



Recipes for the Great Fast

The recipes below are suitable for Lent and other fasts of the church year, as they require no meat, fish, dairy products, wine, or oil. However, if you wish to make them outside of fasting periods, other ingredients can be easily added: for example, onions and garlic may be sautéed in olive oil, beef or chicken broth can be substituted for vegetable broth, or sour cream or grated cheese added as a topping.

Pasta with Tomato Sauce

Easy and tasty combination!

6 cans of spaghetti sauce: 2 traditional, 2 tomato-and-basil, 2 garlic-and-herb

(or, if not fasting, use: 2 traditional and 1 each of tomato-and-basil, garlic-and-herb, four-cheese, and meat)

- 1 TBS salt
- 2 TBS onion flakes
- 2 TBS garlic flakes
- 1 TBS garlic powder
- 1 TBS parsley
- 1 TBS oregano
- 1 TBS basil
- 1 TBS onion powder

Combine ingredients and cook in slow cooker on warm (or low setting in an Instant Pot) for four hours. Add to cooked pasta of choice and serve.

(Contributed by Jessica Boudreau.)

Lentil Soup

A generous recipe, makes about four quarts of soup.

- 1 lb. lentils--about 2½ cups (sort)
- 3 carrots, sliced
- 3 stalks celery, sliced
- 1 onion, diced
- 3 garlic cloves, minced
- 1 TBL Italian seasoning
- 1½ tsp salt
- ½ tsp red pepper flakes
- ½ tsp black pepper
- 2 quarts vegetable broth
- 1 28-oz. can diced tomatoes

Add all ingredients to stockpot, bring to boil, reduce heat and simmer until lentils are tender.

(Contributed by Kathie Crawford)

Mexican Black Bean Soup

Makes a little over two quarts of soup; freezes well.

- 1 lb. dry black beans (sort, soak, drain, and rinse)
- 1 quart vegetable broth
- 1 yellow onion, finely chopped
- 1 red bell pepper, finely chopped
- 2 jalapeños, seeds removed and finely chopped
- 1 15-oz can diced tomatoes
- 4 cloves garlic, minced
- 1 heaping TBL chili powder
- 2 tsp ground cumin (or more, to taste)
- 2 tsp salt
- 1 tsp ground black pepper
- ½ tsp ground cayenne pepper
- ½ tsp paprika

Combine all ingredients, stir, simmer for 5-6 hours, until beans are very tender. Mash some of the beans for thickening. Optional toppings include sliced avocado, parsley or cilantro, and chopped green onions.

(Adapted from: *Emily Eats*, <https://www.emilieats.com>.)

Cajun Red Beans and Rice

Makes a little over two quarts of red beans; freezes well.

- 1 lb. dry red kidney beans (sort, soak, drain, and rinse)
- 1 medium yellow onion, diced
- 1 green bell pepper, diced
- 2 medium stalks celery, diced
- 6 cloves garlic, minced
- 2 TBL parsley, chopped, plus some for garnish
- 1 TBL hot sauce
- 1 tsp oregano
- 1 tsp. dried thyme
- 1 tsp smoked paprika
- 2 tsp salt, plus more to taste
- 1 tsp pepper, plus more to taste
- ¼ tsp ground cayenne pepper
- 2 bay leaves
- 1 quart vegetable broth

Braise onion, bell pepper, and celery in water, until tender and slightly browned. Add parsley, hot sauce, thyme, paprika, salt and pepper. Cook one minute. Add beans, bay leaves, and broth. Bring to boil; cover, lower heat, simmer for 1¼ hour or until beans are tender. Remove lid, simmer 15 min. more. Mash some of the beans for thickening. Sprinkle with parsley; serve with cooked rice.

(Adapted from: *Emily Eats*, <https://www.emilieats.com>.)

Gallo Pinto (Costa Rican Beans and Rice)

Prep Time: 10 minutes; Cook Time: 20 minutes; Servings: 8

2 TBL vegetable, olive, or canola oil
1 red bell pepper, chopped
1 small yellow onion, chopped
2 cloves garlic, minced
2 cup cooked black beans, in 3/4 cup reserved cooking liquid*
¼ cup Salsa Lizano**
3 cups cooked rice, preferably, day-old and refrigerated
¼ cup fresh cilantro, chopped

Heat oil in a large skillet over medium-high heat until shimmering. Sauté chopped bell pepper and onions until peppers are soft and onions are translucent, about 6-8 minutes. Add minced garlic and cook for 1 minute, until fragrant. (If fasting strictly, omit oil and just simmer bell pepper, onion, and garlic in a small amount of water.)

Add black beans, reserved cooking liquid, and Salsa Lizano, stirring to combine. Simmer for 5 minutes, until slightly thickened and little bit of the liquid is evaporated. Gently stir in cooked rice and cook until heated through and most of the liquid is absorbed, but not dry, about 3-5 minutes. Stir in chopped cilantro. Season to taste with additional Salsa Lizano (we added about a tablespoon extra).

*Canned beans in their liquid can be substituted here if time is of the essence. But, if you do have the time to soak and cook beans from dried, the flavor and texture will be a big reward!

**Salsa Lizano, a common Costa Rican condiment, can be ordered on Amazon. If you need to substitute, consider Worcestershire sauce.

(Contributed by Catherine and Daniel Albers, adapted from stripedspatula.com)

Simple Lenten Soup Recipe

This is so easy that even the domestically-challenged among us can do it: Open a can of beans (kidney beans, black beans, or pinto beans are all good). Drain and rinse with water until the water runs clear. Open a can of diced tomatoes (do *not* drain). Combine beans and tomatoes in a pot. Add salt and pepper to taste. (If you want more flavor, add a little taco seasoning to pinto or black beans, or Italian seasoning to kidney beans.) Heat, serve.

(Contributed by the severely domestically challenged Kathie Crawford.)

Cooking Tip

To “quick soak” beans: Sort beans by placing them in a shallow layer in an empty pie pan. Run through them by hand, discarding any small stones and any shriveled beans. Rinse in a colander with cool water. Place beans in a large pot and cover with 2-3 inches of water. Bring water and beans to a rapid boil. Boil for 2-3 minutes. Remove from heat, cover with lid, and let stand about one hour. Drain soaking water, rinse beans, and continue with your recipe.