

Resources for the Creation Care Lenten Challenge

Vegetarian Recipes

Because of copyright restrictions, we are not allowed to use the many recipes that our parishioners use in their homes, so instead we will provide some useful links to discover a taste of the countless plant-based recipes available and encourage you to try some. The first two recipes were created by one of our staff members, Sally Diaz-Wells, and were favorites for her daughter. Enjoy these and the many discoveries in the next pages!

South Western Bowl

I find this recipe is very flexible because you can add or subtract items to taste. When I would make this for my young child, I would literally use a large mug. This could easily be rolled up in a burrito or taco bowl.

½ cup to 1 cup of cooked white rice

1/3 cup of rinsed black beans or small red beans (you can also cook the black beans in a sauce with tomato sauce and lots of white onions and spices)

Diced tomato

Diced onion

Diced lettuce

Cheese of choice, but cheddar or a Mexican blend are nice

Guacamole or cut slices of fresh avocado

Garnish with a dollop of sour cream and fresh cilantro

Vegetable Spaghetti

Short or long pasta of choice, cooked

1. 2 15.5 oz cans of crushed tomato
2. Minced garlic to taste
3. Crushed peppers to taste
4. Onion, 1 small one diced
5. Pepper 1 small diced

Frozen or Fresh Spinach, add into pot for the last 7 minutes if fresh spinach.

Simmer 1 through 5 together for about 20 minutes and add pasta. Top off with choice of shredded cheese and crushed red peppers.

Other recipes from parishioner Anne F.:

Vegetable Soup

1. Chop and sauté in 1 Tbsp of olive oil in large heavy pot:

- * 1 large onion
- * 1 zucchini
- * 2 carrots
- * 2 celery ribs
- * 2 cloves of garlic

Sauté until onion is clear.

2. Add to pot:

- * 2 3" sprigs of fresh rosemary
- * 2 sprigs of fresh tarragon
- * 1/2 tsp of thyme leaves
- * 2 Tbsp of fresh parsley
- * 1/2 tsp of black pepper
- * 1 tsp of salt
- * 2 medium tomatoes, chopped
- * 4 medium red potatoes, quartered
- * 1 can dark red kidney beans
- * 1 can vegetable broth

3. Add extra water if needed to cover and simmer for 45 minutes or until vegetables are soft.

Chickpea (Garbanzo)and Tomato Curry

1. Heat 3 Tbsp of vegetable oil in large pot and add and cook for 1 minute:

- * 1/2 tsp of whole cumin seeds
- * 1/2 inch cinnamon stick
- * 3 whole cardamom pods
- * 1/8 tsp of whole peppercorns

2. Add to pot and cook until slightly browned:

- * 1 medium onion, minced
- * 3 cloves of garlic, minced
- * 1/2 inch cube of fresh ginger, peeled and minced

3. Add and simmer for 20-25 minutes:

- * 1 can of diced tomatoes
- * 1 can of garbanzos (chickpeas)
- * 3/4 tsp salt
- * 1/4 tsp cayenne pepper

4. Serve with basmati rice (ideally, though plain long grain rice may be substituted) and a simple cucumber raita (Mix 1 cucumber, peeled and chopped, 1 small container of plain yogurt, and 1 Tbsp of chopped fresh mint, and salt to taste).

Mom's red beans and rice

1. Soak 1 cup of dark red kidney beans for 12 hrs or so then drain and rinse them.

2. Heat 2 Tbsp of olive oil in a large heavy pot, add and sauté until onion is clear:

- * 1 medium onion, chopped
- * 2 cloves of garlic, minced
- * 1/2 inch cube of fresh ginger, minced

3. Add to pot and stir to mix:

- * 1/4 tsp. of mustard (Dijon is best)
- * 1 bay leaf
- * 1 tsp of dried marjoram leaves
- * 1/2 tsp of dried thyme leaves
- * a couple of dashes of hot sauce
- * drained red kidney beans

4. Add boiling water to pot to cover the beans amply and then simmer for about 1 hour until beans are tender. Check occasionally and add water as needed.

5. Add 1 cup of long grain white rice and 1 tsp of salt and stir. Add more boiling water if needed to just cover and cook until rice is tender (about 20-25 minutes, usually).

(See links to other recipes on following pages)

Meatless Recipes:

Meatless Meals from Around the World from Catholic Relief Services: CRS has provided a library of dozens of meatless meals. Many have video instructions. Go to: <https://www.crsricebowl.org/recipe>. Select "Lenten Recipes" Strong Recommendation.

Mercy Meatless Mondays 2020: reflections and recipes from the Sisters of Mercy. <https://www.sistersofmercy.org/files/documents/resources/Justice/Mercy-Meatless-Mondays.pdf>

41 Easy Vegetarian Recipes: Plant-based Eating a 2020 Trend
<https://www.realsimple.com/food-recipes/recipe-collections-favorites/healthy-meals/easy-vegetarian-recipes>

"Cool Beans", Beans are Good for the Planet
<https://www.washingtonpost.com/news/voraciously/wp/2020/02/02/beans-are-good-for-the-planet-for-you-and-for-your-dinner-table-heres-how-to-cook-them-right/>

Nutritious and Delicious Recipes
<https://www.eatgood4life.com> Contains healthy chicken recipes as well.

Recipe for Shepherd's Pie
<https://www.washingtonpost.com/news/voraciously/wp/2020/02/02/build-a-better-for-you-shepherds-pie-with-this-lentil-mushroom-filling-and-cauliflower-mash/>

5 Ingredient veggie burgers
<https://sweetsimplevegan.com/2019/06/5-ingredient-veggie-burgers/>

www.allrecipes.com › [recipes](#) › [more-meal-ideas](#) › [30-minute-meals](#)
[30-Minute Vegetarian M Allrecipes.com](#)

30-Minute Vegetarian Main Dish Recipes. Pasta with Fresh Tomato Sauce. 153. Pesto Zoodles. Paneer Butter Masala. Waffled Falafel. Tempeh Tacos. Vegan Breakfast Hash with Smashed... Zucchini Alfredo. 328. Chana Masala (Savory Indian Chickpeas), 131.

www.bbcgoodfood.com › [recipes](#) › [collection](#) › [vegetarian-main-course](#)
[Vegetarian main course recipes | BBC Good Food](#)

Discover plenty of fresh and colourful vegetarian main course ideas, from hearty tarts and satisfying salads to creamy risottos and warming stews.

www.cookinglight.com › [food](#) › [vegetarian](#) › [simple-vegetarian-recipes](#)
[40 Easy Vegetarian Recipes - Cooking Light | Cooking Light](#)

Totally veggie-friendly, and flavor packed, these simple recipes will ... View Recipe: Avocado, Black Bean, and Charred Tomato Bowl ... full plate requires only 5 ingredients (water, oil, salt, and pepper are considered freebies).

www.tasteofhome.com › [collection](#) › [easy-30-minute-vegetarian-dinn...](#)
[90 Easy 30-Minute Vegetarian Dinners | Taste of Home](#)

Whether you enjoy an occasional meatless meal or follow a vegetarian diet, easyvegetarian ... 90 Easy Vegetarian Dinners Ready in 30 Minutes or Less.

[Hearty Vegetarian Chili](#) · [Vegetarian Pad Thai](#) · [Indian Spiced Chickpea Wraps](#)

www.thekitchn.com › [25-thirty-minute-vegetarian-meals-for-busy-we...](#)
[30-Minute Vegetarian Meals for Busy Weeknights | Kitchn](#)

A roundup of quick and easy vegetarian dinner recipes that take no more than 30 minutes to make.

Accept the 2020 OLQP Lenten Challenge and try some new recipes. Plant-based eating can be healthy for you and for the planet. May God bless you in this Lenten Journey!

Related Articles

New Research Shows that Most Americans are Open to Eat a More Climate-Smart Diet
<https://www.earthday.org/many-americans-open-to-plant-based-diets-new-study-finds/>

Beef is Off the Table
<https://www.uscatholic.org/articles/201602/beef-table-30574>

The Health Benefits of a Plant-Based Diet
<https://www.msn.com/en-gb/health/mindandbody/the-health-benefits-of-going-plant-based/ar-BBWxwNc?li=AAJt1k3>

How Eating Less Meat Helps the Environment
<https://reducetarian.org/blog/2017/4/13/earth-day-2017-how-eating-less-meat-helps-the-environment>

How to Cope with Environmental Guilt Syndrome
<https://zerowastechef.com/2019/02/14/how-to-cope-with-environmental-guilt-syndrome-egs/>

How Can I Go Green This Lent? An excellent article with references you can use year round.
<https://www.ncronline.org/news/earthbeat/how-can-i-go-green-lent>

Your Questions about Food and Climate Change Answered. Delightful and informative.
<https://www.nytimes.com/interactive/2019/04/30/dining/climate-change-food-eating-habits.html>

Avoiding Meat and Dairy is the “single biggest way” to Reduce Your impact on the Earth
<https://www.theguardian.com/environment/2018/may/31/avoiding-meat-and-dairy-is-single-biggest-way-to-reduce-your-impact-on-earth>

Note: Do you have any articles that you would like to add to this website. Submit them for consideration to Bill Larme (Blarme@msn.com)