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**RECIPES SHARED BY MEMBERS OF**

**THE COMPANIONS OF SAINT LUKE, OSB**

**THE FEAST OF SAINT NICHOLAS OF MYRNA**

**DECEMBER 6, 2024**

***SISTER GIANNA ALTADONNA***

**Great Grains!**

Options for the grain:

1. Rolled oats
2. Steel cut oats
3. Oat groats and/or other grains

I always add:

1. A pinch of salt
2. Good fat for satiation and taste (vegan butter, coconut oil)
3. Nuts: almost always, pumpkin seeds, AKA pepitas; see below for my pairings
4. Milk, I use soy for the increased protein
5. Ground flaxseed, 1-2 Tbsp or to taste

Options for flavors/add ins

1. Apple cinnamon: cinnamon, and/or ground cloves, ginger, allspice, pecans, cut up apple
2. Bananas Foster: ripe banana, walnuts, and cinnamon
3. Chocolate covered fruit: cocoa powder, walnuts and cut up strawberries (fresh) or frozen cherries, flaked coconut
4. When I am out of fresh stuff: dried fruit with cinnamon, or cocoa, whatever seems to go together

Cooking (or not)

1. Make a big batch and freeze
2. Make one at a time, as you are eating
3. Make a batch and put in the refrigerator (overnight oats); you can heat or not heat before you eat it.
4. Halfway make them: I use Ball jars and put all the shelf stable ingredients in the jar and leave in the pantry. Then when I’m ready, I can add the other ingredients.

Tips:

1. If you like your apples crisp, fruit distinct, etc., add them last
2. If you like your almonds chewy, use raw, and add them when you make the oatmeal ahead of time, or before cooking
3. I make what Dr. Michael Greger calls “BROL” which is barley, rye, oats, and lentils. This can be used in any of the variations listed above (recipe on his website, nutritionfacts.org)
4. I add ground flaxseed after I heat my grains, so that I don’t taste it; it gets this weird taste when I heat it up
5. These can be frozen at any stage in the process.
6. What about (fill in the blank with your ingredient)? Try it! For instance, I’m betting peanut butter with cocoa and apples would be great. I might have that next week…

**Grandmother's Famous Cranberry Bread**

I first got this from a book I had as a child, Cranberry Thanksgiving. So so good.

This is a delicious bread with golden raisins and cranberries. It's perfect for Thanksgiving or any special holiday.

Servings:12

Yield:1 - 9x5x3 inch loaf

**Ingredients**

* 2 cups sifted all-purpose flour
* 1 cup white sugar
* 1 ½ teaspoons baking powder
* 1 teaspoon salt
* ½ teaspoon baking soda
* ¼ cup butter
* 1 egg, beaten
* 1 teaspoon orange zest
* ¾ cup orange juice
* 1 ½ cups golden raisins (if preferred, can sub cranberries for part or all of this)
* 1 ½ cups chopped cranberries

**Directions**

1. Preheat oven to 350 degrees F (175 degrees C). Spray or grease one 9x5x3 inch loaf pan.
2. Whisk together the flour, sugar, baking powder, salt, and baking soda.
3. Cut in butter until mixture is crumbly. Add egg, orange peel, and orange juice; stir to mix and fold in raisins and cranberries.
4. Pour into loaf pan and bake for 70 minutes or until toothpick inserted comes out clean. Remove from pan; cool on wire rack.

**Three-Bean Vegetable Soup**

 2 hours 30 minutes

Serves 8

Vegan

This hearty bean vegetable soup is made with three varieties of beans for a nourishing, filling vegan dinner. So cozy for a chilly evening and meal prep/freezer friendly!

**Ingredients**

* 1 1/2 cups dried beans (we used 1/2 cup each of cannellini, garbanzo, and kidney beans) \*
* 2 tbsp olive oil
* 1 large yellow onion, diced
* 1 tbsp garlic, minced
* 1 cup diced carrot
* 1 cup diced celery
* 1 cup diced sweet potato
* 6 cups vegetable broth
* 1 14 oz can diced fire roasted tomatoes
* 1 1/2 tbsp red wine vinegar
* 2 bay leaves
* 1 tbsp Italian seasoning blend
* 1 1/4-1 1/2 tsp fine grain kosher salt
* 1/4-1/2 tsp red pepper flakes
* 3 cups baby spinach or kale
* 1/4 cup fresh chopped parsley

**Instructions**

1. Rinse dried beans well. In a large pot, cover beans with water (3 + inches above beans) and add a pinch of salt. Bring to a boil for 2-3 minutes. Remove from heat, cover and let soak for 1.5 hours. Drain and rinse.
2. Heat olive oil in a large pot. Sauté onion and garlic for 5-6 minutes, or until translucent and slightly softened, stirring frequently.
3. Add carrots, celery, and sweet potato. Continue cooking for 6-7 minutes.
4. Add soaked beans, broth, tomatoes, red wine vinegar, bay leaves, Italian seasoning, salt, and red pepper flakes. Bring to a boil, then reduce heat to low and simmer for 40-45 minutes, until the beans are tender.
5. Stir in kale/spinach and parsley 5 minutes before serving.

**Notes**

\*Don't have any dried beans? Substitute with 2 15oz. cans of beans. Drain and rinse well before adding to the soup. If using canned beans, this soup will only need to simmer for 20-25 minutes before serving.

You can use just about any variety of bean, including navy, pinto, kidney, etc.

**Cowboy Caviar**

Prep Time20minutes minutes

Total Time20minutes minutes

Servings12 servings

A fresh, simple dip that can be thrown together in under 15 minutes! This Cowboy Caviar makes a great side dish for any picnic, potluck, or party, and is a great way to use up your summer produce!

**Ingredients**

* 3 Roma tomatoes seeds removed, diced
* 2 avocados diced
* ⅓ cup diced red onion
* 15 ounces canned black beans 1 can, rinsed and drained
* 15 ounces canned black-eyed peas 1 can, rinsed and drained
* 1 ½ cups frozen corn kernels thawed\*
* 1 bell pepper diced, any color
* 1 jalapeño seeds removed, finely diced
* ⅓ cup chopped fresh cilantro
* Tortilla chips for serving

**DRESSING**

* ⅓ cup olive oil
* 2 tablespoons fresh lime juice
* 2 tablespoons red wine vinegar
* 1 teaspoon granulated sugar
* ½ teaspoon salt
* ½ teaspoon black pepper
* ¼ teaspoon garlic powder

**Instructions**

* Combine tomatoes, avocado, onion, black beans, black eyed peas, corn, pepper, jalapeno pepper, and cilantro in a large bowl. Toss/stir well so that ingredients are well-combined.
* In a separate bowl, whisk together olive oil, lime juice, red wine vinegar, sugar, salt, pepper, and garlic powder.
* Pour dressing over other ingredients and stir/toss very well.
* Keep refrigerated. If not serving immediately, be sure to toss/stir well before serving.

**\*Frozen Corn:**I just usually toss it in the salad frozen unless I plan on eating it immediately, it thaws quite quickly.

**Vegetable Soup**

**Servings:**8servings

**Prep**15minutes minutes

**Cook**40minutes minutes

**Ready in:**55minutes minutes

**Ingredients**

* 2 Tbsp olive oil
* 1 1/2 cups chopped yellow onion (1 medium)
* 2 cups peeled and chopped carrots (about 5)
* 1 1/4 cups [chopped celery](https://affiliate-api.raptive.com/v1/get/link?keyword=chopped+celery&site_id=5ad9d62521520f50ab7dbd15&site_name=Cooking+Classy&subid1=5ad9d62521520f50ab7dbd15&trackid=rjFxvWT5u1KkNAn0M-m4f%7Eplt%7Clm&aflt=plt%7Cdyn&referral_url=https%3A%2F%2Fwww.cookingclassy.com%2Fvegetable-soup%2F&sharedid=ingredient-split-test#lnk=sametab) (about 3)
* 4 cloves [garlic](https://affiliate-api.raptive.com/v1/get/link?keyword=garlic&site_id=5ad9d62521520f50ab7dbd15&site_name=Cooking+Classy&subid1=5ad9d62521520f50ab7dbd15&trackid=UT8g_i2U1nqwGQ9dfuZlx%7Eplt%7Clm&aflt=plt%7Cdyn&referral_url=https%3A%2F%2Fwww.cookingclassy.com%2Fvegetable-soup%2F&sharedid=ingredient-split-test) , minced
* 4 (14.5 oz) cans low-sodium chicken broth or vegetable broth
* 2 (14.5 oz) cans diced tomatoes (undrained)
* 3 cups peeled and ½ inch thick diced potatoes (from about 3 medium)
* 1/3 cup chopped fresh parsley
* 2 bay leaves
* 1/2 tsp dried thyme or 1 Tbsp fresh thyme leaves
* Salt and freshly ground black pepper
* 1 1/2 cups chopped frozen or fresh green beans
* 1 1/4 cups frozen or fresh corn
* 1 cup frozen or fresh peas

**Instructions**

* Heat olive oil in a large pot over medium-high heat.
* Add onions, carrots, and celery and sauté 4 minutes then add garlic and sauté 30 seconds longer.
* Add in broth, tomatoes, potatoes, parsley, bay leaves, thyme and season with salt and pepper to taste. \*
* Bring to a boil, then add green beans.
* Reduce heat to medium-low, cover and simmer until potatoes are almost fully tender, about 20 - 30 minutes.
* Add corn and peas and cook 5 minutes longer. Serve warm.

**Notes**

**Boosting Flavor**

* For more flavor add in more dried herbs (or even triple the amount of dried thyme). Other good herbs to add include basil, oregano, rosemary, marjoram, or Italian seasoning.
* Another option to add more flavor is to use a homemade chicken stock or vegetable broth.
* You can also add a corn cob (that corn kernels have been cut from) in step 3 if using fresh corn.
* It's also delicious to simmer a parmesan rind in with the soup, then remove at the end when removing bay leaves.
* Optionally you can finish servings with grated parmesan and a splash of extra virgin olive oil.

**Vegan Red Beans and Rice**

3 cans red beans (or kidney beans), drained and rinsed

1 red bell pepper, chopped

1 green bell pepper, chopped

1 large onion, chopped

3 cloves garlic, minced

2-3 stalks of celery, chopped

1 bay leaf

Vegetable broth to make it soupy

Cajun/creole seasoning to taste

Sauté the onions and celery in heated oil (medium) for 5 minutes; add garlic and stir for 1 minute. Add bell pepper and cook about 2 more minutes. Add the rest of the ingredients and cook for 20 minutes. Meanwhile cook your rice (unless you are making brown rice, in which case you better start that first). Mush some of the beans to thicken the sauce. I like to make this a little saucy to cover the rice. You can add cayenne or crushed red pepper if you like it spicy.

**Collard Crack (for people who don’t like greens)**

1 bunch collards, stems removed, cut into bite size pieces

¼ cup apple cider vinegar

¼ cup red wine

¼ c maple syrup or honey

½ cup finely diced shallots OR ¼ c finely diced red onion and 1-2 minced cloves garlic

Red pepper flakes

Oil

Place the collards in a large bowl and massage with your hands until they are nice and bruised. Stir together the vinegar, wine, and syrup; add this to the greens and mix well. Let it sit for at least a couple of hours or overnight. (I have let it sit for a couple of days before and it was fine). Rotate the bowl or stir if you have time.

When you are ready to cook: splash some olive oil in the pot (or water, if you prefer). Add the collards and the liquid. Add ½ cup water, and red pepper flakes to taste. Cook on medium low for at least 1 hour, or until tender. Add water if needed. You can freeze this if you have leftovers, which I doubt you will.

**8-Minute Pantry Dal**

This isn’t real dal, of course, because that takes a long time to make. But it tastes good just the same.

Oil or water or vegetable broth

4 cups cut up vegetable (1/2” pieces)

½ cup red lentils

1 can diced tomatoes

1 can coconut milk

1 ½ tsp garlic powder

1 ½ tsp minced onion

1 Tbsp curry powder

Heat your oil, water, or broth over medium to medium high, then add the veg and let them sauté for a few minutes, until you can smell them. Add the rest of the ingredients and stir up. Bring to a boil; reduce to medium and cook uncovered for 18-30 minutes or until tender. Stir frequently! Sometimes I cover it and sometimes I don’t. I like to serve over quinoa or rice. A great way to use up random vegetables you have in the refrigerator or freezer.

***SISTER JULIAN BOYER-SMITH***

I am not a cook or baker, but fondly remember the meals and especially the desserts my mother made for our family.  *Below is her recipe*for an iconic dessert that we enjoyed during the holidays.  Thank you for the opportunity to reflect on many good memories from my past.

**Shoofly Pie – A True Pennsylvania-Dutch Dessert**

Mmm, Shoofly Pie!  It was one of the holiday pies that my mother made for our Pennsylvania-German family, who as Lutheran ‘simple folk’ had much in common with the Amish and Mennonite communities that are often associated with ‘shoofly pie.’  After leaving home for school and work, I often returned from a family gathering with a whole pie (not just a slice), made by my mother for me to ‘take along’.

**What is Shoofly Pie?**It is a molasses-based pie that is made with a crumbly topping and bottom and a sweet, gooey filling. Some people prefer it warm, with vanilla ice cream or other toppings. My parents and the larger family thought it was important to keep it unadorned as the pie was already so rich, as they preferred the wet/gooey (versus dry) variety of shoofly pie. The pie traces back to the late 1800s; and, the origin of the name has often been said (true or not) to have come about because the sweet and sticky molasses would attract flies to the pies that had been set on a window shelf to cool.

The shoofly pie is made with what most households considered “staples”– flour, sugar, molasses, and a few spices.  All these ingredients were usually on hand and easy to come by; plus, they were relatively cheap for the home baker and they were slow to spoil.

**My Mother’s Shoofly Pie Recipe**

My mother’s version was a traditional homemade recipe that was exchanged orally within her family.  The recipe that I understand my mother used is for a standard 9” pie. There are different versions available online and elsewhere.

Crumb Base & Topping Ingredients:  (Combine dry ingredients; manually mix in shortening into crumbs)

* 3/4 cup all-purpose flour
* 1/2 cup dark brown sugar
* 1/8 tsp each nutmeg, ginger, and cloves; ½ tsp cinnamon; and ¼ tsp salt
* 2 Tbsp shortening

Filling (Wet Bottom) Ingredients: (Mix together well, ensuring smooth consistency)

* ½ cup dark molasses
* ½ tsp baking soda dissolved in 3/4 cup hot water
* 1 well-beaten egg yolk

Directions**:**Into an unbaked standard 9” pie shell, add a thin layer of crumbs on bottom and remainder on top, with room-temperature filling in between.Bake in oven preset to 350 degrees for 30 minutes, until the crust is brown.

***BROTHER ROBERT COTTON***

Brother Bob’s Benedictine Baked Bread

A Bit of Peace in every piece

INGREDIENTS

1 Cup (227g) Fed Sourdough Starter (You can obtain starter from King Arthur Flour or Cultures for Health)

1 ½ cups (340g) lukewarm water

5 cups (602g) Flour—(301g) All Purpose and (301g) White Wheat (All ingredients are from King Arthur Flour)

1 cup (142g) King Arthur Harvest Grain Blend, soaked in 1 cup (227g) boiling water and then cooled

2 ½ teaspoons salt

1 ½ teaspoons instant yeast

1. Combine Starter, water, 1 ½ cups (181g) All Purpose and 1 ½ cups (181g) White Wheat Flour. Beat vigorously for 1 minute.
2. Cover and let rest for 4 hours at room temperature. Refrigerate overnight for approximately 12 hours.
3. Soak 1 cup (142g) Harvest Grain Blend in 1 cup (227g) boiling water and allow to cool.
4. Drain and add Harvest Grain Blend to the mix along with 1 cup (120g) All Purpose and 1 cup (120g) White Wheat flour, 2 ½ teaspoons salt and 1 1/2teaspoons instant yeast. Knead to form smooth dough (5-7 minutes in a mixer with a dough hook followed by hand kneading for a minute or two to get the feel of the dough).
5. Allow to rise in a covered bowl (by plastic wrap sprayed with Pam or a wet cloth) until light and airy with visible gas bubbles (up to 5 hours but probably less). It is best to deflate the dough hourly by stretching and folding dough into the center and turning it over in the bowl.
6. Divide dough in half. Shape into 2 loaves and place on a greased parchment paper (Pam sprayed lightly followed by cornmeal). Cover with a lightly greased (Pam) plastic wrap and let rise for 2-4 hours.
7. There are 2 options here:
	1. Put pizza baking stone in the oven and preheat to 425 degrees. After the loaves have risen, spray with lukewarm water and then slash top with a bread knife to make lame cuts, sprinkle each loaf with ½ tablespoon King Arthur Artisan Bread Topping. Bake for 30-35 minutes until golden brown, it passes the “thump test” on the bottom and the internal temperature using an instant thermometer is at least 190-200 degrees.
	2. Instead of splitting the dough in half at point 6, place the dough in a large brotform (proofing basket) covered in linen that is well floured. Allow to rise. Turn out into a large, covered baker or heavy pot. Heat in a preheated oven for 30 minutes, then remove the lid and bake for an additional 10-15 minutes or until Golden, meets the “thump test” and is at least 190-200 degrees internally.
8. Let cool on a cooling rack and enjoy!

***SISTER MARIE PATRICIA HUGHES***

**Slow Cooker Butternut Squash Lentil Curry**

(Vegan if vegetable stock is used)

2 cups, red lentils (dried, uncooked)

4 cups butternut squash (peeled, seeds scooped out, cubed; roughly ½ of large squash)

1 onion (finely chopped)

2 cloves garlic (finely minced)

2 Tbsp fresh ginger (grated or finely chopped)

1Tbsp curry power

2 tsp ground coriander

2 tsp garam masala

2 tsp turmeric

2 tsp ground cumin

1 tsp salt

13.5 oz coconut milk (1 can, full fat)

19 oz diced tomatoes (1 can including juices)

3 cups stock

½ lime (juiced)

Combine all ingredients except for lime juice in base of large slow cooker and cook low for 8 hours.

Add salt and lime, adjust to taste.

Mash everything up with a potato masher or serve as is.

Storage: after cooking butternut squash lentil curry may be stored in the fridge for up to 4 days, or in the freezer for up to 3 months.

***SISTER ANNA GRACE MADDEN***

**Red Beans and Rice**

Monday meant laundry day in my grandmother’s time. And that meant red beans were on the stove, often seasoned with leftover ham from Sunday dinner.

6-8 servings

1-pound red kidney beans

1 pound smoke sausage (andouille, if available)

8-10 cups of water

¼ stick of butter

2 cups frozen chopped seasoning blend (onions, celery, green pepper, parsley) \*

1 clove of garlic (or more to taste)

1 bay leaf

Salt, pepper, and Cajun seasoning (Tony Chachere’s if available) to taste

Cooked white rice

Rinse and sort beans. Cover with water and soak overnight.

In a large heavy pot, cook sliced sausage for about 5 minutes.

Add seasoning blend and garlic to the sausage along with the butter. Continue to cook until the onions are soft and clear.

Add beans, water, and bay leaf.

Bring to a rolling boil for 30 minutes, stirring every 10 minutes.

Reduce heat and simmer for 1-2 hours, stirring occasionally until beans are tender.

Add salt, pepper, and Cajun seasoning to taste.

Using a potato masher, slightly mash the beans, leaving most of them whole.

Serve over rice. Laissez les bons temps rouler!

\* Onions, celery, and green pepper are known as The Holy Trinity in Cajun and Creole cooking. Fresh veggies can be chopped and used in this recipe but I actually prefer the Pict Sweet frozen version.

**Yakamein (New Orleans-Style Noodle Soup)**

This soup is famous only locally in New Orleans. It’s known to cure what ails you including a hangover, thus it’s also called Old Sober. My first encounter of it was many years ago, served in a Styrofoam cup from a street vendor during Mardi Gras.

4 servings

**Ingredients**

* 1 1/2 pounds beef chuck roast, cut into 1-inch pieces or good quality stew meat
* 1 1/2 teaspoons kosher salt
* 1 teaspoon freshly ground black pepper
* 1/2 teaspoon cayenne pepper, or to taste
* 1/2 teaspoon paprika
* 2 tablespoons avocado oil or vegetable oil
* 1 cup chopped yellow onion
* 1/2 cup diced celery
* 1/2 cup diced green pepper
* 4 cloves garlic, minced
* 2 tablespoons soy sauce
* 1 1/2 teaspoons Worcestershire sauce
* 1 1/2 teaspoons granulated garlic
* 8 cups water
* 2 tablespoons beef bouillon paste
* 12 ounces dry spaghetti
* 4 large hard-boiled eggs, peeled and halved
* 1 cup sliced green onions

**Directions**

1. Place beef pieces into a bowl and add salt, black pepper, cayenne pepper, and paprika. Toss very thoroughly until meat is evenly coated. Let sit at room temperature for about 20 minutes before browning, or place in the fridge until needed.
2. Add oil to a heavy-bottomed pot, and heat on high until oil is shimmering. Add beef in a single layer, and sear until a nice brown crust forms, 3 to 5 minutes.
3. Turn beef over, and let other side cook about 2 minutes. The second side will not brown like the first, but that’s okay. Turn heat down to medium-high; remove beef to a bowl and set aside.
4. Add onions, celery, peppers, and minced garlic to the pot, and cook, stirring, until onions begin to turn translucent, 3 to 5 minutes.
5. Add beef back in along with any accumulated juices. Add soy sauce, Worcestershire sauce, granulated garlic, water, and beef bouillon paste. Stir and wait for soup to come to a simmer. Lower heat to medium-low and simmer until the meat is very tender, 60 to 90 minutes.
6. Before serving, taste and adjust with more salt or soy if needed. Keep soup on low heat until ready to serve.
7. Bring a large pot of lightly salted water to a boil. Cook spaghetti in the boiling water, stirring occasionally, until tender, about 12 minutes. Drain, and divide evenly between 4 large soup bowls.
8. Ladle hot soup over noodles, and garnish each bowl with a hardboiled egg, hot sauce, and sliced green onions.

If preparing noodles ahead of time, cook until tender, drain, and rinse under cold water. Drain well, and toss noodles with a little vegetable oil to prevent sticking. Noodles can be held at room temperature until soup is ready. Reheat refrigerated noodles in the microwave for 1 minute, or add to a mesh strainer and dunk into hot soup, then divide into serving bowls.

**Corn and Crawfish (or Shrimp) Soup**

Makes 2-1/2 to 3 pints

1 cup of corn, preferable fresh but canned or frozen will do

¼ cup butter or margarine

¼ cup all-purpose flour

¼ cup white onion, chopped

2 cups chicken stock

2 cups half and half cream

1 pound crawfish tails or peeled and de-veined raw small shrimp

Salt and pepper

Garlic powder

Red (cayenne) pepper

Melt butter in saucepan, add flour and blend. Add onion and sauté until soft. Add stock and cook until thick and smooth. Stir in cream, seafood, corn and seasonings. Cook until corn is tender. If you’re using shrimp, they should turn pink.

**Bananas Foster**

My roommate at LSU was the daughter of a French Quarter chef. We may have been poor, but weren’t starving students!

Serves 4

¼ cup (1/2 stick) butter

1 cup brown sugar

½ teaspoon ground cinnamon

¼ cup white rum

¼ cup banana liqueur

4 bananas, sliced in half lengthwise

4 scoops vanilla ice cream

1. Combine butter, sugar, and cinnamon in a flambe pan.
2. As the butter melts under medium heat, add the banana liquor and stir to combine.
3. As the sauce starts to cook, peel and add the bananas to the pan.
4. Cook the bananas until they begin to soften (about 1-2 minutes)
5. Tilt back the pan to slightly heat the far edge. Once hot carefully add the rum, and tilt the pan toward the flame, to ignite the rum.
6. Stir the sauce to ensure that all the alcohol cooks out.
7. Serve cooked bananas over ice cream and top with the sauce in the pan.

**Lentils and Rice (Mujadara)**

This is a vegan dish and is often served in Middle Eastern Christian homes during Lent. Leftovers can be made into soup by adding broth.

Ingredients:

½ cup olive oil

1 large onion chopped into chunks

1 cup lentils (I prefer the green ones for this dish)

4 cups water

1 cup raw white or basmati rice

Salt and pepper

Cilantro, mint, or plain yogurt for garnish (optional)

Heat olive oil in skillet over medium high heat. Add onions and sauté until dark golden brown. This will take 30 minutes or more. Set aside.

Combine lentils and water in a large saucepan and bring to a boil. Lower heat, cover, and simmer for 10 minutes. Add rice, onions in oil, salt, and pepper. Cook 25-30 minutes until lentils and rice are tender. It can be served hot, warm, or even cold, garnished with cilantro, mint, or plain yogurt if desired.

**Gallo Pinto**

6 Servings

1 large onion, finely chopped

1 bell pepper, chopped

3 garlic cloves, finely chopped

4 tablespoons olive oil

2 cups rice

4 cups water

Two16-ounce cans red beans, drained

1 bay leaf

Salt and pepper to taste

Fried egg or cheese (optional)

In a large pot, sauté onion, bell pepper and garlic in olive oil. Stir in rice. Cook, stirring often, until onions are soft. Add water, cover, and simmer until most of the water has been absorbed. Add beans and bay leaf. Mix well and continue cooking over medium heat for 15 minutes, adding more water if needed. Top with cheese or fried egg if desired.

**Ten Minute Tuscan Tomato Soup**

**Serves 4**

**1 jar (24 to 26 oz) marinara sauce (I like Mutti brand personally)**

**1 can (19 oz) cannellini beans, drained and rinsed**

**1 jar (7 oz) roasted red peppers**

**2 tablespoons extra-virgin olive oil**

**1 clove garlic**

**1 ¾ cups chicken or vegetable broth**

**¼ cup fresh basil cut into thin strips**

**Freshly ground black pepper to taste**

**Put sauce, beans, peppers, oil, and garlic in a blender or food processor and mix until smooth. Pour into medium sized saucepan along with the broth. Simmer over medium-high heat, stirring frequently. Remove from heat and stir in basil. Ladle into bowls grind pepper on top.**

**Grain Free Canine Cake**

This recipe is for a single serving but may be quadrupled. Warning: Keep out of reach of your dog until intended serving time. It may disappear quickly if left unattended! Although the ingredients are suitable for human consumption, I’ve been told it’s not really recommended.

Ingredients

1 egg

3 tablespoons all-natural peanut butter

½ apple, peeled, cored, and finely chopped

½ teaspoon baking powder

Instructions

Preheat oven to 350 degrees.

Mix all ingredients together until well combined.

Grease a ramekin (single serving) or 8x8 baking dish (quadruple recipe)

Bake ramekin for 20 minutes or 8x8 pan for 30 minutes, or until toothpick comes out clean and the center doesn’t jiggle.

Let cool for a few minutes, then slide the cake out of the baking container. Cool on rack for 5-10 minutes before serving.

***SISTER DENISE MOORE***

Some of my tried-and-true recipes. All are vegetarian.

**Carmel Corn**

12 c. popped corn or 1 bag Kitchen Cooked Corn Puffs

1 stick (½ c) butter must be butter

1 c brown sugar

¼ c corn syrup

½ teaspoon salt

Boil at least 4 minutes. Remove from heat. Add:

½ teaspoon vanilla

¼ teaspoon baking soda

Pour over popcorn and stir. Bake for 1 hour at 250. Stir every 15 minutes.

**Potato Corn Chowder**

6 cups peeled and cut up potatoes

1 ½ c water

Boil until potatoes are soft. Do not drain. Remove from heat. Mash potatoes.

4 oz. Velveeta or cheddar cheese

1 15oz can creamed corn

Dash of pepper to taste

Heat until cheese is melted.

\*I use a crock pot and start this before I do the potatoes if I'm in a hurry. Mix potatoes and cheese and corn together. Add a cup of milk. More if it's too thick.

**Easy Fool Proof Fudge**

¾ c butter (must be butter)

3 c. Sugar

5 oz can (2/3 cup) evaporated milk Not condensed

Boil 4 minutes Stir constantly Remove from heat.

Add 12 oz semi-sweet chocolate chips (different chips make different flavors of fudge, peanut butter is good)

7 oz (small jar) marshmallow fluff

1 teaspoon vanilla

Stir until everything is completely melted mixed. Pour in pan. Cool. Cut

**Egg Casserole**

Spray 8x8 pan dust with grated Parmesan cheese (optional it makes like a crust) shredded potatoes are nice on the bottom if you like them next add any vegetables you like about 1-2 cups depending on potatoes. (peppers, broccoli, cauliflower, spinach, carrots whatever) add any meat you like same as veggies (or none) add cheeses (I tend to use cheddar and feta) Next break 9 eggs in a bowl, add up to ¼ cup milk, Whip the eggs and milk together. Pour eggs over pan to cover veggies, meat, and cheese. Bake 350 for 45min. About 4 servings.

**Quick and Easy Beans and Rice**

1 can Bush's chili beans

1 can corn (any kind creamed works well)

1 small can tomato sauce (8 oz)

1 c minute rice (white or brown)

1c water

1tsp onion powder

Heat on stove until rice is soft or use microwave 15-20 min. until rice is soft

***BROTHER RONAN PATRICK***

My relationship with food has always been tied up in feelings of love. For my grandmother, Sue Bentrud, it was one of the ways she showed her love for us. Sharing these recipes with my found family I hope to share a bit of love with each of you.

**"No-name" Strawberry Cake**

This is my favorite dessert that my grandma would make normally in the summer, since it was an icebox (refrigerator) cake. One tip. Your 9x13 should have high walls on it.

1 package Super Moist White Cake Mix

3 packages Frozen Strawberries

1/2 cup Sugar

1/4 cup Minute Tapioca

1/8 teaspoon Salt

1 tablespoon lemon juice

1 pint whipping cream

Prepare cake, per cake box instructions, and bake in a 9x13 pan. Start draining berries the day before. Measure liquid from the berries and add water to make 2 1/2 cups of liquid. Combine liquid with sugar, tapioca, salt, and lemon juice. Let stand 5 minutes, then bring to a boil and cool. Add strawberries and pour over cooled cake. Top with whipped cream. Cover and refrigerate overnight.

Whipping Cream

1 pint whipping cream

8 tablespoons sugar

1/2 teaspoon Vanilla

Beat ingredients together until forms into whipped cream. Store in refrigerator and use for topping cake.

**Peanut Butter Cup Cookies** (aka Buckeye Bars)

This recipe is Colleen's family's favorite dessert. The first time I encountered it was our senior year of college in 1998. We had decided we would spend the Christmas holiday with each other's family. My family always gathered on Christmas Eve. While we were celebrating a phone call came into my grandma's house. It was Colleen's siblings and they were calling to find out where the Peanut Butter Cup Cookies were? Colleen had brought all the desserts she's made for Christmas with her in the trunk of the car. Because she knew that they would all be eaten before we got to her mom's house late Christmas Eve Night. We still tell that story all these years later.

1 lb. Powdered Sugar

2 sticks of butter softened

1 1/4 cups Graham Cracker Crumbs

1 1/2 cup Peanut Butter

12 ounces Chocolate Chips

Prepare a 9x13 pan with either parchment paper or cooking spray to make the bars easier to remove.

Mix everything together, except chocolate chips, and spread into a 9x13 pan.

Melt chocolate chips and spread on top.

Put in the freezer for 15 to 30 minutes, until the chocolate has just set and can be cut into squares. Store in the refrigerator.

**Cowboy Killer Chili**

This is the one recipe that I remember my grandfather, Charles Bentrud, always making. It received the name "Cowboy Killer" because one time we had it my step-father had to be taken to the ER because they thought he was having a heart attack, but it was only indigestion. The funny thing is it isn't even spicy.

1 lb. ground beef (or turkey)

1 cup chopped onion

3/4 cup chopped green pepper

16 oz. can chopped tomatoes

16 oz. can dark red kidney beans (drained)

8 oz. can tomato sauce

1 tsp. salt

1 tsp. chili powder

1 bay leaf

In skillet cook meat, onion, and green pepper until brown. Either in a pot add meat mixture and reaming ingredients. Cover and simmer for 1 hour.

If you'd prefer a crockpot, this is what we do, after browning the meat place everything in the crockpot. Cook on high for 3 hours without stirring. Stir and place on low for approximately an additional 3 hours. Remove the bay leaf before eating.

**Irish Stew**

When Colleen and I were dating, and even I would say the first several years we were married, every time we would go visit her mom and dad, this stew would be what we would have Saturday and Sunday. It's the type of thing that you would just grab a bowl of it for lunch and dinner because it was just so tasty. I would always joke with Colleen that the only thing that made it Irish was that both sides of her family were Irish.  The cook time is 10 hours in the crock pot. Recommend prepping everything the night before and putting it in the crock pot before you go to bed. The only issue is your house will smell amazing in the morning. I will admit I had been known to have a bowl of stew for breakfast. It was hard to resist.

4 Tablespoons Flour

2 lbs. Stew Meat

2 Tablespoons Cooking Oil

Large Can of V8

1 Cup Chopped Onion

4 tsp. (or cubes) instant bouillon

5 cups peeled, cubed potatoes

4 cups (sliced or baby) carrots

2 cups sliced celery

In frying pan, brown meat with oil and flour. Place everything in a crock pot. Put on high for 10 hours.

***SISTER MADELEINE SOPHIE SMITH***

**Smoky Orzo**

4-6 servings

12 oz. orzo

2 Tbsp unsalted butter

4 cloves garlic, finely chopped

*when in a hurry I use the garlic that comes pre chopped or in a squeeze bottle*

1 Tbsp tomato paste

2 C chicken or vegetable broth

2 Cups whole milk (I use oat milk)

1/2 tsp kosher salt (or smoked sea salt, if you have it)

1/4 tsp freshly ground black pepper

4 oz smoked gouda cheese, grated

In a large Dutch oven or heavy pot over medium heat, melt butter. Add orzo and garlic and cook, stirring occasionally, until orzo is lightly toasted and garlic is fragrant, about 4 minutes. Add tomato paste and cook, stirring, until combined, about 1 minute. Add broth and milk. Increase heat to medium-high and bring to a boil. Reduce heat to medium low and simmer, stirring frequently until liquid is mostly absorbed and orzo is tender, 12-14 minutes.

Slowly add grated cheese and stir as it melts, until orzo is coated. Remove from heat, season with salt and pepper, if needed.

Good with steamed broccoli or a simple salad.

**Chickpea, Red Pepper, and Tomato Stew**

6-8 servings (don't count on it)

3 (15 oz) cans chickpeas with liquid

2 (12 oz) jars roasted red peppers, drained, and finely chopped

1 (14 oz) can crushed tomatoes

1 (6-7 oz) jar sun-dried tomatoes, drained and chopped (about 1 cup), oil reserved (about 3 Tbsp)

1 red onion, finely chopped

5 garlic cloves, smashed and finely chopped

1 Tbsp red wine vinegar or sherry vinegar

1/2 tsp smoked paprika

Kosher salt and fresh ground black pepper, to taste

Garnishes - red pepper flakes, chopped smoked almonds

In a Dutch oven or heavy pot, sauté onion until translucent; add remaining ingredients and simmer for about 30 minutes, stirring frequently.

Can also be made in a slow cooker by adding all the ingredients and cooking on low for 6-8 hours.

Good with crusty bread, torn from whole loaf, to soak up the juices.

**Box Cake Cookies**

Mel's "bestie" invented this

1 box cake mix (favorite is Duncan Hines Butter Cake)

1/2 Cup butter, softened

1-2 Tbsp milk

1 tsp vanilla extract

1 egg

1 cup chocolate chips (mini chips recommended)

Preheat oven to 350° F (177 C, Gas Mark 4)

1. In a large bowl combine cake mix, butter, 1 Tbsp milk (add more if mixture seems too dry), vanilla, and egg; mix until smooth.
2. Drop dough (three Tbsp per cookie) 2 inches apart on cookie sheet
3. Bake 10-12 minutes or until edges are set (centers will be soft and the cookies will be light in color).
4. Let cool. Enjoy!

***BROTHER JOSEPH ELIAS VARSANI***

All four of my grandparents immigrated from Hungary. I had 30 aunts and uncles, all Hungarian but for 1 Polish aunt in the mix.

**Hungarian Mushroom Soup**

3 tablespoons unsalted butter

1 sweet onion

1-1/2 pounds cremini mushrooms, sliced\*

4 ounces shitake mushrooms, stemmed and diced\*

\*Or any variety of mushrooms you wish to use

½ cup dry white wine

4 cups vegetable stock

2 teaspoons Hungarian or sweet paprika

1 bay leaf

3 tablespoons all-purpose flour

¼ cup sour cream

2 teaspoons lemon zest

1 tablespoon freshly squeezed lemon juice

2 tablespoons chopped fresh parsley leaves

Kosher salt and freshly ground black pepper to taste

Sauté mushrooms and onions in butter slowly until soft. Add to simmering broth /stock. (About 15 minutes)

Combine sour cream, flour and paprika in a separate bowl. Slowly add warm broth to the bowl to temper mixture.

Add this well blended mixture to slowly simmering pot of soup. Simmer for at least 15 mins or until soup has thickened.

Salt and pepper to taste. When you are ready to serve add lemon juice and chopped parsley.

Leftovers rests well for a day or two in refrigerator as well.

**Lazy Pierogies**

1 pkg Lasagna pasta (Cooked)

1 large onion, diced

1 stick butter

2 cups mashed potatoes

½ cup shredded sharp cheese

Sauté onions in butter and spread ½ over the bottom of a 9x13” baking pan.

1 layer of noodles on this base.

Continue layering mashed potatoes, cheese, and lasagna pasta.

Top with the other ½ of buttered onions.

(Cover with foil so not brown)

Bake in 350 preheated oven for 30 -45 mins (depending on your oven)

Serve & Eat ☺

**No Fuss Pistachio Cake**

1 Box yellow or white cake mix

1 Small box pistachio pudding

3 eggs

½ cup olive oil

½ cup chopped walnuts

1 cup club soda

(For Green Icing)

4 & ½ oz Cool Whip

1 cup milk

1 pistachio pudding

Mix all cake ingredients to

Pour into buttered/floured bunt cake pan

Make in 350 preheated oven for 1 hour.

Frost cake after it is cooled with above icing.

**Cream Cheese Pound Cake**

½ lb. Cream cheese

½ lb. Butter

2 cups sugar

6 eggs

2 cups (Presto) cake flour

Cream the cheese, butter, and sugar in a bowl. Add eggs one at a time, beating slightly after each egg.

Add flour gradually and beat until smooth

Grease bottom of tube pan and pour in batter; top with crushed walnuts

Pour in batter and bake in preheated 350-degree oven for 1 hour

When cool, sprinkle with powdered sugar.

**Potatoes Au Gratin**

2 lbs. Idaho potatoes, peeled and thinly slice (Abt 5 cups)

2 tablespoons melted butter

½ tsp salt; ¼ tsp black pepper

1 cup grated sharp cheddar cheese

¼ cup fresh bread crumbs

Preheat oven to 425 F. Lightly grease with butter a shallow 1 and ½ quart casserole dish

Arrange sliced potatoes and cheese in layers. Top with grated cheese and bread crumbs.

Over and bake for 30 minutes; uncover an additional 15 minutes or until potatoes are tender. (Makes 6 servings)

**Apple Cake**

5 apples

1 cup chopped walnuts

3 eggs

1 and 1/3 cup sugar

1 tsp vanilla

2 cups all-purpose flour

1 tsp baking soda

1 tsp salt

1 tsp Cinnamon

1 cup oil

Pare and grate apples, set aside. Beat eggs and add sugar and vanilla.

Sift flour together with baking soda salt and cinnamon.

Fold in egg mixture, apples, and nuts.

Grease a 9 x 13 baking pan,

Put cake mixture into a preheated 375-degree oven for 40 to 45 minutes.

Remove from pan and cool. Dust with powdered sugar.

**Date Nut Bread**

1 cup chopped dates

1 cup chopped walnuts

1 and ½ tsp baking soda

1 cup boiling water

1 tsp butter

2 eggs

1 cup sugar (or 2/3 cup honey)

1 and ½ cup all-purpose flower

½ tsp salt

Combine first 5 ingredients and let rest for 10 minutes. Beat eggs, sugar, flour, and salt together. Combine 2 mixtures. Pour into greased loaf pan Bake at 350 F for 50 to 60 minutes or until bread tests done. Let cook, slice, and serve. (My family often spread a thin layer of cream cheese on each slice just before eating.)

**Fruit Peach\* Cobbler**

Peel and slice 4 to 5

1 cup all-purpose flour

¼ tsp salt

2 tsp baking powder

1 and ½ cups sugar

¾ cup milk

½ cup water

Heat oven to 350 F. Grease 9 x 11” baking dish. In a bowl, mix together flour, salt, and baking powder. Add 1 cup sugar and milk and beat until smooth. Pour into baking dish. Pour sliced peaches evenly over the batter. Sprinkle remaining ½ cup of sugar over peaches, pour water over peaches, but do not stir. Bake for 50 minutes.

* You may use other fruit instead of or in addition to the peaches. If you use apples, you may add a little cinnamon and/or nutmeg.