

**St. Vladimir Orthodox Church
Ann Arbor, MI
Great Lenten Recipes
Week II 2010**

Fasting tip of the week: Most Ann Arbor restaurants will prepare the items on their menus vegan, that is, to fit the Great Lenten fast. You often have to ask, but usually the answer is “yes”.

ST. PATRICK'S DAY SOUP

2 tablespoons vegetable oil
6 cups shredded cabbage
1 cup shredded or thinly sliced leeks (white and light green parts only)
6 cups vegetable broth[^]
2 cups diced, peeled boiling potatoes
1/4 teaspoon salt or to taste
1/4 teaspoon pepper

In a 4 quart saucepan heat the oil over medium high heat. Add the cabbage and leeks. Cook, stirring until wilted (about 4 minutes). Stir in the broth and bring to a boil. Add the potatoes, reduce heat and simmer uncovered 30 minutes or until the potatoes are tender. Stir in salt and pepper. Variation: add sliced carrots.

[^]Dried Knorr cubes at Hiller's, liquid at Trader Joe's

LAZY PIROGI

1 stick margarine*
3/4 pound fresh mushrooms
1 pound noodles**
3 large onions
1 can (1 pound) sauerkraut
Salt and pepper to taste

Boil noodles and drain. Chop mushrooms and onions, sauté in margarine. Rinse sauerkraut. When sauerkraut is completely rinsed, add remaining margarine, mushrooms, onions, sauerkraut, salt and pepper to noodles. Mix well and bake at 350 degrees for 20 minutes. Variation: add salsa to completed dish at the table.

*Lenten: Shedd's Willow Run is the best. Not all margarines are dairy free – Willow Run is. You can buy this locally at Meijer's or Hiller's.

**Note that some pasta has egg in it, but most does not. Read the label carefully before buying.

PINEAPPLE BANANA CAKE

1 and 1/3 cups vegetable oil or applesauce
3 cups sugar
1 cup crushed pineapple, with juice
2 cups mashed bananas (very ripe)
1 cup chopped pecans
3 cups flour
1 and 1/2 teaspoons vanilla
2 teaspoons baking soda
1 teaspoon cinnamon
1 teaspoon salt
1 cup maraschino cherries (optional)

Mix together oil, sugar, pineapple, bananas, pecans, flour, vanilla, soda, cinnamon, salt, and optional chopped maraschino cherries (cherries yield a fruitcake type of cake). Pour into a greased and floured 9 or 10 inch bundt pan. Bake for 90 minutes at 350 degrees.

Questions about fasting or lent? Want to contribute to this effort by sharing recipes?
Contact Fr. Gregory:

734-649-5746
ogrisha@stvladimiraami.org

Thank you to those who contributed recipes for this week's offering!