onions  
 1/2 bunch parsley  
 1 cucumber  
 Syrian Bread Salad, cont.  
 1/2 bunch fresh mint (or 2 Tbsp dried)  
 1 tsp salt  
 2 Tbsp fresh thyme (or 2 Tbsp dried)  
 1/2 tsp pepper  
 juice of 3 lemons  
 1/2 cup olive oil or veg. oil  
 black olives

Break hard Syrian Bread into bite-size pieces. Cut all vegetables into small pieces. Mix vegetables with bread in salad bowl. Add salt, pepper, lemon juice, and oil and mix well. Garnish with black olives. Serves 6

**6. SYRIAN POTATO SALAD**

1 lb potatoes  
 olive oil or veg. oil  
 juice of 1 lemon  
 1 onion, chopped  
 1 tsp cold water  
 salt and pepper to taste  
 1 Tbsp chopped parsley  
 olives  
 2 tomatoes, sliced  
 1 Tbsp dried mint

Boil potatoes, then peel and cube. Coat with olive oil. Add lemon juice, onion, water, salt and pepper. Garnish with parsley, olives, sliced tomatoes, and dried mint. Serves 4

## 7. TOMATO-ONION SALAD

4 tomatoes, sliced  
 1 medium onion, chopped  
 olive oil or veg. Oil  
 1 Tbsp dried mint  
 1/2 tsp garlic powder  
 salt and pepper to taste

Place tomatoes and chopped onion in salad bowl and use just enough oil to coat salad. Sprinkle with mint. Add garlic powder, salt, and pepper. Toss and serve. Serves 4

## Main Dishes and Vegetables

### 1. ROMAN RICE AND BEANS

#### have ready:

2 or 3 16 oz. cans pinto or kidney beans  
 2 C raw brown rice, cooked with salt (about 5 cups)

#### sauté:

2 cloves garlic  
 1 large onion  
 1-2 carrots, chopped  
 2/3 C parsley, chopped  
 2-3 tsp dried basil  
 1 tsp oregano

#### add:

large can tomatoes, broken up  
 2 tsp salt  
 pepper  
 the cooked beans and rice  
 1/2 cup or more grated parmesan cheese is a good non-Lenten addition  
 6+ servings

### 2. FELAFEL

#### Ingredients:

2 cans Garbanzos (Chick Peas)  
 3 cloves garrlic  
 1/2 C celery and chopped onion  
 1/2 tsp ground cumin  
 1/2 tsp turmeric  
 1/4 tsp cayenne  
 1 1/2 tsp salt  
 3 Tbsp tahini  
 3 Tbsp flour or bread crumbs

#### Cookin:

Grind up garbanzos in food processor. Combine with other ingrediments (double amount of spices). Either: Make into flat Petersons or patties and bake in't oven (350 degress) or make small

**Felafel, cont.**

balls and deep fry. The original recipe called for 2 beaten eggweggeys but we cannot do eggs during Lent now can we? You really need the binding power of eggs to deep fry so during Lent bung em in t'oven.

Consume in pitta bread with lots of lettuce and tomato.

Mark Pearson

**3. POTATO SPINACH CURRY**

I got this from Jane Casper and it's great. The kids hate it of course cos it's green and yucky looking but I love it.

Ingredients:

Indian Spices: Cumin, Coriander, Curry powder, ginger, Garam Masala, Turmeric, Cayenne

2 onions

lots garlic

4 medium spuds

1 tin spinach

1 tin garbanzo beans

1 big tin (24 oz) crushed tomatoes

Cookin:

Before you start with the onions peel the spudatoes and cut them into bit sized pieces and boil them the British way. This should take about 15 mins.

1. In a big saucepan ("sospan fach" in Welsh) sauté onions and crushed garlic (at least 2 cloves) until nicely brown. Add spices in double the quantity you think you need. Stir into onions, cover, turn down the heat and let them 'sweat' for a while. The spices flavour insinuates itself into the onions.
2. Meanwhile dig out the precooked spuds or hastily put a pot on to boil and cook 4 medium potatoes in small pieces. Open cans of beans (drain), spinach and tomatoes.
3. Tip canned comestibles into sospan fach. When the spuds are cooked add them to the big mix, stir strenuously over a meejum heat and add a wee bit of water if necessary.
4. Yell to kids to lay table. Sip wine or beer. Give gentle reminder to finish table laying.
5. Put pots on table and watch noses turn up.

Mark Pearson

#### 4. ORANGE VULGAR BULGAR VEGETARIAN CASSEROLE

4-6 helpings.

This is quick and easy to make and doesn't taste bad. The kids complain, but 'tough beans' as they say.

Ingredients:

1/2 C chopped onion  
 1/2 C chopped celery  
 1 clove of garlic, minced  
 1 C uncooked bulgar wheat  
 1 C fresh orange juice with bits in  
 1 C spring water  
 1 15 oz can kidney beans, drained  
 1/4 lb fresh mushrooms  
 1/3 cup raisins  
 1/4 Cup wheat germ  
 2 Oranges peeled and sectioned.

Instructions

In a large skillet (or frying pan to the plebes) sauté onion, celery and garlic until nicely brown. Add bulgar and continue to cook with stirring for 5 minutes.

Stir in orange juice and water and bring to the boil. Add kidney beans, mushrooms, raisins and wheat germ. Reduce the heat and simmer for 15 - 20 minutes until all the liquid is absorbed.

Garnish with Orange pieces.

Can stuff tomatoes, peppers or squash with the cooked mixture. Freezes well for future recycling.

Mark Pearson

#### 5. CURRIED RICE

2 C brown rice, cooked with salt  
 1 container tofu (14 oz.), drained and mashed  
 6-8 carrots, chopped  
 2 large onions, chopped  
 4-5 sticks celery, in half inch pieces  
 1 C frozen peas  
 1/2 - 1 C raisins  
 1 C chopped apple  
 1 tsp salt, gradually, to taste  
 coriander, cinnamon, ginger about 1/2 tsp each, to taste  
 1/2 C water  
 1 tsp cornstarch

Cook rice with 4 C water and 1 tsp salt. Sauté onions and carrots until tender. Add celery, peas, tofu, raisins. Heat through. Add cooked rice, water mixed with cornstarch, spices and salt. Stir over low heat until sauce is thick and everything is well mixed. Spices, vegetables, etc. can be easily varied. For example: sweet red pepper, onions, peas and curry powder is a good combination. Also try substituting a can of chick peas for the tofu. 6-8 servings.

## 6. GREEK PILAF

1C minced onion  
 2 cloves minced garlic (optional)  
 1 stalk celery, in 1/2 inch pieces  
 1/4 C sunflower seeds  
 2-3 Tbsp olive oil, or substitute  
 2 1/2 C cooked brown rice  
 1-2 tsp dried mint  
 juice of one lemon  
 1/4 C parsley, chopped  
 salt and pepper to taste  
 1 can chick peas, drained, or 1C crumbled feta cheese

Sauté onion, garlic, celery, and sunflower seeds in oil. Mix with other ingredients. Serve plain or use to stuff tomatoes, peppers or eggplant. To stuff eggplant: slice 2 medium eggplants in half lengthwise. Bake on oiled baking sheet at 350 F for about 1/2 hour until insides are soft. Scrape out insides with spoon, leaving shell of skin. Chop insides and mix with Pilaf, repack in shells and return to oven for 20 - 30 minutes, until heated through.

## 7. MEDITERRANEAN EGGPLANT SAUCE

1 medium onion, chopped  
 6 T oil  
 1 large eggplant, cut into 1/2 inch pieces  
 3 cloves garlic, minced  
 14.5 oz can tomatoes  
 6 ounce can tomato paste  
 2 cups water  
 1 tsp salt  
 1/2 tsp basil  
 1/4 tsp oregano  
 1/4 tsp thyme  
 1/8 tsp cinnamon  
 2 T fresh, chopped parsley  
 1 T honey  
 3 ounce jar pimiento-stuffed green olives

In large pot, sauté onion in 2 T oil until transparent. Remove from pan and add remaining oil; sauté eggplant w/ garlic until softened. Add onions, tomatoes, tomato paste, water, seasonings, parsley, honey and olives. Cover & simmer 40 minutes or until tomatoes and eggplant are well-blended.

Serve over pasta or rice.

4-6 servings Jane and Sergei Casper

## 8. EGGPLANT AND POTATO STEWED WITH CUMIN AND GINGER

1 large eggplant, cubed  
 3 small red potatoes, cubed  
 4 large garlic cloves, minced  
 2 tsp cumin seeds  
 1 T vegetable oil  
 1 bay leaf  
 1 large onion, chopped  
 1 T grated fresh ginger  
 2 T vegetable bouillon  
 3 ounces tomato paste  
 1 cup water  
 salt  
 2 T chopped cilantro

Steam potatoes and eggplant until nearly tender. In large pan, heat oil w/ the bay leaf. When hot, add onion, cumin and ginger. Cook, stirring frequently, until onions are lightly colored, 12-15 minutes. Add bouillon to keep pan moist. Add eggplant, potato, tomato paste and water; combine all gently. Season w/ salt and cook over medium heat until stew is warmed and cooked. Stir in cilantro. (Options: add cayenne to taste; stir in 1/2 cup plain yogurt for non-Lenten variation)  
 Jane and Sergei Casper

## 9. SPAGHETTI AL CARCIOFI

1 lb spaghetti, linguine or angel hair pasta  
 2 T olive oil  
 2-3 jars marinated artichoke hearts  
 1 cup minced onion  
 4 cloves garlic minced  
 6-8 plum tomatoes, seeded and quartered (or canned)  
 1 tsp oregano  
 1/2-1 cup chopped parsley  
 salt and pepper

Cook pasta until al dente; drain, reserving 2 cups cooking water. Set aside. In large skillet, heat olive oil. Add artichokes, onion and garlic; sauté until onions are tender, about 5 minutes. Add tomatoes, 1 cup reserved pasta cooking water, oregano, parsley, salt and pepper, and cooked pasta. Simmer over medium heat until heated through, adding water as necessary a little at a time to prevent sticking (should not be watery).  
 6 servings Jane and Sergei Casper

## 10. POLENTA PANACHE

Polenta: 3/4 cup instant polenta  
 1 tsp salt  
 1 T minced garlic  
 1 T taco seasoning  
 1 tsp cumin  
 3 cups water

**Polenta Panache, cont.**

(Or we like it with just plain polenta, made with a cornmeal mush recipe and no seasoning but salt.)

Panache: 1 15 ounce can corn with sweet peppers, drained  
 1 green pepper, chopped  
 1 red pepper, chopped  
 1 medium onion, chopped  
 3 cloves garlic, chopped  
 10 ounce can Rotel tomatoes with green chillis  
 1-1/2 T taco seasoning  
 2 tsp cumin  
 1 T vegetable bouillon  
 1/2 cup water  
 3-4 T tomato paste

Add salt, garlic, taco seasoning and cumin to 3 cups water; bring to boil & add polenta according to instructions on box. Spray a 9x9 inch pan with non-stick cooking spray. spread cooked polenta into pan. Set aside. Preheat oven to 350.

Sauté green and red pepper, onion and garlic in water and bouillon until tender crisp. Add remaining ingredients and heat through. Spoon mixture over polenta. Bake until edges bubble, 35-40 minutes. Cut into squares and serve. (6 servings) Jane and Sergei Casper

**11. TOFU STIR FRY**

1 green pepper, sliced or chopped  
 3 green onions or 1 small reg. onion, chopped  
 1 stalk celery, in 1 inch pieces  
 1 large can tomatoes, drained (reserve juice) and chopped  
 1 container tofu (14 oz.) drained and cut in 1/2 inch chunks  
 1/4 C water  
 1 tsp cornstarch  
 2-3 T soy sauce

Mix cornstarch, water and soy sauce in small cup. Heat a little oil in a large skillet .

Add vegetables, tomatoes, and cook and stir briefly. Add tofu cubes, and cook and stir until heated through. Moisten while cooking with tomato juice. Stir cornstarch and water and add. Cook, stirring often, until sauce thickens. Serve over rice. There are endless variations to this. Use whatever vegetables are handy, leave out the tomatoes, etc. My favorite version includes lots of fresh coriander leaves and hot sauce, but try feeding that to a 2 year old! 3-4 servings.

**12. TOFU PATTIES**

2 grated carrots  
 1 green pepper, chopped fine  
 1 med. onion, chopped fine  
 1 stalk celery, chopped fine  
 1 container tofu (14 oz.), drained and mashed  
 3 Tbsp flour  
 1-2 Tbsp soy sauce, to taste, or salt to taste  
 (1/2 tsp dill weed, optional)  
 (1 tsp paprika, optional)  
 cornmeal to coat patties

**Tofu Patties, cont.**

Cook vegetables in a little oil until softened. Meanwhile mix mashed tofu with flour, soy sauce, and spices, if using. Add vegetables. Make into patties as follows: pour about a cup of cornmeal on a plate. Pick up about 1/4 cup of the tofu mixture, sprinkle cornmeal on one side to coat, turn over into other hand and sprinkle cornmeal to coat on the other side. Place on greased baking sheet. Bake patties at 350 F for 10 - 15 min., then turn with spatula and bake for another 10 - 15 min. They should be firm and crusty when done. Serve like hamburgers, on bread or buns, with ketchup, mustard, hot sauce, pickle relish etc. These are good cold in sandwiches and freeze well. Makes 12 patties.

**13. TOFU LOAF**

2 containers tofu (28 oz.), drained and mashed  
 1/4 C soy sauce  
 1/2 tsp salt, or to taste  
 1 C sliced mushrooms (optional)  
 1 C chopped celery and/or green pepper  
 1 large onion, chopped fine  
 1 1/2 C cooked white rice, whole grain bread crumbs, rolled oats or crushed corn flakes

Sauté vegetables and onion in a little oil. Combine with remaining ingredients. Press into well oiled loaf pan. (I use a non-stick tube pan instead.) Bake at 350 F for about 1 hour. Cool 10 minutes before removing from pan. Garnish with ketchup and parsley. Can be sliced for sandwiches when cold.

**14. TOASTED PILAF**

1/2 C margarine  
 1 1/2 C cracked wheat (bulgar)  
 1/2 C finely chopped onion  
 1 tsp seasoned salt  
 1 can broth  
 1/4 C water  
 1/3 C finely chopped parsley

Melt butter or margarine in heavy sauce pan or skillet. Add cracked wheat. Heat and stir until toasted and golden. Add onion and cook until soft. Stir in salt, broth and water. Cover tightly and cook over low heat until wheat is tender and liquid is absorbed, about 25 minutes. Add parsley and toss lightly. Makes 6 servings.

Georgette Zakaib

**15. CABBAGE PLATE**

3 C coarsely chopped cabbage  
 2 C sliced carrots  
 1 C chopped onion  
 1 C sliced celery  
 1 Tbs. sugar  
 1 1/2 tsp salt  
 1/4 C veg. oil  
 1/2 C hot water

Combine all vegetables in pan. Mix in sugar, salt, and oil. Add water and cook over medium-low heat just until tender, approx. 10-15 minutes. Patti Peterson

**16. CABBAGE RICE**

3 C chopped cabbage  
 1/4 C oil  
 1 1/2 tsp salt  
 1/4 tsp pepper  
 2 tsp chopped parsley  
 2 C water  
 3 Tbs. tomato paste  
 1 C rice

Cook cabbage and seasonings in oil over low heat for 20 minutes. Add water and tomato paste and bring to a boil. Add rice, reduce heat and cook until rice is done. Patti Peterson

**17. BERT'S PIE**

1. Brown one chopped onion in vegetable oil.
2. Add 1 can stewed tomatoes, 1 10 oz package frozen broccoli cooked, and 1 1/2 C cooked rice and simmer. (can also add one can chick peas)
3. Drain excess liquid and place in pie shell. Cover with another pie shell and vent shell to allow steam to escape.
4. Bake for 35 minutes at 375 F. Patti Peterson

**18. SPAGHETTI WITH ZUCCHINI SAUCE**

1. Sauté 1/2 C chopped onion in 1/4 C melted margarine for 2 minutes.
2. Add 1/4 C chopped green pepper, 1 lb. sliced zucchini, 2 C chopped fresh tomatoes, 1 tsp salt, and 1/8 tsp pepper. Cover and cook over low heat 30-45 minutes.
3. Serve over cooked spaghetti.
4. To make more "saucy", add 1 can tomato sauce and thicken with a little flour.  
Patti Peterson

**19. EGGPLANT OLIVE SAUCE**

1/2 C olive oil (or substitute)  
 1 large eggplant (1.5 lbs.) cut into 3/4 inch cubes  
 3 med. onions, coarsely chopped  
 3 cloves garlic (optional)  
 1 large green pepper, cut in strips  
 2 lbs. (2 cans) tomatoes  
 2 tsp sugar  
 1 Tbsp dried basil  
 1/2 C chopped parsley  
 2 -1/4 oz. can sliced olives  
 2 -1/4 oz. can pimentos  
 salt and pepper to taste

Cook eggplant, onions and garlic in oil until soft. (15 min.) Add remaining ingredients; cook until sauce thickens (20-30 min.) Salt to taste. Serve with rigatoni, spaghetti, or over baked potatoes. Top with grated Parmesan cheese outside of Lent. Makes 6 servings.

A. McLarnan

**20. VEGETABLE LOVERS' SPAGHETTI**

1/2 C oil  
 2 med. onions, chopped  
 1 bell pepper, chopped  
 1/2 C chopped parsley  
 8 cloves garlic, minced or mashed  
 15 oz. can tomato sauce  
 1 tsp diced basil  
 1 tsp dried thyme  
 1 lg. eggplant, peeled, chopped  
 1/2 head cauliflower, chopped  
 1/4 lb mushrooms, sliced  
 2 lg cans tomatoes  
 1 bay leaf  
 1 tsp dried oregano  
 salt to taste

Heat oil in a large sauté pan or pot that holds 3 1/2 qts. to a gallon. Add vegetables and garlic and sauté over medium heat for 15 minutes, stirring frequently. Add tomatoes, tomato sauce and seasonings. Bring to a boil, reduce heat and simmer for 3 hours. Serve over spaghetti. Serves 10-12. Fr. Ted

**21. PASTA AND BEANS**

1 lb small shell macaroni or 1 19 oz can of cannelloni  
 elbow macaroni  
 beans  
 1 8 oz can of tomato sauce  
 salt, pepper, onion and garlic powder to taste

Cook macaroni according to directions on package. Drain and set aside. Meanwhile, in sauce pan add beans, sauce and seasonings. Bring to boil, stirring frequently to avoid sticking. Pour over macaroni. Depending on how much sauce you prefer, you can add another can of tomato sauce. OPTION: sprinkle with grated cheese.

**22. SPINACH RICE**

1. Sauté 1 chopped onion in 1/4 C veg. oil until soft.
  2. Add 2 boxes frozen spinach thawed or 1 lb. fresh spinach chopped, and simmer slowly.
  3. Add 1 1/2 C water and bring to a boil. Stir in 2/3 C rice, 1 Tbs dill and salt and pepper to taste. Cover and simmer 15 minutes or until rice is soft and liquid is absorbed.
  4. Add juice of 1/2 lemon before removing from heat.
- Patti Peterson

**23. RICE AND SPINACH**

1 large onion  
 1/2 cup oil  
 2 lbs spinach  
 2 cups rice  
 salt and pepper to taste  
 6 cups boiling water

Dice onion and brown in oil. Wash spinach and cut in small pieces. Add onion and oil to spinach and cook. Rinse rice, add to spinach, stir well with salt and pepper to taste. Then pour water over the whole. Cook on medium fire for 10 minutes, then on low fire for 15 minutes. Serves 6

**24. SPINACH DILL RICE**

1 box frozen chopped spinach (thawed and drained)  
 3 Tbsp olive oil (or substitute)  
 2 cloves garlic (optional)  
 2 tsp salt  
 1 tsp dry dill weed (or lots more to taste)  
 2 tsp vinegar (more to taste)  
 pepper  
 1 1/2 C rice, cooked  
 1 can chick peas, drained

**Spinach Dill rice, cont.**

Cook rice with 1 1/2 tsp of the salt. Sauté spinach and garlic in oil. Add remaining salt, dill, vinegar, pepper and chick peas. Cook 10 minutes, until liquid evaporates. Combine with rice. Adjust seasoning to taste. Outside of Lent this is good topped with a mixture of grated Parmesan cheese and crumbled feta cheese.

About 8 servings.

A. McLarnan

**25. STUFFED GRAPE LEAVES**

3 lg. onions, chopped  
 1/2 C veg. oil  
 1 6 oz. pkg. Uncle Ben's Long Grain & Wild Rice  
 1 8 oz. can tomato sauce  
 1 1/2 C water  
 2 tsp salt  
 1/4 tsp pepper  
 1 1/2 C fresh parsley, minced  
 2 Tbs lemon juice  
 1 16 oz jar grape leaves  
 2 C water

Cook onions in oil until golden. Add rice and seasoning packets, tomato sauce and water. Bring to a boil. Cover, cook over low heat for 25 minutes until water is absorbed. Stir in salt, pepper, parsley and lemon juice. Rinse leaves, pat dry. Fill and fold leaves. Place in 2 qt. casserole dish, seam side down and add 2 cups water. Weight down with an ovenproof plate. Bake 45 minutes. Makes 60-70 rolls.

Patti Peterson

**26. LENTEN STUFFED GRAPE LEAVES**

1 C cracked wheat  
 1/2 C canned chick peas  
 1/2 bunch parsley, minced  
 salt and pepper to taste  
 lemon juice

Soak grape leaves in hot water 15 minutes to soften. Remove from water and stem each. Combine wheat, chick peas, parsley, and seasoning. Put 1 tsp of the stuffing on each leaf and roll. Arrange in rows in pan, each row in opposite direction. Add 1 Tbsp salt. Press stuffed leaves with inverted dish. Add water to reach dish. Cover pan and cook for 35 minutes on medium fire. Add lemon juice and cook another 10 minutes. Serves 4.

The Helferichs

**27. COUSCOUS MEDLEY**

1 box couscous (rice section)  
 oil or margarine  
 raisins  
 coconut - shredded  
 1 onion, chopped  
 salt  
 walnuts, chopped

Cook couscous according to directions. Fry onion, add coconut and brown. Add raisins and walnuts and warm. Add to couscous.  
 Pam Friesel

**28. YAKKI SABBA**

1 head cabbage, in bite size pieces  
 onions, diced  
 peanut oil  
 Chinese noodles

Fry cabbage and onions in oil. Make noodles according to recipe. Add noodles to cabbage and onion mixture.  
 Added ingredients: pepper slices, carrots (cook longer), shrimp  
 Pam Friesel

**29. CABBAGE AND NOODLES**

Cook 3/4 bag of noodles according to directions on package. (I use curly type or medium width noodles.)  
 Cut a medium size head of cabbage in small pieces. Place in pan with melted oleo (about 1/2 - 1 stick). Sauté cabbage and 1 medium chopped onion until tender and slightly browned about 25 minutes, stirring frequently. Add salt and pepper and 1 tsp sugar to taste. Pour over cooked noodles and mix well.

**30. SPINACH PIE**

Lenten Pie Dough (recipe follows)

2 lbs spinach  
 salt  
 3 onions, chopped fine  
 juice 3 lemons  
 1 cup ground walnuts  
 pepper and allspice to taste  
 1 cup oil

**Spinach Pie, cont.**

Wash spinach thoroughly and cut into small pieces. Sprinkle with salt. Squeeze until all water is removed. Add onions, lemon juice, walnuts, and spices. Mix well. Then add oil and mix. Place spinach mixture on pieces of Lenten Pie Dough and close into triangular shape. Brush oil on baking tray and arrange pies in rows. Bake in moderate oven (350•) for 15 minutes until bottoms are lightly browned. Place under broiler until tops of pies are lightly browned. Serve hot or cold.

Yield: 3 dozen pies

**31. LENTEN PIE DOUGH**

2 lbs flour  
 1/2 C oil  
 1 cake yeast  
 1 Tbsp salt  
 about 3 C lukewarm water  
 1/2 tsp mahleb (optional)

Mix ingredients and knead with water. Cover and let rest in warm place about 1 1/2 hours. When dough rises, cut into small sections 3 " in diameter. Cover with cloth and allow to rise again for 30 minutes. Then flatten with your hand to thinness of pie dough. Makes enough dough for 3 dozen pies.

The Helferichs

**32. GREEN BEAN STEW**

1 onion, diced  
 1 clove garlic, chopped  
 1/4 cup olive oil or veg. Oil  
 1 lb green beans  
 1 cup water  
 1 10 oz can tomatoes  
 salt and pepper to taste

Sauté onion and garlic in oil. Cut beans in half. Add to onion and garlic. Cover and let steam for 30 minutes, mixing frequently. Add water and tomatoes until even with beans. Add seasoning to taste. Cook 15 minutes or until tender. Serves 4

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### 33. LENTEN CABBAGE ROLLS

1 large head cabbage 1 tsp salt  
2 cloves garlic, chopped juice of 3 lemons

Carve out thick core from center of cabbage. Drop cabbage into salted boiling water, cored end down. Boil a few minutes until leaves are softened. While boiling, loosen each leaf with a long fork, remove, and place in a dish to cool. Remove heavy center stems from the leaves. If the leaves are extremely large, cut in half. Fill each leaf with 1 tsp stuffing and roll in the shape of a cigar. Place cabbage stems on the bottom of kettle. Arrange cabbage rolls on top, alternating in opposite directions. Add salt and garlic. Press with inverted dish and add water to reach dish. Cover kettle and cook on medium fire 45 minutes. Add lemon juice and cook 10 minutes more.

#### STUFFING

1/2 cup chick-peas  
1 tsp oil  
1 cup rice (or cracked wheat)  
1/2 bunch minced parsley  
pinch of cinnamon, nutmeg, allspice  
salt and pepper to taste

Soak chick-peas overnight. Following day remove from water and rub peas with fingers to remove outer skins. Mix peas with oil, rice, parsley, seasoning and spices. Serves 4

### 34. STEWED EGGPLANT

1/2 cup chick-peas  
1/2 tsp baking soda  
1 clove garlic, chopped  
1 onion, chopped  
1/3 cup olive oil or veg. Oil

2 green squash, cubed  
1 eggplant, cubed  
1 large can tomatoes  
salt and pepper to taste

Soak chick-peas with baking soda in water overnight. Following day drain. Remove skins by rubbing peas between fingers. Sauté garlic and onion in olive oil. Add chick-peas, cover, and simmer about 15 minutes. Add unpeeled squash, eggplant, and tomatoes. cover and cook on medium fire until vegetables are tender, about 30 minutes. Serve hot or cold. Serve 6

**35. SYRIAN MASHED POTATOES**

4 medium potatoes  
 1 onion, diced  
 1/4 cup oil  
 salt and pepper to taste  
 juice of 1 lemon  
 1 onion, sliced  
 1/2 cup pine nuts

Boil potatoes. Peel and mash. Add diced onion, oil, salt, pepper, and lemon juice and knead together. Fry onions and pine nuts in oil and use to garnish potatoes. Serves 4

**36. BAKED VEGETABLE DINNER**

1 lb okra  
 1 lb squash  
 1 lb potatoes  
 1 lb tomatoes  
 1 lb onions  
 1/4 cup chopped parsley  
 salt and pepper to taste

Peel potatoes. Slice all vegetables and arrange in baking pan, sprinkling parsley, olive oil, salt, and pepper between layers. Add a little water; bake in moderately hot oven (350•) about 1 hour. Serves 10

**37. FRIED POTATO KIBBY**

2 lbs potatoes  
 1 cup cracked wheat  
 salt and pepper to taste  
 1 cup flour

Boil potatoes. Peel and mash. Rinse and squeeze cracked wheat between palms to drain off the water. Knead potatoes and wheat together thoroughly. Add salt and pepper. Then blend in flour. Shape into small football-shaped kibby. Perforate one end and fill, using 1 tsp filling in each kibby.

**Filling:**

1 onion, sliced  
 olive oil or veg. oil  
 1 cup pine nuts  
 1 tsp lemon juice

Sauté onion in olive oil. Brown pine nuts in oil and mix with onion. Add lemon juice. Stuff kibby. Fry in oil until golden brown. Serves 6

**38. POTATO KIBBY**

2 lbs potatoes  
 1 cup cracked wheat  
 1 cup English walnuts, ground fine  
 1 onion, grated  
 salt and pepper to taste  
 1 large onion, sliced

Boil potatoes. Peel and mash. rinse and squeeze cracked wheat between palms to drain off the water. Mix all ingredients together. Add a little water and knead well. Place in platter and garnish with onion that has been sautéed in olive oil. Serves 6

**39. LENTILS AND WHEAT**

2 cups lentils  
 8 cups water  
 1 cup cracked wheat  
 salt and pepper to taste  
 1 onion, diced  
 1/2 cup oil

Sort lentils and rinse with cold water. Add lentils to pan filled with approximately 8 cups water. Do not cover. Boil about 20 minutes, until lentils are soft, then add wheat. Add salt and pepper and cook another 15 minutes, stirring occasionally to prevent sticking, until all liquid is absorbed. Fry onion in oil. Add oil to pan lentils and garnish platter of lentils with fried onions. Serves 4-6

**40. LENTILS AND RICE**

1 cup lentils  
 6 cups water  
 1/2 cup rice  
 salt and pepper to taste  
 2 large onions, chopped  
 4 Tbsp olive oil or veg. oil

Sort lentils and rinse with cold water. Cook lentils in 7 cups water over medium fire for 20 minutes. Add rice, salt, and pepper and cook another 15 minutes. Fry onion in olive oil. Remove onions, pour oil over rice-lentil mixture, and mix. Set until cool. Garnish with onions. Serves 5

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**41. LENTILS WITH TOMATOES**

1 cup lentils  
 8 cups water  
 1 onion  
 1 green pepper  
 3 pimentos  
 4 Tbsp oil  
 2 cups tomatoes  
 salt and pepper to taste

Rinse lentils with cold water. Cook in boiling salted water 20 minutes. When tender, drain. Sauté onion, green pepper, and pimentos in oil. Add tomatoes, salt and pepper. Add drained lentils and cook about 30 minutes, uncovered. Serve hot. Serves 3-4.

**42. BROWN RICE AND LENTILS**

1 onion, chopped  
 2-4 cloves garlic, minced (optional)  
 1C brown rice, washed  
 1C dry lentils, washed and picked over  
 1 bay leaf  
 4 C water  
 salt to taste  
 soy sauce to taste

Place all the ingredients but the soy sauce in a large heavy pan and bring to a boil. Reduce heat, cover, and cook 40 minutes. Uncover and cook another 15 minutes, or until the liquid has evaporated. Season with soy sauce. This is very easy, and is good plain or stuffed in tomatoes, green peppers or eggplant. Serves 4-6.

A. McLarnan

**43 BARLEY, LENTIL AND RICE CASSEROLE**

2 onions, chopped  
 3 cloves garlic, minced  
 2 Tbsp oil  
 2 tsp sugar  
 1 Tbsp cider vinegar  
 1 tsp ground cumin  
 1/4 tsp ground cardamom  
 1/2 C fresh mint leaves, minced, or 1 tsp dried  
 1/2 C pearl barley  
 1/2 C lentils  
 1/2 C brown rice  
 3 C water  
 salt and pepper  
 1/2 C raisins or currants

**Barley, Lentil and Rice Casserole, cont.**

Sauté onion and sugar in oil for about 1 minute at medium heat, then cover, reduce heat to low and simmer 5 minutes until tender. Add vinegar, garlic, cumin, cardamom and dried mint (if using), sauté just 30 sec. Add barley, lentils, rice and water. bring to a boil, then cover and simmer over low heat until almost tender, about 30 min. Stir in currants or raisins, simmer until grains are completely done, about 10 minutes more. Adjust seasoning , let sit off heat 10 minutes more, then fold in fresh mint if using. Serve hot.

**44. BROWN RICE, CURRANT AND WALNUT CASSEROLE**

2 - 4 cloves garlic, minced  
 1/2 C dried apricots, halved or quartered  
 1 Tbsp oil  
 1 C brown or white rice or cracked wheat  
 1/4 tsp cayenne pepper (omit if desired)  
 1/4 tsp ground coriander  
 1/4 C dried currants or raisins  
 2 1/2 C water or vegetable broth  
 salt and pepper  
 2 cans drained chickpeas  
 1/2 C walnuts or pecans, coarsely chopped

Preheat oven to 375 F. Sauté garlic in oil for a few seconds over medium heat in a medium sized heat proof casserole , stir in rice and spices, then apricots and currants. Add the water or broth and bring to a boil. Season to taste with salt and pepper, cover and bake in oven for 35 minutes (20 min if using white rice or cracked wheat.) Remove pan from the oven and stir in chick peas. Cover and bake until the rice is tender, 15 minutes or more. Just before serving, stir in chopped nuts and some chopped fresh mint, if you have it.

**Soups and Stews****1. EGGPLANT STEW**

1 large eggplant  
 1 medium onion (chopped)  
 1/4 C oil  
 1 can chick peas  
 1 can whole tomatoes  
 salt and pepper to taste  
 1 clove garlic, minced  
 1 1/2 C water

Peel and cube eggplant into large pieces. In saucepan, sauté onions and garlic in oil. Add remaining ingredients except for chick peas. Bring to boil. Reduce heat and cook covered for approximately 20 minutes. Add chick peas and cook for 5 more minutes. ( Squash or potatoes may be added.)  
 Georgette Zakaib

## 2. LENTIL SOUP WITH GREEN BEANS AND GARLIC

### Ingredients:

Lentils: 2 C

Fresh Green Beans: 1/4 lb.

Garlic: 6-10 fresh cloves

Yellow Onion: 1 large or 2 small

Carrots: 1 large or 2 small

Potatoes: 1 large, 2 medium, or 4 small

Water: 10 C

Toasted Sesame Oil: 1/4 C

Red Wine or Balsamic Vinegar: 1/4 C

Salt: 2 tsp.

Pepper: 1/4 tsp.

Celery Seed: 1 tsp.

### Preparation

1. Wash lentils in cold running water in a colander and sort, removing any damaged grains and stones.
2. Put water, lentils, salt, and oil in a large pot, heat to boiling, and then turn down to a simmer and cover.
3. Chop garlic gloves and onion coarsely and add.
4. Wash carrot(s) and potato(es), chop into 1/4 inch pieces and add.
5. Wash green beans, chop into 1" lengths, and add after the soup has been cooking for approximately 20 minutes.
6. Now add the celery seed and pepper, and cook for an additional 25 to 30 minutes.
7. Remove from heat, and stir in vinegar, or serve with vinegar on the side for people to add to taste.

### Variations

Substitute olive oil for sesame oil on wine and oil days.

Chop a red bell pepper into 1/2" (1 cm) pieces and add 8-10 minutes before cooking is finished.

Provide lemon or lime wedges instead of vinegar.

**3. LENTIL CHILI**

1 qt tomato juice  
 2 C water (or vegetable stock)  
 2 med. potatoes, chopped (2 C) (use redskins and leave the peels on)  
 1 (15 oz.) can garbanzo beans, undrained  
 1 C dry lentils, rinsed and drained  
 1 large onion (1C) chopped  
 2 carrots, chopped  
 2 Tbsp chili powder (or less for children)  
 2 tsp bouillon  
 1 tsp dried basil  
 1/2 tsp garlic powder  
 Garnish: snipped chives or parsley, tortilla chips

In a 4 1/2 qt Dutch oven stir together all ingredients except garnishes. Bring to boil; reduce heat. Simmer covered about 30 min. or until lentils are tender. Spoon into bowls. Garnish and serve. 6-8 servings.  
 Fr. Ted

**4. LITTLE KETTLE SOUP**

1 lb dry navy beans  
 1 qt. canned tomatoes  
 1 large can V-8 juice (46 oz.)  
 1 Tbsp salt  
 1 C celery, diced  
 1 C carrots, diced  
 1 med. onion, chopped  
 2 potatoes, diced  
 3/4 - 1 C ketchup  
 1/4 tsp pepper  
 1/4 tsp celery salt  
 1/2 lb Racconto Macaroni, cooked

Wash and sort beans. Let stand overnight. Add remaining ingredients, except macaroni. Bring to boil, cover and simmer 2- 4 hours until beans are tender. Add water if necessary. Meanwhile, cook macaroni according to directions. Drain. When soup is ready, add macaroni and serve.  
 Fr. Ted

**5. WHITE BEAN SOUP**

2 T olive oil  
 1 heaping cup chopped onion  
 1 stalk celery, diced  
 1 medium carrot, diced  
 1-1/2 tsp salt  
 1 tsp oregano  
 1-1/2 tsp basil  
 1 small zucchini, diced  
 1 small bell pepper, chopped  
 4 cloves garlic minced

**White Bean Soup, cont.**

black pepper to taste  
 4 cups water (or less)  
 3 ounces tomato paste  
 1/4 cup red wine  
 3 cups cooked white beans  
 1 cup sliced black olives  
 1 T fresh lemon juice

Sauté first seven ingredients 8-10 minutes, or until tender.  
 Add zucchini, bell pepper and garlic; sauté 5 minutes more.  
 Add remaining ingredients; simmer.  
 Optional: top w/ diced ripe tomato and minced parsley.  
 6 servings Jane and Sergei Casper

**6. SPICY ITALIAN CHICK PEA SOUP**

1 pound dried chick-peas, washed and picked over  
 2 quarts water  
 1 teaspoon olive oil  
 1 large onion, chopped  
 3 large garlic cloves, minced or pressed  
 1 pound (4 or 5) fresh or canned tomatoes, chopped  
 4 tablespoons tomato paste  
 1 bay leaf  
 1 small dried hot red pepper, such as cayenne  
 1/2 teaspoon dried thyme  
 1/2 teaspoon dried oregano  
 Salt and black pepper  
 1/2 cup small pasta shapes  
 Chopped fresh parsley for garnish

Soak chick-peas overnight in lots of cold water. Drain, then combine soaked chick-peas with 2 quarts of water and bring them to a boil. Reduce heat and simmer covered for 1 hour. About 10 minutes before hour is up, heat olive oil in a nonstick skillet and cook onion with 1 clove garlic until softened, about 10 minutes. Scrape into soup pot, then add tomatoes, tomato paste, bay leaf, and dried pepper and bring to a boil. Reduce heat, cover, and simmer 1 to 2 hours, until beans are tender. Add remaining garlic cloves, thyme, oregano, salt, pepper, and pasta and cook another 20 minutes. Remove bay leaf and serve, garnished with parsley. Serves 8 to 12. Jane and Sergei Casper

## 7. MEXICAN VEGETABLE SOUP

1 tablespoon olive oil  
 1 large onion, chopped  
 2 cups vegetable bouillon  
 2 cups water  
 1 28-ounce can whole tomatoes  
 3 medium potatoes, scrubbed and cut into cubes  
 2 medium zucchini, scrubbed and cut into cubes  
 1 10-ounce package fresh tomatillos (optional)  
 1 15-ounce can pinto beans or red kidney beans  
 1 16-ounce package frozen corn  
 1-1/2 teaspoons ground cumin  
 1 teaspoon chili powder  
 1/2 teaspoon oregano  
 Salt and black pepper  
 A handful of crushed tortilla chips for garnish

Heat vegetable oil in a large soup pot, then add onion and cook until tender, about 5 minutes. Add bouillon, water, and liquid from tomatoes. Crush the tomatoes in your hands or chop roughly and add to the pot. Bring to a low boil. Add potatoes and zucchini. Remove papery husks from tomatillos, rinse then under cold water, and chop. Add to simmering soup. Drain the beans in a strainer, rinse with cold water, and stir into pot. Add frozen corn and spices, plus salt and pepper to taste. Cook at a steady simmer for 30 minutes to 1 hour, until potatoes are tender. To serve, ladle into bowls and sprinkle each portion with crushed tortilla chips. Serves 10. Jane and Sergei Casper

## 8. HEARTY VEGETABLE STEW

1 Tbsp vegetable oil  
 1 1/2 C sliced onions  
 2 cloves garlic, minced  
 1 C carrots, cut into 1 inch thick slices  
 1 C celery, cut into 1 inch thick slices  
 4 C mushrooms, cut into quarters  
 3 med potatoes (18 oz total), unpeeled, cut into 1 inch chunks  
 1 lb can tomatoes, undrained, coarsely chopped  
 2 C cooked kidney beans (12 oz)  
 8-oz can salt free, or regular tomato sauce  
 1 C water  
 1 tsp dried thyme  
 1 bay leaf  
 salt and pepper to taste  
 3 Tbsp all purpose flour  
 1/4 C water  
 1/4 C red wine

Heat oil in a large, heavy saucepan over medium heat. Add onions, garlic, carrots, celery, and mushrooms. Cook 10 minutes, stirring frequently. Add small amounts of water, if necessary to prevent sticking. Add remaining ingredients, except flour, 1/4 C water and wine. Cover, reduce heat to low, and simmer 30 minutes, or until vegetables are tender. Stir occasionally while cooking. In a small bowl, gradually stir flour into 1/4 C water until smooth. Add to stew, along with wine. Cook, stirring, 5 more minutes. Remove and discard bay leaf before serving. Makes 6 servings. Fr. Ted

## 9. SPLIT PEA AND VEGETABLE STEW

1 Tbsp vegetable oil  
 2 cloves garlic, finely chopped  
 2 C sliced mushrooms  
 1 C chopped onions  
 1 C chopped carrots, in 1/2 inch pieces  
 1/2 C chopped celery, in 1/2 inch pieces  
 2 C water  
 1 C split peas, uncooked  
 1 lb can tomatoes, chopped, undrained  
 3 med potatoes, unpeeled, cut into 1/2 inch chunks  
 1 tsp dried basil  
 1 bay leaf  
 1/2 tsp dried marjoram  
 1/4 tsp dried thyme  
 1/4 tsp ground cumin  
 Salt and pepper to taste

Heat oil in a large saucepan over medium heat. Add garlic, mushrooms, onions, carrots, and celery. Cook 10 minutes, stirring frequently. Add remaining ingredients. Bring mixture to a boil, stirring occasionally. Reduce heat to low, cover, and simmer 1 1/4 hours. Remove and discard bay leaf before serving. Makes 6 servings.  
Fr. Ted

## 10. CHILI POTATO STEW

1 Tbsp plus 1 tsp vegetable oil  
 1 C finely chopped onions  
 2 C finely chopped celery  
 2 C finely chopped green pepper  
 4 cloves garlic, minced  
 2 1 lb cans tomatoes, undrained, chopped  
 2 1 lb cans kidney beans, rinsed and drained  
 1 C water  
 1 C coarsely shredded carrots  
 2 med potatoes, unpeeled, coarsely shredded  
 1 Tbsp chili powder  
 1 Tbsp dried parsley flakes  
 1 1/2 tsp dried oregano  
 1 1/2 tsp dried basil  
 1 tsp each ground cumin and ground allspice  
 2 bay leaves  
 salt to taste

Heat oil in a large soup pot over medium heat. Add onions, celery, green pepper, and garlic. Cook, stirring frequently, until vegetables are tender, about 10 minutes. Add remaining ingredients and bring mixture to a boil. Then cover, reduce heat to low, and simmer 1 hour. Stir occasionally while cooking. Remove and discard bay leaves before serving. Makes 8 servings. Fr. Ted

**11. VEGETABLE SOUP**

5 oz. frozen lima beans	1 tsp salt
3/4 C chopped celery	pepper
3 carrots, sliced	1 Tbsp honey
10 oz. package frozen green beans	5 cups water
1 onion, chopped	2 Tbsp rice
chopped parsley	
1 can whole tomatoes	
1 C tomato sauce	

Combine all ingredients except rice and bring to a boil. Cook for 30 minutes. Add rice, cover and simmer until vegetables and rice are tender. Makes 6 servings.

Fr. Ted

**12. LENTIL SOUP**

1 lb lentils  
 1 can tomato sauce  
 1 C chopped onions  
 2 carrots sliced  
 2 stalks of celery, chopped  
 1 clove garlic  
 1 bay leaf

Wash lentils. You may soak lentils in water to shorten cooking time. Cover with 2 quarts water and bring to a boil. Add tomato sauce, vegetables, garlic and bay leaf. Simmer until tender (about 1 1/2 hours). Remove garlic clove and bay leaf. Serve with dash of vinegar (optional)

Fr. Ted

**13. SPANISH LENTIL SOUP**

Combine the following in a large cooking pot:

1 C dry lentils  
 1 qt canned whole tomatoes (juice and all)  
 1 large onion (cut in large chunks)  
 4 medium potatoes (cut in large chunks)  
 1 tsp granulated garlic  
 1/4 C olive oil or veg. oil  
 1 1/2 to 2 tsp salt  
 pepper to taste

Add enough water to make soup the consistency you desire. Bring to a boil and then simmer for at least 1 1/2 hours. Observe soup during cooking and add water as needed. Stir occasionally.

Diane Helferich

**14. LENTIL-POTATO SOUP**

2 cups lentils  
 6 cups water  
 salt and pepper to taste  
 6 small onions  
 2 large potatoes  
 1 large onion, chopped  
 olive oil or veg oil  
 lemon slices

Sort and rinse lentils. Cook in water for 15 minutes. Add salt and pepper. Quarter onions and add to cooked lentils. Cut potatoes in cubes and add to mixture. Cook 10 minutes more. Brown chopped onion in olive oil and use with lemon slices as a garnish. Serves 4  
 The Helferichs

**15. FASOULATHA (Greek Bean Soup)**

4 medium carrots - 2 chopped, 2 grated  
 1 large stalk of celery  
 1 medium onion  
 1/3 cup veg. oil  
 sauté in a large soup pot with lid on for approx. 10 minutes  
 Add one 8 oz can tomato sauce and a pinch of sugar. Stir well and add 1 C water.  
 Add 1/4 C parsley, 3 cans beans (variety of northern, pinto, red or kidney, ) pepper, basil, savory, and mint.  
 Simmer (the longer the better). Just before serving, add salt to taste.  
 Patti Peterson

**16. BEET SOUP OR BORSCH**

Chop until very fine:  
 1/2 C carrots  
 1 C onions  
 2 C beets (pared)  
 Barely cover these ingredients with boiling water. Simmer gently, covered, about 20 minutes. Add and simmer 15 minutes more:  
 1 Tbsp oil or margarine  
 2 C vegetable broth  
 1 C very finely shredded cabbage  
 1 Tbsp vinegar  
 Season to taste and serve hot or cold. About 5 cups.  
 Fr. Ted

## 17. WELSH CABBAGE BORSCHT

At least an hour to prepare. 4 - 5 servings.

### Ingredients:

1 1/2 C chopped onion  
 1 1/2 C thinly sliced potato OR  
 2-3 medium sided spuds precooked  
 1 C thinly sliced beets OR  
 1 tin cooked beet pieces  
 1 large carrot, sliced  
 1 stalk (small) celery, chopped  
 3 C cabbage, chopped  
 1 Tbsp raisins  
 4 cups vegetable stock or water  
 2 tsp salt  
 black pepper  
 1/4 tsp dill  
 1 1/4 Tbsp cider vinegar  
 1 1/4 Tbsp honey  
 1 C tomato purée

### Cookin:

1. Cook potatoes and beets if not already cooked or from can. Save the juice.
2. Sauté onions in large pan until brownish. Add celery, carrots and cabbage, salt and stir up. Add water from beets / potatoes (or from can) - top up with water to cover - and cook until all veggies are tender. Add spuds and beets and other remaining ingredients.
3. Cover and simmer for 30 mins. Taste and bung in more salt and peppah.
4. If the fancy takes you, whip out the blender and blend away.  
 Eat with balalaikas and blinys. Failing that, we use pita bread.  
 Mark Pearson

## 18. RATATOUILLE

1/4 C veg. oil  
 1 C chopped onion  
 4 C peeled, cubed eggplant  
 5 med. fresh tomatoes, peeled and quartered  
 1 tsp salt  
 1 tsp basil, crushed  
 1 clove garlic, minced or pressed  
 1/8 tsp pepper  
 1/2 lb zucchini, sliced 3/4 inch thick and halved  
 1/4 lb fresh mushrooms, halved  
 1 green pepper, thinly sliced

Heat oil in 4 qt saucepan. Add onion, cook until tender. Reduce heat to medium low. Add eggplant, tomatoes, salt, basil, garlic, pepper. Cover and continue simmering 10 minutes. Remove cover, simmer 10-15 minutes longer or until vegetables are tender and liquid reduced. Serve hot or cold. 6-8 servings Fr. Ted

**19. MUSHROOM BARLEY SOUP**

1/2 C raw pearled barley  
 6 1/2 C stock or water  
 1/2 - 1 tsp salt  
 3-4 Tbsp Soy sauce  
 3-4 Tbsp dry sherry  
 3 Tbsp oil or margarine  
 2 cloves minced garlic (optional)  
 1 heaping C chopped onion  
 1 lb fresh mushrooms, sliced  
 pepper

Cook barley in 1 1/2 C of the water until tender (in saucepan). Sauté the onions and garlic in butter in large soup pot. When they soften add mushrooms and 1/2 tsp salt. When all is tender, add cooked barley, remaining stock or water, soy sauce and sherry, and pepper. Cover and simmer 20 minutes over the lowest possible heat. Don't boil. Taste to correct seasoning (may need more soy sauce or sherry, or salt). 6-8 servings.

The soy sauce–sherry broth is an excellent base for any Lenten vegetable or bean soup, and works fine in place of meat or chicken broth in grain dishes. It's been a real lifesaver for me.

A. McLarnan

**20. BLACK EYED PEA STEW**

2 C dry black eyed peas  
 7 C water  
 1 large can tomatoes and juice  
 2-3 tablespoons soy sauce  
 1 bay leaf  
 salt to taste if needed  
 hot sauce to taste  
 1 chopped onion  
 2 cloves garlic  
 1 package frozen chopped spinach

Add onion, garlic, peas, tomatoes, bay leaf, water and tomato juice to large pot; cook (bring to boil then simmer) until peas are tender. (45 minutes to 1 hour) Add soy sauce and hot sauce to taste. Add spinach and simmer until tender (5-10 minutes). Good with cornbread, muffins or biscuits.

A. McLarnan

**21. REALLY SIMPLE VEGETABLE SOUP**

6 medium potatoes, peeled and cubed  
 6 large carrots, peeled and sliced  
 2 medium onions, chopped  
 3 celery stalks, sliced  
 1 C frozen peas, thawed  
 1 C frozen corn, thawed  
 salt to taste  
 2 Tbsp cornstarch, mixed with 1 C cold water

**Really Simple Vegetable Soup, cont.**

Place potatoes, carrots, onions and celery in large pot. Cover with water, salt to taste, cook until tender. Scoop out some potato chunks and mash, return to pot to thicken soup. Add thawed peas and corn and cornstarch and water mixture. Cook on medium heat until somewhat thickened. Adjust salt. You can vary the amount of water you start with to make more or less soup.

**22. GYPSY SOUP**

Saute in oil in soup pot:

2 cups chopped onion  
 2 cups peeled sweet potatoes or winter squash cut in bite sized chunks  
 1/2 cup chopped celery

when onion is translucent, add:

2 tsp paprika  
 1 tsp. turmeric  
 1 tsp basil  
 1 tsp salt  
 dash of cinnamon  
 dash of cayenne  
 3 cups stock or water

simmer, covered, for 15 minutes, then add :

1 large cans diced tomatoes  
 3/4 cup chopped sweet pepper (green)  
 2 16 oz cans chick peas  
 1 Tbsp soy sauce  
 salt to taste  
 simmer 10 - 15 minutes or until vegetables are tender

**Baked Goods and Desserts****1. LENTEN BAKING POWDER BISCUITS**

4 C unbleached flour  
 6 teaspoons baking powder  
 1 1/2 teaspoons salt  
 4 Tablespoons oil  
 about 1 1/2 Cups plain soymilk, or water, or a mixture  
 Pre-heat oven to 450F

Place flour, baking powder salt and oil in bowl of food processor. Blend until oil is completely incorporated. Gradually add liquid while machine is running, forming a workable dough, but don't overmix. The dough will be sticky. Break off biscuit-sized lumps and place on non-stick or greased cookie sheet. Bake at 450F for 10-12 minutes, or until brown on the bottom and golden on top.

**2. LENTEN MUFFINS**

Dry ingredients:

2 cups whole wheat flour  
 1 cup white flour  
 1/2 tsp salt  
 1/2 tsp cinnamon  
 2 Tbsp sugar  
 2 tsp baking soda

Wet ingredients:

1 1/2 cups orange juice  
 2 Tbsp oil  
 1/3 cup molasses

Combine dry ingredients. Combine wet ingredients. Fold wet and dry quickly together, just until flour is moistened. Spoon into greased muffin tin. Bake at 375 F for about 30 min. Makes 12.

**3. QUICK RISING PIZZA CRUST OR BREADSTICK DOUGH**

4 C all purpose white flour  
 2 pkg. Rapid Rise yeast (note: must be a special quick rise yeast variety)  
 2 tsp salt  
 1 tsp sugar  
 1 1/2 C hot water (125- 130 F)  
 2 tsp oil (opt.)

In a large capacity food processor combine flour, yeast, salt and sugar. With motor running, add hot water (and oil if using) through feed tube. Process, adding up to 2 Tbsp cold water if needed, until the dough forms a ball, then process for 1 minute to knead. Turn out onto a lightly floured surface, cover with plastic wrap and let rest for 10 minutes. The dough can be made ahead, punched down placed in a plastic bag and refrigerated overnight. Bring to room temperature before using.) The dough can then be shaped into crusts for several pizzas and topped with sauce and lots of vegetables, or cut into 10 or so pieces and twisted into breadsticks. Place pizza or breadsticks on baking sheet dusted with corn meal and bake in 450 F oven until golden brown ( 8- 14 min.) The dough can also be made in a bowl, mixing flour, yeast salt and sugar first and adding hot liquid. Knead by hand 8-10 minutes and let rest as above.

**4. BREAD**

Put 4 cups warm water in a large mixing bowl. Add 2 Tbsp sugar and 1 Tbsp dry yeast (one packet). Stir. Begin adding flour (unbleached, whole wheat, or a mixture), stirring with a wire whisk after each addition. When you have added 3 or 4 cups stir 100 strokes in the same direction around the bowl. Add 1 rounded Tbsp salt and more flour, stirring now with a wooden spoon, until the dough gets too stiff to stir. Turn out on a floured surface and begin to knead, incorporating more flour as you go. It will start out fairly gloppy, but as you knead and add flour it will become firmer and begin to have a smooth, elastic texture. You want to add enough flour to keep it from being too sticky, but not so much that it becomes too stiff and dry. This takes some practice, but you can err

pretty far one way or the other and the result will still be better than store bread, so keep trying. Once you have a lump of dough that has a nice smooth surface, doesn't stick to your hands, and springs back in a nice elastic way when you poke your finger into it you're ready to let it rise. Put 1 Tbsp oil in a clean large mixing bowl, put the dough in and turn to coat. Cover with foil or plastic wrap and leave in a warm place to rise, around 1 hour or 90 minutes. When doubled punch down, knead briefly, divide into 3 equal pieces, shape into loaves and place in greased loaf pans. Cover with foil or plastic wrap and return to warm place to rise again, 45 min. or so. Preheat oven to 365F. When loaves are risen, nicely curved above the sides of the pans place in oven. Bake 45 or 50 minutes, until light brown, and hollow sounding when tapped. Ann McLarnan

### **5. LENTEN MONASTIC HONEY CAKE**

1 C honey  
 1 C oil  
 2 tsp cinnamon  
 flour  
 1 1/4 C sugar  
 1 C cold strong tea  
 1 tsp baking soda

With electric mixer, mix honey and sugar, slowly adding oil. Add (slowly) about 1 1/2 cups flour, mixing constantly. Next, dilute soda in tea; add to above mixture. Add cinnamon and enough flour until mixture is quite thick, but so it may still pour. Pour into baking pan ( not cookie sheet) and bake at 350 F for about 50-60 minutes. Fr. Ted

### **6. LENTEN CHOCOLATE CAKE 8x8 size**

1 1/2 C flour  
 2 Tbsp cocoa  
 1/2 tsp salt  
 6 Tbsp oil  
 1 C cold water  
 1 C sugar  
 1 tsp soda  
 1 Tbsp vinegar  
 1 tsp vanilla

Mix together oil, vinegar, vanilla and sugar; slowly add water. Then add remaining ingredients. Pour into greased 8x8 cake pan and bake 30 minutes at 350 F.  
 Fr. Ted

**LENTEN CHOCOLATE CAKE 9x13 size**

3 C flour  
 2 tsp baking soda  
 6 T cocoa or carob powder  
 3 T vinegar  
 2 tsp vanilla  
 1-2 C Sugar  
 1 tsp salt (optional)  
 3/4 C cooking oil  
 2 C cold water

Combine all ingredients in mixing bowl. Turn into an oiled 13 x 9 pan ( or 2 round layer pans, or 24 cupcakes.) Bake at 350 F for 40-45 min. Adjust baking time accordingly for round pans or cupcakes.

**Icing**

1/2 C margarine  
 confectioner's sugar  
 1 tsp vanilla  
 1/4 C water

Cream oleo and sugar. Beat in vanilla. Add water a little at a time until consistency is right. Margarine and sugar may be adjusted to taste.  
 Pat Drosdak

**7. LENTEN GINGERBREAD**

wet ingredients:

3/4 C oil  
 3T vinegar  
 2 t vanilla  
 1 1/2 C brown sugar  
 2 C water  
 4T molasses

dry ingredients:

3 1/2 C unbleached flour  
 1 1/2 t salt  
 2t baking soda  
 3t ground ginger  
 2t cinnamon

Pre-heat oven to 350F.

Whisk together wet ingredients in small bowl. Whisk together dry ingredients in medium bowl. Add wet ingredients to dry, stir until combined. Pour into greased 8x8 cake pan, bake at 350F about 30 minutes until center tests done.

## 8. CHOCOLATE-BUTTERSCOTCH CRACKERS

1. Line cookie sheet with foil. Place saltine crackers in single layer on foil.
2. Boil 1 C brown sugar and 2 sticks margarine for 3 minutes, stirring often.
3. Pour over crackers and bake at 375F for 5 minutes.
4. Sprinkle one 12 oz. package chocolate chips over crackers and bake just long enough to melt chip
5. Spread melted chips to cover evenly and cool.

Patti Peterson

## 9. MOCHA SHORTBREAD

1 C flour  
 1/3 C sugar  
 2 Tbsp unsweetened cocoa  
 3/4 tsp ground instant coffee crystals  
 1/2 C margarine  
 powdered sugar

Mix dry ingredients. Cut in margarine. Form into a ball and knead until smooth. Spray cookie sheet with non stick spray. Pat dough into 8" circle. Prick with fork to make 16 pie shaped wedges. Bake at 350 F for 35 minutes until center is set. Slice along perforations and loosen from baking sheet while warm. Sprinkle with powdered sugar.

Patti Peterson

## 10. RICE KRISPIE TREATS

These are the proportions, increase to desired amount.

1 Tbsp margarine  
 1 C Rice Krispies  
 1 C marshmallows

Melt margarine over low heat and add marshmallows. Pour over Rice Krispies and mix well. Press into buttered pan.

Patti Peterson

## 11. OATMEAL-APPLE BARS

1/2 C whole wheat flour  
 1/2 C quick cooking oats  
 1/2 tsp baking soda  
 1/4 tsp cinnamon  
 1/4 C vegetable oil  
 1/2 C applesauce (generous 1/2 C)  
 1-2 Tbsp brown sugar  
 1/4 - 1/2 tsp vanilla  
 1/2 C raisins  
 1/4 C chopped walnuts

Stir together flour, oats, baking soda and cinnamon, raisins and nuts. Add applesauce, oil and vanilla. Stir until combined. Spread evenly into greased 9" pie pan, bake at 350 F for 15-20 minutes until browned. Cut in squares or wedges.

Ann McLarnan

## 12. LENTEN CAKES

2 cups flour  
 1 cup oil  
 1/2 cup sugar  
 1 tsp anise seeds  
 1 tsp mahleb, crushed  
 drop of orange-blossom water  
 1/2 cup water

Combine ingredients and knead well. Cut dough into small patties. Flatten patties in palm of hand to 2 1/2 inches in diameter. Fill with 1 Tbsp filling and bring edges together. Bake in moderate oven (350•) until bottoms and tops are lightly browned. Let cool, then dip in syrup.

### Filling:

4 cups ground English walnuts 1/2 cup sugar  
 2 Tbsp orange-blossom water  
 Combine ingredients.

### Syrup:

1 cup water  
 1 cup sugar  
 juice of 1 lemon  
 1 drop orange-blossom water

Boil together until syrupy. Yield: 50 cakes

**13. TURKISH DELIGHT**

3 Tbsp gelatin  
1/2 cup cold water  
2 cups sugar  
1/2 cup hot water  
grated rind and juice of 2 lemons  
grated rind and juice of 1 orange  
1/2 lb pistachio nuts, chopped  
confectioner's sugar

Soften gelatin in cold water. Combine sugar and hot water and heat to boiling. Add gelatin and simmer 20 minutes. Add citrus juices, rind, and coloring. Strain into loaf pan. The pan should be large enough so the mixture is 1/2 to 1 inch deep. Add chopped nuts. Chill until firm. When cold, cut into cubes and roll in confectioners' sugar. Yield: 2 dozen

**14. SESAME CANDY**

1 lb sugar  
4 oz honey  
1/2 cup water  
1/2 lb sesame seeds

Blend sugar and honey in pan. Add water and cook over low heat, stirring frequently, about 12 minutes or to soft-ball temperature on candy thermometer. Remove and add sesame seeds. Spread on buttered pan to 1/2 -inch thickness. When cool, cut into 2 by 1-inch pieces. Yield: 2 dozen pieces