

# Vegetarian Recipes for Lent

## Three Sisters Stew

### Ingredients:

- 2 cups roasted diced butternut squash
- 1 1/2 teaspoons ground cumin
- 1/2 teas dried cilantro
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 2 tablespoons olive oil
- 1 large yellow onion, diced
- 3 garlic cloves, minced
- 4 cups chicken or vegetable stock,
- 1 medium zucchini squash, diced
- 1 (15-ounce) can pinto beans, drained
- 1 (15-ounce) can black beans, drained
- 1 (14 1/2-ounce) can chopped tomatoes
- 2 cups fresh or frozen corn kernels
- 1 (4-ounce) can roasted green chilies (1/2 cup)
- 1/2 bunch fresh cilantro, roughly chopped

### Preparation:

1. Heat oven to 425. Coat butternut squash with oil, season with salt and pepper, then roast in oven for 20 minutes.
2. Place oil in pan. Add onion and sauté 5 to 7 minutes. Add garlic and sauté, stirring occasionally for 2 to 3 minutes. Add zucchini and sauté for 2-3 minutes.
3. Add cumin, cilantro, salt and pepper, roasted butternut squash, stock, beans, tomatoes, corn and chilies to pan. Bring to a boil, then reduce heat and simmer for 30 minutes. Adjust seasoning to taste with salt and pepper.
4. Serve topped with fresh cilantro.

### Note”

Three sisters so-called because Native Americans interplanted corn, beans and squash in the same mound. The 3 thrive together because corn provides a natural pole for the beans to climb, the beans fix nitrogen in the soil, and the squash leaves shade the ground to prevent the growth of weeds.

## Lentil Soup with a Middle-Eastern Twist

(aka Mark Ball’s Lentil Soup: Serves 8-12)

### Ingredients:

- Olive Oil – 3 to 5 tablespoons
- 1 pound (1 bag) lentils – brown
- 1 quart stock – vegetable or chicken (or all water)
- 1 quart (aprox) water – depending on desired thickness
- 2 medium onions, diced
- 3-8 cloves of fresh garlic, minced
- 2-4 carrots, diced
- 2-3 medium potatoes, any kind, diced
- 1 large bunch of greens, washed and chopped – can be swiss chard or spinach or any hearty dark green leafy vegetable.
- 1 large or 2 small lemons – juice and zest
- Salt – to taste (aprox 1-2 teaspoons, depending on the salt in the stock)
- Ground Pepper
- Ground Corriander – 2 to 3 teaspoons

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In a heavy, large soup pot, saute onions in olive oil until soft, but not brown. Add salt. Toward the end of this softening, add the garlic, carrots, lentils. Let the lentils sizzle in the onions and oil for a few minutes. Keep stirring so the garlic doesn't burn.

Add stock and potatoes, and perhaps 2 cups of water. Let cook at a gentle boil for approximately 25 minutes, or until lentils reach desired tenderness, and the potatoes and carrots are cooked, but hopefully not mushy.

At the end of the cooking, turn off heat, add the lemon juice and zest, add pepper and more salt if needed, add ground coriander, and adjust thickness with more water or stock.

This can be done a day or two in advance of serving. Refrigerate if not using soon. When ready to serve, reheat and add the chopped greens. Cook until greens are tender, but not mushy.

## West African Peanut Soup

¾ cup roasted shelled peanuts, roughly chopped	28 oz can plum tomatoes, broken in large pieces
2 tbsp oil	½ lb collards or kale washed and cut in wide ribbons
1 medium red or white onion, chopped	½ cup peanut butter (chunky or smooth)
1 tbsp minced garlic	Pinch of cayenne
1 tbsp minced fresh ginger	Salt
2 sweet potatoes (about 1 lb) peeled cut in thick slices	Freshly ground pepper
1 can garbanzo beans, drained	6 cups chicken or vegetable stock or water

1. Chop peanuts
2. Sauté onions, garlic, and ginger in oil until onion is soft (3-5 minutes)
3. Add ½ cup peanuts, cayenne, and sprinkle with salt and pepper.
4. Stir in stock and sweet potatoes and bring to a boil. Turn down heat so soup gently bubbles.
5. Add tomatoes, garbanzo beans and greens and cook about 15 minutes stirring occasionally.
6. Stir in peanut butter. Taste and adjust seasoning (add more peanut butter if desired)
7. Garnish with remaining peanuts

## Fruit-Nutty Chili

### Ingredients:

1 medium onion, chopped	1 tbsp. chili powder
1 clove garlic, mince	1 ½ teas unsweetened cocoa powder
1 14 ½ oz can diced tomatoes	½ teas cinnamon
2 c chicken or vegetable broth	1 15 oz can red kidney beans
1 8 oz can tomato sauce	¼ cup slivered almonds
1 medium red pepper, chopped	¼ c dried apricots, copped
1 medium tart apple, peeled, cored and chopped	Shredded cheese, optional
1 4oz can diced green chili peppers	2 tbsp olive oil

### Preparation:

1. Add olive oil to 4 quart pan.
2. Heat over medium heat, add onions, and garlic. Cook for about 4 minutes.
3. Stir in undrained tomatoes, broth, tomato sauce, peppers, apple, chili powder, cocoa, and cinnamon. Bring to boil, reduce heat and simmer uncovered for 30 minutes.
4. Stir in beans, almonds and apricots. Simmer for 10 minutes.
5. Serve topped with cheese, if desired.

# Vegetable Lasagna

## Ingredients:

12 Tbsp. butter	1 small zucchini, thinly sliced
12 sun dried tomatoes chopped	½ c chopped onion
1 shallot chopped	6 cloves garlic, minced
1 carrot chopped	3 tbsp. chopped flat-leaf parsley
½ c flour	1 teas. dried or 2 tbsp. fresh oregano chopped
5 c milk	½ teas. dried thyme or 1 tbsp. fresh chopped
1 tsp ground nutmeg	½ teas dried rosemary or 1 tbsp. fresh chopped
Salt and pepper	1 tbsp. tomato paste
3 tbsp. olive oil	5 cups whole canned tomatoes, crushed
1 lb. shiitake mushrooms, stemmed and quartered	1 lb. lasagna noodles
1 lb. portabella mushrooms, sliced	2 ½ c grana padano cheese grated
½ lb. spinach, chopped	2 ½ c fontina cheese grated

## Preparation:

1. Heat oven to 375°
2. Cover dried tomatoes with 1 cup boiling water. Let sit 20 minutes, drain, chop and set aside
3. Grease 9x13x3 inch dish

### Make béchamel

1. Heat 8 tbsp butter in 4 quart sauce pan
2. Add shallot and carrot and cook for 5 minutes
3. Add flour and cook 2 minutes
4. Whisk in milk, bring to boil, reduce heat and simmer whisking until thick (about 20 minutes)
5. Add nutmeg and season with salt and pepper

### Make tomato sauce

1. Heat olive oil and remaining butter in a 6 quart sauce pan
2. Add onion and cook 3-4 minutes
3. Add mushrooms and cook 10 minutes
4. Add dried tomatoes, spinach, zucchini, garlic, parsley, oregano, thyme, rosemary and tomato paste
5. Cook 3 minutes
6. Add canned tomatoes and cook 8-10 minutes

### Assemble

1. Spread 2 cups tomato sauce in baking dish
2. Cover with layer of uncooked noodles
3. Spread 1 cup béchamel sauce and sprinkle with ½ cup of each cheese
4. Top with 2 cups tomato sauce
5. Continue layering 2 more times
6. Top with remaining noodles, tomato sauce, béchamel and cheese
7. Bake covered with aluminum foil for 1 hour
8. Uncover, raise oven temp to 500°. Bake until golden brown
9. Let sit at least 15 minutes before serving

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# West African Peanut Soup with Chicken

(Low Carbon: From NYT Cooking)

¾ cup roasted shelled peanuts, roughly chopped	8 plum tomatoes, cored and halved (canned fine)
2 tbsp oil	½ lb collards or kale washed and cut in wide ribbons
1 medium red or white onion, chopped	¼ to ½ cup peanut butter (chunky or smooth)
1 tbsp minced garlic	Pinch of cayenne
1 tbsp minced ginger	Salt
2 sweet potatoes (about 1 lb) peeled cut in thick slices	Freshly ground pepper
½ pound skinless, boneless, chicken (thigh or breast) cut in chunks	6 cups chicken stock or water

1. Chop peanuts
2. Sauté onions, garlic, and ginger in oil until onion is soft (3-5 minutes)
3. Add chicken and continue cooking for 3-4 minutes.
4. Add ½ cup peanuts, cayenne, and sprinkle with salt and pepper.
5. Stir in stock and sweet potatoes and bring to a boil. Turn down heat so soup gently bubbles.
6. Add tomato and greens and cook till chicken is cooked (about 10 minutes) stirring occasionally.
7. Stir in ¼ cup peanut butter. Taste and adjust seasoning (add more peanut butter if desired)
8. Garnish with remaining peanuts