



Vegetarian Recipes for Lent!

If you've made the commitment to a meatless-Lent, good for you! Trying something new is not always easy, but we're hoping that these recipes and resources will make this new endeavor seem less daunting. We specifically picked recipes that we have made over and over again because they are not only flavorful and delicious, but they are relatively easy to master! If you have any questions about any of these recipes, or are wanting a veggie substitution for a typically meat-based recipe, send us a message!

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Hidden Veggie Mac n Cheese



I go to this recipe over and over again. The sauce is rich and creamy and delicious and I love that I'm getting a great dose of veggies while eating the ultimate comfort food. And the recipe is so simple!

Ingredients:

2 boxes pasta (16 oz total) any noodle of choice

4 cups cauliflower florets, 1 1/2" pieces (approx 1/2 large head)

4 cloves garlic, peeled and roughly chopped

1 teaspoon Dijon mustard

1/4 cup butter

1/2 cup mascarpone cheese or goat cheese (mascarpone is mild, goat cheese has tang)

2 teaspoons sea salt

1/4 teaspoon garlic powder

1 teaspoon onion powder

1/4 teaspoon black pepper

2 packed cups grated cheddar cheese (approx 8 oz)

Optional: 1/4 cup grated parmesan cheese

Optional: thinly sliced green onions for garnish

Directions:

1. Cook pasta al dente (around 1 minute less than lowest recommend time on package directions e.g. if it says 6-8 minutes cook for 5 minutes). Set pasta aside in the colander.
2. Add cauliflower florets and 1/4 cup water to a microwave safe bowl. Microwave for 5 minutes, or until fork tender.
3. Preheat oven to 400 degrees F.
4. To a high powered blender, add hot cauliflower (plus any liquid left in the bowl), garlic, dijon, butter, mascarpone, sea salt, garlic powder, onion powder and black pepper. Puree until smooth (you see a bit of graininess but you don't want any chunks). I suggest holding a towel over the top to prevent splattering.
5. Add cauliflower sauce to a large pot, along with 1 1/2 cups grated cheddar cheese. Turn heat to medium-low and stir until cheddar is completely melted. Turn off heat and add cooked pasta; toss to coat completely.
6. Add mac and cheese mixture to a cast iron skillet or similar-sized baking dish and sprinkle with remaining 1/2 cup cheddar cheese and parmesan, if using.
7. Place in the oven and bake for 20 minutes. Enjoy immediately!

Mac n Cheese will keep for up to 5 days tightly sealed in the fridge. Try not to put into your Tupperware until it is completely cooled, or leave the lid off if it isn't. You want to prevent condensation from forming.

NOTE: the leftovers will have a sulfuric smell because of the cauliflower; but you won't taste it!

African Groundnut Stew



This is the most unappetizing name for THE MOST appetizing recipe! It beat out all of the meat recipes in a blind taste test competition on the TV show, The Chew. I have probably made this 50 times over the last year- for baby showers, engagement showers, dinner parties...it's ALWAYS a crowd pleaser. So flavorful and fulling. Make sure to try this at some point during the Lenten season!

Ingredients:

- 2 tablespoons olive oil (plus 1 tablespoon)
- 1 1/2 cups chopped onion
- 1 clove garlic (minced)
- 2 cups peeled and cubed sweet potatoes
- 1 can small red beans
- 3 cups vegetable stock or broth
- 1 cup chopped red pepper
- 1 1/2 teaspoons grated fresh ginger
- 2 teaspoons salt
- 1/2 teaspoon ground cumin
- 1/4 teaspoon black pepper
- 1 (14.5 oz. can) diced tomatoes
- 1 green or poblano chile roasted peeled (seeded and diced small)*
- 3 tablespoons creamy peanut butter

Directions:

1. In a sauté pan add 2 tablespoons of olive oil and cubed sweet potatoes. Season with salt and cook for 2-3 minutes until the potatoes begin to caramelize.
2. In large pot, heat oil over medium heat and sauté onion and garlic until soft.
3. Add sweet potatoes, beans, stock, peppers, chiles, tomatoes & spices. Bring to a boil, then cover and cook on low until vegetables are tender (about 35 – 40 minutes).
4. Take 1/4 cup of the stew stock and place in a small bowl, add peanut butter and whisk smooth. Add mixture back into stew and stir.

Serve stew in bowls sprinkle with chopped peanuts. At the table squeeze lime juice onto soup.

*Note- if you've never roasted a poblano pepper, simply place a washed poblano pepper on some tinfoil in your oven under the broiler. Broil each side for 5 minutes, turning carefully with tongs or an oven mit. Then place the hot pepper in a glass container with a lid for about 10 minutes. Using a paper towel, simply rub off the charred skin- the heat and condensation make the skin practically melt off! Then it's ready to dice! If this is too much work for you (but I promise it's easy) you can probably find a roasted poblano in a can).

Healthy Mexican Potato Skins



Ingredients:

- 3 medium sweet potatoes
- 1 can corn, rinsed and patted dry
- 1 can black beans, rinsed and drained
- 1 tablespoon butter
- ½ yellow onion, chopped
- 2-4 canned chipotle peppers in adobo sauce, minced or pureed
- 1 ounce light cream cheese
- ¼ cup light sour cream
- 1 teaspoon salt (+ more to taste)
- ½ cup cilantro, roughly chopped
- 6 tablespoons shredded cheese (Pepperjack, Cheddar, Colby Jack... anything will work)

Directions:

1. Preheat oven to 350 degrees. Bake the sweet potatoes for 45-60 minutes.
2. While sweet potatoes are baking, place corn in a heavy cast-iron skillet over medium-high heat with no butter or oil. Sprinkle with salt and other Mexican seasoning (as much as you want). Do not stir! Let corn roast for several minutes before stirring. Let it roast for a few more minutes before stirring again. Continue this for about 10 minutes, until corn is browned and roasted on the outside. Set aside in a small bowl with the black beans.

3. Saute the onion in the butter over medium heat until soft and translucent. Set aside.
4. Remove sweet potatoes from the oven when fork-tender. Let cool for 5-10 minutes. Cut the sweet potatoes in half. Scrape the flesh of the sweet potatoes out, leaving the skins intact. Sometimes leaving a thin layer of potato inside of the skins helps them hold together better.
5. Mix the flesh of the sweet potatoes with the cream cheese, sour cream, chipotle peppers, and salt. You can use a mixer or just a spoon, depending on how soft the potatoes are. When well-mixed, gently stir in the black beans, roasted corn, sauteed onions, and cilantro.
6. Scoop the filling into the skins and top each with 1 tablespoon shredded cheese. Broil for about 5 minutes or until cheese is melted.

Mushroom Stroganoff



Ingredients:

1/4 c. sour cream (4 Tbsp)

1/4 c. plain yogurt (4 Tbsp)

2 T. snipped fresh dill (optional)

1/8 t. salt, or to taste

1/8 ground black pepper

2 T. butter or margarine

6 medium portabella mushrooms, sliced into 1/4 inch strips (Crimini mushrooms also delicious)

3 T. minced onion

2T. all-purpose flour

1/2 cup vegetable broth

Directions:

1. In small bowl combine sour cream, yogurt, salt and pepper.

2. In a large skillet melt the butter over medium high. Add the mushroom and onion; cook, stirring until soft about 6 minutes.

3. Stir in the flour until absorbed. Stir in the broth to deglaze the pan. Cook, stirring, until broth boils. Stir in the sour cream mixture. Cook, stirring until heated through, about 1 minute longer.

Serve over cooked / drained noodles (egg noodles are yummy!)

Sweet Potato Chickpea Stew



Ingredients:

- 2 cans of tinned tomatoes (400ml each)
- 1 can of coconut milk
- 2 large sweet potatoes
- 2 eggplants (or red peppers or other vegetable of choice)
- 1 bag of spinach
- 1 can of chickpeas (400g)
- 4 tablespoons of tomato puree
- 4 tablespoons of apple cider vinegar
- 4 teaspoons of turmeric
- 4 teaspoons of cumin
- 1 teaspoon of cayenne pepper
- 4 cloves of garlic
- fresh coriander
- brown rice or quinoa to serve

Directions:

1. Cut the sweet potato into small chunks, steam these for 15 minutes. Then chop the aubergine into bite sized pieces
2. Once the sweet potatoes have cooked put the tomato puree, vinegar, garlic, spices and salt in a pot with some olive oil, heat for a minute or two until they're bubbling
3. At this point add the coconut milk, tomatoes, aubergine, sweet potato, salt and pepper to the pot and allow it to heat until boiling
4. Allow the pot to cook for about forty five minutes, at which point add the drained chickpeas and spinach. Let these cook for fifteen minutes
5. Finely chop the coriander. Then serve the stew with brown rice or quinoa, and sprinkle the coriander on the top

Store any extras in an airtight container in the fridge or freeze

White Cheddar and Leek Millet Bake



Ingredients:

- 1 1/2 cups millet
- 1 1/2 teaspoons kosher salt, divided
- 2 large leeks
- 2 bunches rainbow chard or any leafy green (about 1 pound)
- 3 medium garlic cloves
- 2 tablespoons extra-virgin olive oil
- Freshly Ground Black Pepper
- 8 ounces sharp white Cheddar cheese
- 1 tablespoon unsalted butter
- 1 cup 2% milk
- 1 scant teaspoon dried thyme

Directions:

Preheat the oven to 425°F.

1. Make the millet: Pour the millet into a dry saucepan and toast for 2 to 3 minutes over medium heat, stirring frequently. Reduce the heat and carefully add 3 cups water. Bring to a boil, then reduce the heat to very low. Cover the pot and simmer where the water is just bubbling for about 17 minutes, until the water has been completely absorbed (check by pulling back the millet with a fork). Remove from the heat, then cover the pot and allow the millet to steam until baking. Uncover and stir in a mounded 1/4 teaspoon kosher salt.

2. Saute the leeks and chard: Chop off the dark green stems of the leeks and the tough roots, then slice them in half lengthwise. Place each leek half cut-side down and thinly slice it, resulting in half-moon shapes. Rinse the slices thoroughly in a colander to remove any dirt, and shake off the remaining water.

3. Destem the chard by holding the leaf at the lowest part of the stem and pulling back to tear the leaf away from the stem, then roughly chop the leaves.

4. Peel and mince the garlic and set it aside.

5. In a large skillet over medium-high heat, heat the olive oil. Add the leeks and sauté about 3 minutes, until tender but before browning.

6. Add the chard and sauté for 1 to 2 minutes until wilted.

7. Stir in 1/4 teaspoon kosher salt and several grinds of black pepper, then remove the mixture to a bowl and wipe out the skillet.

8. Make the sauce: Shred the cheese. In the same skillet, heat the butter over medium-low heat. Add the garlic and sauté for 1 minute. Add the milk, thyme, and 1 teaspoon kosher salt and bring to a simmer. Stir in 1 1/2 cups shredded cheese and stir until the cheese melts and the sauce thickens slightly (increase the heat slightly if the cheese does not melt at first, but take care not to overheat).

9. Bake: Evenly spread the millet into a 13 x 9-inch baking dish. Spread the sautéed leeks and greens over the top, and pour on the sauce. Stir the ingredients together roughly with a fork to combine the millet with the sauce and cheese. Sprinkle the remaining shredded cheese over the top. Bake for 15 minutes until the cheese is melted. Allow to cool for a few minutes, then serve warm. Notes Storage: Leftovers can be stored refrigerated for 2 to 3 days; it also freezes well.

Baked Feta with Chickpeas and Kale



Ingredients:

2 tablespoons extra-virgin olive oil, more for drizzling
1 teaspoon cumin seeds* (see note)
1 bunch lacinato kale, stems removed and torn into bite sized pieces
2 cups tomato sauce (**this recipe** is in the book)
1½ cups cooked chickpeas, drained and rinsed
1 tablespoon fresh lemon juice, plus wedges for serving
1 (12-ounce) block of feta, cut into ½-inch planks
freshly ground black pepper
pinch of red pepper flakes
warm pita or baguette

Directions:

Preheat the oven to 350°F.

1. Heat a 10 or 12-inch oven-safe skillet over medium heat and add the oil. Add the cumin seeds and let them sizzle gently for a minute or two. Add the kale in batches, letting each handful shrink and wilt before adding the next.

2. When the last of the kale has wilted, add the tomato sauce, chickpeas, lemon juice, and ½ cup water. Stir and let it come to a simmer.

3. Nestle the feta slices into the sauce and sprinkle with freshly ground black pepper. Slide the skillet into the oven and bake until the feta has softened, about 15 minutes. Drizzle with olive oil and a pinch of red pepper flakes and serve with warm pita and lemon wedges.

*If you use ground cumin, I recommend starting with ½ teaspoon and adding it in step 3 with the tomato sauce because it'll burn quicker than whole cumin seeds

BBQ Bean Tacos with Avocado Cream & Slaw



Ingredients:

2 15-ounce cans pinto beans (chickpeas also work)

2 tablespoons Dijon mustard

1 tablespoon maple syrup

3/4 cup organic ketchup (or with natural sugars)

1/2 teaspoon garlic powder

1/2 teaspoon chili powder

3/4 teaspoon kosher salt, divided

For the avocado cream:

1 ripe avocado

½ cup Greek yogurt

1 handful cilantro

2 tablespoons lime juice (1 lime)

1/2 jalapeno, chopped and seeded

1/2 teaspoon kosher salt

1 small garlic clove

For the quick slaw

2 cups red cabbage (shredded)

2 tablespoons lime

1/4 teaspoon kosher salt

Directions:

1. Drain both cans of beans (no need to rinse). In a large skillet, place the beans, mustard, maple syrup, ketchup, garlic powder, chili powder, and 1/2 teaspoon kosher salt. Heat on low until thickened and warm, while making the remainder of the recipe.

2. For the avocado cream: Remove the avocado pit and scoop out the flesh with a spoon. Place all the ingredients in a blender, along with just under 1/2 cup water (slightly less if you use plain yogurt, not Greek yogurt). Blend on high until fully combined. Add a small amount of additional water as necessary to come to a creamy consistency (but not too watery).

3. For the quick slaw, thinly slice the cabbage, then mix it with the lime juice and kosher salt.

4. If desired, char the tortillas by placing them on an open gas flame on medium for a few seconds per side, flipping with tongs, until they are slightly blackened and warm.

To serve, place the beans on the tortilla and top with quick slaw and avocado cream.

Tempeh Coconut Curry



What is tempeh? Tempeh is a soy-based meat alternative. It's made from whole soy beans which are softened by soaking. Then they're cooked, slightly fermented and formed into a firm patty or block. Tempeh is packed with protein and nutritional value, and is minimally processed using whole soybeans. It is hearty and firm with a very different texture than Tofu. The texture and flavor of these products are nothing alike- tempeh has a much stronger flavor than tofu, tasting savory and nutty, with many people describing it as having an earthy, mushroom-y taste. Tofu on the other hand has a subtle flavor and is pretty bland. If you like Thai food, this is the dish for you!

Ingredients:

- 1 tbsp canola oil
- 2 cups finely chopped onion
- 1 tsp salt, divided
- 1 tbsp finely chopped peeled fresh ginger
- 1 tbsp finely chopped fresh garlic
- 1 ½ tsp ground coriander
- ½ tsp ground turmeric
- ½ tsp crushed red pepper
- 1 (3 inch) cinnamon stick
- 3 cups chopped sweet potato (peeled or unpeeled)

1 cup water

1 (13.5 ounce) can of light coconut milk (may use regular for a richer flavor)

Peanuts and chopped cilantro for garnish (optional)

Directions:

1. To prepare curry, heat oil in a large nonstick skillet over medium-high heat. Add onion and ½ tsp salt. Cook 5 minutes or until onion is tender, stirring occasionally.
2. Add ginger and next 5 ingredients; cook 2 minutes, stirring frequently.
3. Add remaining ½ tsp salt, potato, water, coconut milk and tempeh; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until potatoes are tender.
4. Uncover, stir in juice and soy sauce. Simmer 3 minutes or until slightly thickened. Discard cinnamon stick.
5. Serve hot atop rice or quinoa, sprinkled with fresh chopped cilantro and peanuts.

Veggie Burrito Bowl



Ingredients:

- 1 pound sweet potatoes (1 large or 3 small)
- 5 tablespoons olive oil, divided
- 1 organic red pepper
- 1 organic yellow pepper
- 1 red onion
- 24 ounces Seasons Choice Plain or Garlic Riced Cauliflower (2 bags)
- 8 Simply Nature Grade A Organic Cage Free Brown Eggs
- 4 handfuls Simply Nature Organic Mixed Greens
- Little Salad Bar Salsa, for the garnish
- 1 avocado, for the garnish
- 1 lime, for the garnish
- Garlic powder
- Dried oregano
- Chili powder

Cumin

Kosher salt

Directions:

1. Bake the sweet potatoes: Preheat to 375F. Wash sweet potatoes and remove any bad spots (but leave the skin on). Grate the sweet potatoes with large side of a box grater onto parchment lined baking sheet. Spread out, sprinkle top with 2 tablespoons olive oil, 1/4 teaspoon garlic powder, 1/4 teaspoon cumin, and 3/4 teaspoon kosher salt. Bake for 25 to 30 minutes until browned on the edges but still soft.

2. Sauté the peppers and onions: Thinly [slice the peppers](#). Thinly [slice the onion](#). In a large skillet, heat 1 tablespoon olive oil over high heat. Add the peppers and onions with 1 teaspoon garlic powder, 1 teaspoon oregano, 1/2 teaspoon chili powder, and 1/2 teaspoon [kosher salt](#). Sauté for about 5 minutes until just tender and slightly blackened, stirring occasionally.

3. Heat the cauliflower rice: Remove the peppers and onions from the skillet into a bowl. In the same skillet (no need to wipe it out), reduce the heat to medium and add another 1 tablespoon of olive oil to pan. Cook cauliflower rice with 3/4 teaspoon kosher salt until warmed through. Remove the cauliflower rice into a bowl and wipe out the skillet to remove the cauliflower bits.

4. Make the chorizo eggs: In a medium bowl, whisk together the eggs with 1 tablespoon chili powder, 1 tablespoon garlic powder, 1 tablespoon cumin, and 3/4 teaspoon kosher salt. (This may seem like a lot of seasoning but it's intentional: it makes the meatiest, most delicious eggs!) In the same skillet, heat 1 tablespoon olive oil. Add the eggs and cook over medium low heat, scraping as eggs harden, about 4 minutes.

5. Assemble the burrito bowl: [Chop the avocado](#). Serve with mixed greens, avocado, and salsa. Squeeze with lime and serve.

Resources

Below we have listed our favorite vegetarian and/or vegan chefs and food bloggers. These websites have a WEALTH of recipe options...just search for what sounds good, and they will likely have something that tickles your fancy :)

Minimalist Baker: www.minimalistbaker.com

Oh She Glows: www.ohsheglows.com

A Couple Cooks: www.acouplecooks.com

Deliciously Ella: www.deliciouslyella.com

Love & Lemons: www.loveandlemons.com

Laura Lea Balanced www.llbalanced.com (not 100% vegetarian but offers MANY options)