

Food as Sacrament

[Sacraments] connect us with the mysteries of life, love, struggle, forgiveness, and death They imbue our lives with meaning by reminding us that a Spirit greater than our small and insignificant efforts works through us. Sacraments mark our proper place in time and space, and our proper relationship with other people and Earth. . . .

Food resonates with all of these attributes of sacrament. Harvest and slaughter, cooking and consumption frequently are social occasions that connect us with others through shared labor. Food links us with the cycle of seasons from planting to harvest, and reminds us of our relationships with the natural world. . . . The molecules we consume—nitrogen fixed by a pea plant in a particular field, sugars produced as the sun ripens a pear in a particular orchard—become part of our bodies. Eating, drinking, and breathing are the most intimate connections we have with the world around us. They are acts by which the world is made flesh. Probably nothing else except our children connects us so physically and constantly with the rhythm and meaning of life.

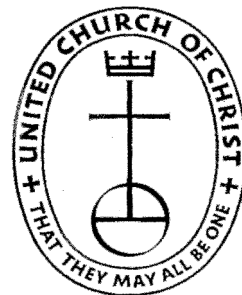
Molly Anderson, "Grace at the Table," *EarthLight*, Vol. 14 No. 1 Issue 50 (Spring 2004)

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The UCCH 2010 Lenten Fast from Carbon



Living 40 Days On A Low Carbon Diet Cookbook

Religion is inseparable from food. The world's great religious traditions have countless rituals and celebrations involving special meals and foods of various kinds. Whether through Christianity's Holy Communion, Judaism's Passover Seder, the Islamic Iftar meal, or the sharing of sweets during Hinduism's Diwali, the world's religions all recognize food as something that connects people to God and to each other. No matter the religion or culture, food sustains us physically and helps us to celebrate, appreciate and find meaning in life.

Dear Lord, thank you for this gift of food
You've placed upon our table.
And help us all to do your work
In all the ways we're able.

We hope that this recipe booklet has inspired you to try something new and possibly look at food in a slightly different way. There are many resources for recipes and information, but a few are worth mentioning here.

blog.fatfreevegan.com has wonderful recipes with outstanding photography. Don't let the title discourage you. Many recipes can be adapted for vegetarians. And the recipes aren't all fat free either.

www.meatlessmonday.com is a fun and informative website encouraging people to reduce their meat consumption by 15% to improve their health and the health of the environment.

Since many recipes have beans and lentils as ingredients, it seemed interesting to find out where these are grown.

www.usdrybeans.com/home/Default_usr.aspx answers questions about where beans come from, their nutritional value and gives lots of recipes.

www.pea-lentil.com/home.htm has similar information about peas, lentils and chick peas as well as some fun kid pages.

Enjoy and Guten Appetit or Bon Appetit!



Giving Thanks:

Express thanks for each member of God's creation who contributed to your meal - from animals and plants to farmers, migrant workers, truck drivers, and grocery store clerks.

(.....Souffle Continued.....)

Bake at 350° for 15 minutes or until puffy and slightly cracked. Remove ramekins from dish, and place on a wire rack.

To prepare crème anglaise, combine 3 egg yolks and 1/8 teaspoon salt in a medium bowl. Gradually add 1/3 cup sugar, whisking until thick and pale yellow (about 3 minutes).

Heat milk in a heavy saucepan over medium heat to 180° or until tiny bubbles form around edge (do not boil). Remove from heat.

Gradually add hot milk to egg yolk mixture, stirring with a whisk. Return egg yolk mixture to pan; cook over medium-low heat 5 minutes or until slightly thick and mixture coats the back of a spoon, stirring constantly (do not boil). Remove from heat. Stir in 2 teaspoons vanilla. Serve with soufflé cakes.

Note: A water bath tempers the heat and insulates the soufflés, ensuring a creamy texture. Line the baking dish with a towel to keep the ramekins in place.

Apple cake, submitted Krysia Lynes

Grease 9x13 snack cake pan and "flour" with bread crumbs.
Slice 6-8 medium apples to mostly fill the pan.

Mix:
1/2 c oil
3 eggs
1/2 c. sugar
Add:
1 c. flour
lemon zest or extract
1 tsp baking powder
1/2 tsp baking soda
Beat until smooth and pour over apples in pan.

Bake at 350F for one hour.



2010 LENTEN FAST FROM CARBON: Living 40 days on a low carbon diet

At the observance of Ash Wednesday, February 17, United Church of Chapel Hill will distribute these Low Carbon Recipes as people are invited to fast from carbon during Lent. The congregation has been invited to Lenten Fasts from Carbon in prior years with gifts of compact fluorescent light (CFL) bulbs and sustainable household challenges.

Reducing carbon usage is central to the human response to the global climate crisis. Most individuals use carbon to light and heat their home, in transportation and through the food they consume. It is estimated that in this country approximately 20% of our carbon emissions can be traced to food.

To reach the goals of the Copenhagen Climate Conference of 50% reduction in carbon emissions by 2030 and 80% reduction by 2050 will require changes in human behavior in all areas of life including food. Food matters. Eating which is good for the planet's health is also good human health. A lower carbon diet is essentially eating lower on the food chain - (1) eating less or no meat (particularly beef), (2) eating local, (3) eating organic, (4) reducing waste, and (5) increasingly eating a plant-based diet (no meat or fish).

In their article on food-miles, (Environmental, Science & Technology, May 15, 2008), Christopher Weber and Scott Matthews report that eating a local diet is equivalent to driving 1000 miles less per year, replacing red meat and dairy with chicken, fish or eggs one day per week is equivalent to driving 760 fewer miles per year and/or adopting a plant-based diet (vegetarian) one day per week is equivalent to driving 1160 fewer miles per year.

Members of our church were invited to share their favorite low carbon recipe as people are more likely to try a new recipe and adopt new default recipes if someone they know is saying, "This is a meal or a dish that my family loves."

The forty days of Lent are essentially a tithe (10%) of a year. Lent is not about deprivation but entering into solidarity with others including God and thus making a change in one's life. During Lent an individual can commit to an action and perhaps the start of a new life.

We hope that you will enjoy these recipes. Please feel free to share your experiences at our blog "Confessions of Low-Carbon Cooking," on United Church's website, www.unitedchurch.org.

Bon Appetit! Guten Appetit! ¡Buen provecho!

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(v) = vegetarian and/or vegan

Desserts (after Lent goodness)

Rich Chocolate Souffle Cakes with Creme Anglaise, submitted by Marlene Lesson

Yield: 8 servings (serving size: 1 soufflé cake and about 1 tablespoon sauce)

Ingredients
Soufflé Cakes:
Cooking spray
8 teaspoons sugar
2/3 cup sugar
1/2 cup water
2 ounces semisweet chocolate, chopped
1 ounce unsweetened chocolate, chopped
1/2 cup Dutch process cocoa
3 tablespoons cornstarch
1/8 teaspoon salt
2 large egg yolks
1 teaspoon vanilla extract
4 large egg whites
1/4 teaspoon cream of tartar
3 tablespoons sugar

Crème Anglaise:
3 large egg yolks
1/8 teaspoon salt
1/3 cup sugar
1 cup 1% low-fat milk
2 teaspoons vanilla extract
Preparation
Preheat oven to 350°.

To prepare soufflé cakes, lightly coat 8 (4-ounce) ramekins with cooking spray. Sprinkle each with 1 tea- spoon sugar.

Combine 2/3 cup sugar and 1/2 cup water in a medium, heavy saucepan. Bring to a boil over medium heat, stirring to dissolve sugar. Remove from heat. Add chocolates, stirring with a whisk until chocolates melt. Combine 1/2 cup cocoa, 3 tablespoons cornstarch, and 1/8 teaspoon salt. Add cocoa mixture to chocolate mixture, stirring with a whisk. Whisk in 2 egg yolks and 1 teaspoon vanilla.

Place egg whites and cream of tartar in a large bowl; beat with a mixer at medium speed until soft peaks form. Gradually add 3 tablespoons sugar, 1 tablespoon at a time, beating at high speed until stiff peaks form. Gently stir one-fourth egg white mixture into chocolate mixture; fold in remaining egg white mix- ture. Spoon chocolate mixture into prepared ramekins. Place ramekins in a large baking dish; add hot water to dish to a depth of 3/4 inch.

Unlike traditional soufflés, these don't need to be served immediately (although they can be). In fact, we loved their fudgy, dense texture when chilled. The crème ang- laise is good warm or chilled, as well.

....recipe continues on next page....

Day 40

Rosie's Greens, submitted by Geoff and Linda Frank

Ingredients
3-4 cups of chopped collards or kale
2-3 cloves of garlic minced
2 tblsp of butter (or use olive oil)
1/4-1/2 cup white wine
1/4-1/3 cup crumbled feta cheese
salt and pepper to taste
3 cups cooked rice

- Instructions
1. To chop up raw greens, roll them up like a cigar and then cut across at 1 inch intervals. Unroll the strips and stack them up and cut them into 2-3 inch lengths.
 2. Fry the minced garlic in the butter or olive oil in a frying pan.
 3. Before the garlic burns, add the greens and stir them up to coat them with the garlic and butter/oil and add the salt and pepper
 4. Add the white wine, cover the frying pan, and cook at a low heat until the greens wilt (about 2 minutes)
 5. Add the feta cheese and continue cooking until the feta cheese melts (about 2 minutes)
 6. Serve on top of the (hot) cooked rice.

This serves two people as a main meal.



Boundless is thy love for me,
Boundless then my trust shall be.
- Robert Bridges (1844-1930)

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After Lent Desserts:

Rich Chocolate Souffle Cakes with Crème Anglaise
Apple Cake

The Grace of Lent

To keep Lent is to discover and remember who in heaven’s name we are, as person and community. We pray against all confusers and confusions for our true identity and vocation. We know that means standing before the cross and making some choices.

The grace of this season is that Jesus suffers the choice with us. He’s been over the turf and is our brother exactly on that score, with us in the struggle of our hearts. Let the further grace be that we make our choices as disciples, in the mind and heart of Christ.

-Bill Wylie Kellerman, *Seasons of Faith and Conscience: Kairos, Confession, Liturgy* (Maryknoll, NY: Orbis Books, 1991), p. 166.

Day 1

Zucchini Spoonbread, submitted by Chip Baker and Philip Cress

5 small or 2 large zucchini - grated
1 medium onion - diced
1 ½ cups cheddar cheese - grated
1 ½ cups all purpose flour
2 TBSP Butter - melted
2 tsp baking powder
1 ½ tsp salt
1 tsp oregano
½ tsp pepper or to taste
3 eggs well beaten in ½ cup salad oil



Preheat oven to 350°
Mix first 7 ingredients together in a large bowl
Add eggs/oil mixture and combine well
Pour in greased 8x8 casserole dish
Bake 50-55 minutes or until well browned and set in center.

Serve as a side dish, Can cut into squares or simply spoon out servings.
Serves 6-8

Day 2

Greek Spaghetti, submitted by Mimi Haebig

2 (14.5 oz) cans diced tomatoes with basil, garlic,
and oregano
1 (19 oz.) can cannellini beans or other white beans,
rinsed and drained
10 oz. chopped spinach (fresh or frozen)
spaghetti
1/2 cup finely crumbled feta cheese

Combine tomatoes and beans in a large nonstick skillet over medium-high heat; bring to a boil. Reduce heat; simmer 10 minutes. Add spinach; cook 2 minutes or until spinach wilts, stirring occasionally. Serve over spaghetti; top with cheese.
Serves 4

When we retired, I decided to try at least one new recipe a week, focusing mainly on salmon, vegetables, and low fat. Except for holidays when I revert to family classics, I have continued that practice, even exceeding it last summer when I was deluged with vegetables from a CSA.

This recipe is derived from one in Cooking Light, which called for angel hair pasta. I substituted spaghetti and renamed it Greek Spaghetti; it goes together very quickly. We use more feta cheese than is called for although we do substitute low-fat.

Day 39

Addictive Sweet Potato Burritos, submitted by Claudia Sheppard

Prep Time: 30 Minutes
Cook Time: 20 Minutes
Ready In: 50 Minutes
Servings: 12

“These unusual burritos are made with sweet potatoes, spices and kidney beans. They freeze well, and can be deep fried instead of baked.”“

Ingredients: 1 tablespoon vegetable oil
1 onion, chopped
4 cloves garlic, minced
6 cups canned red or black beans, drained (or cook them from dried beans)
2 cups water
3 tablespoons chili powder
2 teaspoons ground cumin
4 teaspoons prepared mustard
1 pinch cayenne pepper, or to taste
3 tablespoons soy sauce
4 cups cooked and mashed sweet potatoes
12 (10 inch) flour tortillas, warmed
8 ounces shredded Cheddar cheese (can be omitted for vegan recipe)

Directions:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Heat oil in a medium skillet, and saute onion and garlic until soft. Stir in beans, and mash. Gradually stir in water, and heat until warm. Remove from heat, and stir in the chili powder, cumin, mustard, cayenne pepper and soy sauce.
3. Divide bean mixture and mashed sweet potatoes evenly between the warm flour tortillas. Top with cheese. Fold up tortillas burrito style, and place on a baking sheet.

Our family loves these, the recipe makes enough for two nights. I mash the beans before putting them in the pan or you can buy refried black/red beans.

Day 38

Vegan Split Pea Soup II, submitted by Annette Olsen

Prep Time: 10 Min
Cook Time: 45 Min
Ready In: 55 Min

Yield 6 servings

Ingredients

- 1 tablespoon extra virgin olive oil
- 1 carrot, chopped
- 1 stalk celery, chopped
- 1 small onion, chopped
- 1 teaspoon curry powder
- 1 cup yellow split peas
- 4 cups water
- 1 teaspoon salt

Directions

Heat olive oil in a large saucepan. Sautee carrot, onion, celery and curry for about 5 minutes. Add the water, peas and salt. Simmer, stirring occasionally, for 45 to 50 minutes, or until very thick.

Amount Per Serving Calories: 156 | Total Fat: 2.3g | Cholesterol: 0mg

This is a delicious recipe and is perfect for a snowy winter day! I took the suggestions from other posts and soaked the peas, added cumin, potatoes and extra curry. I also added a tsp of fresh garlic and ground black pepper. It was amazing! Enjoy the recipe!



Giving Thanks:

We thank thee, God, for happy hearts for rain
and sunny weather;
we thank thee for the food we eat
and that today we are together.

Day 3

Spiced Carrot Soup with Ginger, submitted by Chip Baker and Philip Cress

- 1 tsp coriander seeds
- ½ tsp yellow mustard seeds
- 3 TBSP peanut oil
- ½ tsp curry powder
- 1 TBSP fresh ginger – peeled and minced
- 2 cups onion – chopped
- 1 ½ pounds carrots – peeled and sliced thinly
- 1 ½ tsp grated lime peel
- 5 cups + vegetable broth
- 2 tsp lime juice
- Plain yogurt



Heat seeds in empty pan until toasted – 1-2 minutes (watch carefully as not to burn). Grind roasted seeds in grinder or crush with bottom of can or bottle. Heat oil in a large pot over med-high heat – add seeds and curry powder – stir one minute. Add ginger – stir one minute. Add onion, carrots and lime peel – sauté to soften – about 3-4 minutes. Add broth and bring to boil. Reduce heat to simmer uncovered until carrots are tender – about 30 minutes. Cool slightly. Puree in batches and return to pot. Add more broth to reach desired consistency. Stir in lime juice and salt and pepper to taste. Ladle into soup bowls and top with dollop of yogurt.

Can make one day ahead. Cool slightly. Chill uncovered until cold then cover. Re-warm before serving.
Serves 6-8



Giving Thanks:

God is great;
God is good;
Let us thank God for our food.
By God's hand we all are fed;
Give all on Earth their daily bread.

Day 4

Pasta e Fagioli, submitted by Chip Baker and Philip Cress

- 2 TBSP olive oil
- 2 rosemary sprigs
- 1 thyme sprig
- 1 bay leaf – fresh (or 2 dried)
- 1 medium onion – diced
- 1 small carrot – diced
- 1 celery rib – diced
- 4 large garlic cloves – minced
- Salt and pepper
- 2 15 oz cans white kidney beans (cannellini)
- 1 can crushed or diced tomatoes
- 2 cups+ water
- 1 32 oz box vegetable broth
- 1 ½ ditalini (small tubes) pasta
- Grated Parmigiano or Romano cheese for the table
- Crusty bread

Heat oil in a large pot under medium-high heat.
Add herbs, vegetables and garlic. Saute until softened – about 3-4 minutes. Add salt and pepper to taste.
Add beans, tomatoes, water and vegetable stock. Turn heat to high and bring to boil.
Add pasta and reduce heat to medium.
Cook pasta while stirring occasionally 6-7 minutes.
Remove herb stems and bay leaves from soup.
Let soup rest for 5-10 minutes.
Ladle into bowls and top with cheese.
Pass the bread for dipping/mopping.
Serves 6-8.



Day 36

Roasted Winter Vegetables, submitted by Deb Gallagher

- 1 pound medium carrots, peeled, halved lengthwise, then crosswise
- 1 pound medium parsnips, peeled, cut in half lengthwise, then crosswise
- 1 pound turnips, peeled, halved, cut into 1-inch-thick wedges
- 1 1/4 pounds Brussels sprouts, trimmed, halved
- 3 tablespoons olive oil

Preheat oven to 425°F. Toss carrots, parsnips, turnips, and Brussels sprouts in large bowl with 3 tablespoons oil. Transfer to rimmed baking sheet; sprinkle with salt and pepper. Roast until vegetables are tender, tossing often, about 1 hour.

Here is my favorite winter recipe using local ingredients. It's very easy to make and mighty tasty. The parsnips are a must!

Day 37

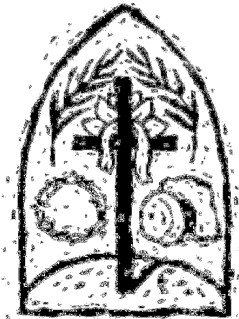
Sunny Acres Corn Chowder, submitted by Roz Lloyd

- 4 medium potatoes in 1/2" cubes
- 3 medium mild onions, sliced
- 2 tablespoons butter
- 2 1/2 cans cream style corn (#303 size)
- 1 quart whole milk
- 1/2 cup light cream
- 1/8 tsp. pepper
- 2 tsps salt
- 1/8 tsp marjoram
- 1 small bay leaf,
- 1/4 teas thyme
- 4 tablespoons butter
- 1/4 tsp. parsley flakes.

I first had this chowder at a church supper in Newton, MA. Now it's a family favorite.

- 1. Fry onions in 2 tbs butter until tender.
- 2. Cook cubed potatoes in small amount of water until just tender
- 3. Heat milk, cream and corn in a large kettle
- 4. Add onions, potatoes, seasonings and butter
- 4. Heat to piping hot. Cool and reheat before serving.

There is never an act of faith without risk.
– Eric James



Day 34

Creamy Cheese Enchiladas, submitted by Sharon Hanson

Ingredients:
6 flour tortillas
3 cups shredded Monterey Jack Cheese
6 TBSP chopped green onions

Sauce:
1/4 cup butter
1/4 cup flour
1 can chicken broth (14 oz.)
1 cup sour cream
1 can chopped green chilis (4 oz.)

Instructions:

1. Fill each tortilla with 1/2 cup cheese and 1 tbsp green onions
2. Roll each individually and place in shallow 8 inch square baking dish.
3. Melt butter in saucepan over medium heat. Add flour, stirring constantly.
4. Stir in chicken broth to make a thick broth.
5. Remove from heat and add sour cream and green chilis. Stir until smooth.
6. Pour sauce over tortillas
6. Bake at 350 degrees for 20 minutes.

Yield: 6 servings (one enchilada each) I usually plan for at least 2 a piece.

Day 35

Ratatouille - submitted by Nita Donaldson

1/2 cup vegetable oil
1/2 cup sliced onion
2 cloves garlic
4 sliced green peppers
2 1/2 cups peeled, cubed eggplant
3 cups zucchini diced
2 cups peeled, quartered tomatoes

Instructions:

1. Put oil in deep skillet. saute until golden onions and garlic.
2. Remove onions and garlic from skillet and combine in layers with peppers, eggplant, zucchini and tomatoes.
3. Add to each layer salt and pepper. Sprinkle with olive oil.
4. Simmer, covered, over low heat 35-45 minutes.
5. Uncover and continue to heat 10 minutes. Serve hot.

This recipe is quick and easy and doesn't call for a lot of ingredients. I sometimes add cooked pieces of chicken breast with the cheese and onions.

Day 5

Mediterranean Pasta with Shrimp, submitted by Mandy Roeing

1 package Fusilli pasta
¾ to 1 lb. shrimp, peeled and deveined
lots of good olive oil (we like Colavita)
sea salt and pepper
5 or 6 cloves garlic, minced
3 large shallots, thinly sliced
4 or 5 green onions, sliced
about 1 ¾ c red and yellow peppers, cut in chunky slivers then halved
3 to 4 oz. kalamatta olives, pitted then chopped
3 TBSP or so chopped fresh basil
2 TBSP or so chopped fresh Italian parsley
5 to 6 oz. roma tomatoes, chopped
a lot of freshly grated parmesan cheese (enough to coat)
crumbled feta to taste

1. In a large pot, bring enough water to boil for the pasta. Cook according to package directions until just *al dente*. Drain and toss with a little olive oil. Place in large serving bowl to let cool.
2. While the pasta is getting ready, season shrimp with salt and pepper and cook in large skillet over medium-high heat in olive oil just until cooked through. Remove and add to serving bowl.
3. Add more oil (at least ¼c or more) and add garlic to pan. Sauté for a minute and then add shallots, green onion, and peppers. Salt and pepper to taste, add more olive oil if needed, and sauté for a few more minutes. Just before the peppers are done, add in the olives and half of the herbs. Continue sautéing just until the peppers are tender crisp.
4. Remove from pan and add to shrimp and pasta. Let stand to cool down (about 10 minutes) then add in the tomatoes, remaining herbs, the parmesan and feta cheeses, and toss.
5. Serve warm or at room temperature with good crusty bread!

To be a saint does not mean never to sin.

It means to start again with humility and joy after each fall.

- Dom Helder Camara

Day 6

Chicken Tortilla Soup, submitted by Kaselehlia, Bob, and Gabrielle Sielken

Source: Jennifer Kirschner (Kaselehlia's friend)

Ingredients:

3-4 boneless chicken breasts (cut in cubes)
1 TBSP olive oil
2 cloves minced garlic
1/4 tsp. chili powder
1/4 tsp. ground cumin
1 TBSP lemon juice
2 (14 1/2 oz) cans chicken broth OR 3 1/2 cups chicken broth
1 cup chunky salsa
1 cup of frozen corn
cilantro (optional)
shredded monterey jack cheese
sour cream
tortilla chips
(We usually double the recipe.)

In a soup pot, cook cut up chicken in hot olive oil for about 10 minutes until chicken is done. Add garlic, chili powder, cumin, and lemon juice and cook for 2 minutes more. Add chicken broth, salsa, and corn. Bring to a boil and reduce heat, cook additional 8-10 minutes. Add some fresh cilantro (if desired).

Crush tortilla chips in a bowl and pour soup over the top.
Top with monterey jack cheese and sour cream as desired.
Prep time: about 10 minutes
Cook time: about 30 minutes
Serves: 4 people



Giving Thanks:

God of mercy, God of Grace
be pleased to bless this dwelling place.
May Peace and kindly deeds be found
and Love and Gratitude abound.

Day 33

Seitan-Portobello Stroganoff, submitted by Jane Day

2 tablespoons arrowroot powder (cornstarch or potato starch will work, too)
2 cups cold water or vegetable broth
8 teaspoons olive oil
1 cup shallots, thinly sliced
1 large onion, quartered and sliced into half moons
3 cloves of garlic, minced
2 cups cremini mushrooms, thinly sliced
2 tablespoons fresh thyme chopped
3 1/2 cups seitan, sliced into thin, wide strips
2 teaspoons salt
1 cup red wine
1 tablespoon paprika
1/2 cup nutritional yeast (available at Weaver Street Market)
1/2 cup plain soy milk
2 teaspoons Dijon mustard
1 cup frozen green peas
1/2 pound wide noodles like fettuccine or linguine, broken in half, prepared according to directions



Dissolve the arrowroot in 2 cups of water, set aside.

Heat 2 tablespoons of olive oil in a skillet over medium high heat. Add the shallots and onions, saute for 5 minutes. Add the garlic, cremini and portobello mushrooms, and thyme. Saute for 15 minutes.

Meanwhile, heat a cast-iron skillet with the remaining 2 teaspoons of olive oil, just long enough to coat it. Add the seitan and saute over medium heat about 10 minutes, until it is dark brown and crispy on the outside.

To the mushrooms and onion mixture, add the salt, wine, and paprika. Turn up the heat to high to reduce the liquid, about 10 minutes.

Lower the heat to medium high, add the arrowroot mixture, stir well, and let the sauce thicken, about 5 minutes. Add the nutritional yeast and mix well until it is dissolved. Add the soy milk and mustard and bring the heat down to low, be very careful not to let it boil because it will make the soy milk and mustard taste bitter. Add the seitan and peas; cook for 10 more minutes.

Divide the noodles into bowls and mix with the stroganoff. It is best to mix immediately so that the pasta doesn't stick

Day 32

Tempeh Reuben, submitted by Jane Day

8 slices good, dark pumpernickel or seeded rye bread
8 teaspoons non-hydrogenated margarine
1 1/2 cups sauerkraut
2 dill pickles, sliced thinly
1 avocado, cut in half lengthwise and sliced into 1/4-inch slices
1 pound tempeh, cut into four equal pieces, then cut through the middle so that you have 8 thin slices

For the marinade:
1/2 cup white wine
2 tablespoons olive oil
2 tablespoons balsamic vinegar
2 tablespoons tamaric
2 tablespoons fresh lemon juice
2 cloves garlic, smashed

For the dressing (note if you're not vegan, you can substitute this with a good 1000 Island dressing)
1/3 cup Vegannaise
2 tablespoons ketchup
Juice of 1 lemon
1 tablespoon minced onion
3 teaspoons capers
2 tablespoons sweet pickle relish
A pinch of cayenne

Prepare the tempeh:
Combine all the ingredients for the marinade, add the tempeh and marinate for at least an hour, turning once.

Mix together all the dressing ingredients and set aside.

When the tempeh has marinated for an hour, preheat a skillet over high heat, cook the slices in the skillet for 4 minutes on one side, until browned, then cook on the other side for 3 minutes.

Prepare the sandwich:
Spread a teaspoon of margarine on each piece of bread. Heat a skillet over moderate heat. Fry each piece of bread on the buttered side for 3 minutes, flip and cook 1 minute more.

Divide the sandwich ingredients equally among the four buttered-side-down fried bread slices. Smother in dressing, top each serving with another slice of fried bread, non-buttered side down, cut in half, and serve.

My daughter has had a mostly vegan diet for several years and I recently switched to her "eating ways" when my cholesterol shot up, so we've been using the cookbook Vegan with a Vengeance by Isa Chandra Moskowitz.

Day 7

Leek Soup (Day Before Marketing Day Soup), submitted by Jackie Bruce

The proportions of the vegetables can vary, depending on what is in your refrigerator at the time.

1. Put butter in a pan and add chopped: potatoes, celery tops, onions, parsley and 1 or 2 leeks.
2. Saute until leeks are golden, then add salt and a bay leaf and boiling water to cover the vegetables (or chicken stock or a mixture of both).
3. When all vegetables's are tender, remove the bay leaf, and puree the rest in a blender or food processor. Put back in pot and thin to desired consistency with hot milk.

I learned to make this in Brussels, Belgium, where I lived for some time. It's a Bruce family favorite, served with a hunk of cheese and French bread.

Day 8

Butternut Squash Salad, submitted by Sandi Payne Greene

3 whole cloves
1 ½ pound butternut squash, peeled, seeded and cut into 1-inch cubes
1 red onion, coarsely chopped
4 teaspoons capers
2 Tablespoons pine nuts

Dressing:
1 TBSP olive oil
Grated zest and juice of one orange
1 Tablespoon Dijon mustard
1 teaspoon salt
Freshly ground pepper

Fit large saucepan with a metal steamer. Place cloves in water under steamer. Over medium heat steam the squash and onion for about 15 minutes or until just tender. Remove from steamer and let cool.

Put the squash and onions in a large bowl. Add the capers.

In a small skillet over med/low heat lightly toast the pine nuts. Remove from heat and add to the squash mixture.

In a small bowl, combine the olive oil, orange zest and juice, mustard, salt and pepper, and whisk together. Add to the large bowl and toss with the other ingredients to thoroughly combine. Let sit at room temperature for at least 30 minutes. To store, refrigerate in a tightly covered container for up to 2 days.

Day 9

Kale and White Bean Soup, submitted by Sandi Payne Greene

1 lb. dried white beans
(Great Northern, Cannellini or Navy)
2 onions coarsely chopped
2 Tablespoons olive oil
4 garlic cloves, finely chopped
5 cups vegetable stock
1 (3" x 2") Parmigiano-Reggiano rind
(don't leave this out!)
2 teaspoons salt
Black pepper
1 bay leaf
1 teaspoon finely chopped fresh rosemary
8 carrots, rough chopped
1 lb. kale (preferable lacinato), stems and center ribs
discarded (for another use) and leaves coarsely chopped

Cover beans with water by 2 inches in a pot and bring to a boil. Remove from heat and let stand, uncovered, 1 hour. Drain beans in colander and rinse.

Cook onions in oil in large pot over moderately low heat, stirring occasionally, until softened, 4-5 minutes. Add garlic and cook, stirring, 1 minute. Add beans, broth, 1 quart water, cheese rind, salt, pepper, bay leaf and rosemary and simmer, uncovered, until beans are just tender, about 50 minutes.

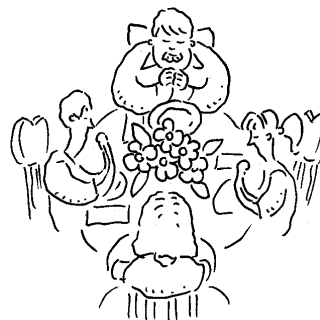
Stir carrots into soup and simmer 5 minutes. Stir in kale and add additional water as needed and simmer, uncovered, stirring occasionally, until kale is tender, about 15 minutes. Check for seasoning and add additional salt and pepper if desired.

This soup is best if made 1 or 2 days ahead. Cool completely, uncovered, then chill, covered. Add additional water to thin if needed.
6 servings plus leftovers.

Inspired by *Gourmet*, February 2002

Giving Thanks:

Bless us, O Lord, and these thy gifts, which we are about to receive through thy bounty, through Christ our Lord, Amen.



Day 31

Couscous-Currant Salad with Lemon Dressing, submitted by Grace Bunker

Ingredients:

For SALAD

1 cup couscous
1 cup vegetable stock or water
1 tsp olive oil
1/4 cup pine nuts, slivered almonds, or raw cashews
1 stalk celery, diced
1 scallion, chopped
3 TBSP chopped fresh parsley
1/3 cup currants or raisins

LEMON DRESSING

1/4 cup fresh lemon juice
2 TBSP olive oil
1/4 tsp cinnamon
1/4 tsp black pepper
1/4 tumeric
few drops of hot pepper sauce

GARNISH: (Optional) Asparagus tips or finely chopped fresh chives

Instructions

1. In a large bowl, stir together dry couscous and stock or water. Let stand, covered, until liquid is completely absorbed, 5 or 10 minutes. Toss lightly with a fork.
2. Meanwhile, in a small skillet, heat olive oil. Add nuts and saute until golden brown.
3. Prepare remaining salad ingredients. In a small bowl, combine dressing ingredients
4. When couscous has softened, toss in nuts, celery, scallions, parsley, and currants or raisins. Add dressing and toss again. Garnish with asparagus tips or chives. Service immediately or allow to cool.

Tip: You can make this salad up ahead, but wait to add the dressing until just before serving, as the salad soaks up the dressing as it sets.



Giving Thanks:

For health and strength and daily Bread,
We give you thanks, O Lord.
Amen.

Day 30

Potato & Swiss Chard Gratin, submitted by Gina Reynolds

6 TBSP butter
5-6 bunches Swiss chard, washed
Salt and freshly ground pepper to taste
4 lbs. russet potatoes, peeled and very thinly sliced
6 c. grated Gruyere cheese
Grated nutmeg to taste

Preheat oven to 375. Coat 2 large casserole dishes with 2 TBSP of butter.

Bring a large pot of salted water to a boil.

Remove stems from the chard (may be used for compost or another recipe). Slice leaves into strips. Blanch in the boiling water for 5 minutes. Drain and let cool. Using your hands, squeeze the leaves as dry as possible. Season with salt and pepper and set aside.

Arrange one quarter of the potatoes in a layer in each casserole. Place one quarter of the greens on top, then a quarter of the cheese. Season the top with a pinch of nutmeg; sprinkle with salt and pepper. Repeat layering. Dot the top with the remaining butter.

Bake for 50 minutes until golden. Let sit for 10 minutes before serving.

Serves 12.

Per Serving: 380 calories, 20g protein, 22g carbohydrate, 24 g fat (14g saturated), 77mg cholesterol, 325mg sodium, 1 g fiber



We want God's voice to be clear but it is not....We want it to be clear as day, but it is deep as night. It is deep and clear, but with a dark clarity like an x-ray. It reaches our bones.

- Ernesto Cardenal

Day 10

Chipotle-infused Fish Quesadillas, submitted by Christine Thetford

Ingredients:

[sustainably-caught] whitefish fillets (eg, sole or tilapia),
fresh or frozen -- 1 large fillet per person
about half a jar of chipotle salsa
roasted red peppers, chopped
diced green onions, if desired
8" flour tortillas
shredded (Mexican) cheese

Instructions:

Cut the fish into bitesize pieces.
Put pieces in a shallow oven-safe baking dish and cover with chipotle salsa (which acts as a marinade and baking sauce).
Marinate in the refrigerator for 30 minutes.
Then bake in a 350 degree oven for 15-20 minutes.

Lightly grease a frying pan or griddle with butter (or margarine or cooking spray).
Place one tortilla on the pan, top it with baked fish pieces (pulled out with a fork), chopped peppers, green onions, and cheese.
If desired, you may also add some of the salsa that the fish was baked in.
Cover with the other tortilla.
Lightly butter the top of the second tortilla before flipping.
Once the quesadilla is heated throughout, it is ready to cut and eat!

This is a recipe I learned from a former coworker, when she brought these quesadillas to a potluck and everyone raved about them. It's now become one of my favorites for quick, tasty comfort food!



Giving Thanks in song!

(Johnny Appleseed)

Oh, the Lord's been good to me,
and so I thank the Lord
for giving me
the things I need
the sun and the rain and the apple seed.
The Lord's been good to me.

Day 11

Braised Cabbage, submitted by Ekaterina Hand

1 tbsp cooking oil
½ large white cabbage, thinly sliced
1 medium carrot, diced
½ yellow onion, diced
½ cup water
2 TBSP ketchup
1 bay leaf
1/8 tsp dill seeds
Salt and pepper

1. Preheat oil in a pot on medium high. Place sliced cabbage into a pot, cover with a lid, and reduce the heat to medium low after 5 minutes. Leave it cook for 15 minutes.
2. Add carrots and onions, some water, and let’s cook for 10-15 more minutes.
3. Add ketchup, dill seeds, bay leaf, salt and pepper.
4. Cook for 10-15 more minutes, and enjoy the meal!

This meal is very good with mashed potatoes!!!

God

It is easier to gaze into the sun,
Than into the face of the mystery of God.

Such is its beauty and its radiance.

God says:
I am the supreme fire;
not deadly, but rather,
Enkindling every spark of life.

-Gabriele Uhlein, OSF, *Meditations with Hildegard of Bingen*
(Santa Fe, NM: Bear and Co., 1983), p. 25.



Day 29

Bean and Farro Soup With Cabbage and Winter Squash, submitted by Andrea Vizoso

1/2 pound (1 1/4 cups) borlotti beans, pinto beans or red beans, soaked overnight or for six hours in 1 quart water
2 tablespoons extra virgin olive oil
1 medium onion, chopped
1 medium carrot, chopped
1 small celery stalk, with leaves, chopped
2 teaspoons chopped fresh sage
4 large garlic cloves, minced
Salt and freshly ground pepper to taste
1 pound green cabbage, cored and shredded
A bouquet garni made with a bay leaf, a couple of sprigs each parsley and thyme, and 1 Parmesan rind, wrapped in cheesecloth or tied together
1 pound butternut squash, peeled, seeded and diced (about 2 cups)
1/2 cup farro
Generous 1/2 teaspoon crumbled dried or 1 teaspoon minced fresh rosemary
1 (14-ounce) can tomatoes, with liquid, chopped
Freshly ground pepper to taste
Freshly grated Parmesan for serving

I made this soup over the holidays when I had a houseful of people to feed. I replaced the farro with couscous--- as I did not have wheatberries on hand. I made most of it a day ahead. Yummy.

1. Drain the beans. Heat 1 tablespoon of the olive oil over medium heat in a large, heavy soup pot or Dutch oven, and cook the onion until it begins to soften, about three minutes. Add the carrot, celery and sage, and continue to cook, stirring, until tender, about five minutes. Add half the garlic, and cook, stirring, until fragrant, about one minute. Add the cabbage and 1/2 teaspoon salt, and cook, stirring often, until limp, about 10 minutes. Add the beans, bouquet garni and 2 quarts water, or enough to cover by 2 inches. Bring to a boil, add salt to taste, reduce the heat and simmer one hour. Stir in the squash, and continue to simmer for 30 minutes to an hour, until the beans and squash are tender. Using an immersion blender, partially puree the soup to thicken it, or puree 2 cups in a blender. (If using a blender, do this in batches and cover the blender with a kitchen towel to avoid hot soup splashing). Return to the pot.
2. While the soup is simmering, combine the farro or wheat berries and 2 cups water in a medium saucepan and bring to a boil. Add 1/4 to 1/2 teaspoon salt (to taste), reduce the heat, cover and simmer until tender, about 45 minutes. If there is water left in the pan, drain.
3. Heat the remaining oil in a medium-size skillet over medium heat, and add the garlic and rosemary. Cook for 30 seconds to a minute, until fragrant, and stir in the tomatoes. Add salt to taste, and cook, stirring often, until the tomatoes have cooked down and the mixture is thick, beginning to stick to the pan and delicious, 10 to 15 minutes. Stir into the soup. Continue to simmer for another 30 minutes. Stir in the farro. Taste and adjust salt, and add lots of freshly ground pepper. Serve with freshly grated Parmesan.

Advance preparation: You can make the soup through step 1, 2 or 3 up to three days ahead. Refrigerate, then bring back to a simmer and proceed with the recipe.

Serves six to eight.

Day 28

Three-Bean Casserole, submitted by Carol Troutner

Ingredients

2 cups each cooked (or canned) and drained garbanzos, lima beans and red kidney beans
1 large onion, chopped
garlic cloves, mashed
1/4 to 1/3 cup brown sugar
2 tablespoons prepared mustard, preferably Dijon
1 large can tomato sauce
salt and pepper to taste
1/4 cup water and 2 tablespoons vinegar

Instructions

1. Preheat oven to 325 degrees.
2. Mix the drained beans lightly in a 2-1/2 or 3 qt. casserole dish and set aside.
3. Brown the onion and garlic in large skillet just until wilted.
4. Stir in brown sugar, mustard, tomato sauce, salt, pepper, water and vinegar mixture.
5. Add beans.
6. Adjust the seasoning with salt and pepper.
7. Bake covered at 325 degrees for about an hour. Serves 6 to 8.

Notes: Any dried or canned beans (other than green beans) can be used in place of the ones recommended. This recipe can also be made in a slow cooker on low heat.



Day 12

Field Salad with Citrus Vinaigrette and Sugared Pecans, submitted by Marlene Lesson

Ingredients

Cooking spray
1/4 cup chopped pecans
2 teaspoons sugar
1/8 teaspoon ground red pepper
10 cup gourmet salad greens
3/4 cup Citrus Vinaigrette (see below)
2 navel oranges, peeled and sectioned
1/4 cup sweetened dried cranberries (such as Craisins)

Preparation

Heat a small nonstick skillet coated with cooking spray over medium-low heat. Add pecans; cook 6 minutes or until lightly toasted, stirring frequently. Sprinkle with sugar and red pepper, and cook for 1 minute, stirring constantly. Remove pecans from skillet. Cool on wax paper.

Combine greens, Citrus Vinaigrette, and orange sections in a large bowl; toss well. Place 1 cup greens mixture on each of 8 plates; top each serving with 1 1/2 teaspoons pecans and 1 1/2 teaspoons cranberries. Serve immediately.

Citrus Vinaigrette

Ingredients

1/2 cup fresh orange juice (about 1 orange)
1/3 cup fresh grapefruit juice
2 tablespoons fresh lemon juice
1 tablespoon extra-virgin olive oil
1 tablespoon honey
1 tablespoon Dijon mustard
1 tablespoon low-sodium soy sauce
2 teaspoons minced peeled fresh ginger

Preparation

Combine all ingredients in a blender; process until smooth. Pour into a bowl; cover and chill.

Note: Store in an airtight container in the refrigerator for up to one week.

Prayer - Creator God by Herman Greene

Our God, Creator, Redeemer and Sustainer of the Universe,
We are filled with awe and delight at the beauty of the Earth.
Each daffodil, pear blossom, dogwood bloom and azalea,
And each green leaf newly adorning the trees,
Speaks in vibrant celebration and praise of your wonder and glory.
Lord, open our hearts as you speak to us through your creation;
And help us to know our place on Earth,
Servants in care of your handiwork.

Day 13

Russian Chicken Salad, Submitted by Ekaterina Hand

1 whole skinless chicken breast (boiled)
2 medium carrots (boiled)
½ yellow onion
2 large potatoes (boiled)
2 large eggs (hard boiled)
1 large can green peas
4 TBSP mayonnaise (not light)
1 cucumber (optional)
Salt and black pepper

1. Precook chicken breast, cool it and dice into small pieces.
2. Boil carrots, potatoes, eggs for 25 minutes, pour out water, and cool it.
3. Dice into small pieces peeled carrots, potatoes, onions, eggs (cucumber is optional).
4. Mix all ingredients in a large bowl, add green peas, mayonnaise and salt and pepper to taste.

Giving Thanks:

Dear Lord, thank you for this gift of food
You've placed upon our table.
And help us all to do your work
In all the ways we're able.



Day 26

Spicy Black Beans, submitted Kathy Silvasi

¼ lb. bacon, chopped
1 large onion, chopped
2 large cloves garlic, chopped
2 15- to 16-ounce cans black beans, rinsed and drained
1 16-ounce can diced peeled tomatoes
1 4-ounce can diced green chilies
2-1/2 tablespoons chili powder
2 teaspoons dried oregano
¼ teaspoon cayenne pepper

Saute bacon in heavy large saucepan over medium heat until light brown, about 10 minutes. Add onion and garlic and saute until onion is transparent, about 5 minutes. Add all remaining ingredients. Simmer until chili is thick, stirring frequently, about 12 minutes. Makes 4 cups.

Note: I make this a vegetarian dish by omitting the bacon and sauteing the onion and garlic in a little bit of butter or margarine. Serve the chili over white or brown rice and top it with salsa, sour cream, or shredded cheese. I sometimes use Mexican-style tomatoes for extra zip.



Day 27

Sweet Potato - Black Bean Chili, submitted by Kathy Jimison

Ingredients:

1 TBSP olive oil
1 medium onion, chopped
2 tsp chili powder
1 cup broth or water
1 large sweet potato, peeled, cut into 3/4" cubes
1 14-oz can Mexican stewed tomatoes
1 can black beans
opt: 3 TBSP cilantro, and/or 1 tsp grated orange peel

Instructions:

Saute onion in oil, add chili powder and stir one minute.
Add broth and potato. Cover and simmer about 10 minutes
Add beans and tomatoes, simmer uncovered 15 minutes.

Mix in optional seasonings just before serving.



Day 24

Quilter's Stew, submitted Krysia Lynes

In a large pot combine:
1 c lentils
6 c water (or stock)
1 c. tomato sauce
1 bay leaf
2 tsp. salt
1 tsp. ground pepper
1 potato cubed
2 carrots sliced (optional - but I always add)
2 ribs celery sliced
1 tsp. basil (or 1 Tbsp. Italian seasoning)
2 TBSP brown sugar (optional - I always eliminate)

Bring to a boil and simmer for 30 minutes
Add 1 c. uncooked small noodles.
Stir and cook for 10 minutes longer.

Makes 8 servings. (Dinner for four and lunches for the next day.)

This recipe was designed for a large gathering of women who wanted to work on a quilt ... not cook ... together. It is easy, cheap, healthy and yummy. I make it at least once a month, probably more like every other week. The leftovers make great lunches. No refrigeration required.

Another perfect weeknight meal. Prepare the sauce in the morning, pour it over the chicken when you get home, throw it in the oven and bake while you cook up some rice. You will look like a genius. The heat of the oven can also be used to roast a squash or dry some granola or bake a pie or some potatoes...

Day 25

Lemon Maple Chicken, submitted Krysia Lynes

1/2 c maple syrup (or 1/3 c honey and a bit of water)
1/2 c Dijon mustard (I often substitute grain mustard for the texture)
Juice of 1/2 lemon
1 tsp cinnamon (optional)
Chicken parts of your choice - original recipe was for 4 whole chicken legs - I usually use boneless, skinless thighs

Bake at 375F for 30 minutes, baste and bake for 30 minutes longer. Serve over rice using drippings as sauce.

Serves 4.

(Depending on how much sauce you like - you can add more chicken and serve more.)

Day 14

Couscous Salad, submitted by Christine Thetford

Mix together the following

Ingredients:
2 cups cooked couscous
Lime Vinaigrette (see below)
1/2 cup pine nuts (toasted, if desired)
10 dried apricots, finely chopped
2 tablespoons golden raisins
3 stalks celery, chopped or diced

Lime Vinaigrette
1/4 cup lime juice
1/4 teaspoon mustard
1/2 teaspoon salt
1/8 teaspoon ground black pepper
1 crushed or chopped garlic clove, if desired
dash of cumin, if desired

The ratios are extremely flexible - add more or less of any ingredient(s) as desired. It's really the combination of couscous, lime dressing (or just lime juice if you're in a hurry!), dried fruits, and nuts that form the essence of the salad. Beyond that, play with whatever else you want to add!

Whisk until blended. Gradually add 3/4 cup olive oil, whisking constantly after each addition.

Optional Additions/Substitutions:
1-2 tomatoes, chopped
1 cucumber, peeled and diced
bell pepper (any color)
almonds or other nuts in place of pine nuts
fresh cilantro and/or chives, chopped

Notes:
This is based on a recipe from *Joy of Cooking*, with a few modifications.

To follow wherever God may lead is to see God, whose passing by is a sign of God’s presence for the one who follows.
– Gregory of Nyssa

Day 15

Beet Soup (Borsch), Submitted by Ekaterina Hand

1/2 chicken
Cold water to cover meat, leaving 1-2 inch. at the top
2 TBSP oil for frying onion and carrot
1/2 med. onion, chopped
1 sm. carrot, grated
2 med. potatoes, diced
3 c. shredded cabbage
1 med. tomato, diced
3 clove garlic, crushed
2 med. beets, grated
1 tsp. salt and pepper to taste
Chopped dill or parsley (may be replaced with 1 dry bay leaf)
3/4 c. sour cream (your choice)



1. Cover the meat with cold water on high. Bring to a boiling point, and then skim. Cover and simmer for about 30-40 minutes.
2. Add shredded cabbage, and simmer for another 20 minutes.
3. Add fried (until golden) onion and carrot. Cook for about 15 minutes.
4. Add diced potatoes, diced tomato and grated beets.
5. Season to taste with salt and pepper, and add crushed garlic. Bring to boiling point, and flavor with chopped dill.
6. When ready to serve; add sour cream either directly into the soup or as a person desires. May be served without cream.

True Religion

God asks us in Jesus to share his anger when in his name people's dignity is diminished, or love is abused, or the poor are exploited or when he himself is neglected. This is true religion: to act justly, love tenderly and walk humbly with our God.

-Donal Neary SJ, *Communion Reflections for Sundays and Holy Days Year B* (Dublin: Veritas Publications, 1996), on Lent 3.

Day 22

Lentil Rice Casserole, submitted Krysia Lynes

As cheap and easy as possible. From the Tightwad Gazette.

3c. stock
3/4 c. lentils
1/2 c. brown rice
3/4 c. chopped onion
1 clove garlic
1/2 tsp basil
1/4 tsp oregano
1/4 tsp. thyme



Put into a covered casserole dish and bake at 300F for 1 1/2 hours. Using the heat from the oven at the same time as the casserole to make apple cake (*see desserts in the back*) and/or baked potatoes is good, too.

Day 23

French's Green Bean Casserole, submitted by Dave Otto

Ingredients

1 (10 3/4 oz) can Cream of Mushroom Soup
3/4 cup milk
1/8 tsp black pepper
1 1/3 cups French Fried Onions
2 (14 1/2 oz) cans green beans (drained) or
2 (9oz) pkgs frozen green beans (thawed)

Instructions

1. Mix soup and milk.
2. Add pepper, beans and 2/3 cup onions in a 1 1/2 qt casserole.
3. Bake at 350F for 30 min. or until hot.
4. Stir
5. Top with remaining onions.
6. Bake 5 min.

*This casserole is
quick, easy to make
and delicious!*

Giving Thanks:

Have each person express what he or she is grateful for today. (In large groups, hold hands and take turns around the circle, squeezing the hand of the next person to pass the turn along.)

Day 20

West African Peanut Soup, submitted by Suzanne Lamport

...and very highly recommended
Adapted from *Sundays at Moosewood*

- 2 c. chopped onion (can use zucchini for 1 cup, if desired)
 - 1 Tb. peanut oil, or other
 - ¼ tsp. cayenne (can use more if want it spicy hot)
 - 1 tsp. grated fresh peeled ginger
 - 1 c. chopped carrots
 - 2 c. chopped sweet potatoes
 - 4 c. water or vegetable stock
 - 2 c. tomato juice or V8 juice (can substitute tomato paste thinned with water)
 - 1 c. peanut butter (or cashew butter, if desired)
-
1. Saute onions in oil ‘til tender.
 2. Add cayenne and ginger, and then carrots, and sauté a few minutes.
 3. Mix in potatoes and stock. Bring to boil and cook 15-20 minutes.
 4. Puree vegetables. Then add tomato juice and peanut butter.
 5. Reheat gently, and serve. Can garnish with chopped chives or scallions.

This is really tasty, appeals to a wide range of folks, and gives protein as well as lots of good vitamins and is low carbon as well! It's not hard to prepare and doesn't take long to cook, and is a complete meal itself, though it is good with bread or toasted cheese or a salad also.

Day 21

Egyptian Lentil Soup, submitted Krysia Lynes

Delicious. That's all.

- Saute:
- 1 TBSP olive oil
 - 1 onion finely chopped
 - 1 clove garlic, crushed
-
- Stir in
- 1 c. red lentils
 - 2 tsp. ground ginger
 - 2 tsp. ground cumin
 - 2 tsp ground coriander
 - 4 cups stock
 - 1/2 lemon (yes the piece of fruit)
 - 1 can tomato paste
 - 1/4 tsp cayenne

Bring to a boil. Reduce heat and simmer for about 45 minutes.
Add 3 TBSP finely chopped coriander and serve with salad and warm pita bread.



Day 16

Onion Quiche, Submitted by Kathy Shea

- ¾ c grated Swiss cheese
 - 6 c sliced onions
 - 1 clove garlic, chopped (optional)
 - 2 eggs
 - 1 c light cream
 - Salt, pepper, Worcestershire sauce, Tabasco sauce
 - 10 deep dish pie crust
-
1. Braise onions and garlic in olive oil using a heavy saucepan until completely tender and golden. Season with salt and freshly ground pepper and cool. (this is the time consuming bit – about 30 minutes - and can be done in advance)
 2. Preheat oven to 375 while you beat together the eggs, cream and a dash of Tabasco and Worcestershire. Sprinkle ½ cup Swiss cheese on bottom of an uncooked 10 inch deep dish pie shell. Add braised onions and top with remaining ¼ cup of cheese. Saturate with egg and cream mixture.
 3. Bake for 45-50 minutes. Let stand for minutes before cutting. Serve with crusty bread and tossed green salad for brunch, lunch or dinner.
Serves 4-6.

This comes from the Victory Garden Cookbook which my aunt, Jane Doerfer, helped develop and get published. I used to visit from college and see her preparing dishes for photography or testing out delicious recipes! I rediscovered it when I was looking for a fancy ladies' luncheon dish and have used it as a light dinner since. You can make it even more low carbon by using local, organic, free range eggs and local cream, a whole wheat crust from Weaver St. Market (don't forget to recycle the pie plate), and locally grown organic onions. It would be fun to experiment with local cheeses, too.



Giving Thanks in Song!

(To the tune of the Doxology)
Be present at our Table, Lord,
Be here and everywhere adored;
Thy creatures bless and grant that we
May strengthened for thy service be.
Amen.

Day 17

Spiced Parsnip Soup, submitted by Linda DeJongh

Ingredients
2 tablespoons butter
1 medium onion, chopped
1 pound parsnips, peeled and cubed
1 clove garlic, finely chopped
2 teaspoons curry powder
1 cube bouillon, mixed into 3-1/4 cups boiling water
 OR 3 cups vegetable broth
1/2 cup heavy cream
1 pinch red pepper flakes or paprika for garnish

- Directions
1. Melt the butter in a large saucepan over medium heat. Fry the onion in butter until soft, about 5 minutes. Add the parsnips, garlic and curry powder, and fry for a couple of minutes to release the flavors. Mix the bouillon cube into the boiling water, and pour into the saucepan (or pour the 3 cups veggie broth into the pan). Stir to remove any bits of vegetable from the bottom of the pot. Simmer for 15 minutes or until parsnips are soft and easy to break with a wooden spoon.
 2. Remove from the heat, and blend with a hand mixer or immersion blender. Stir in the cream, and heat through. Do not boil. Season with salt and pepper to taste, and garnish with red pepper flakes or paprika.

Our family enjoyed this as our main entrée for Christmas Day. (We have a 12-year family tradition of a home-cooked, soup-based meal on Christmas Day).

Day 18

Spicy Soup, submitted by Jackie Bruce

1 peeled eggplant
Box of fresh mushrooms, chopped
14 oz can tomatoes, diced
Small summer squash
2-3 tsp minced garlic
Italian seasoning, salt and pepper, all to taste
1 – 2 c. chicken broth

1. Simmer all together, ‘til vegetables are soft, and thin, if desired, with water.
2. Sprinkle with parmesan cheese and serve.
3. This is based on a recipe for weight loss, and is tasty and quite filling.



Day 19

Tofu Spaghetti, submitted by Roxanne Barksdale

Total Preparation time for this meal is 45 minutes
Serves 4

Saute on Medium heat on the Stove Top

Ingredients or Tools needed:
A (deep) Frying pan
Olive Oil (spray dispensed is easiest)
1 (about 14oz) package of Extra Firm Tofu
2 (about 26 oz) cans of your favorite spaghetti sauce

Preparation of the Base:
While the sauce is cooking, prepare your favorite pasta or for minimizing carbohydrate use spaghetti squash (cut in half, seeded and baked in a 375° oven on an olive oil prepared cookie sheet for 30 minutes. Then scrape the squash out of the husk into a bowl and keep warm for serving). Make sure the liquid is strained out of either option.

Preparation of the Sauce:
Spray the frying pan with Olive Oil. Crumble the Extra Firm Tofu into fine pieces in the frying pan and sauté over medium heat (this is the texture of beef). Open and pour in 2 cans of your favorite spaghetti sauce.

After thoroughly heated, spoon the sauce over individual servings of the prepared pasta or spaghetti squash.

Serving: This dish is nice served with a salad and perhaps toasted garlic bread olive oil.



Our family really likes this dish because it is fast and easy at the end of a work day as well as helps our environment by using no meat. It was developed by Mom as an experiment in delicious ease and “Dad”, who loves meat, likes most to prepare it! (smiles for all)



Giving Thanks!

Come, Lord Jesus, our Guest to be
and bless these gifts bestowed by thee
Bless our loved ones everywhere
and keep them in Your loving care.