

St. Vladimir Orthodox Church
Ann Arbor, MI
Great Lenten Recipes
Week V 2009 – Sunday of St. Mary of Egypt

Fasting Tip of the Week: Often hungry during lent? You likely are not getting enough protein. Almonds are a great source of protein and contain lots of things that are good for you. Give them a try as a great fasting snack!

PEANUT SOUP

1 tablespoon vegetable oil
1 cup sliced onions
1 teaspoon curry powder
1/4 teaspoon ground red pepper
1/4 teaspoon ground ginger
1/4 teaspoon (or to taste)
4 cups vegetable broth
2 cups sliced carrots
1/2 cup smooth peanut butter
1/2 unsweetened coconut milk (don't worry – it doesn't contain dairy)
1/2 cup soy milk (don't worry – it doesn't contain dairy)

In a 3-quart saucepan heat the oil over medium heat. Add onions and cook, stirring, until soft (about 2 minutes). Stir in the curry powder, red pepper, ginger, and salt until absorbed. Add the broth and bring to a boil. Add the carrots and cook uncovered over medium heat, about 30 minutes or until carrots are soft. Place the soup and peanut butter in a blender or food processor container fitted with a steel blade. Cover and process until pureed (you may have to do this in more than one batch). Return puree to pot. Stir in coconut milk and soy milk. Cook over low heat, stirring frequently, until heated through.

WEST AFRICAN CURRY SHRIMP

2 cups vegetable broth
3-4 tablespoons flour
1 tablespoon curry powder (or more if you like)
1 bag frozen shrimp (50 to 55 seems to be the best size, but you can use what you like)

- If shrimp have tails on them remove tails before adding to curry sauce

Thicken the broth with flour stirring with a whisk. Defrost shrimp using direction on the package. Once sauce is at desired consistency add shrimp. Heat through. Serve over rice with some, all, or none of the following (or with something else you like): pineapple, sliced bananas, mandarin oranges, peanuts, onions, or tomatoes.

CHOCOLATE BANANA SNACKING CAKE

1 2/3 cups all purpose flour
1 cup packed light brown sugar
1/4 cup cocoa powder

1 teaspoon baking soda
1/2 teaspoon salt
1/2 cup water
1/2 cup mashed ripe banana
1/3 cup vegetable oil
1 teaspoon white vinegar
1/2 teaspoon vanilla extract

Heat oven to 350F degrees. In large bowl, stir together flour, brown sugar, cocoa, baking soda, and salt. Add water, banana, oil, vinegar, and vanilla. Stir until smooth. Pour batter into ungreased 8-inch square baking pan. Bake 35 to 40 minutes or until wooden pick inserted in center comes out clean. Serve warm or cool with non-dairy whipped topping if desired (or just with a bit of powdered sugar).

Questions about fasting? Want to contribute to this effort by sharing recipes?
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