

Some Lenten Recipes to Get Us Started with Great Lent
St. Vladimir Russian Orthodox Church
Ann Arbor, MI

Marias Spicy Bean soup

4 carrots, chopped 1/2 cup sherry
2 onions chopped 1/2 cup rice or orzo
1-2 clove garlic mashed --
2T olive oil
1Tground cumin
1/4 t cayenne pepper (or to taste) try 1/8 tsp first
1 1/2 t ground corriander
4 cups vegetable broth
2-16 oz cans of black bean (including liquid in can)

In a kettle, cook the carrots, onions, and garlic in the oil over moderate heat, stirring until the vegetables are soft. Stir in cumin, cayenne, and coriander and cook mixture stirring for one minute. Add broth and beans with the liquid. Bring all of this to a boil and simmer for about 15 min. Add rice and simmer for 15-20 min or until rice in tender. Stir in sherry & salt & ground pepper. Add garnish if you like.

A favorite in my family during any fast!

Katherine Joyce
Houghton, MI

Vegetarian Four-Bean Chili

Makes 8 servings at \$1 each

Nutrient value per serving: 286 calories, 14 g protein, 4 g fat, 51 g carbohydrate, 866 mg sodium, 0 mg cholesterol.

1 T vegetable oil
2 large onions, chopped
1 sweet green pepper, chopped
3 cloves garlic, finely chopped
2 carrots, pared and cut into 1/2 inch dice (we just chop 'em up)
1 small zucchini, halved lengthwise and thickly sliced crosswise
1 summer squash cut the same as the zucchini
2 T chili powder
1/2 t leaf oregano, crumbled
1 t ground cumin
2 cans (28 oz. Each) pureed tomatoes
1 can (12 oz.) beer - don't skip this!

1 t salt

1 can (1 lb.) of each of the following, drained and rinsed:

- black beans
- black eyed peas
- kidney beans
- chick-peas

1. Heat oil in large pot over medium heat. Add onion, green pepper and garlic; sauté 4 minutes until onion is softened. Add carrot; cook, covered, 2 minutes. Add zucchini, summer squash, chili powder, oregano and cumin; sauté 1 minute. Add tomatoes (carefully breaking up with wooden spoon), beer and salt. Bring to boiling. Lower heat; simmer, partially covered, 15 minutes.
2. Stir in all the beans. Simmer, stirring frequently, 10 minutes to heat through.
3. Serve over rice or with fresh bread.

VINAIGRETTE SALAD

Submitted by: Anne Joyce

2 large (or more) fresh beets
1-2 large carrots
3 large potatoes
3-4 dill pickles
1 can sauerkraut
1 large onion (can substitute green onions)
2-3 Tablespoons vegetable oil
salt to taste

1 can green peas (optional)

- Boil the beets, carrots and potatoes in a large pot. Be aware that the three vegetables cook at different speeds so you will need to remove the carrots first and then the potatoes while the beets still cook.
- Let vegetables cool.
- Chop beets, carrots and potatoes into small pieces and put in a large bowl.
- Chop pickles and onion. Add to the vegetables.
- Drain sauerkraut and add to other ingredients. Mix well.
- Add vegetable oil. Mix well.
- Add salt, if needed.

- Add green peas for decoration before serving.

* Feel free to adjust the amounts of all ingredients based on your personal preference.

Lentils with Spinach

1 T olive oil
1.5 C diced onion
6 C vegetable broth
1 lb. dry green or brown lentils, carefully picked over and washed
1 10 oz package frozen, chopped spinach
2 T lemon juice
1.5 t ground black pepper
salt to taste

Sauté onion gently in oil. Add stock and bring to boil. Add lentils. Return pot to boil, reduce heat and simmer 15 minutes. Add spinach and simmer 15 more minutes. Remove from heat and finish with lemon juice and pepper. Serve over brown rice. Fr. Gregory likes this plated with a few dashes of Tobacco sauce on top. Salsa is also good on top.

Mussels Marinara

Serve this dish as a main course with a green salad a loaf of Italian garlic bread.

3 dozen fresh mussels
1 medium onion, thinly sliced
4 garlic cloves, minced
3 tablespoons olive oil
2 (28-oz) cans Italian peeled tomatoes, drained and chopped
1 C dry red wine
2 bay leaves
1 t dried basil
1/2 t salt
1/2 t crushed hot red pepper
1/4 grated Parmesan cheese (not during lent, though!)

1. Scrub mussels well. Pull or cut off hairy brown beard from each mussel.
2. In a large saucepan, cook onion and garlic in olive oil over medium heat, stirring frequently, until softened, about 2 minutes. Add tomatoes, wine, bay leaves, basil, salt, and hot pepper. Stir to mix. Partially cover and cook, stirring occasionally, until sauce thickens, about 20 minutes.

3. Add mussels; raise heat to medium-high, cover, and cook, stirring occasionally, until mussels open, 5 to 10 minutes. Discard any that do not open. Spoon out servings of mussels and sauce into individual bowls and sprinkle cheese on top. Serve immediately.
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EGGPLANT CAVIAR

Submitted by: Anne Joyce

1 large (2 small) eggplants
1 green pepper – chopped
1 onion – chopped
1-2 carrots – grated
1 can (4oz) tomato sauce
2 teaspoons fresh dill
1-2 Tablespoons olive oil
salt and pepper to taste

- Poke holes in eggplant with a fork. Cook in microwave approximately 10 minutes or until soft (can also cook in the oven). Let cool.
 - While eggplant is cooking, chop onion and green pepper. Sauté green pepper and onion in a skillet with olive oil. Add grated carrot when pepper and onion mixture is almost soft.
 - Chop eggplant, removing seeds. Add to mixture in skillet. Add tomato sauce, dill and salt and pepper. Simmer for 5-10 minutes.
 - Remove from heat and let cool. You may put it in the blender for a smoother texture.
 - Keep in refrigerator and serve cold on bread or crackers.
 - Feel free to adjust the amounts of vegetables based on your personal preference.
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The Best (Lenten) Chocolate Cake

Elizabeth Joyce

3 Cups flour
2 tsps. baking soda
6 tbsps. cocoa
1 tsp. salt
2 Cups sugar
3 tbsps. vinegar
2 tsps. vanilla
3/4 cup oil

2 cups cold water

Measure flour, soda, cocoa salt, and sugar into large mixing bowl. Add vinegar, vanilla, oil and water and mix well. Pour batter into greased 9 x 13 inch baking pan. Bake at 350 degrees for 45 minutes.

For icing: buy Duncan Hines or Pillsbury frosting, Classic Chocolate or Vanilla (or whatever you like that fits the fast).

It also good without frosting.

1 pound linguini

Salt

1/4 cup extra-virgin olive oil, 4 turns of the pan

6 fillets flat anchovies, chopped

4 cloves garlic, chopped

1 teaspoon dried thyme leaves

1/2 to 1 teaspoon crushed red pepper flakes

1/2 cup dry white wine, 2 turns of pan

1 (15-ounce) can whole baby clams, with their juice

Handful flat-leaf parsley, chopped

Bring a large pot of water to a boil. Add salt and the linguini and cook to an extra chewy al dente, 7 minutes or so. The linguini will continue to cook in sauce, later.

To a large skillet heated over medium heat, add oil, anchovies, garlic, thyme and red pepper flakes. Cook together until anchovies melt into oil and break up completely. Add wine to the pan and give the pan a shake. Add clams and their juice. Drain pasta and add it to the clam sauce. Toss and coat the pasta in sauce with clams until the pasta absorbs the flavor and juices, 2 to 3 minutes. Remove from heat and season with salt, add parsley and serve.

Lenten Notes: Anchovies can be eaten on days when fish is allowed. Wine can be used on days when wine is allowed. The recipe is just fine without the anchovies, not so without the wine – you need it.

REMEMBER – IF IT IS VEGAN IT FITS THE FAST

REMEMBER – YOU CAN HAVE SHELL FISH ANY DAY!