

**St. Vladimir Orthodox Church
Ann Arbor, MI
Great Lenten Recipes
Week IV 2009 – Sunday of St. John of the Ladder**

Fasting Tip of the Week: Trader Joe's has GREAT vegan barbecued ribs. Whole Foods has excellent vegan meatballs (especially good in spaghetti sauce).

BEAN AND BARLEY SOUP

1 pound northern white beans
2 quarts water
1 cup barley
3 tablespoons paprika
1 large onion chopped
3 or 4 stalks celery chopped
2 large cloves garlic chopped
Parsley, salt, pepper to taste
olive oil to taste

Sort and wash beans. Use quick soak method on bag. If using canned beans drain and rinse lightly. Cook beans with barley in water until barley and beans are tender. Add chopped onion, celery, garlic, parsley, salt & pepper. When soup thickens add paprika and olive oil. Cook until done.

PEANUT BUTTER NOODLES

1 pound dried pasta*
2 tablespoons oriental sesame oil
1/4 cup creamy peanut butter
1/4 cup soy sauce
1 inch piece of fresh ginger peeled & minced or 1/4 teaspoon powdered ginger
2 tablespoons rice wine vinegar
1/4 teaspoon crushed red pepper flakes

Cook pasta according to package directions and drain. Toss with sesame oil and set aside. In bowl combine peanut butter, soy sauce, wine vinegar, ginger, and red pepper flakes. Toss with hot noodles. Serve at room temperature. Variation: dice one small/medium onion (or a small red bell pepper, or both) and toss with noodles before serving.

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

LENTEN HONEY CAKE

1 cup strong tea
1 cup honey (can use slightly more or less)
1 cup sugar
1/2 cup oil

1 teaspoon baking soda
1 tablespoon vinegar
Flour

Mix tea, honey, sugar, and oil (it helps if the tea and the honey are warm). Combine baking soda and vinegar and then add to the tea/honey mix. Add flour until the mixture is the consistency of good sour cream (about 3 cups). Cook at 350F degrees. For two square cake pans bake about 40 minutes. For mini muffin pans bake about 15 minutes.

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