

*Recipes for the health of the earth
and those who love her*

SEASONS OF CREATION

Collected by
the Redeemer Environmental Stewardship Team
& the Episcopal Diocese of the Central Gulf Coast



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ST. THOMAS AQUINAS REMINDS US THAT

“Sacred writings are bound in two volumes – that of creation and that of Holy Scripture.” During this Season of Creation we celebrate that all that God creates is good and recognize that we are expected to be caretakers of all created things.

This cookbook was developed because the planetary impacts of our dietary choices are significant and far-reaching for all of creation. The food choices we make can be forms of prayer when the decisions are made intentionally and with understanding of what ramifications our choices can have. This cookbook offers suggestions from throughout the Episcopal Diocese of the Central Gulf Coast for cooking without meat or dairy, two food groups that have the most harmful effects on the planet.

In addition to producing substantial amounts of greenhouse gases, the factory farming systems that have been developed to meet the global demand for meat and dairy products also contribute to challenges to land use and water use, increased fertilizer, animal waste and sewer runoff into our waterways, increased ocean acidification, and contribute significantly to the mass extinction of wildlife. Consuming animal protein also has a cost to human health and contributes to the massive suffering of non-human creatures of God.

Done mindfully, choosing to reduce our carbon footprint through our dietary decisions can become a spiritual practice, with love for God’s creation and care for this planet that we call home. Whether you start with something like Meatless Mondays or VB6 (vegan before 6PM), or you decide to try something more ambitious, the recipes included in this e-cookbook offer many great ideas for experimenting with a plant-based diet. And plant-based or meatless cooking has never been easier as ingredients are becoming more readily available in stores (think Beyond Meat and nondairy milk products).

During this Season of Creation, let us all be intentional about the choices we make, especially the food we eat, and consider whether we are being good stewards of all created things, because “through the greatness and the beauty of creatures one comes to know by analogy their maker.” (Wisdom 13:5)

Lella Lowe
Episcopal Church of the Redeemer
Mobile, Alabama



THIS COOKBOOK IS A CELEBRATION OF CHRISTIAN STEWARDSHIP.

As a practicing physician here in Mobile who eats a plant-based diet and offers it to my patients, I am excited to have the chance to encourage you to enjoy the recipes that follow.

There are three reasons why we want to eliminate meat and dairy from our diet and move to vegetable based meal planning.

First, health (my specialty!). If we follow this diet we will live longer and feel better. We will suffer from fewer chronic diseases. Obesity, diabetes, hypertension, heart disease and strokes can be, in part, prevented by eating these meals. If we already suffer from one of these illnesses, this vegetable based diet can improve or even cure them. An added benefit being that we can often reduce or eliminate the expensive and not always safe medications that we treat them with.

Second, environment. It only takes one acre of farmland to support a vegetarian for every fourteen acres of farmland it takes to support a meat eater. Dropping meat from our diet has a larger positive impact on the environment than giving up our automobile.

Third, cruelty. No matter what you have heard, there is great cruelty involved in getting meat and dairy from the farm to our dinner plate. No living being wants to suffer or die. We do not have to be the agents of this suffering. We can do "least harm" by choosing plant products over animal products.

My wife, Joanie, and I gave up meat and dairy and moved to a diet of vegetables, fruits and grains 15 years ago. We are healthier and happier for it. I offer this diet and way of life to you and expect you to benefit as we have.

John Dixon, MD



SPRING

ORANGE HONEY RAINBOW FRUIT SALAD

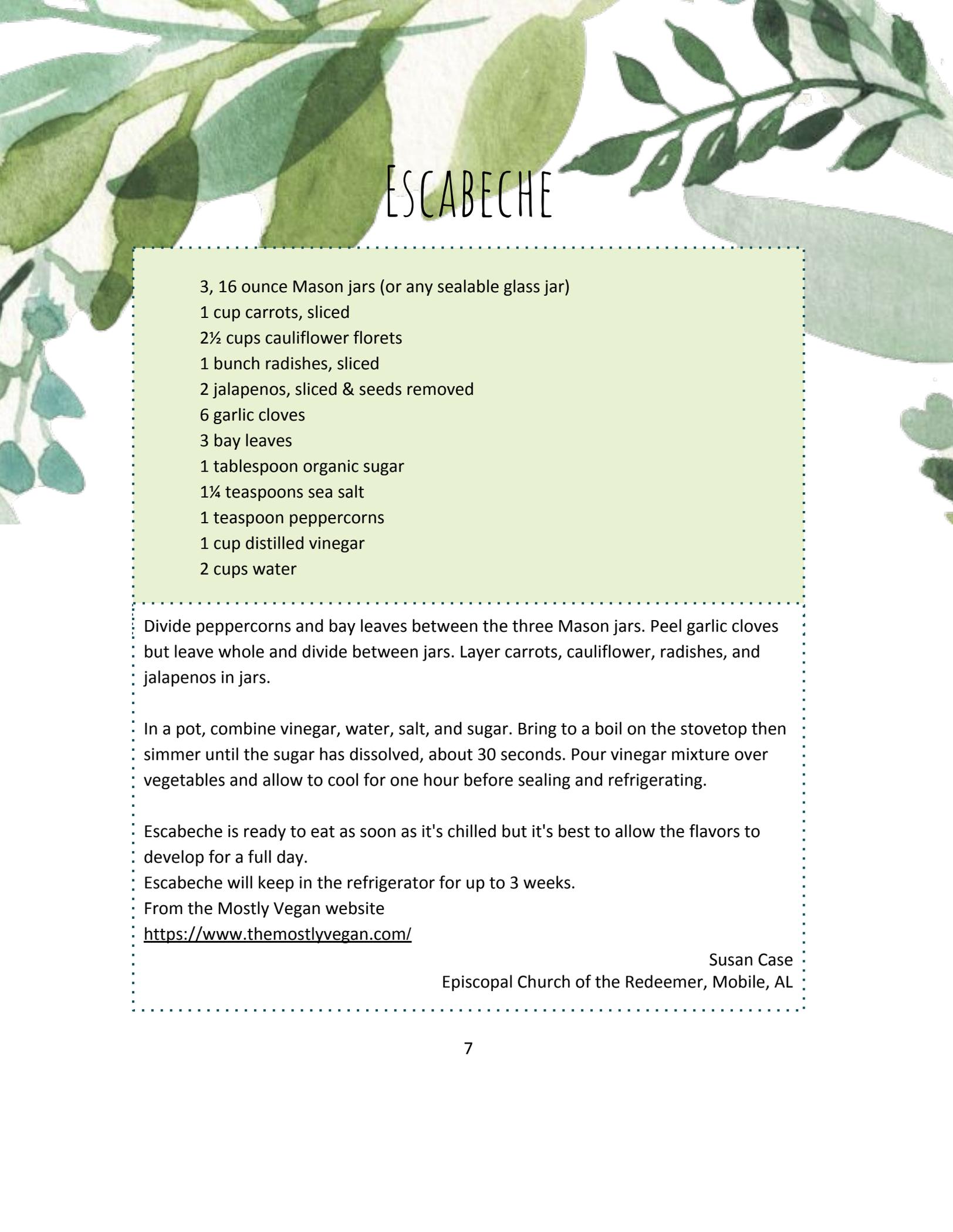
1 lb. strawberries, quartered
1(6 oz.) package raspberries
½ (6 oz.) package blackberries
1 (6 oz.) package blueberries
1/4 fresh pineapple, cut into bite-size pieces
2 kiwi, sliced
1/4 cantaloupe, cut into bite-size pieces
4 oz. green grapes, halved
1 medium banana, sliced and dipped in lemon juice
4-5 Mandarin oranges, divided

Sweet Dressing

¼ cup fresh orange juice
2 tablespoons fresh lemon juice
2 tablespoons good honey
4-10 mint leaves, rough chopped

1. Combine fruit in a large serving bowl (except bananas). Set aside. Combine dressing ingredients in a jar. Shake vigorously to combine.
2. Pour the dressing over the salad shortly before serving. Gently toss fruit to coat in dressing. Garnish with bananas. Serve and enjoy!

Avis Young Bembry
St. Cyprian's Episcopal Church, Pensacola, FL



ESCABECHE

3, 16 ounce Mason jars (or any sealable glass jar)
1 cup carrots, sliced
2½ cups cauliflower florets
1 bunch radishes, sliced
2 jalapenos, sliced & seeds removed
6 garlic cloves
3 bay leaves
1 tablespoon organic sugar
1¼ teaspoons sea salt
1 teaspoon peppercorns
1 cup distilled vinegar
2 cups water

Divide peppercorns and bay leaves between the three Mason jars. Peel garlic cloves but leave whole and divide between jars. Layer carrots, cauliflower, radishes, and jalapenos in jars.

In a pot, combine vinegar, water, salt, and sugar. Bring to a boil on the stovetop then simmer until the sugar has dissolved, about 30 seconds. Pour vinegar mixture over vegetables and allow to cool for one hour before sealing and refrigerating.

Escabeche is ready to eat as soon as it's chilled but it's best to allow the flavors to develop for a full day.

Escabeche will keep in the refrigerator for up to 3 weeks.

From the Mostly Vegan website

<https://www.themostlyvegan.com/>

Susan Case
Episcopal Church of the Redeemer, Mobile, AL

HEALTHY BANANA NUT COOKIES

2 medium ripe bananas (mashed)
1 cup of uncooked quick oats
¼ cup crushed walnuts

1. Preheat oven to 350 degrees. Spray a non-stick cookie sheet with cooking spray or use parchment paper.
2. Combine the mashed bananas and oats in a bowl.
3. Fold in the walnuts and place a teaspoon of each on the cookie sheet.
4. Bake 15 minutes. Makes 16 cookies.

Avis Young Bemby
St. Cyprian's Episcopal Church/ Pensacola FL



QUICK ROASTED VEGETABLE QUINOA

2 cups sweet potato, peeled and cut into 1/2 inch cubes
2 cups butternut squash, peeled and cut into 1/2 inch cubes
1 C cipollini onions
4 beets, cleaned, peeled and diced into 1/2 inch cubes
6 large cloves garlic, peeled
3 Tbsp olive oil
2 cups quinoa, prepared according to package directions

Preheat oven to 400 degrees. Toss all vegetables and garlic cloves together in a large bowl with olive oil until evenly coated. Spread evenly in a single layer on a baking sheet and roast for 20-30 minutes or until fork tender. Meanwhile, prepare quinoa according to package directions. Remove roasted onions and garlic cloves from other vegetables and chop/mash them, then add them to the quinoa and stir to incorporate. Serve roasted vegetables over the quinoa mixture.

Rhoda Vanderhart
Open Table UCC, Mobile AL



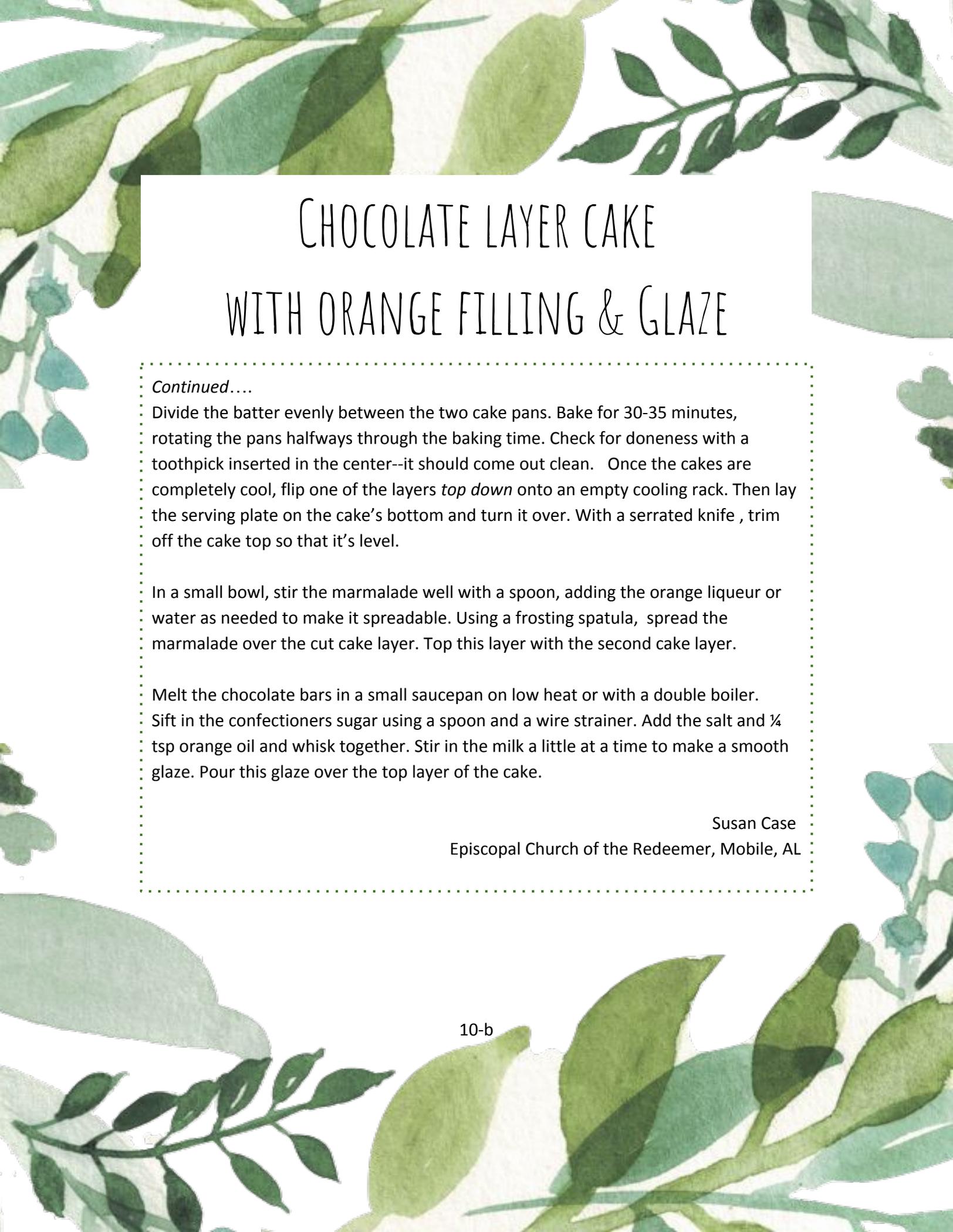
CHOCOLATE LAYER CAKE WITH ORANGE FILLING & GLAZE

2 cups non-dairy milk
2 T apple cider vinegar
1 ½ cups sugar
⅔ cup melted coconut oil or grapeseed oil
2 T vanilla extract
1 cup whole wheat pastry flour (white will be ok)
2 cups all-purpose flour
⅔ cup cocoa powder, sifted
2 tsp. baking soda
1 ¼ tsp. fine sea salt
1 cup orange marmalade--a thinner marmalade works best
2-4 T orange liqueur or water
1 ½ bars dark Hershey's chocolate
¼ cup confectioners sugar
¼ tsp orange oil
2 T non-dairy milk

Preheat oven to 350 degrees F. Grease two 8" or 9" cake pans and line the bottoms with a circle of parchment paper.

In a medium bowl, stir together milk and vinegar. Set aside for a minute. Add sugar, oil and vanilla to the bowl with the milk. Whisk together. In a large bowl, whisk together the pastry flour, all-purpose flour, cocoa powder, baking soda and salt until combined. Pour the milk mixture over the flour and beat with a hand mixer or spoon until smooth.

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CHOCOLATE LAYER CAKE WITH ORANGE FILLING & GLAZE

Continued....

Divide the batter evenly between the two cake pans. Bake for 30-35 minutes, rotating the pans halfway through the baking time. Check for doneness with a toothpick inserted in the center--it should come out clean. Once the cakes are completely cool, flip one of the layers *top down* onto an empty cooling rack. Then lay the serving plate on the cake's bottom and turn it over. With a serrated knife, trim off the cake top so that it's level.

In a small bowl, stir the marmalade well with a spoon, adding the orange liqueur or water as needed to make it spreadable. Using a frosting spatula, spread the marmalade over the cut cake layer. Top this layer with the second cake layer.

Melt the chocolate bars in a small saucepan on low heat or with a double boiler. Sift in the confectioners sugar using a spoon and a wire strainer. Add the salt and $\frac{1}{4}$ tsp orange oil and whisk together. Stir in the milk a little at a time to make a smooth glaze. Pour this glaze over the top layer of the cake.

Susan Case

Episcopal Church of the Redeemer, Mobile, AL

VEGGIE BURGERS

INGREDIENTS:

1 medium onion, diced

2 cloves garlic, minced

1 tsp salt

oil for cooking

2 cups veggies (pick 1-3 of the following: sweet potatoes, beets, carrots, mushrooms, spinach, kale, corn, squash, broccoli, cauliflower, artichokes, zucchini, or bell peppers)

1 cups grains (pick 1 of the following: millet, quinoa, bulgur, rice, or buckwheat)

1 ½ cups legumes, liquid preserved (pick 1-2 of the following: canned black, pinto, cannellini, or kidney, lentils, chickpeas, soybeans, mung beans, or black eyed peas)

½ cups flavor/texture builders (pick 2 of the following: fresh herbs, finely chopped such as cilantro, basil, dill, parsley, thyme, sage, chives, or scallions, chopped nuts, chopped sun-dried tomatoes, chopped olives, flax seeds, chia seeds, sesame seeds, mashed avocado, unsweetened nut butter, or tahini paste)

3 tsp spices (pick 2-4 of the following: cumin, chili powder, smoked paprika, cayenne powder, Italian seasoning, black pepper, fennel, oregano, curry, coriander, cinnamon, turmeric, citrus zest)

½ cup dry base (pick 1 of the following: ground oats, cornmeal, bread crumbs, panko, almond meal)

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VEGGIE BURGERS

INSTRUCTIONS: Heat 2 Tbsp of oil in a large skillet over medium high heat. Add the onion, garlic, and salt and cook until the onion is translucent, 2-3 minutes. Add vegetables and cook until soft, 5-10 minutes.

Transfer the cooked vegetables to a food processor. Add all remaining ingredients except the reserved bean liquid and frying oil. Pulse 5-10 times to combine. Don't overdo it or it will turn into a paste. Press the mixture between your fingers. If you can form a patty with it, you're good to go. If it's too crumbly, add the reserved bean liquid, 1 Tbsp at a time, until it sticks together. If the mixture is too wet, add more of the dry base ingredient, 1 Tbsp at a time, until you reach the right consistency. Taste the mixture and add salt to your taste. Form the mixture into 8 patties and place on a baking sheet lined with parchment paper or sprayed with nonstick cooking spray. Refrigerate the patties uncovered for 30 minutes. (Don't skip this step! Resting will help the patties stay together.)

When ready to cook, heat 1 Tbsp of oil in a large skillet over medium-high heat until shimmering. Cook 3-4 patties at a time until brown on one side, then flip and brown the other side. It should take about 3-4 minutes per side. Heat 1 Tbsp of oil in the pan before cooking each batch of burgers. Serve immediately or cool and then wrap each burger in foil, place them in a freezer bag, and freeze for later. Reheat in a dry pan on the stove, in the oven or in the microwave.

Rhoda Vanderhart
Open Table UCC, Mobile AL



BASIC LENTIL SOUP

1 pkg lentils (green, black, or brown)
2-3 stalks celery with leaves, coarsely
chopped
3 carrots, diced
1 med onion, diced
Olive oil
2 Tbsp fresh or 1 Tbsp dried thyme leaves
4 cups water (more if soup consistency is
desired)
4 cups vegetable broth
Salt and pepper

Sauté onion, celery, and carrots in olive oil in a large deep pot for 5-10 minutes. Rinse lentils in a colander and add them to the sautéed vegetables. Add water and broth to pot and cover. Simmer for 20 minutes. Add salt, pepper, and fresh or dried thyme and simmer 20 more minutes or until liquid is almost absorbed.

Rhoda Vanderhart
Open Table UCC, Mobile AL



QUICK AND DELICIOUS CUBAN STYLE BLACK BEANS

2 Tbsp olive oil
1/2 onion, diced small
2 cloves garlic, minced
2 scallions, finely chopped
1/2 red bell pepper, diced small
3 Tbsp cilantro, chopped
15 oz can of black beans, undrained (I prefer Goya brand)
1/2 C water
1 bay leaf
1 tsp cumin
Pinch of oregano
1 tsp red wine vinegar
salt and pepper to taste

Saute vegetables in oil in a skillet until soft, about 3 minutes. Add beans, water, bay leaf, cumin, oregano, red wine vinegar, salt and pepper and bring to a boil. Lower heat and cover, simmer about 15 minutes, stirring occasionally (adjust water as needed). Taste for salt and serve.

Rhoda Vanderhart,
Open Table UCC, Mobile AL

SOUTHWESTERN QUINOA AND CHICKPEA SALAD

- 1 cup quinoa
- 1 $\frac{3}{4}$ cup water
- 3 Tbsp olive oil
- 1 can rinsed and drained chickpeas
- 1 medium tomato or several cherry tomatoes, chopped
- 3 Tbsp lime juice
- $\frac{1}{2}$ cup chopped cilantro
- 2 tsp ground cumin
- 3 cloves garlic, minced
- 1 tsp salt

Boil quinoa in water for 15 minutes. Place it in a bowl and drizzle with olive oil. Toss to mix. Add remaining ingredients and toss to mix. Serve warm or after refrigeration, as you prefer.

Rhoda Vanderhart
Open Table UCC, Mobile AL

MARINATED VEGETABLE SALAD

6 cups assorted vegetables, chopped

Some good choices are: Spanish onions, cauliflower, broccolis, carrots, green, red, yellow and orange peppers, green and yellow beans, red onion, zucchini, cucumber, green onion, celery, radishes, tomatoes

Combination Suggestions:

- Tomatoes, red onions, cucumbers, carrots and celery
- Broccoli, cauliflower, carrot and green onion
- Spanish onions, green and yellow beans

Marinade:

½ cup white vinegar

½ cup water

⅓ cup olive oil

3 tablespoons granulated sugar

1 tablespoon salt

2 teaspoons ground black pepper

Place selected assorted vegetables in a large bowl; set aside. Whisk together vinegar, water, olive oil, sugar, salt, and pepper in a medium bowl until sugar and salt dissolve. Pour dressing over vegetables; toss to coat. Cover and chill at least 1 1/2 to 2 hours.

Adapted from allrecipes.com and cooking.com

Mabel Young

St. Cyprian's Episcopal Church, Pensacola FL

VEGETABLE KORMA

1/2 Tbsp. vegetable oil
1 small onion, diced
2 tsp. fresh ginger root, minced
4 cloves garlic, minced
2 potatoes, cubed
4 carrots, cubed
1 fresh jalapeno, seeded and diced
3 Tbsp. ground unsalted cashew nuts
1 (8 oz.) can tomato sauce
2 tsp. salt
1 ½ Tbsp. curry powder
1 cup frozen green peas or edamame
½ green bell pepper, large dice
½ red bell pepper, large dice
13 oz. canned coconut milk

1. Parboil cubed potatoes and carrots for about 5-10 minutes or until barely tender.
2. Heat the oil in a skillet over medium heat. Stir in the onion, and cook until tender. Mix in ginger and garlic, and continue cooking 1 minute. Stir in potatoes, carrots, jalapeno, cashews and tomato sauce. Season with salt and curry powder. Cook and stir 10 minutes, or until potatoes are tender.
3. Stir in peas, bell peppers and coconut milk. Reduce heat to low, cover and simmer for 10 minutes.
4. Serve over rice.

Lella Lowe

Episcopal Church of the Redeemer, Mobile, Alabama

FALAFEL

1 ¾ cups dried chickpeas
2 cloves garlic, lightly crushed
½ onion, quartered
1 teaspoon ground coriander
1 tablespoon ground cumin
Scant teaspoon cayenne, or to taste; or mild chili powder to taste
½ cup chopped fresh parsley or cilantro leaves
1 teaspoon salt
½ teaspoon freshly ground black pepper, or to taste
½ teaspoon baking soda
1 tablespoon freshly squeezed lemon juice, or more to taste
2-3 T garbanzo flour
Neutral oil, like grapeseed or canola, for deep-frying

Soak the chickpeas overnight, in enough water to cover them, plus 2 inches. Next day, drain the chickpeas well, put in the container of a food processor with chopping blade and pulse, repeatedly until the peas are coarsely chopped. Add the other ingredients except garbanzo flour and oil. Pulse again but don't over process the mixture. It should not be a paste, but a rough mix. If it doesn't hold together in a ball add a spoon or two of water. If it seems too wet, add a spoon or two of garbanzo flour.

Roll the falafel into small balls and flatten slightly in your hand. Fry in hot oil till brown. Serve with hummus or baba ganoush or thinned tahini.

Adapted from a Mark Bittman recipe on the New York Times website.

Susan Case
Episcopal Church of the Redeemer, Mobile, AL

PASTA WITH GARLIC & OLIVE OIL

4 cloves garlic thinly sliced
olive oil
1 tsp crushed red pepper
spaghetti
salt

Prepare spaghetti as package directs. Saute garlic and 1 tsp crushed red pepper in a liberal amount of olive oil in a frying pan for 1 minute or until garlic is just starting to turn golden colored. Toss cooked spaghetti with garlic and olive oil. Serve with fresh grated parmesan cheese or nutritional yeast.

This is a classic, fix in 15 minutes Italian quick meal.
Rhoda Vanderhart, Open Table UCC, Mobile AL



CREAMY AVOCADO PASTA

2 avocados
1/3 cup fresh basil
2 tbsp olive oil
1/2 cup raw cashews
2 - 3 garlic cloves
Cashew milk (or other plant based milk) for thinning
Salt and pepper to taste

Soak cashews in water for 30 minutes until soft

Cook pasta according to package directions.

Blend avocado, basil, olive oil, soaked cashews, garlic, and seasoning together in processor until smooth. Add milk in slowly until at desired consistency.

Serve over pasta and top with additional basil and pepper.

Laurent Cadden
Trinity Episcopal Church, Mobile, Alabama

TOMATO BASIL SOUP

6 tablespoons olive oil or other neutral plant-based oil
1 onion, thinly sliced
15 baby carrots, thinly sliced
2 stalks celery, thinly sliced
6 cloves garlic, chopped
1 (28 ounce) can tomato sauce
1 (8 ounce) can tomato puree
1 ¼ cups vegetable broth
3 tablespoons chopped fresh basil
1 tablespoon chopped fresh oregano
salt and ground black pepper to taste
1 - 1 ½ cups vegan heavy cream (see below), may use coconut cream as well for a different flavor.

Melt butter in a large pot over medium-low heat; cook and stir onion, carrots, celery, and garlic until vegetables are tender, about 10 minutes. Stir in both amounts of tomato sauce, vegetable broth, basil, and oregano. Increase heat to medium and simmer until soup is reduced, 10 to 20 minutes. Pour soup into a blender no more than half full. Cover and hold lid down; pulse a few times before leaving on to blend. Add cream. Continue to puree in batches until smooth, transferring creamy soup to another pot. (I used an immersion blender--much less messy.) Heat soup over medium-high heat until hot, about 5 minutes more.

Vegan Cream: 1 cup raw cashews, soaked for 2 hours
1 - 1/4 C water

Blend together until smooth. Store in fridge for up to 3 months.

Cheryl Winters-Heard
St. John's Episcopal, Mobile

SOUTHERN WHITE LIMA BEANS

1 pkg of white dried lima beans (large)
1 stalk of celery (chopped)
2 tablespoons of fresh garlic
½ onion (diced)
4 ½ cups of water
salt and pepper

Blend ingredients and cook slowly until beans are tender
Add water as needed
Serve over rice

Daisy Branch
Church of the Good Shepherd, Mobile, AL

AUNT TEE'S CORN PUDDING

4 ears of fresh corn / 2 cans of white corn
½ teaspoon of flour
1 ½ tablespoon of sugar
½ teaspoon of sea salt
1 teaspoon of vanilla flavor

Mix well - corn and other ingredients
Blend corn juice
Place in oven for 30 minutes on 350 degrees
Remove from oven and set for 2 minutes
Garnish with green onion

Daisy Branch
Church of the Good Shepherd, Mobile, AL

CARROT TOPS PESTO

2 cloves garlic, chopped
2 Tbsp white wine vinegar
Carrot tops from 1 large or 2 smaller bunches of carrots (1 packed cup blanched)
¼ cup fresh basil leaves
4 green onions (green part only)
½ cup chopped walnuts
3 Tbsp olive oil
Salt and pepper to taste
Steamed veggies of choice (eg sliced carrots, zucchini, asparagus, green beans) or pasta

1. Blanch carrot tops in small saucepan for 3 minutes. Immediately cool in ice water bath. Squeeze out excess water and measure out 1 packed cup.
2. Place carrot tops and all other ingredients in food processor and blend. You will have fine lumps due to the walnuts.
3. Spoon pesto over veggies or pasta and serve.

Yield - 1 cup pesto

Linda Fassig
Episcopal Church of the Redeemer, Mobile AL

TOFU SCRAMBLE

½ of 15 oz two pack firm tofu crumbled
diced onions (½ cup)
sliced mushrooms (½ cup)
curry powder (½ tsp or to taste)
salt and pepper (to taste)

In a medium skillet over medium heat, saute onions and mushrooms (3-5 minutes). Use either small amount of vegetable oil or cooking spray to saute. To this mixture add crumbled tofu.

Serves 2-3. You can scale up and add jalapenos (fresh or bottled) to the onions when you saute if you want to kick up the spices. You can also add green peppers and mushrooms to the onions for a fajita-type mixture. This is great with flour tortillas. Beans and corn tortillas makes a complete protein source. Serve with salad.

Pam Tanner
Christ Church, Pensacola, FL



EASY BLACK BEAN TACOS

1 can Black Beans (drained and washed)
Diced Onions ½ cup
Cumin (½ tsp or to taste)
Onion Powder (½ tsp or to taste)
Chili Powder (1 tsp or to taste)

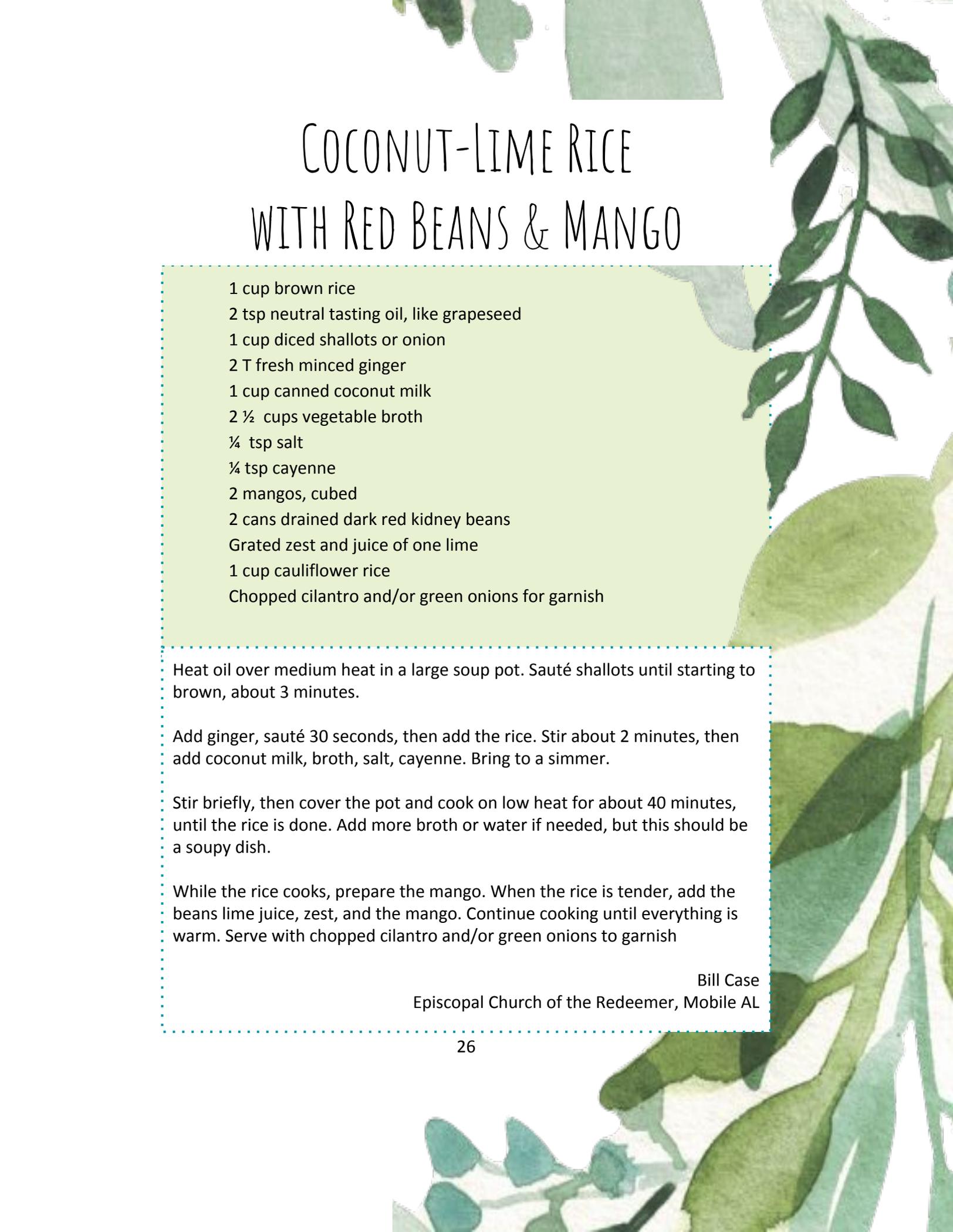
6 Corn Taco Shells (room temperature or warm in oven)

Toppings

Torn Lettuce (1 cup)
Salsa
Diced Tomatoes (1 cup)
Bottled Jalapenos
Diced Avocado
Soy-based Shredded Cheese (if desired)

In a small skillet on medium heat, saute onions (3-5 minutes) in small amount of vegetable oil or cooking spray. Add drained black beans, season with chili powder, cumin and onion powder. Continue to heat until any liquid from beans evaporates. Use 1/4 cup of mixture in each corn tortilla and top as desired.

Pam Tanner
Christ Church, Pensacola, FL



COCONUT-LIME RICE WITH RED BEANS & MANGO

1 cup brown rice
2 tsp neutral tasting oil, like grapeseed
1 cup diced shallots or onion
2 T fresh minced ginger
1 cup canned coconut milk
2 ½ cups vegetable broth
¼ tsp salt
¼ tsp cayenne
2 mangos, cubed
2 cans drained dark red kidney beans
Grated zest and juice of one lime
1 cup cauliflower rice
Chopped cilantro and/or green onions for garnish

Heat oil over medium heat in a large soup pot. Sauté shallots until starting to brown, about 3 minutes.

Add ginger, sauté 30 seconds, then add the rice. Stir about 2 minutes, then add coconut milk, broth, salt, cayenne. Bring to a simmer.

Stir briefly, then cover the pot and cook on low heat for about 40 minutes, until the rice is done. Add more broth or water if needed, but this should be a soupy dish.

While the rice cooks, prepare the mango. When the rice is tender, add the beans lime juice, zest, and the mango. Continue cooking until everything is warm. Serve with chopped cilantro and/or green onions to garnish

Bill Case
Episcopal Church of the Redeemer, Mobile AL

QUINOA & KALE TABBOULEH SALAD

8-12 oz. curly organic kale (depending on your preference for a more grain based or green-based salad)

1 cup quinoa (multi colored is nice)

2 ½ cups water

1 cup raisins

1 cup sliced almonds, toasted

¼ cup grapeseed (or any neutral tasting oil)

¼ cup apple cider vinegar

1 T agave nectar

¼ tsp dry mustard

¼ tsp orange oil (Boyajian's or other)

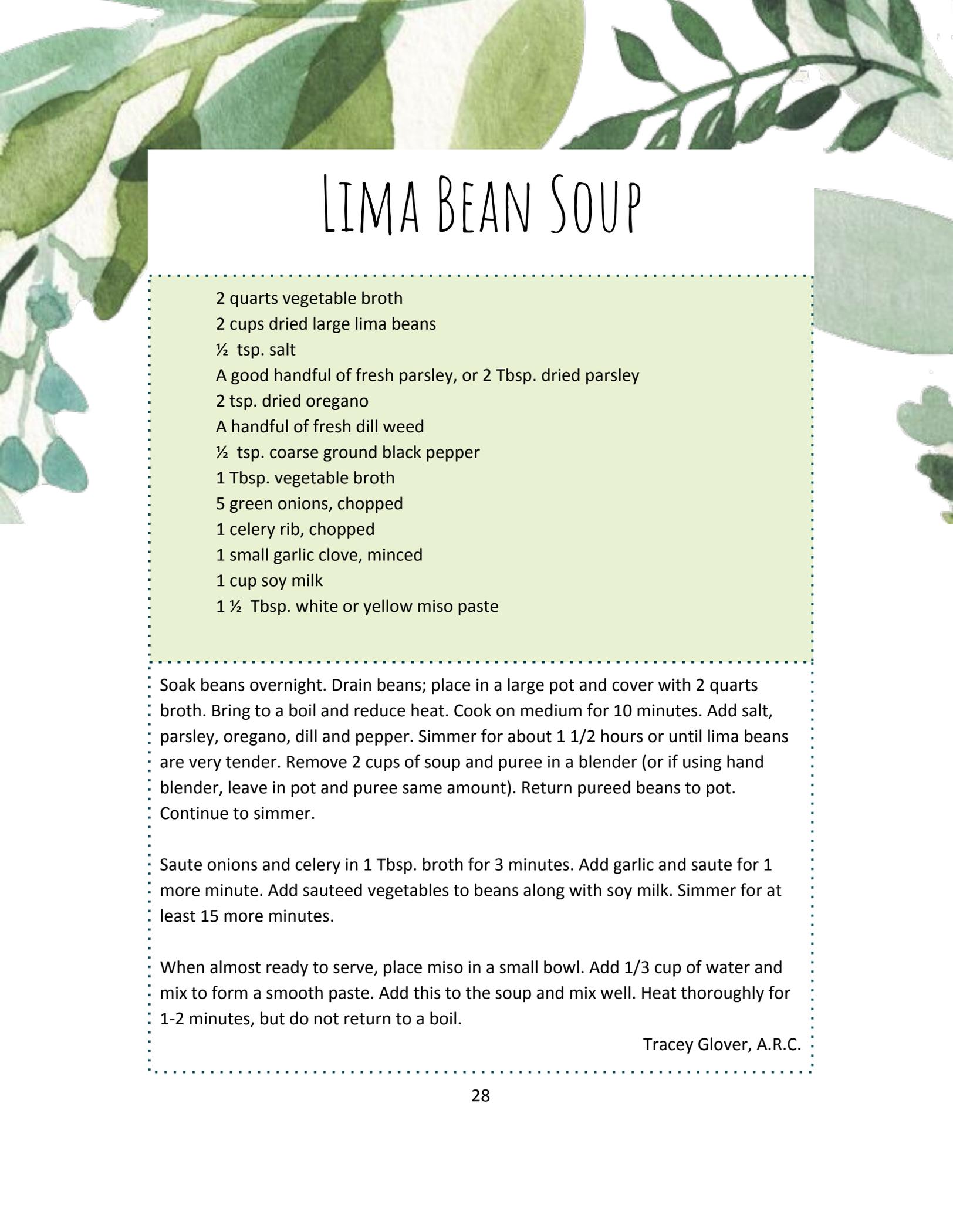
Rinse the quinoa in a strainer and add it to a saucepan. Bring quinoa and water to a boil, cover and simmer on low for 13-15 minutes.

While quinoa cooks, chop kale in food processor in small batches. Add to a large bowl.

Layer the cooked quinoa and the raisins over the chopped kale. Stir together. This helps soften the kale and the raisins.

Make the vinaigrette and pour over the salad. Top with toasted almonds and stir in just before serving. Makes a crowd-sized bowl.

Susan Case
Episcopal Church of the Redeemer, Mobile, Alabama



LIMA BEAN SOUP

2 quarts vegetable broth
2 cups dried large lima beans
½ tsp. salt
A good handful of fresh parsley, or 2 Tbsp. dried parsley
2 tsp. dried oregano
A handful of fresh dill weed
½ tsp. coarse ground black pepper
1 Tbsp. vegetable broth
5 green onions, chopped
1 celery rib, chopped
1 small garlic clove, minced
1 cup soy milk
1 ½ Tbsp. white or yellow miso paste

Soak beans overnight. Drain beans; place in a large pot and cover with 2 quarts broth. Bring to a boil and reduce heat. Cook on medium for 10 minutes. Add salt, parsley, oregano, dill and pepper. Simmer for about 1 1/2 hours or until lima beans are very tender. Remove 2 cups of soup and puree in a blender (or if using hand blender, leave in pot and puree same amount). Return pureed beans to pot. Continue to simmer.

Saute onions and celery in 1 Tbsp. broth for 3 minutes. Add garlic and saute for 1 more minute. Add sauteed vegetables to beans along with soy milk. Simmer for at least 15 more minutes.

When almost ready to serve, place miso in a small bowl. Add 1/3 cup of water and mix to form a smooth paste. Add this to the soup and mix well. Heat thoroughly for 1-2 minutes, but do not return to a boil.

Tracey Glover, A.R.C.

GREEK POTATO SALAD

Tofu feta:

- 1 (14-ounce) brick extra-firm tofu
- ½ cup white wine vinegar or white Balsamic vinegar
- 1 tablespoon lemon juice
- ½ cup unsweetened vegan milk
- 1 teaspoon dried basil
- 2 garlic cloves, minced
- 2 teaspoons sea salt

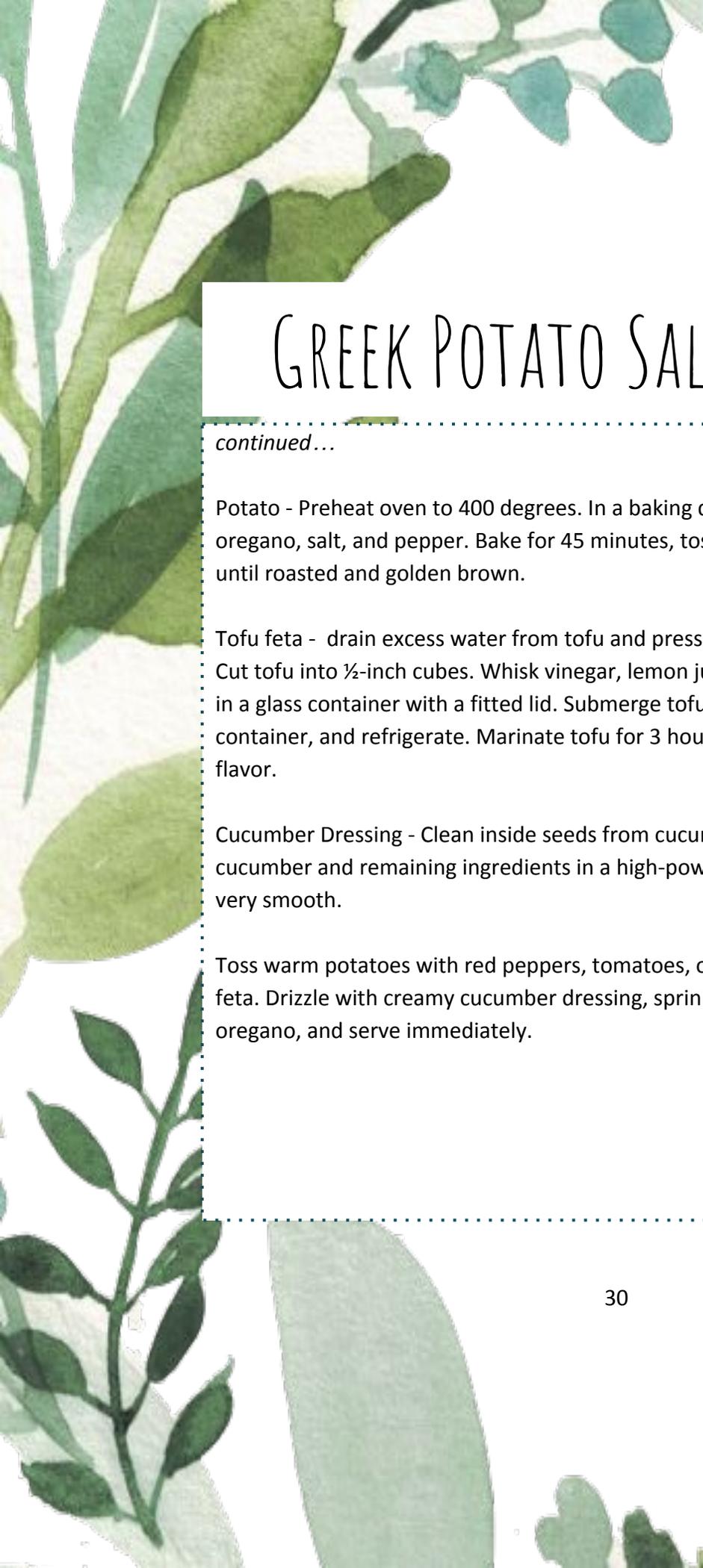
Creamy cucumber dressing:

- 1 cucumber
- 1 cup vegan mayonnaise
- 2 tablespoons lemon juice
- 1 garlic cloves
- 2 teaspoons apple cider vinegar
- 1 tbsp chopped fresh dill
- ¼ teaspoon sea salt
- ¼ teaspoon ground pepper

Potato salad:

- 10 small red or Yukon gold potatoes, cubed
- 1 tablespoon olive oil
- 1 teaspoon dried oregano
- ½ teaspoon sea salt
- ½ teaspoon black pepper
- 1 cup diced red pepper
- 1 cup roma tomatoes, sliced
- ⅓ cup pitted kalamata olives
- 6 or more marinated artichoke hearts, quartered
- Dried oregano, for serving

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GREEK POTATO SALAD- CON'T.

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Potato - Preheat oven to 400 degrees. In a baking dish, toss potatoes with olive oil, oregano, salt, and pepper. Bake for 45 minutes, tossing once halfway through, until roasted and golden brown.

Tofu feta - drain excess water from tofu and press it between paper towels to dry. Cut tofu into ½-inch cubes. Whisk vinegar, lemon juice, milk, basil, garlic, and salt in a glass container with a fitted lid. Submerge tofu cubes in mixture, place lid on container, and refrigerate. Marinate tofu for 3 hours or overnight for a stronger flavor.

Cucumber Dressing - Clean inside seeds from cucumber and discard. Place cucumber and remaining ingredients in a high-powered blender and blend until very smooth.

Toss warm potatoes with red peppers, tomatoes, olives, artichoke hearts and tofu feta. Drizzle with creamy cucumber dressing, sprinkle with black pepper and oregano, and serve immediately.

Joan Dixon
Mobile AL

ASIAN FUSION BAO BUNS

Filling:

Shiitake mushrooms, diced
(or Baby Bella)

Red cabbage, thinly sliced

Carrots, thinly sliced

Chopped watercress

Yaki Tofu, diced (normal firm tofu works
but Yaki tastes better)

Chinese red pepper, seeded and sliced

Seasonings for filling:

Rice vinegar

Sesame oil

Lemon

Salt

Black Pepper

2 Tbsp. Sesame oil

Lemongrass

Lime

Red pepper

Fresh ginger, grated

Frozen bao buns

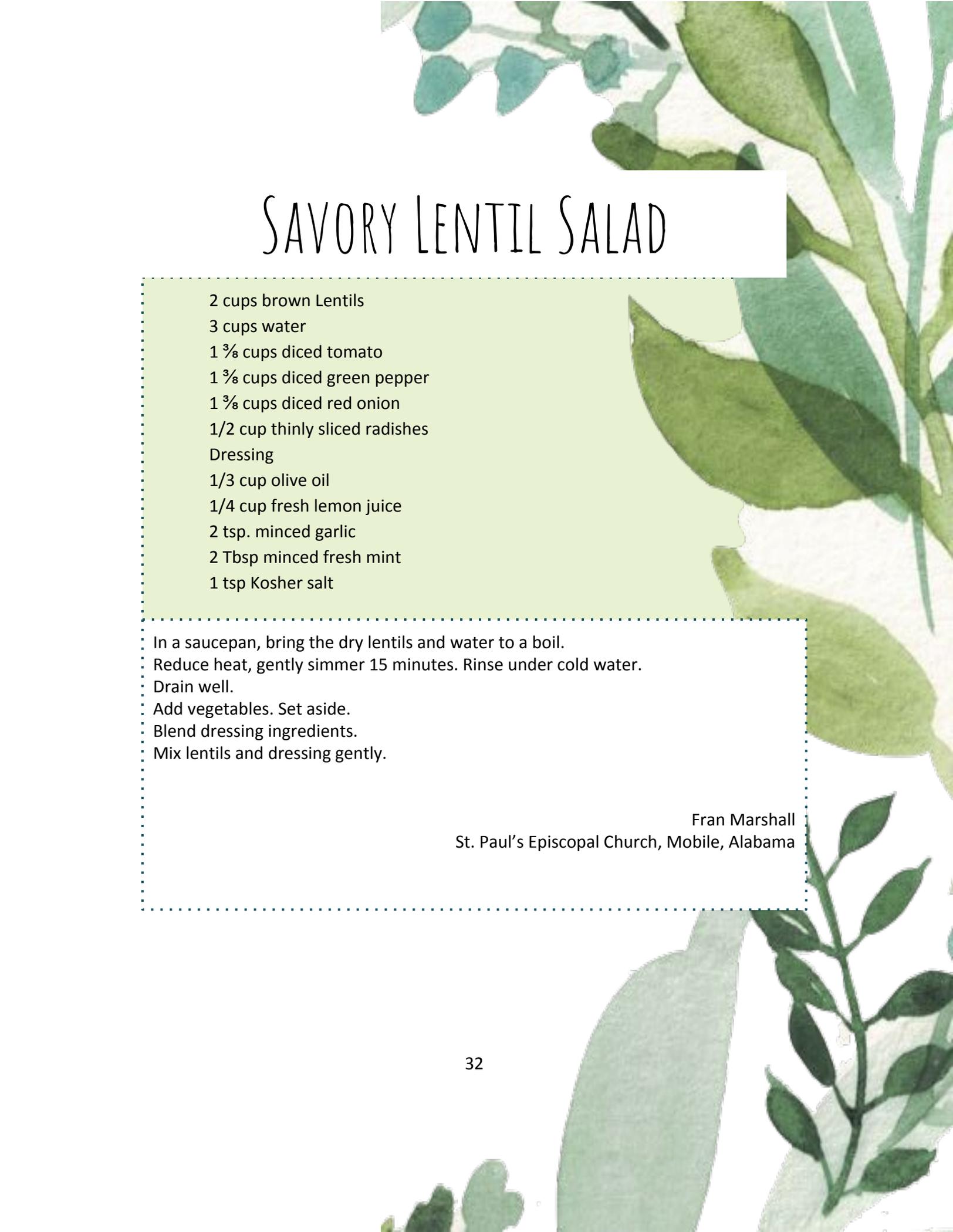
Pickled red cabbage (optional, see recipe below)

For the Bao Buns: if you have a steamer, use that. If not, place 2 inches of water in a large pot, and then place a metal colander inside of the pot. Pop the buns in, place a lid on top, and turn to medium heat, steam for 10-15 minutes.

Pour 2 tbsp of sesame oil into wok. Over medium-high heat, sauté mushrooms, then add red cabbage and carrots. Add tofu to pan, sauté, then add Chinese red pepper. Sauté all ingredients for a total of 10 minutes, squeeze in lemon, half of a lime, grated ginger, season with salt and black pepper. Place filling in buns, garnish with watercress and pickled red cabbage, if desired.

To make Pickled Red Cabbage: Slice red cabbage, pour steaming water over cabbage, and then pack in glass jar with $\frac{3}{4}$ cup rice vinegar and 1 tbsp sugar, keep refrigerated, up to 3 days before use.

Savannah Clarke
St. Christopher's, Pensacola, FL

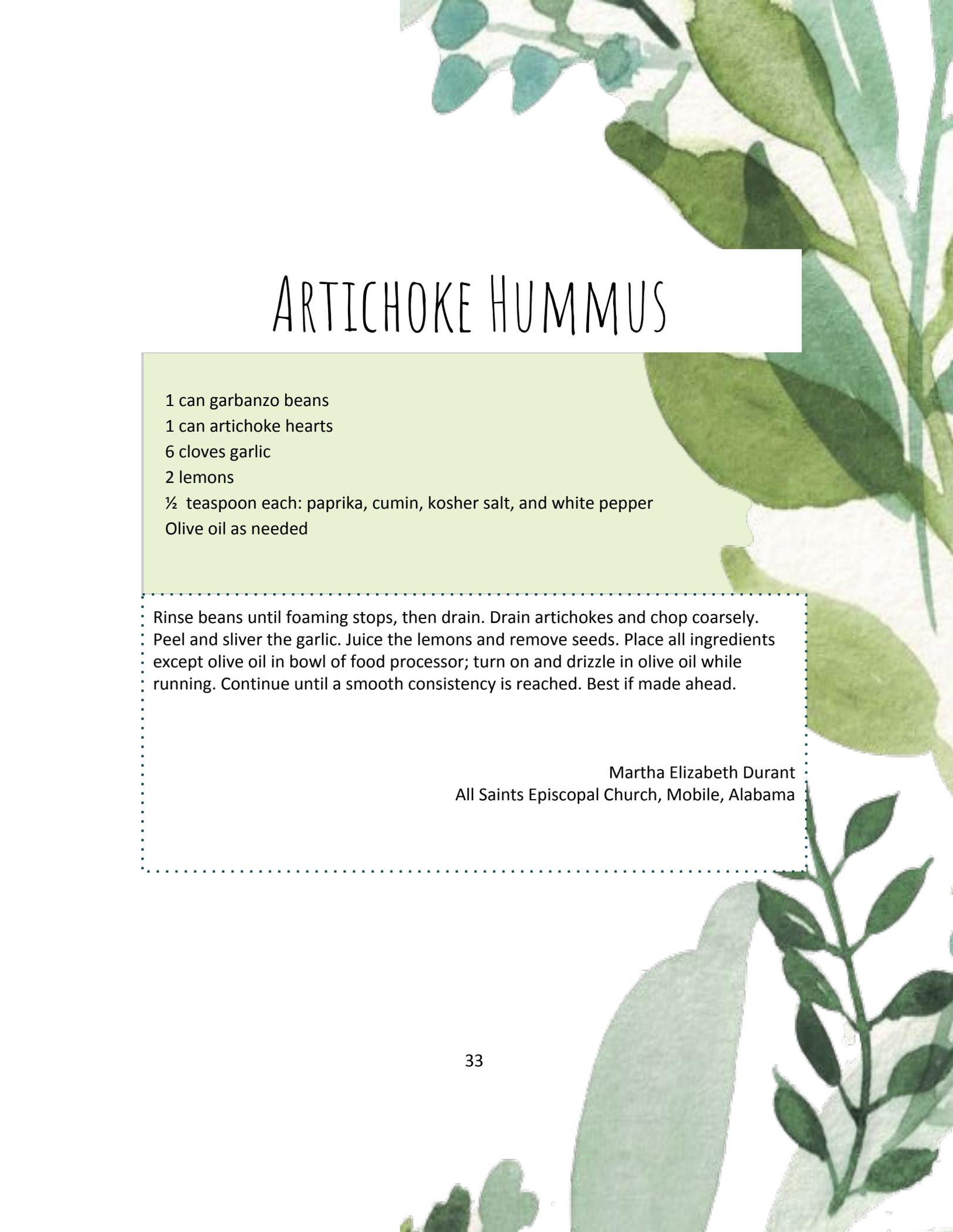


SAVORY LENTIL SALAD

2 cups brown Lentils
3 cups water
1 $\frac{3}{8}$ cups diced tomato
1 $\frac{3}{8}$ cups diced green pepper
1 $\frac{3}{8}$ cups diced red onion
1/2 cup thinly sliced radishes
Dressing
1/3 cup olive oil
1/4 cup fresh lemon juice
2 tsp. minced garlic
2 Tbsp minced fresh mint
1 tsp Kosher salt

In a saucepan, bring the dry lentils and water to a boil.
Reduce heat, gently simmer 15 minutes. Rinse under cold water.
Drain well.
Add vegetables. Set aside.
Blend dressing ingredients.
Mix lentils and dressing gently.

Fran Marshall
St. Paul's Episcopal Church, Mobile, Alabama



ARTICHOKE HUMMUS

1 can garbanzo beans
1 can artichoke hearts
6 cloves garlic
2 lemons
½ teaspoon each: paprika, cumin, kosher salt, and white pepper
Olive oil as needed

Rinse beans until foaming stops, then drain. Drain artichokes and chop coarsely. Peel and sliver the garlic. Juice the lemons and remove seeds. Place all ingredients except olive oil in bowl of food processor; turn on and drizzle in olive oil while running. Continue until a smooth consistency is reached. Best if made ahead.

Martha Elizabeth Durant
All Saints Episcopal Church, Mobile, Alabama



HERBY GARLIC CONFIT

4 heads of garlic, cloves separated, unpeeled

A small handful of thyme sprigs, rosemary sprigs, and/or bay leaves

1½ cups extra-virgin olive oil

Preheat oven to 250°. Place garlic, herbs, and oil in an 8x8" baking dish or a small saucepan. Cover with foil and bake until garlic is tender, 60–75 minutes. (You'll have to pop one out of its skin to test it; it should be soft and jammy.) Let cool. *You'll also have to pop the cloves out of their skins to mash or spread them, but it's worth it.*

I put this in a glass jar and keep it in the refrigerator. It will begin to lose its taste in about 3 weeks to a month. The olive oil will solidify so I'll scoop out a tablespoon or two and let it come to room temperature while I'm prepping food.

It's a wonderful spread for crostini, pizza dough, fresh bread, etc. Good mashed into potatoes. The oil can be used to saute vegetables and as an ingredient in salad dressing, etc., etc.

Adapted from the Bon Appetit website

<https://www.bonappetit.com/>

Susan Case

Episcopal Church of the Redeemer, Mobile AL

PASTA WITH CARROT TOP/AVOCADO SAUCE

2-3 large cloves of garlic
¼ cup basil leaves
Carrot top greens from 3-4 fresh carrots, fronds removed from main stems
Juice from 1 lemon
2 Tbsp water
2 Tbsp olive oil
1 large or 2 small avocados, ripe
Salt and pepper to taste
8 oz dry pasta of your choice

1. Boil water, then cook pasta per instructions on box.
2. While water is boiling and pasta cooking, pulse garlic and basil leaves in food processor.
3. Add carrot top greens to food processor and pulse.
4. Add water, olive oil, lemon juice, and avocado to food processor and blend until sauce is smooth.
5. Drain pasta and either serve pasta with sauce spooned over it on individual plates or mix pasta and sauce and serve.

Serves 3-4.

Linda Fassig
Episcopal Church of the Redeemer, Mobile AL

VEGGIE FRITTERS

1 medium zucchini
2 broccoli crowns
1 carrot, peeled
½ onion
½ red bell pepper
1 tsp each oregano, basil, cilantro, paprika (and/or any favorite spices)
½ tsp salt
¼ tsp ground black pepper
Generous pinch cayenne pepper or crushed red pepper
1 vegan egg (1 Tbsp ground flaxseed stirred into 3 Tbsp water)
or 1-½ tsp Egg Replacer stirred into 2 Tbsp warm water)
Chickpea or almond flour
1-2 tsp olive oil

1. Grate all 5 veggies with a hand grater.
2. Put grated veggies in medium bowl with all spices and mix well.
3. Add vegan egg and mix well
4. Add enough flour to make a dough that you can handle and hand pat into patties.
5. Pat mixture into patties. Cook's choice on size. They should be about ¼" - ½" thick.
6. Heat olive oil on griddle or in skillet on medium heat and put in the fritters. Brown fritters on one side, 3-5 minutes usually. Flip and brown other side.
7. Serve with ketchup, Vegenaise with garlic and pickle brine, avocado slices, tahini, or your favorite topping.

Linda Fassig
Episcopal Church of the Redeemer, Mobile AL

A watercolor illustration of various green leaves and branches, some with small buds or flowers, framing the central text. The leaves are in various shades of green, from light to dark, and are arranged in a way that creates a natural, organic border around the word 'SUMMER'.

SUMMER

ROASTED CORN SUMMER SALAD

4 ears of fresh white summer corn
2 cups diced seeded pickling cucumbers
2 cups cherry tomatoes quartered
½ cup diced purple onion
Romaine lettuce
2 tablespoons finely chopped shallots
2 tablespoons white wine vinegar
2 tablespoons lemon juice
¼ teaspoon fine sea salt
2 teaspoons Dijon mustard
4 to 6 tablespoons extra-virgin olive oil, plus 1 teaspoon for cooking
freshly ground black pepper to taste

Heat a grill pan or outdoor grill to medium heat. To roast the corn, rub the shucked ears of corn with 1/4 teaspoon olive oil each. Place the corn on the grill and cook, turning often, until the corn is slightly charred and still crisp, 8 to 10 minute. Remove from the heat and cool briefly.

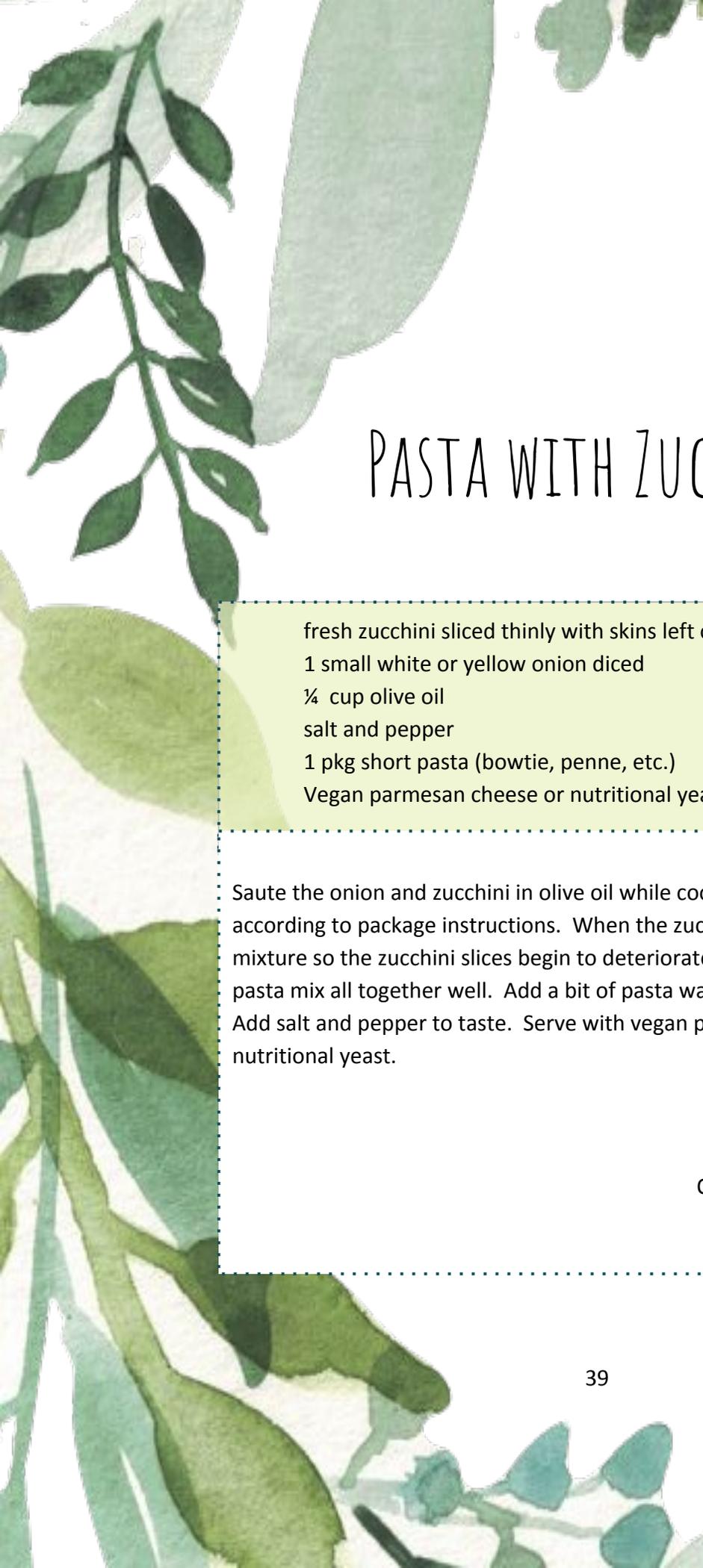
Cut the kernels off the cob and place in a large bowl and cool the corn. (Four cobs of corn should yield 3 to 4 cups of kernels.) Add the cucumber, tomatoes, red onion. Toss to combine.

In a small bowl, whisk together the shallots, vinegar, and fine sea salt; let the mixture stand 10 minutes. Whisk in the mustard, then add the oil in a very slow, thin, steady stream, whisking constantly until the dressing is emulsified. Season with and freshly ground black pepper and more sea salt to taste. (The vinaigrette can be prepared ahead and refrigerated, in an airtight container, up to 1 week.)

Serve on a large leaf of romaine lettuce. Drizzle with vinaigrette. Serve immediately after dressing.

This is a salad I have made for many years, borrowed from a recipe from the food network.

Carolyn Jeffers
Christ Church Cathedral, Mobile, Alabama

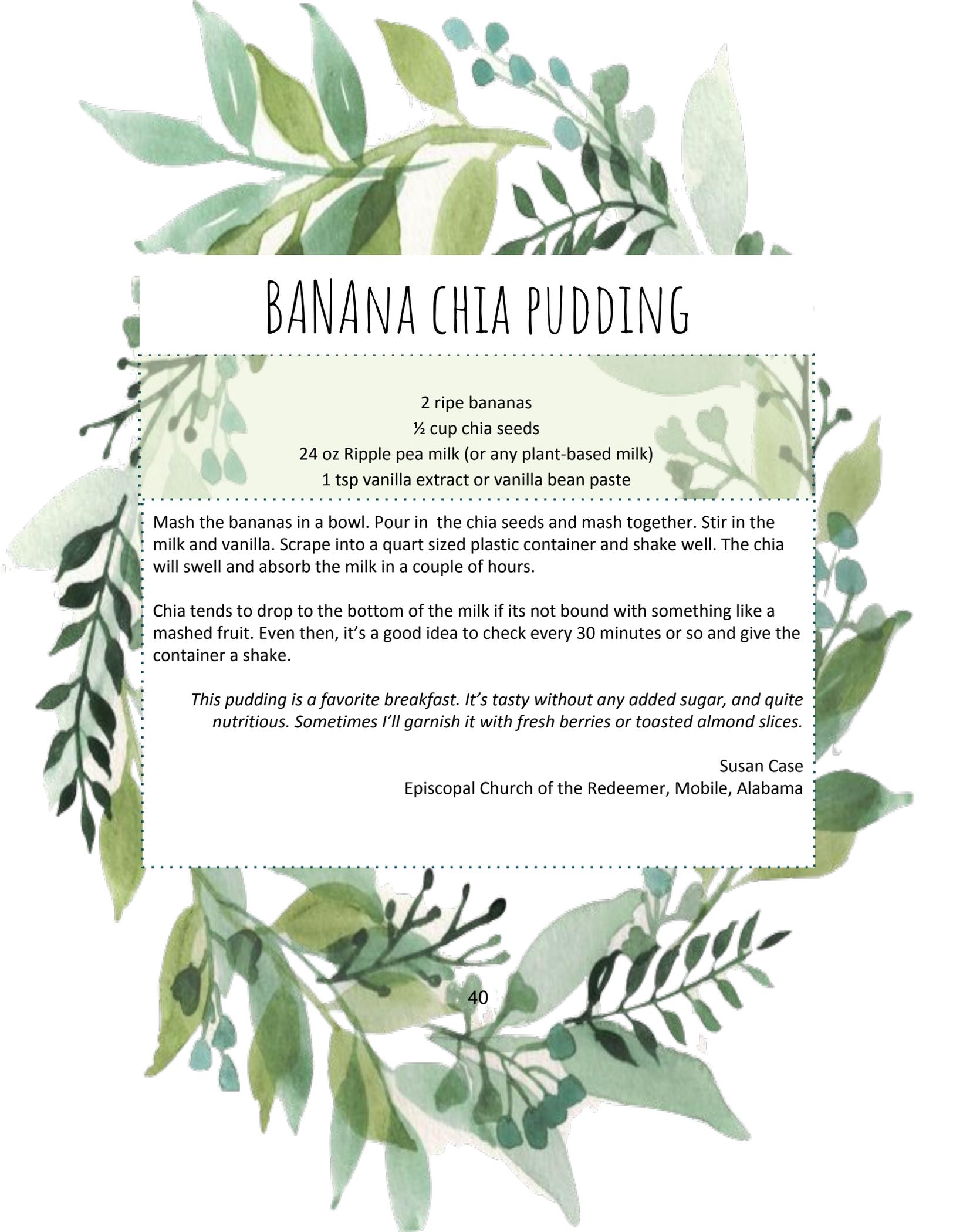


PASTA WITH ZUCCHINI

fresh zucchini sliced thinly with skins left on
1 small white or yellow onion diced
¼ cup olive oil
salt and pepper
1 pkg short pasta (bowtie, penne, etc.)
Vegan parmesan cheese or nutritional yeast

Saute the onion and zucchini in olive oil while cooking pasta in salted water according to package instructions. When the zucchini is soft, stir the mixture so the zucchini slices begin to deteriorate slightly. Add the cooked pasta mix all together well. Add a bit of pasta water if the mixture is dry. Add salt and pepper to taste. Serve with vegan parmesan cheese or nutritional yeast.

Rhoda Vanderhart
Open Table UCC, Mobile AL



BANANA CHIA PUDDING

2 ripe bananas
½ cup chia seeds
24 oz Ripple pea milk (or any plant-based milk)
1 tsp vanilla extract or vanilla bean paste

Mash the bananas in a bowl. Pour in the chia seeds and mash together. Stir in the milk and vanilla. Scrape into a quart sized plastic container and shake well. The chia will swell and absorb the milk in a couple of hours.

Chia tends to drop to the bottom of the milk if its not bound with something like a mashed fruit. Even then, it's a good idea to check every 30 minutes or so and give the container a shake.

This pudding is a favorite breakfast. It's tasty without any added sugar, and quite nutritious. Sometimes I'll garnish it with fresh berries or toasted almond slices.

Susan Case
Episcopal Church of the Redeemer, Mobile, Alabama

MOCK TUNA SALAD

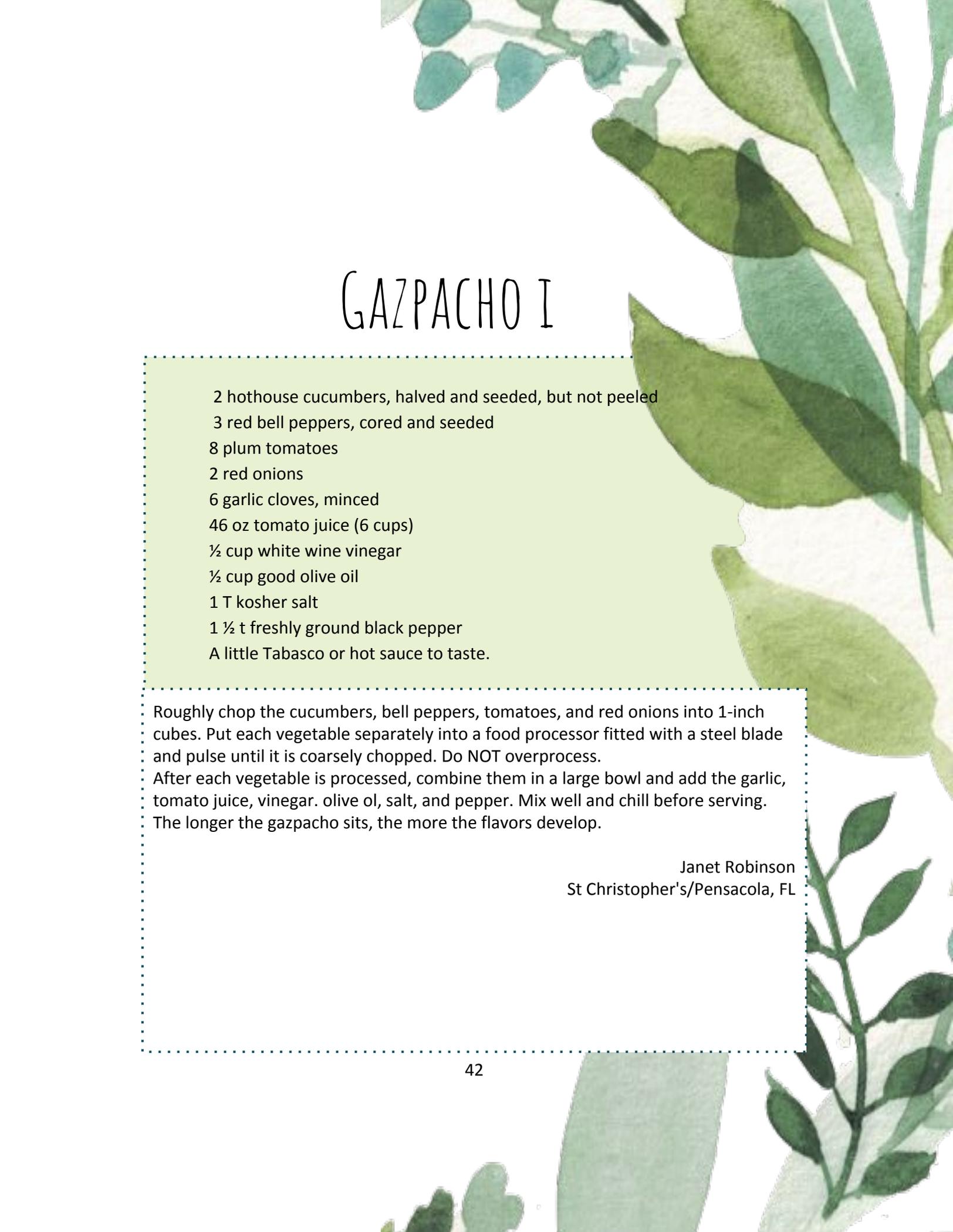
3 c kidney beans
3 c black beans
3 c garbanzo beans
1 c navy beans
1 c pinto beans
2 lbs onions
4 cloves garlic
2 lbs peppers
3 ⅓ lbs tomatoes (if fresh, add 2 cups water, if canned, keep juice)
3 ⅓ lbs tomato sauce
1/2 c chili powder
1 lb corn
4 T oregano
2 t cayenne
1T cumin
⅛ cup packed brown sugar
⅛ cup cocoa
salt and pepper to taste
4 Cups TVP (texturized vegetable protein)

Rinse, soak, and cook beans (make sure to soak the garbanzos longer, and keep the navy beans separate if you want them to stay white). If you plan to use cans, plan for one can for each cup of beans, and rinse off all that salt! Set aside.

In a large pot, sauté onions and garlic in 1 tbsp oil until almost clear. Continue to sauté with peppers for 2-3 minutes. Add beans and all remaining ingredients (save corn and TVP) to pot and simmer until heated throughout. Add liquid as needed to prevent scorching the bottom of the pot. The TVP will soak up a fair amount of liquid, so an extra cup or two won't hurt.

Add 4 cups TVP and corn and stir in, simmer additional 30 minutes, and serve hot.

Pam Tanner
Christ Church, Pensacola, FL



GAZPACHO I

2 hothouse cucumbers, halved and seeded, but not peeled
3 red bell peppers, cored and seeded
8 plum tomatoes
2 red onions
6 garlic cloves, minced
46 oz tomato juice (6 cups)
½ cup white wine vinegar
½ cup good olive oil
1 T kosher salt
1 ½ t freshly ground black pepper
A little Tabasco or hot sauce to taste.

Roughly chop the cucumbers, bell peppers, tomatoes, and red onions into 1-inch cubes. Put each vegetable separately into a food processor fitted with a steel blade and pulse until it is coarsely chopped. Do NOT overprocess. After each vegetable is processed, combine them in a large bowl and add the garlic, tomato juice, vinegar, olive oil, salt, and pepper. Mix well and chill before serving. The longer the gazpacho sits, the more the flavors develop.

Janet Robinson
St Christopher's/Pensacola, FL



BLACK RICE SALAD WITH MANGO AND PEANUTS

2 oranges, peeled, segmented, and without pith.
1 tsp. orange juice
¼ - ½ C lime juice
2 Tbsp. neutral vegetable oil
1 Tbsp. soy sauce
1 tsp. rice wine vinegar
2 cups black rice (may substitute other type of rice, or farro, or pearly barley)
Kosher salt
2 ripe mangoes, cut into ¼-inch dice
1 cup finely chopped red onion
½ cup unsalted dry roasted peanuts
6 scallions, thinly sliced
2 jalapenos, seeded and minced

Dressing:

Whisk the orange juice, lime juice, oil, soy sauce, rice wine vinegar together. Set aside.

Rice:

Cook the rice or rice substitute in water as directed until tender. When cooked through, cool in a single layer on a baking sheet, and drizzle the dressing over.

Salad:

Mix the mangoes, orange segments, onion, peanuts, cilantro, and other ingredients together, seasoning lightly with salt and more lime juice as you wish. Mix together in a bowl with the rice.

Cheryl Winters-Heard
St. John's Episcopal, Mobile, AL

GAZPACHO - II

1 garlic clove, minced or 1 t. prepared minced garlic in olive oil
Flat leaf parsley, about 12 good stems (stems removed)
1 large ripe tomato
large sweet onion such as a Vidalia
1/2 cucumber peeled or 2 Kirby cucumbers, unpeeled
green, red, yellow or orange bell peppers (a mixture to equal to 1 whole pepper)
2 green onions, including green part
1 fresh yellow squash
1 good, juicy lemon (all of juice & zest)
2 c. V-8 juice (spicy hot)
2 ½ T. red wine vinegar
2 T. Olive Oil
1 scant T. salt
1 t. black or white ground pepper
1 T. Worcestershire Sauce
1 T. Tabasco (or hot sauce of your choice)

Using a food processor, start with the onions, garlic & parsley. Process to a fine chop. Remove to a large bowl. Process tomato & remove to the bowl with onions. Depending on the capacity of your food processor, chop rest of vegetables till fine and add to the bowl. Add lemon juice & zest, V-8 juice, vinegar, olive oil, salt & pepper, Worcestershire sauce & Tabasco to mixture. Return mixture to food processor 2 cups at a time and process until smooth and slightly frothy. Taste for seasoning. Refrigerate several hours or overnight and serve cold.

I have used other vegetables depending on what I have on hand such as banana pepper, celery or zucchini. You may substitute white vinegar for red wine vinegar but DO NOT use balsamic because it makes it too dark & the flavor is unsuitable.

We used to make Gazpacho with a coarse chop until we had it served this way on a trip to Costa Rica.

You may chop it as finely as you wish but if you get it too thick, just add a little more V-8. It should be about the consistency of a bisque, not a chowder or thick chili.

We have been making this summertime dish since 1998.

Jane and James Buttram
Christ Church Parish, Pensacola, FL

FARRO RISOTTO WITH SWEET CORN AND TOMATOES

Corn Stock:

3 ears fresh corn, shucked
Kosher salt and black pepper
3 Tbsp. olive oil

Risotto:

2 cups thinly sliced leeks, white and light green parts only.
1 ½ cups pearly Farro (arborio rice can also be used if farro isn't available)
½ cup dry white wine
1 cup cherry tomatoes, halved
¾ cup vegan parmesan cheese (recipe below)*
2 tsp. chopped fresh herbs like tarragon or basil
1 tsp. lemon zest

Vegan Parmesan cheese:

¾ cup raw cashews
3 Tbsp. nutritional yeast
¾ tsp. sea salt
¼ tsp. garlic powder
Grind together in a food processor until it looks like fine sand. Use in any recipe calling for parmesan cheese.

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FARRO RISOTTO WITH SWEET CORN AND TOMATOES-CON'T.

Make the corn stock:

Cut off all of the kernels from the cobs, set aside. Scrape any remaining corn nubbins into a medium sauce pan, break corn cobs in half. Add 8 cups water, 1 tsp. Kosher salt, 1 tsp. ground black pepper; bring to a boil and simmer for at least 15 minutes. Keep simmering while sauteing other ingredients.

Make the Risotto:

Saute leeks until tender (5 - 7 minutes) in the olive oil in a Dutch oven or large pot. Add the farro and stir for one minute. Add the white wine and simmer until the liquid mostly disappears.

On medium heat, stir in the corn stock one cup at a time, stirring, and adding more as it gets absorbed.

Add the tomatoes and corn kernels to the farro - leek - stock mixture, and continue adding stock until the farro is tender. You'll use most, if not all of the stock, and the whole process of adding and stirring will take about 40 minutes.

Stir in the vegan cheese, green herbs, lemon zest, and add salt and pepper as desired.

Cheryl Winters-Heard
St. John's Episcopal, Mobile, AL

CORN MACQUE CHOUX

12 ears fresh corn
2 Tbsp. vegetable oil
1 Tbsp. vegan "butter"
2 tomatoes, peeled and chopped
1 large onion, chopped
1 medium green pepper, chopped
1 clove garlic, minced
1 Tbsp. sugar
1 tsp. salt
¼ tsp. black pepper

Remove kernels from corn cobs. Combine oil and butter in a large skillet; heat until butter melts. Add corn, tomato, and remaining ingredients; cook 5 minutes, stirring constantly. Cover, reduce heat, and simmer 20 minutes, stirring often. Yield: 12 servings.

Lella Lowe
Episcopal Church of the Redeemer, Mobile AL



DILLED WHITE BEAN AND GRAPE TOMATO SALAD

2 15 ounce cans of any white bean, rinsed, drained
2 ½ cups of cherry tomatoes
⅔ cup diced red onion
¼ cup chopped fresh dill
¼ cup olive oil
3 Tbsp fresh lemon juice
1 Tbsp balsamic vinegar
2 garlic cloves, pressed

Toss all ingredients in a large bowl. Season with salt and pepper. Let marinate at room temperature 1 hour. Cover and chill. Bring salad to room temperature before serving.

Fran Marshall
St. Paul's Episcopal Church, Mobile, Alabama



SPICY EGGPLANT

1 lb. eggplant
3 tbsp. oil
1 large onion, finely chopped
3 tomatoes, chopped
1 tbsp. chopped fresh cilantro
1-2 green chilis, chopped
½ tsp. ground turmeric
½ tsp. chili powder
¼ tsp. ground coriander
¼ tsp. salt

Place the eggplant under a preheated broiler for about 15 minutes, turning frequently until the skin turns black and the flesh soft. Peel off the skin and mash the flesh.

Heat the oil in a wok over medium heat and fry the onions until soft. Add the tomatoes, cilantro and green chilis and fry another 2-3 minutes.

Add the mashed eggplant, turmeric, chili, coriander and salt and stir.

Fry for another 10-12 minutes and serve with vegan Naan.
Makes 16 servings

Larry Sims
St. Luke's Episcopal Church, Mobile, Alabama

PANZANELLA

3 Tbsp. good olive oil
1 small baguette or boule (vegan) cut into 1-inch cubes
1 tsp. kosher salt
2 large ripe tomatoes cut into 1-inch cubes
1 hothouse cucumber, unpeeled and sliced into ½-inch slices
1 red bell pepper, seeded and cut into 1-inch cubes
1 yellow bell pepper, seeded and cut into 1-inch cubes
½ red onion, cut in half and thinly sliced
20 basil leaves, coarsely chopped
3 Tbsp. capers, drained

Vinaigrette

1 tsp. minced garlic
½ tsp. Dijon mustard
3 Tbsp. champagne vinegar
½ cup olive oil
½ tsp. Kosher salt

Whisk all vinaigrette ingredients together.

Toast the bread in a large saute pan with salt and olive oil until browned, adding more oil as needed.

Mix the vegetables and toss with the toasted bread cubes. Toss with vinaigrette, season with additional salt and pepper.

Cheryl Winters-Heard
St. John's Episcopal, Mobile, AL

TOMATILLO SOUP

2 T roasted garlic "Better Than Bouillon" soup base
2 T vegetable "Better than Bouillon" soup base
12 chopped fresh tomatillos
6 cups water
2 chopped yellow onions
2 T oil
1 - 16 oz. jar fire-roasted salsa verde
2 sliced poblano chilies, seeds and ribs removed
1 finely chopped jalapeno
1 ½ cups white bite-sized potatoes
2 cans navy beans, drained and rinsed
1 16-oz block extra firm tofu, cubed
2 small zucchini, cut in 1/2" half-rounds
2 ears fresh corn, scraped from cob (or 1 cup frozen)
1 ½ cups shredded carrot
½ lime, juiced

Garnishes: sliced radish, cilantro, toasted pumpkin seeds, chopped avocado.

In a large soup pot, dissolve bouillon in the water, add tomatillos and bring to a boil. Lower heat and simmer, covered, for about 10 minutes.

Meanwhile sauté the onions in oil till soft and add to the soup pot. Add the potatoes, navy beans, salsa verde and tofu, cook 20 minutes. Add poblano strips, corn and zucchini to the pot, along with the lime juice and 3/4 cup of carrot. Cook 10 minutes, then taste for balance. If it needs a bit of sweetness, add more carrot. Taste for salt and pepper, but remember the bouillon has a lot already. Let the soup sit an hour or so to blend flavors, then reheat, garnish and serve. Warm corn tortillas or chips on the side are good.

Susan Case
Episcopal Church of the Redeemer, Mobile, AL

OKRA STEW

8 oz dry black eyed peas, soaked and cooked per package
2-3 Tbsp olive oil
1 yellow onion, chopped
3 cloves garlic, minced
1 jalapeño pepper, minced
¼ cup basil leaves
1 tsp oregano
1 tsp smoked paprika
Salt and pepper, to taste
Pinch of cayenne pepper or crushed red peppers, optional (depending on amount of heat you like)
1 to 1-¼ lb fresh okra
15 oz can Muir Glen fire roasted diced tomatoes
2 cups vegetable broth
Juice of ½ lemon
1 crown broccoli
½ lb asparagus spears

Soak and cook the black eyed peas.

In large pot/saucepan, heat olive oil and sauté onions until transparent, 5-7 minutes.

Add garlic, jalapeño pepper, and basil leaves, sauté 1-2 minutes more.

Add spices and salt and pepper, stirring for 30 seconds until fragrant.

Add diced tomatoes and vegetable broth to pot. Stir well. Bring to a slow boil

While stew is coming to a boil, remove both ends from okra and discard (or compost).

Chop okra into 1/4 inch slices.

Cut asparagus into 1 inch pieces and broccoli crown into bite size pieces.

Add black-eyed peas, okra, asparagus, broccoli, and lemon juice to stew. Stir well.

Once low boil is reached, lower heat to med-low/simmer, partially covering pot.

Cook approx 45 min to 1 hour, stirring occasionally. If the stew is too thick for your liking, add vegetable broth in 1/4-1/2 cup increments when you stir until it's to the consistency you like (we like thick stew so we don't add any more liquid). You want time for the okra to "deslime" but veggies not be mushy.

Serve over brown rice. Serves 4-6

Linda Fassig

Episcopal Church of the Redeemer, Mobile AL

LEMONY SUMMERY VEG SOUP

2 leeks, thinly sliced
1 red onion, chopped
4 garlic cloves, minced
2 T roasted garlic base (Better Than Bouillon brand)
2 T vegetable base (Better Than Bouillon brand)
6 cups water
1 sprig fresh Lemon (or English) Thyme, or 1/4 tsp dried
1 red bell pepper, diced
4 carrots, cut in ¼ " coins
2 ears corn, freshly cut
1 can red beans, rinsed
1 cup small green lima beans
¼ lb. sliced mushrooms of whatever kind you like
¼ cup parsley, chopped
2 small zucchini, ½ " thick half-rounds
1 cup cut okra
1 cup shredded carrot
½ lemon, juiced
1 tsp lemon oil (I prefer Boyajian brand)
Salt & Pepper to taste

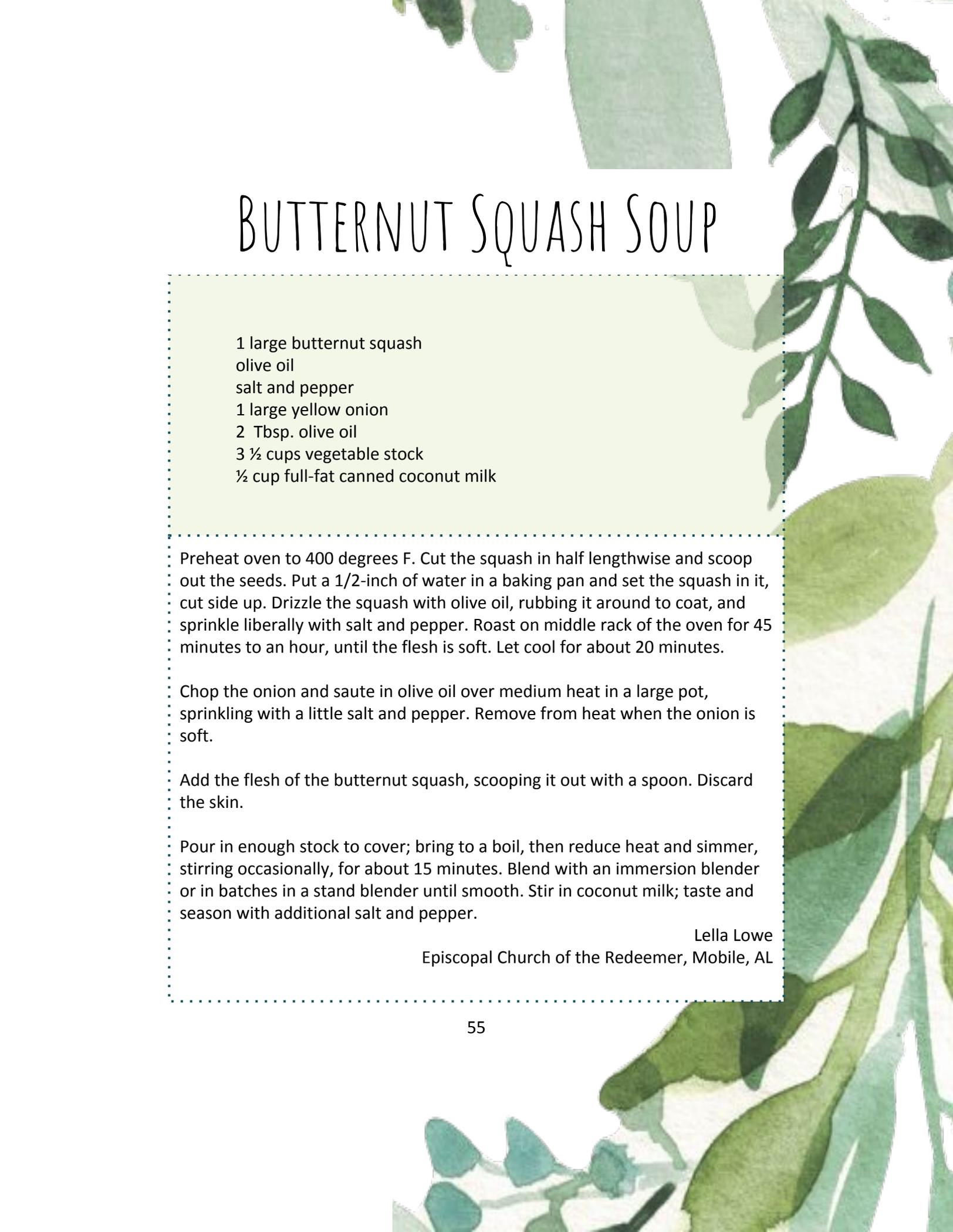
In a large soup pot- saute the leeks and onion till softened, then add garlic. In the same pot add water and bouillon, bring to boil, stir to dissolve bouillon. Add all the vegetables and thyme to the stock *except* the shredded carrot, zucchini, okra, parsley, lemon juice and oil. Reserve these for the end so they don't overcook. Return to a boil, reduce the heat, cover and simmer about 20 minutes. Turn off the heat, let the soup sit for an hour or so to allow flavors to develop. Before serving, return soup to a low boil, add the reserved vegetables, lemon juice and lemon oil. The shredded carrots should sweeten the soup enough to balance the lemon juice's tartness. Taste, checking for salt. Add pepper as you like. Use a tiny bit of sugar if needed to balance the flavors.

Susan Case

Episcopal Church of the Redeemer, Mobile AL



FALL



BUTTERNUT SQUASH SOUP

1 large butternut squash
olive oil
salt and pepper
1 large yellow onion
2 Tbsp. olive oil
3 ½ cups vegetable stock
½ cup full-fat canned coconut milk

Preheat oven to 400 degrees F. Cut the squash in half lengthwise and scoop out the seeds. Put a 1/2-inch of water in a baking pan and set the squash in it, cut side up. Drizzle the squash with olive oil, rubbing it around to coat, and sprinkle liberally with salt and pepper. Roast on middle rack of the oven for 45 minutes to an hour, until the flesh is soft. Let cool for about 20 minutes.

Chop the onion and saute in olive oil over medium heat in a large pot, sprinkling with a little salt and pepper. Remove from heat when the onion is soft.

Add the flesh of the butternut squash, scooping it out with a spoon. Discard the skin.

Pour in enough stock to cover; bring to a boil, then reduce heat and simmer, stirring occasionally, for about 15 minutes. Blend with an immersion blender or in batches in a stand blender until smooth. Stir in coconut milk; taste and season with additional salt and pepper.

Lella Lowe
Episcopal Church of the Redeemer, Mobile, AL



GREEN MONSTER SMOOTHIE

1 cup Ripple pea milk or other non-dairy milk
1 cup baby spinach or kale, de-stemmed
1 ripe banana
3-4 ice cubes
1 T peanut or almond butter
1 T chia seeds or ground flaxseed
1 tsp. vanilla extract
scoop protein powder (optional) I like Kachava brand Chocolate

Blend together on low speed, gradually increasing to high speed.

Susan Case
Episcopal Church of the Redeemer, Mobile, AL



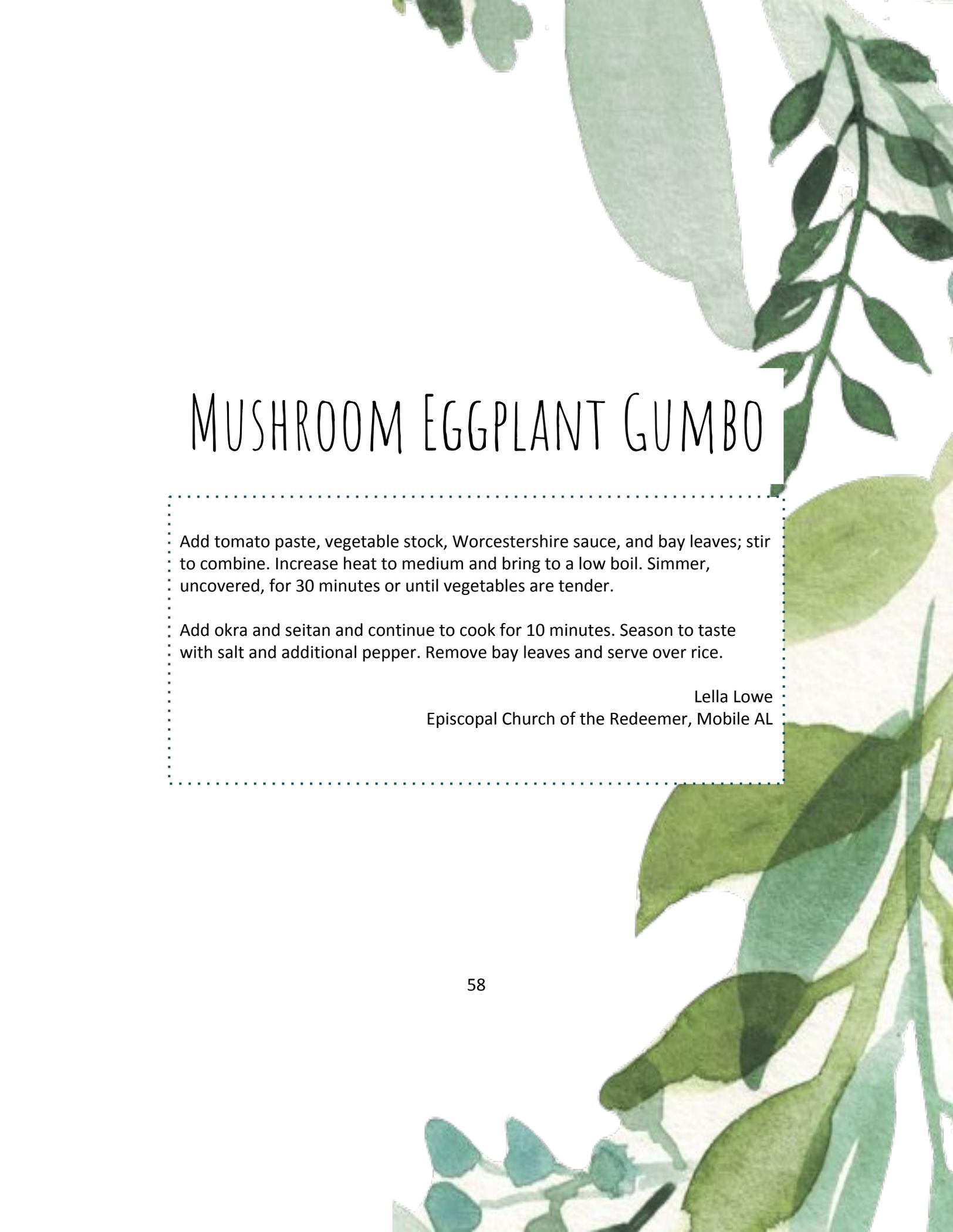
MUSHROOM EGGPLANT GUMBO

¾ cup vegetable oil
¾ cup flour
4 tsp. minced garlic
3 cups yellow onion, diced
3 ribs celery, diced
1 red pepper, diced
1 green pepper, diced
1 eggplant, cut into 1/2-inch cubes
8 oz. portobello mushrooms, cut into 1/2-inch cubes
2 tsp. Tony Chachere's Creole seasoning
1 tsp. black pepper
¼ tsp. smoked paprika
2 tsp. dried thyme
1 tsp. dried oregano
½ cup tomato paste
6-7 cups vegetable stock
1 Tbsp. vegan Worcestershire sauce
3 bay leaves
2 cups sliced okra
1 lb. cubed chicken-style seitan

Combine oil and flour in a 6-quart stockpot over low heat. Cook about 30-45 minutes or until well browned (the color of chocolate), stirring constantly.

Add garlic, onion, celery, red & green peppers, mushrooms, and eggplant; stir to combine and cook for seven minutes. Add seasonings and cook an additional two minutes.

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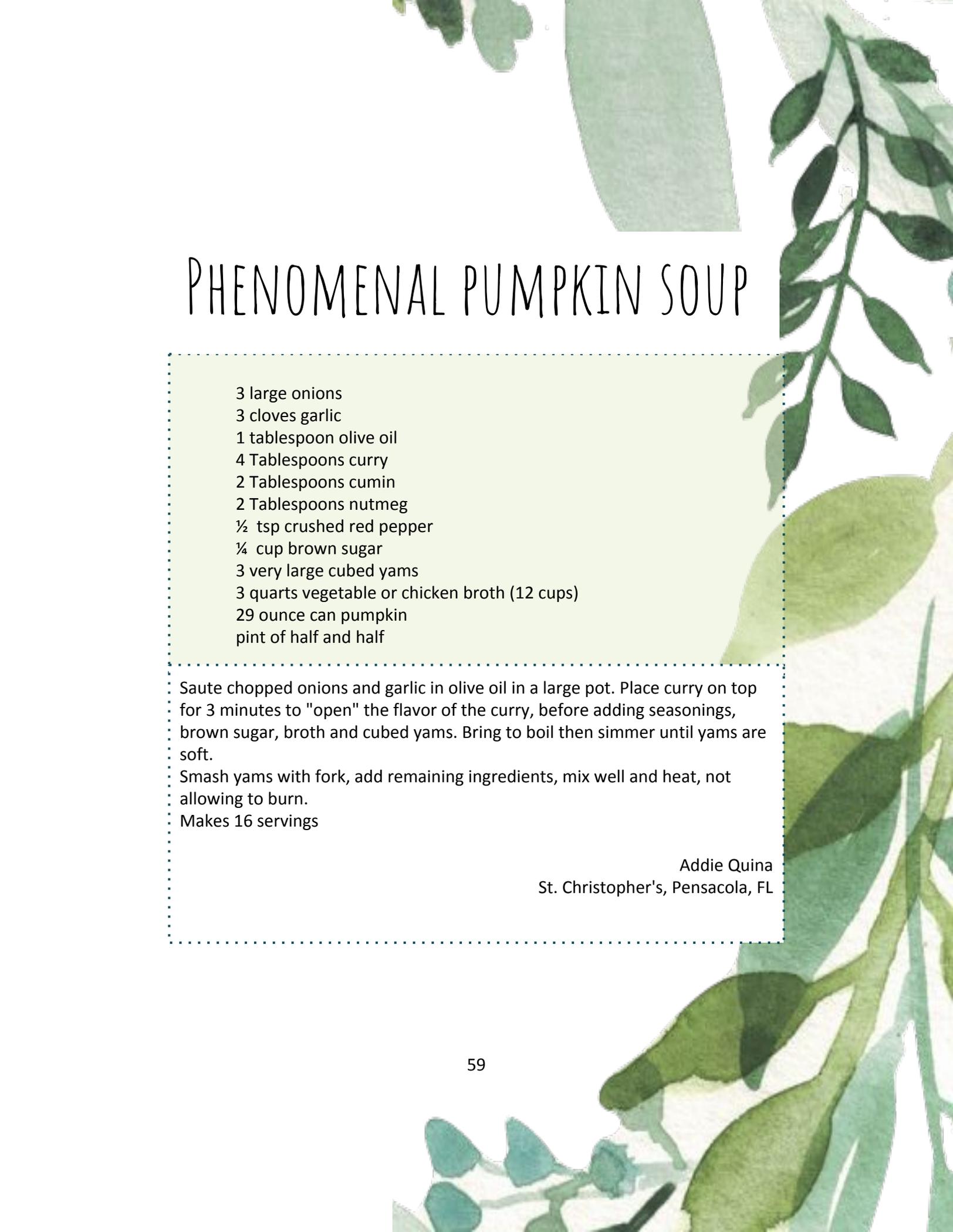


MUSHROOM EGGPLANT GUMBO

Add tomato paste, vegetable stock, Worcestershire sauce, and bay leaves; stir to combine. Increase heat to medium and bring to a low boil. Simmer, uncovered, for 30 minutes or until vegetables are tender.

Add okra and seitan and continue to cook for 10 minutes. Season to taste with salt and additional pepper. Remove bay leaves and serve over rice.

Lella Lowe
Episcopal Church of the Redeemer, Mobile AL



PHENOMENAL PUMPKIN SOUP

3 large onions
3 cloves garlic
1 tablespoon olive oil
4 Tablespoons curry
2 Tablespoons cumin
2 Tablespoons nutmeg
½ tsp crushed red pepper
¼ cup brown sugar
3 very large cubed yams
3 quarts vegetable or chicken broth (12 cups)
29 ounce can pumpkin
pint of half and half

Saute chopped onions and garlic in olive oil in a large pot. Place curry on top for 3 minutes to "open" the flavor of the curry, before adding seasonings, brown sugar, broth and cubed yams. Bring to boil then simmer until yams are soft.

Smash yams with fork, add remaining ingredients, mix well and heat, not allowing to burn.

Makes 16 servings

Addie Quina
St. Christopher's, Pensacola, FL

AFRICAN TREE NUT STEW

2 Tbsp olive oil
1 medium red onion, chopped
1 medium sweet potato, unpeeled, cut into 1/4 inch cubes
1 jalapeño, seeded and finely chopped
2 Tbsp fresh grated or minced fresh ginger
4 cloves of garlic, pressed or minced
4 C veggie broth
2 C water
3/4 C creamy nut butter (almond butter recommended)
6 oz tomato paste
1 medium bunch of collard or kale greens, remove ribs and chop leaves in bite-size pieces
1 can chickpeas, rinsed and drained
Sriracha or hot sauce of choice
chopped cashews
chopped cilantro

In a Dutch oven or large pot, warm olive oil over medium heat. Add the onion, sweet potato and jalapeño. Cook, stirring occasionally until the onions are translucent and the sweet potatoes are tender, about 10 minutes. Add the ginger, garlic, and 1/2 tsp of sea salt. Cook until fragrant, about 1 minute.

Pour in veggie broth and water, increase heat to medium high, and bring to a simmer. Cook for 15 minutes, stirring occasionally and reducing the heat as necessary to maintain a gentle simmer.

In a heatproof bowl, combine the nut butter and tomato paste. Transfer 1-2 C of hot broth from the pot to the bowl. Whisk the mixture together until smooth, then pour the nut mixture into the soup and mix well.

Stir in collard or kale greens and chickpeas and continue cooking until the soup is nice and thick, about 15-20 minutes. Serve the soup in bowls and top with Sriracha, cashews, and cilantro.

Rhoda Vanderhart
Open Table UCC, Mobile AL

WHOLE GRAIN WHEAT BREAD

2 cups hot water
1/3 cup olive oil (any oil is fine)
1/3 cup honey
2 T molasses
1 tsp orange oil
1 T sea salt
7 1/2 cups whole wheat flour
2 T SAF instant yeast

Place the first six ingredients in the bowl of a stand mixer and stir briefly. Mix in 2 cups whole wheat flour (to cool the water and end up with warm dough. After mixing, add the yeast. Add the 4 cups remaining whole wheat flour, then the rest by the half cup until the dough quits sticking to the sides of the bowl. It should be tacky to the touch. Do not exceed 7 1/2 cups of wheat flour. (You can trade one cup of wheat flour for one cup of all purpose white.)

Don't over mix or the bread will be tough. Let the dough rise in the bowl covered with a damp towel, for about 30-45 minutes. It will increase in size but doesn't have to double.

Grease two bread pans with coconut oil, then flour the pans to reduce sticking. Place the dough on a floured board. Pat out the dough into a rectangle and do a letter fold, using a bench scraper if it sticks. Use as little flour as possible. Do 5 letter folds, giving the dough a quarter turn each time. Divide the dough in half and shape into logs, tucking under the ends. Place the dough in loaf pans, seam side down. Cover with a damp towel, and let them rise until doubled. Bake in a preheated oven at 375 degrees for 35-45 minutes. Test with a thermometer--interior temperature should be 190 degrees.

When done turn the bread out of the pan onto a rack to cool.

Susan Case
Episcopal Church of the Redeemer, Mobile AL

PUMPKIN CRAISIN MUFFINS

2 Tbsp. ground flax seed
6 Tbsp. warm water
1 ½ cups sugar
2 cups flour
1 tsp. baking soda
¼ tsp. baking powder
½ tsp. cinnamon
½ tsp. allspice
½ tsp. ground cloves
1 tsp. salt
½ cup water
½ cup oil
1 cup canned pumpkin (not pumpkin pie filling)
½ cup raisins (or raisins)

Preheat oven to 400 degrees F.

Combine flax seeds and 6 Tbsp. warm water. Set aside to thicken for at least 5 minutes.

Whisk together all dry ingredients in a large bowl. Combine all wet ingredients (including soaked flax and pumpkin) in a separate bowl. Make a hole in the center of the dry ingredients and pour in liquid. Add raisins. Stir until just combined (don't over-mix).

Fill greased muffin cups 2/3 full. Optional: sprinkle 1/4 tsp. sugar over each muffin. Bake 18-20 minutes. Yield: 18 muffins.

Lella Lowe

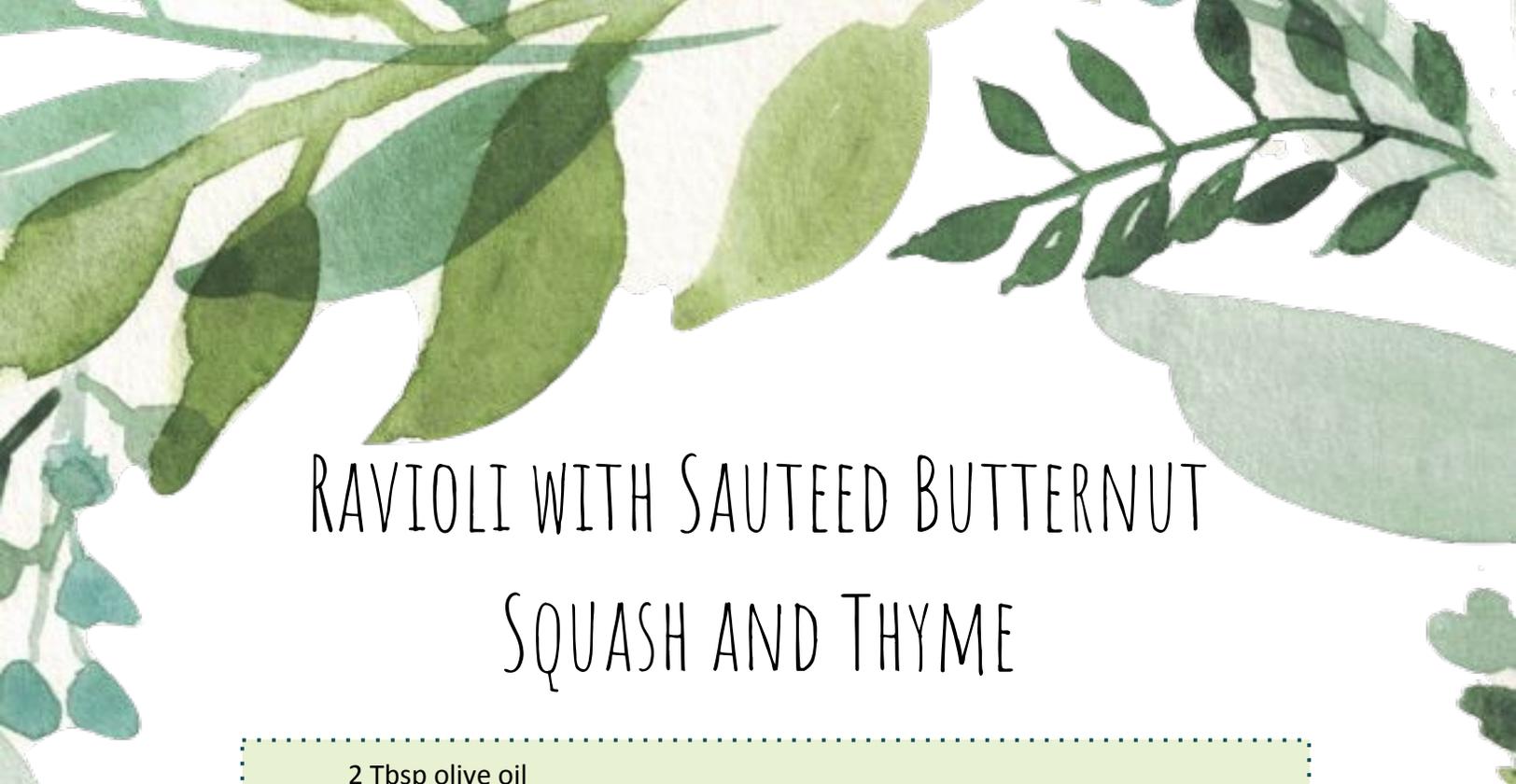
Episcopal Church of the Redeemer, Mobile AL

SUCCOTASH

2 cups okra (frozen or fresh-I prefer to cut the okra versus buying cut okra)
1 cup corn (canned, fresh or frozen)
small to medium (1 cup) onion cut in half then sliced
1 can diced tomatoes
salt, pepper, garlic powder for seasoning to taste

Add one tablespoon of olive oil to the skillet heated on medium to high heat; once heated, add sliced onion and okra and sauté for approximately 1-2 minutes—may start with the okra if fresh; then add the corn and diced tomatoes. Stir until very warm. Add salt , pepper and/or garlic powder to taste if desired. Only takes about five minutes to prepare. Do not cover until cool. It will take away the beautiful color. Then serve. Enjoy!

Cris Turnage
St. Cyprian's Episcopal Church, Pensacola, Florida



RAVIOLI WITH SAUTEED BUTTERNUT SQUASH AND THYME

2 Tbsp olive oil
½ medium butternut squash, peeled and cut into 1/2 inch cubes
Salt and pepper
1 Tbsp small fresh thyme sprigs
1 16 oz pkg vegan cheese (or other) vegan ravioli

Heat the oil in a large nonstick skillet over medium heat. Add the squash, season with salt and pepper and cook, covered, stirring occasionally for 8 minutes. Add the garlic and thyme and cook, uncovered, tossing occasionally until the squash is tender and beginning to brown, 2-3 minutes more. Meanwhile, cook the ravioli according to package directions. Transfer the ravioli to plates, top with the squash mixture, and sprinkle with vegan parmesan cheese or nutritional yeast.

Rhoda Vanderhart
Open Table UCC, Mobile AL

KALE & SWEET POTATO SALAD WITH PECAN VINAIGRETTE

Roasted Sweet Potatoes

- 3 tbsp pure maple syrup
- 1 tbsp extra-virgin olive oil
- 1 tbsp lemon juice
- ¼ tsp sea salt
- 2 sweet potatoes cut into 1" cubes or smaller

Rest of Salad

- ⅓ cup pumpkin seeds (I combined sunflower seeds)
- 1 bunch curly-leaf kale, ribs removed, chopped
- ½ cup Pecan Vinaigrette
- ½ cup pitted and sliced Medjool dates

Pecan Vinaigrette

- ¼ cup extra-virgin olive oil
- ¼ cup pecans
- 2 tbsp apple cider vinegar
- 1 lemon, juiced
- 1 tsp Dijon mustard
- 1 tsp grated orange peel or 2 drops of orange oil
- 1 clove garlic
- ¼ tsp sea salt
- ¼ tsp ground black pepper

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KALE & SWEET POTATO SALAD WITH PECAN VINAIGRETTE

continued... Preheat the oven to 400°F. Line a baking sheet with parchment paper.

In a large bowl, whisk together the maple syrup, oil, lemon juice, and salt. Add the sweet potatoes and toss to coat with the maple syrup mixture. Spread the potatoes on the baking sheet and roast, stirring occasionally, for 20- 30 minutes, or until tender. Remove from the oven and set aside to cool.

In a skillet over medium heat, toast the pumpkin seeds for 2 minutes, stirring. Transfer to a plate and set aside.

In a large bowl, toss the kale with the vinaigrette. With clean hands, massage the dressing into the kale. Add sweet potatoes, dates and top with seeds.

In a blender or mini food processor, combine the oil, pecans, vinegar, mustard, orange peel, garlic, salt, and pepper. Blend or process just until coarse.

Refrigerate any leftover dressing for 3 to 5 days.

Everyone will want this recipe. Make copies. :)

Joan Dixon, Mobile AL



VEGGIE POT PIE

3 stalks organic celery, chopped
½ onion, chopped
3 carrots, chopped
4 cups organic greens like collards or kale, stalks removed, chopped
1 cup seitan or tofu, cut into bite-sized chunks
3 Tbsp. Earth Balance (vegan margarine)
2-3 cloves garlic, minced
½ Tbsp. dried basil
½ Tbsp. dried oregano
1 tsp. salt
1 tsp. pepper
¾ cup flour (whole wheat or white whole wheat)
2 cups vegetable broth
1 Tbsp. tamari or soy sauce
1 cup plain organic soy milk (or other nondairy milk)
¾ cup frozen peas (optional)
2 whole wheat pie crusts

Saute celery, onions, carrots, greens and tofu or seitan in vegan butter for about 10 minutes, or until veggies are soft and tofu has started to brown. Add the garlic and saute another minute or two, being careful not to burn it. Add the herbs, salt and pepper and stir well. Add flour, stirring constantly for 1 minute. Add broth, tamari and milk to mixture while stirring constantly. Cook over medium heat until bubbly, then stir in the peas. Pour into vegan whole wheat crust and top with 2nd crust. Bake at 375 degrees F for 45 minutes, or until crust is browning and filling is bubbling out the sides.

Tracey Glover

KALE, BLACK BEAN, SWEET POTATO BOWL

1 large sweet potato, peeled and cubed
drizzle of olive oil
½ tsp. powdered harissa or cumin
3 cups of fresh broccoli or cauliflower florets
salt and pepper to taste
½ cup tahini
½ cup water
2 Tbsp. tamari or soy sauce
2 Tbsp. maple syrup or agave
2 Tbsp. toasted sesame seed oil
1 Tbsp. minced fresh ginger
1 Tbsp. apple cider vinegar
1 Tbsp. miso paste
3 cups kale, destemmed and roughly chopped
drizzle of olive oil
salt to taste
1 cup cooked black beans (or garbanzo beans), drained
1 cup cooked quinoa or brown rice or farro (basically your favorite grain)
2 Tbsp. dried fruit, such as raisins, craisins or cherries

Preheat oven to 350 degrees F. Toss sweet potatoes with a drizzle of olive oil and transfer to a baking sheet; sprinkle with harissa or cumin and salt. Bake for 20-30 minutes, or until tender when pierced with a fork.

Toss broccoli or cauliflower florets with oil and salt and pepper. Roast on a baking sheet for 30 minutes.

Place dressing ingredients - tahini through miso paste - in a high speed blender and blend until well combined and emulsified. Place kale in a bowl, drizzle with olive oil and a little salt. Use hands to massage kale until bright green and well coated with oil.

Add beans, massaged kale and roasted sweet potatoes and broccoli to a bowl. Toss in cooked grain of choice and 1 tablespoon of dried fruit. Drizzle with dressing and serve. Makes 2 dinner servings.

Lella Lowe

Episcopal Church of the Redeemer, Mobile AL

SOUL VEG VEGAN MAC'N'CHEESE

14 ounces macaroni noodles
4 cups water
1 tbsp turmeric
1 cup soymilk (or rice, or nut milk)
8 ounces tofu (½ block)
½ cup tahini
5 tbsp nutritional yeast
2 tbsp vegan margarine
salt

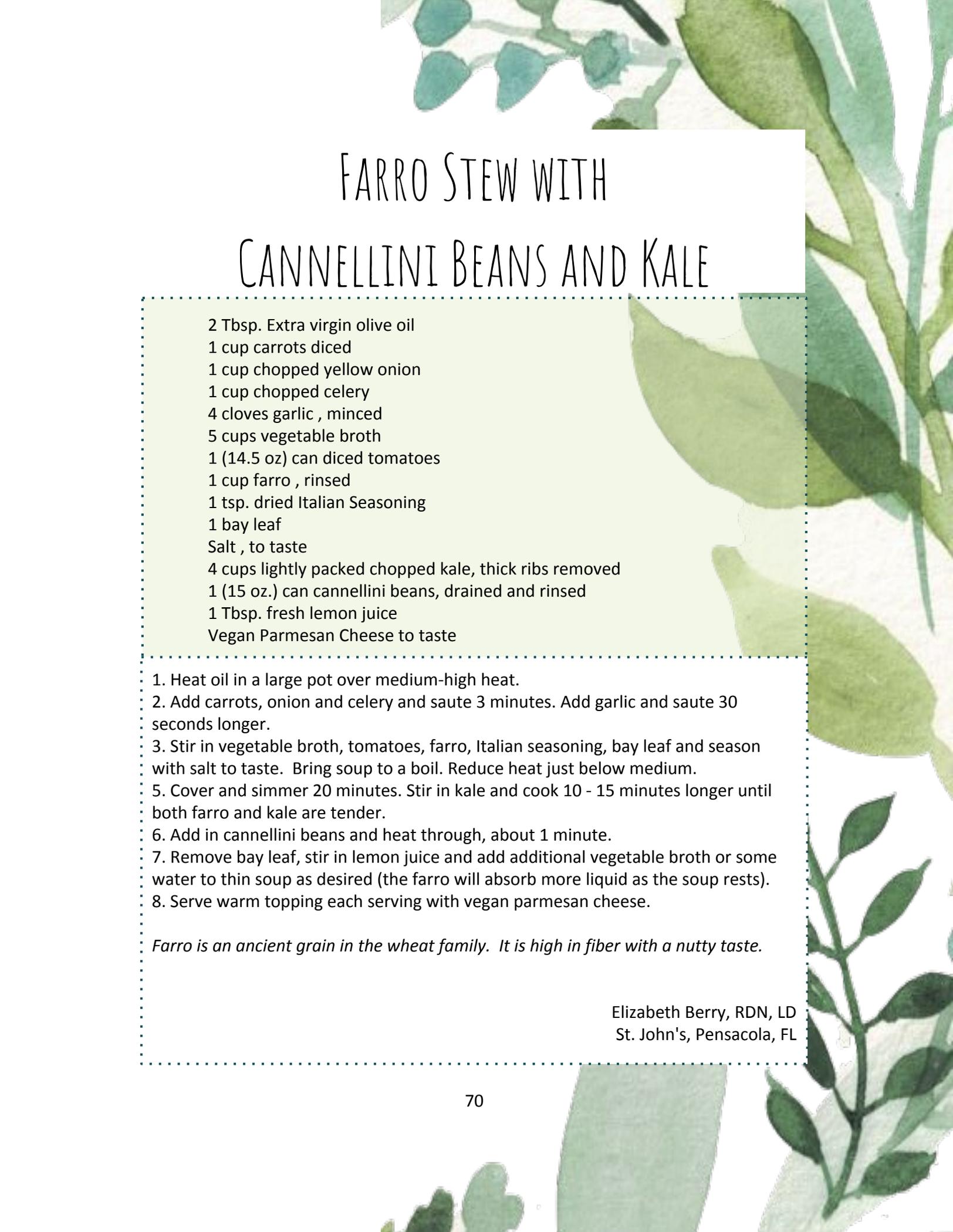
Boil water in medium sauce pan and add noodles. Turn off the heat. Let macaroni stand in hot water until al dente (about 5 minutes). Drain in colander. Run cold water over noodles to stop cooking process.

Blend tofu and soy milk in blender until smooth. Pour into mixing bowl. Add tahini, nutritional yeast, turmeric, and salt to taste. Mix until smooth.

Add noodles to cheese mixture. Mix well.

Place in lightly oiled casserole dish, top with pats of margarine.
Bake at 350°F for 20 minutes. Allow to cool before slicing.

--from the *Soul Vegetarian Cookbook*
Angela Quina
St. Christopher's, Pensacola, FL



FARRO STEW WITH CANNELLINI BEANS AND KALE

2 Tbsp. Extra virgin olive oil
1 cup carrots diced
1 cup chopped yellow onion
1 cup chopped celery
4 cloves garlic , minced
5 cups vegetable broth
1 (14.5 oz) can diced tomatoes
1 cup farro , rinsed
1 tsp. dried Italian Seasoning
1 bay leaf
Salt , to taste
4 cups lightly packed chopped kale, thick ribs removed
1 (15 oz.) can cannellini beans, drained and rinsed
1 Tbsp. fresh lemon juice
Vegan Parmesan Cheese to taste

1. Heat oil in a large pot over medium-high heat.
2. Add carrots, onion and celery and saute 3 minutes. Add garlic and saute 30 seconds longer.
3. Stir in vegetable broth, tomatoes, farro, Italian seasoning, bay leaf and season with salt to taste. Bring soup to a boil. Reduce heat just below medium.
5. Cover and simmer 20 minutes. Stir in kale and cook 10 - 15 minutes longer until both farro and kale are tender.
6. Add in cannellini beans and heat through, about 1 minute.
7. Remove bay leaf, stir in lemon juice and add additional vegetable broth or some water to thin soup as desired (the farro will absorb more liquid as the soup rests).
8. Serve warm topping each serving with vegan parmesan cheese.

Farro is an ancient grain in the wheat family. It is high in fiber with a nutty taste.

Elizabeth Berry, RDN, LD
St. John's, Pensacola, FL

EASY PASTA E FAGIOLI

1 Tbsp. olive oil
1 cup onion, diced
1 cup carrots, diced
1 cup celery, diced
2 cloves garlic, minced
2 (15 oz.) cans diced tomatoes, undrained
1 (15 oz.) can tomato sauce
1 (15 oz.) can red kidney beans, undrained
1 (15 oz.) can great northern beans, undrained
1 (12 oz.) can low-sodium V-8 juice
1 Tbsp. white vinegar
1 tsp. oregano
1 tsp. basil
½ tsp. black pepper
½ tsp. thyme
4 oz. ditalini pasta
1 bag frozen vegan crumbles (ex. Boca, Gardein)

Saute onion, carrot, celery and garlic in olive oil for 10 minutes, being careful not to burn. Add next 10 ingredients, through thyme, and simmer for 1 hour, adding water if it becomes too thick. Cook pasta; drain and add to soup, along with the crumbles. Cook about 10 minutes.

Lella Lowe
Episcopal Church of the Redeemer, Mobile AL

CAULIFLOWER ETOUFFÉE

1 head of cauliflower
1 tablespoon (or less) olive oil
½ teaspoon Old Bay
1 (.13 gram) packet of saffron powder, divided (optional)
1 large pinch of sea salt
2 cups vegetable broth
1 tablespoon sherry (optional)
1 teaspoon sugar
2 sausages, sliced (Field Roast Italian)
1 tablespoon vegan butter (Miyoko's)
1 tablespoon flour
1 small white onion, chopped finely
1 small green pepper, chopped finely
2 teaspoons tomato paste
2 tablespoons nutritional yeast
¼ teaspoon (or more) paprika
¼ teaspoon garlic powder
¼ teaspoon oregano
1 splash hot sauce (Melinda's)

Preheat oven to 375F.

Chop cauliflower into bite size florets. Toss with olive oil, Old Bay seasoning, pinch of saffron and salt.

Roast on a cookie sheet lined with foil for about 35- 45 minutes until lightly browned.

Check and stir the vegetable broth, sherry and a pinch of saffron.

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CAULIFLOWER ETOUFFÉE-CON'T.

Heat olive oil in a large Dutch oven or iron skillet and brown sausage, remove and set aside.

Make roux in same pot: Melt butter, scraping up any browned bits of sausage. Stir in flour gradually until the consistency of gravy, adding more butter if needed. Cook over medium heat, stirring frequently, until the color of butterscotch.

Stir the pepper and onion into the roux and add a pinch of salt. Cook until vegetables are soft.

Stir in tomato paste and season with the rest of the saffron, nutritional yeast and other spices.

Add warm broth gradually by the ladle, stirring well.

Bring mixture to a simmer. Simmer for about 15 minutes until the peppers are soft.

Gravy should be thick.

Stir in roasted cauliflower and sausage. Simmer for an additional 10 minutes

Joan Dixon
Mobile, Alabama



CHOCOLATE CHIP CRAISIN OATMEAL COOKIES

1 cup (2 sticks) Earth Balance spread
 $\frac{3}{4}$ cup granulated sugar
 $\frac{3}{4}$ cup brown sugar
2 Tbsp. ground flax seeds
6 Tbsp. warm water
1 tsp. vanilla
2 cups flour
1 tsp. baking soda
 $\frac{1}{2}$ tsp. salt
2 cups old fashioned rolled oats
1 cup vegan chocolate chips
1 cup raisins

Preheat oven to 375 degrees F. Combine flax seeds and water in a small bowl and allow to sit for 5 minutes and up to 30 minutes.

In a mixer, combine Earth Balance spread and sugars and beat until fluffy. Add flax mixture and vanilla to sugar mixture and thoroughly combine. Mix in flour, baking soda and salt. Add oats, chocolate chips and raisins. Combine thoroughly. Drop by tablespoon onto a cookie sheet lined with parchment paper. Bake for 11-13 minutes. Remove cookies to cooling rack.

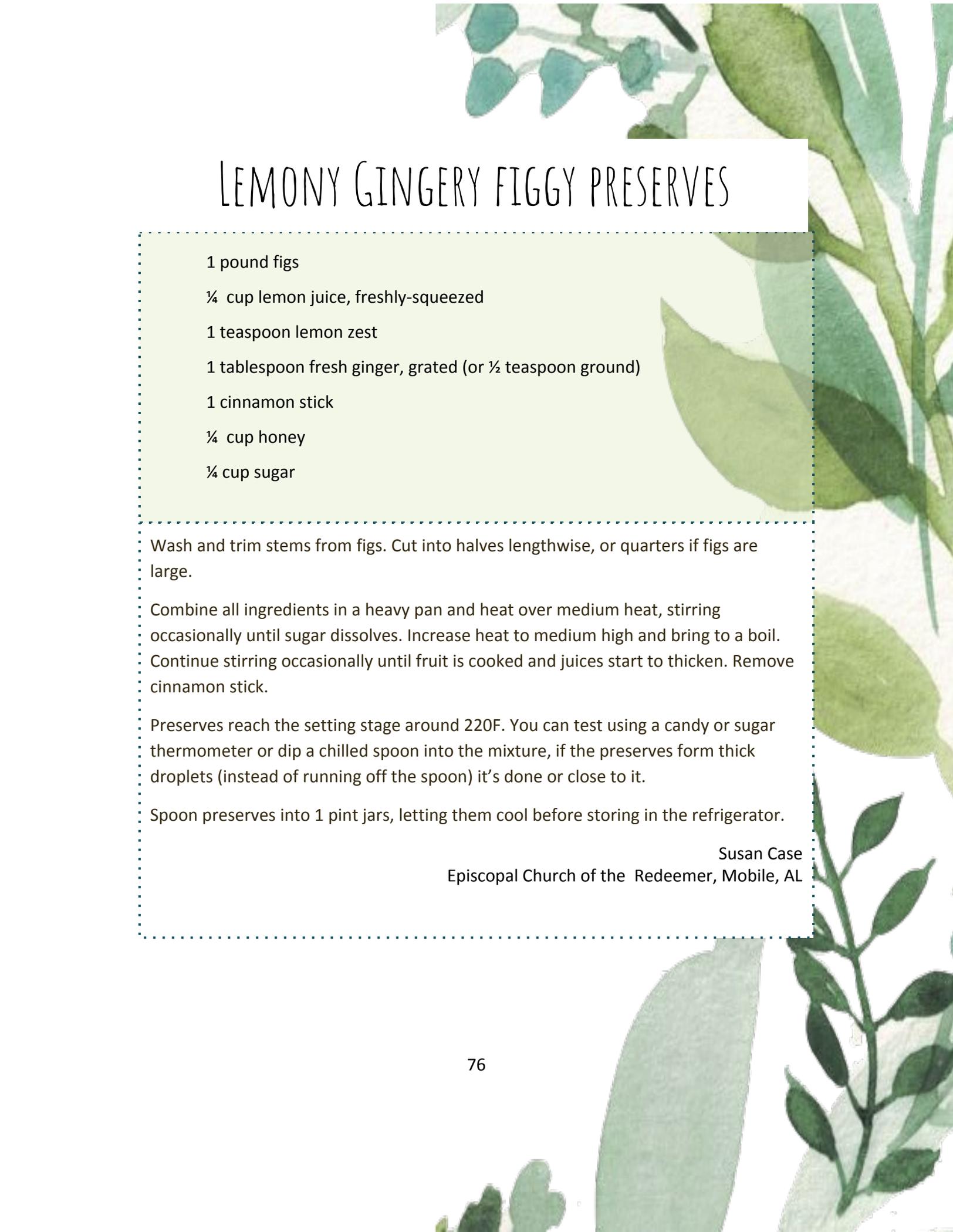
Lella Lowe
Episcopal Church of the Redeemer, Mobile AL

PORCINI MUSHROOM SPAGHETTI

- 1/3 cup vegan butter
- 1/3 cup olive oil
- 1 medium onion sliced and coarsely chopped
- 1 package of dried porcini mushrooms reconstituted with boiling water (may substitute fresh or canned button or baby portabellas if unable to find porcini)
- 1/3 cup white wine
- 2/3 cup vegetable broth
- 1 large can (28 oz) whole peeled tomatoes
- 3 Tbsp vegan butter
- 2 heaping Tbsp flour
- 1 pkg spaghetti

Saute onion in butter and olive oil until soft. Take care that onion does NOT brown. If using fresh mushrooms, add mushrooms soon after starting onion and sauté together until mushrooms are cooked and onion is soft. Add reconstituted mushrooms (or canned mushrooms) and stir until heated through. Add wine and cook for 2 minutes, then add broth and simmer for 5 more minutes. Add whole peeled tomatoes with juice and simmer for 5-10 minutes, mashing up tomatoes with a fork. In a separate small pan melt vegan butter and remove from heat. Add flour and mix into a paste. Add paste to simmering tomato mushroom sauce, stirring well to thicken and incorporate. Serve over cooked spaghetti pasta.

Rhoda Vanderhart
Open Table UCC, Mobile AL



LEMONY GINGERY FIGGY PRESERVES

- 1 pound figs
- ¼ cup lemon juice, freshly-squeezed
- 1 teaspoon lemon zest
- 1 tablespoon fresh ginger, grated (or ½ teaspoon ground)
- 1 cinnamon stick
- ¼ cup honey
- ¼ cup sugar

Wash and trim stems from figs. Cut into halves lengthwise, or quarters if figs are large.

Combine all ingredients in a heavy pan and heat over medium heat, stirring occasionally until sugar dissolves. Increase heat to medium high and bring to a boil. Continue stirring occasionally until fruit is cooked and juices start to thicken. Remove cinnamon stick.

Preserves reach the setting stage around 220F. You can test using a candy or sugar thermometer or dip a chilled spoon into the mixture, if the preserves form thick droplets (instead of running off the spoon) it's done or close to it.

Spoon preserves into 1 pint jars, letting them cool before storing in the refrigerator.

Susan Case
Episcopal Church of the Redeemer, Mobile, AL



BAKED VEGGIES

2 potatoes, cubed
2-3 zucchinis, cubed
2 eggplants, sliced
3-4 tomatoes, cubed
2-3 green peppers, sliced
2 teacups olive oil
2-3 tsp. mint or dillweed
5 small parsley
salt & pepper to taste

Combine all ingredients in a baking dish or sheet and bake at 350 degrees for 90 minutes or until done. Serve with bread and additional olive oil for dipping.

Mary Rodning
St. Paul's Episcopal Church, Mobile, Alabama



INDIAN CAULIFLOWER CURRY STEW

2 Tbsp olive oil
3 medium carrots, chopped
1 medium onion, chopped
1 ½ cup brown or white rice
1 Tbsp finely chopped fresh ginger
1 Tbsp curry powder
Salt
2 ½ cup vegetable broth
1 medium head cauliflower cut into small florets
2 cans garbanzo beans, rinsed and drained
½ C loosely packed fresh cilantro leaves, chopped
¼ C plain, low-fat yogurt or coconut cream

In large pot or dutch oven, heat oil and sauté carrots and onion for 10 minutes or until lightly browned and tender, stirring frequently. Meanwhile, prepare rice as label directs and keep warm. Stir ginger, curry, and ¾ salt into carrot mixture and cook for 3 minutes, stirring constantly. Add broth, cover and heat to bubbling. Stir in cauliflower and garbanzo beans; cover and cook on medium heat for 15-20 minutes, gently stirring every 5 minutes until cauliflower is tender. Stir chopped cilantro (reserving a bit for garnish) and yogurt or coconut cream into the stew. Serve over rice and garnish with remaining chopped cilantro.

Rhoda Vanderhart
Open Table UCC, Mobile AL



MUSHROOM AND RAW PECAN TACOS

2 Tbsp Olive or other vegetable oil
1 Small Onion, Chopped
1 Cup Chopped Mushrooms
1 Red or Yellow Bell Pepper, Chopped
3 Tbsp Liquid Aminos
1 Cup Raw Pecans
1 pkg Taco Seasoning
Soft or Crunchy tortillas
Toppings – any of the following, chopped:
Tomatoes, Lettuce, Onions, Avocado, Mango, Pico de Gallo or Salsa

In olive oil, saute onions and bell pepper til soft in skillet.

Add mushrooms. Saute until mushrooms begin to sweat. Remove from heat. Pour into food processor. Add pecans. Process until texture of taco meat. Pour back into skillet. Add taco seasoning and 1 cup of water. Simmer until water is mostly evaporated and mixture is crumbly but moist. Spoon into taco shells. Add toppings of your choice.

Michelle Bende
St. Mary's Episcopal, Andalusia, AL



STUFFED ACORN OR BUTTERNUT SQUASH

1 Acorn or butternut squash
1 small onion, chopped
4 ribs celery, chopped
1 cup mushrooms, chopped
1 to 2 Tbsp Liquid Aminos
Salt
Pepper
Coriander
Tarragon leaves
2 to 4 tbsp. maple syrup or molasses

Preheat oven to 375 degrees. Slice squash and scoop out seeds. Salt insides lightly. Place cut side down on greased ovenproof dish and bake til semi- soft, like a baked potato. Meanwhile, saute onions and celery in olive or other vegetable oil til soft. Add mushrooms, coriander, salt, pepper, and tarragon and saute til mushrooms are soft. Spoon into squash halves. Drizzle syrup over filled squash. Bake 15 minutes.

Michelle Bende
St. Mary's Episcopal, Andalusia, AL



TOASTED CHICKPEA SNACKS

1 can chickpeas, drained
1 tsp. garlic powder
1 tsp. onion salt
olive oil
salt and pepper to taste
(other spices like curry powder etc. can be used)

Preheat oven to 400 degrees.

Drain, rinse and dry the chickpeas. Toss the chickpeas in olive oil, season as desired.

Roast in the oven for 40 - 50 minutes. Store in closed container with a little rice to maintain crispness.

Cheryl Winters-Heard
St. John's Episcopal, Mobile, AL



FALL VEGETABLE MEDLEY SOUP

Two (2) ears of fresh corn / (1 can of white corn)
1 small cabbage (shredded)
1 cup of snap beans
1 cup of carrots
4 small white potatoes (diced)
½ cup of macaroni pasta
2 large tomatoes / 1 can of tomatoes
1 can of tomato sauce
5 cups of water
Salt and Pepper to taste

Blend vegetables together and add tomato sauce.
Cook slowly until all vegetables are tender.
Remove from heat.

Daisy Branch
Church of the Good Shepherd, Mobile, AL



WINTER



CARROT SOUP WITH GINGER

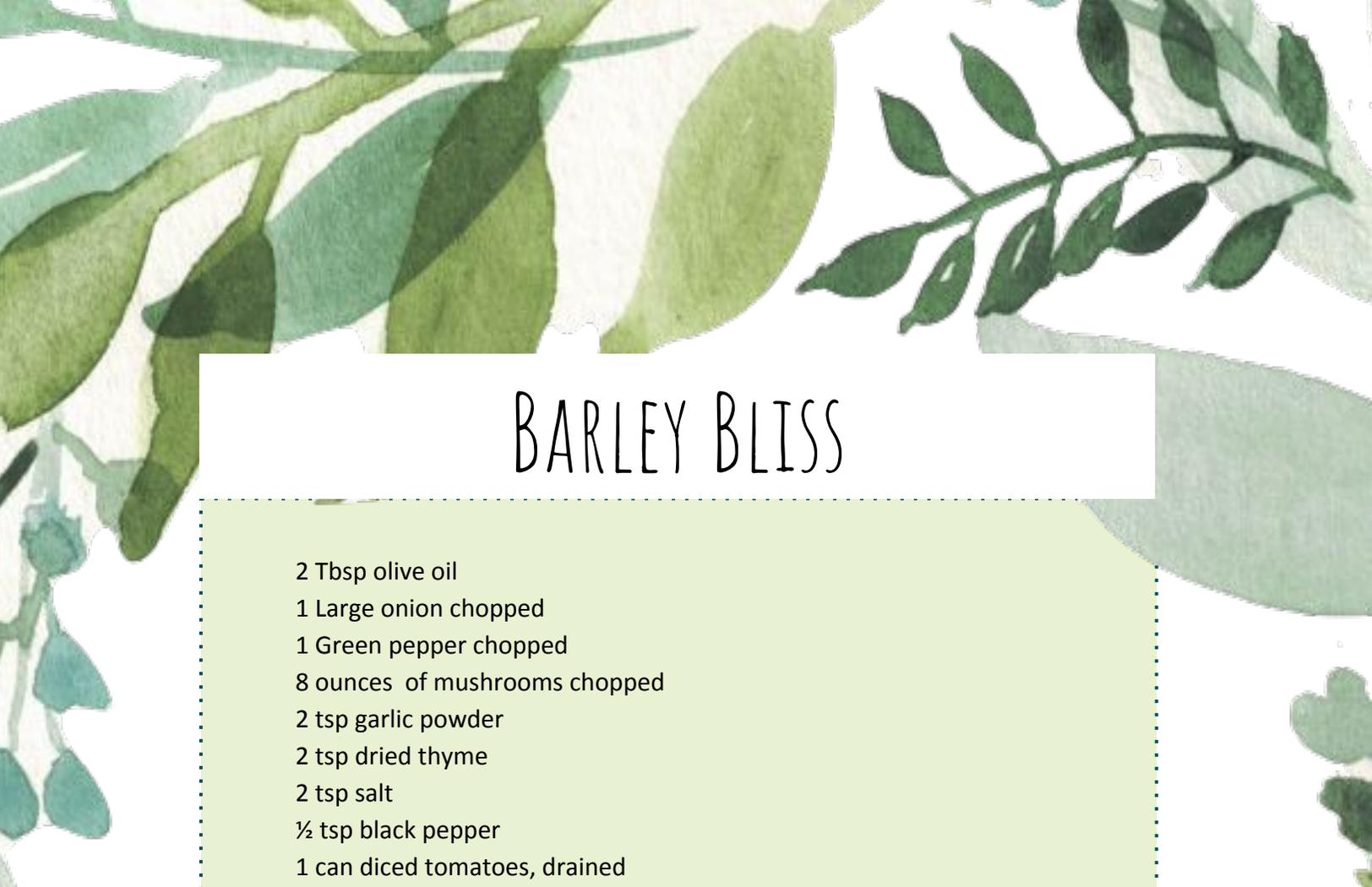


2 Tbsp. vegan butter
1 onion, chopped
1 celery stalk, chopped
1 medium potato, peeled and chopped
2 lbs. carrots, peeled and chopped
2 tsp. minced fresh ginger (or more to taste)
1 ½ quarts vegetable stock
7 Tbsp. canned, full-fat coconut milk
Pinch of grated nutmeg
Salt and pepper

Melt the butter. Add onion and celery and cook for about 5 minutes, until soft. Stir in the potato, carrots, ginger and stock. Bring to a boil. Reduce the heat to low, cover, and simmer for about 20 minutes. Pour the soup into a food processor or blender and process until smooth. Alternately, use an immersion blender to puree the soup in the pot. Stir in the coconut milk and nutmeg, and add salt and pepper to taste. Reheat slowly to serve. This soup is also good served cold.

Lella Lowe

Episcopal Church of the Redeemer, Mobile AL



BARLEY BLISS

2 Tbsp olive oil
1 Large onion chopped
1 Green pepper chopped
8 ounces of mushrooms chopped
2 tsp garlic powder
2 tsp dried thyme
2 tsp salt
½ tsp black pepper
1 can diced tomatoes, drained
1 15 oz. can of kidney beans, rinsed and drained
1 ½ cups of cooked barley

Add olive oil to a skillet and heat till warm, add onion, pepper, and mushrooms. Sauté till soft. Add garlic, thyme, S & P. Stir in the tomatoes, kidney beans, barley, and nutritional yeast. Mix all well. Spray a 9x 13 " pan. Put all ingredients into the prepared pan. Slide the dish into preheated oven at 350 degree oven and heat till bubbly, approximately 20-25 minutes.

Fran Marshall
St. Paul's Episcopal Church, Mobile, Alabama

VEGETARIAN CHILI FOR THE MASSES

3 c kidney
3 c black
3 c garbanzo
1 c navy
1 c pinto
2 lbs onions
4 cloves garlic
2 lbs peppers
3 ½ lbs tomatoes (if fresh, add 2 cups water, if canned, keep juice)
3 ½ lbs tomato sauce
½ c chili powder
1 lb corn
4 T oregano
2 t cayenne
1T cumin
⅛ cup packed brown sugar
⅛ cup cocoa
salt and pepper to taste
4 Cups TVP

Rinse, soak, and cook beans (make sure to soak the garbanzos longer, and keep the navy beans separate if you want them to stay white). If you plan to use cans, plan for one can for each cup of beans, and rinse off all that salt! Set aside.

In a large pot, saute onions and garlic in 1 tbsp oil until almost clear. Continue to saute with peppers for 2-3 minutes. Add beans and all remaining ingredients (save corn and TVP) to pot and simmer until heated throughout. Add liquid as needed to prevent scorching the bottom of the pot. The TVP will soak up a fair amount of liquid, so an extra cup or two won't hurt.

Add 4 cups TVP and corn and stir in, simmer additional 30 minutes, and serve hot.

Angela Quina
St. Christopher's, Pensacola, FL



PANTRY SALAD

Quinoa (Great Value-Wal-Mart) or plain quinoa
1 can red beans
1 can black beans,
1 can cannellini beans
1 can garbanzo beans, (drain and rinse beans)
chopped red, yellow, orange, green bell peppers
chopped English cucumber

And anything else you have in your pantry

Cook quinoa according to package directions, empty into a bowl and let cool, add everything else, mix. Makes a very large bowl full. Keeps in refrigerator for a week. I don't put dressing on it until I eat it. I use balsamic vinaigrette or even just lemon juice.

Lee Ann Beachell
Episcopal Church of the Redeemer, Mobile AL

MEYER LEMON MARMALADE

6 Meyer lemons (1 ½ pounds)

4 cups water

4 cups sugar

6 (half-pint) Mason-type jars with bands & lids

Halve lemons crosswise and remove seeds. Tie seeds in a cheesecloth bag. Quarter each lemon half and slice thinly. Combine with bag of seeds and water in a 5-quart stainless steel pot and let mixture stand, covered, at room temperature 24 hours.

Bring lemon, seeds and water mixture to a boil over moderate heat. Reduce heat and simmer, uncovered, until reduced to 4 cups, about 45 minutes. Then stir in sugar and boil over moderate heat, stirring occasionally and skimming off any foam, until a teaspoon of mixture dropped on a cold plate gels, about 15 minutes.

Bring a big pot of water to a boil and put in the jars to sterilize while the marmalade cooks. Put the lids in a small pot of the hot water. (Remove jars from water using wide tongs for canning.)

Ladle hot marmalade into hot jars, filling to within 1/4 inch of top. (A wide mouth jar funnel is handy here.) Wipe rims with dampened cloth and seal jars with hot lids and bands. Tighten the bands, then turn the jars upside down on a towel and wait for the lids to 'pop,' and the center button on the lid to be indented, a signal that the jars are sealed. On the chance one does not seal, refrigerate it.

Susan Case

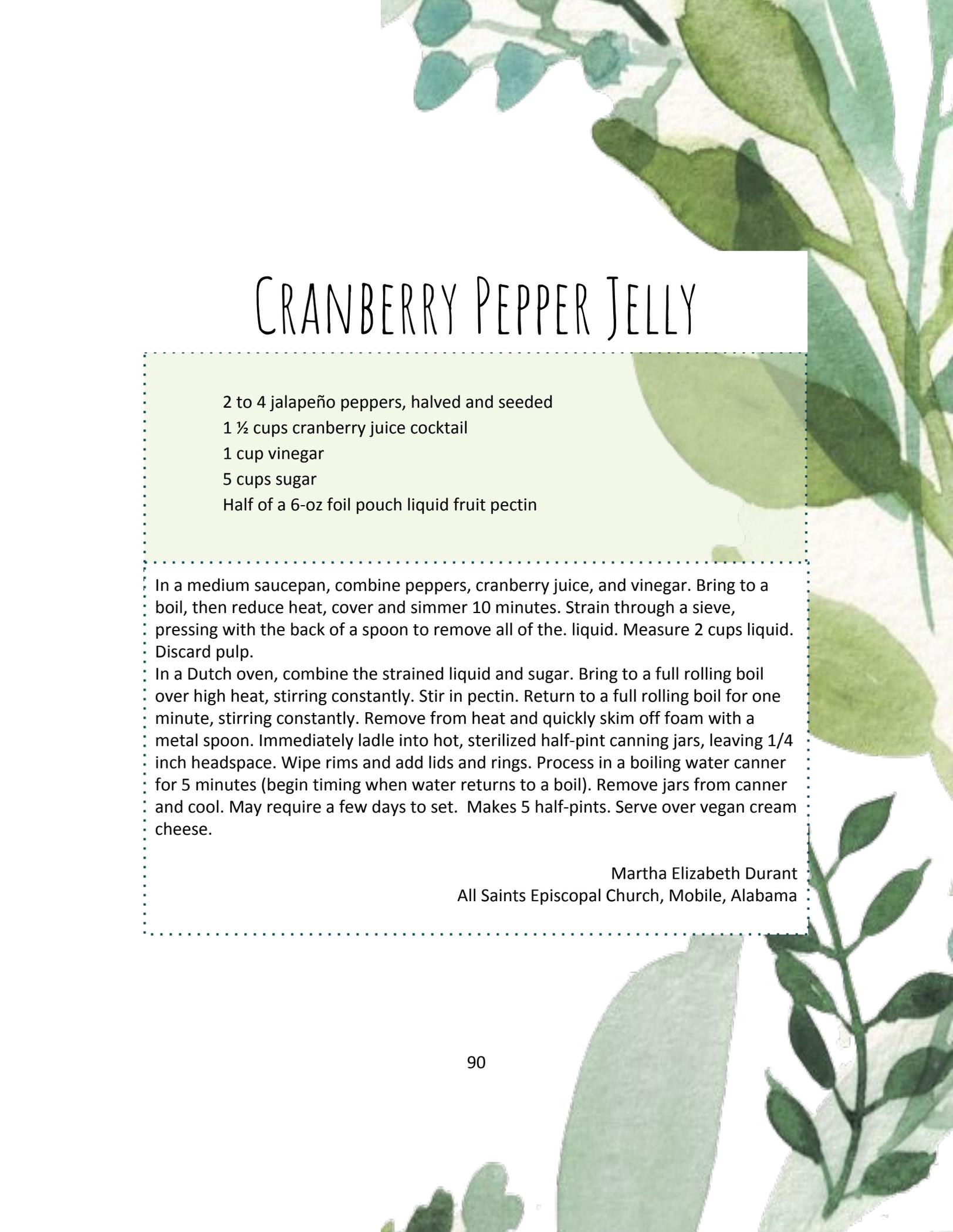
Episcopal Church of the Redeemer, Mobile, AL

ROASTED BEET SALAD WITH ORANGE DRESSING

3 medium beets, preferably a mix of red and golden beets
¼ cup fresh orange juice
1 ½ teaspoons finely grated orange zest
1 ½ teaspoons honey
1 ½ teaspoons balsamic vinegar
½ teaspoon Dijon mustard (or to taste)
½ teaspoon extra-virgin olive oil
Salt and freshly ground pepper
4 cups mixed salad greens, such as arugula, mesclun and radicchio
½ cup thinly sliced red onion

Preheat the oven to 350. Wrap the beets in foil and roast for about 1 ¼ hours, or until tender. Let cool, then peel the beets and cut them into 1/4-inch dice. Arrange the beets on a bed of the lettuces and drizzle the dressing over the salad.

Susan Case
Episcopal Church of the Redeemer, Mobile, AL



CRANBERRY PEPPER JELLY

2 to 4 jalapeño peppers, halved and seeded
1 ½ cups cranberry juice cocktail
1 cup vinegar
5 cups sugar
Half of a 6-oz foil pouch liquid fruit pectin

In a medium saucepan, combine peppers, cranberry juice, and vinegar. Bring to a boil, then reduce heat, cover and simmer 10 minutes. Strain through a sieve, pressing with the back of a spoon to remove all of the liquid. Measure 2 cups liquid. Discard pulp.

In a Dutch oven, combine the strained liquid and sugar. Bring to a full rolling boil over high heat, stirring constantly. Stir in pectin. Return to a full rolling boil for one minute, stirring constantly. Remove from heat and quickly skim off foam with a metal spoon. Immediately ladle into hot, sterilized half-pint canning jars, leaving 1/4 inch headspace. Wipe rims and add lids and rings. Process in a boiling water canner for 5 minutes (begin timing when water returns to a boil). Remove jars from canner and cool. May require a few days to set. Makes 5 half-pints. Serve over vegan cream cheese.

Martha Elizabeth Durant
All Saints Episcopal Church, Mobile, Alabama



MAPLE AND OLIVE OIL CAKE

1 ½ cup white whole wheat flour
½ cup non-gluten flour
2 tsp baking powder
½ tsp baking soda
½ tsp pink Himalayan salt
½ cup extra-virgin oil oil
½ cup pure maple syrup
1 cup juice (I use apple cider or orange juice)
1 Tbsp Apple cider vinegar
½ cup chopped walnuts
½ cup dried tart cherries

1. Preheat oven to 350 degrees. Lightly coat Bundt pan with oil or nonstick Olive oil spray.
2. Whisk all dry ingredients in a large bowl. Then whisk all wet ingredients in a medium bowl.
3. Make a well in the dry ingredients. Pour the wet ingredients into the well and whisk, gradually drawing in the dry ingredients. Whisk until all incorporated and smooth.
4. Stir in the walnuts and cherries.
5. Bake until a skewer inserted comes out clean, 35-40 min. Let cool completely on rack.
6. Serve on its own or top slices with glaze, nut butter, or fruit jam.

Serves 12

Linda Fassig

Episcopal Church of the Redeemer, Mobile AL

SLOW COOKER WHITE BEAN CHILI

2 cans of white beans
1 medium onion, diced
1 medium bell pepper, any color; diced
1 small jalapeno, seeds and membranes removed and finely diced
6 cloves garlic, minced
2 ½ tsp. ground cumin
1 tsp. dried oregano
1 Tbsp. chili powder
1 tsp. salt, plus more to taste
½ tsp. black pepper
1 ½ cups organic vegetable broth (or homemade broth)
1 14-ounce can full-fat coconut milk*
Juice of ½ lime
½ cup fresh cilantro, chopped
Fresh cilantro and lime wedges for garnish, optional

Slow Cooker Directions

Add onion, peppers, garlic, and spices (cumin through black pepper) to the bottom of a slow cooker. Arrange vegetables and beans on top of spices. Add broth and place lid on slow cooker.

Set heat to LOW and cook 6-7 hours or until beans are done and vegetables are tender.

Turn heat to HIGH. Add coconut milk, stir and replace lid. Continue heating an additional 10-15 minutes or until soup is heated through.

Stir in lime juice and cilantro. Taste and adjust seasonings as desired. Serve in bowls garnished with chopped cilantro and lime wedges, if desired.

Laurent Cadden
Trinity Episcopal Church, Mobile, Alabama

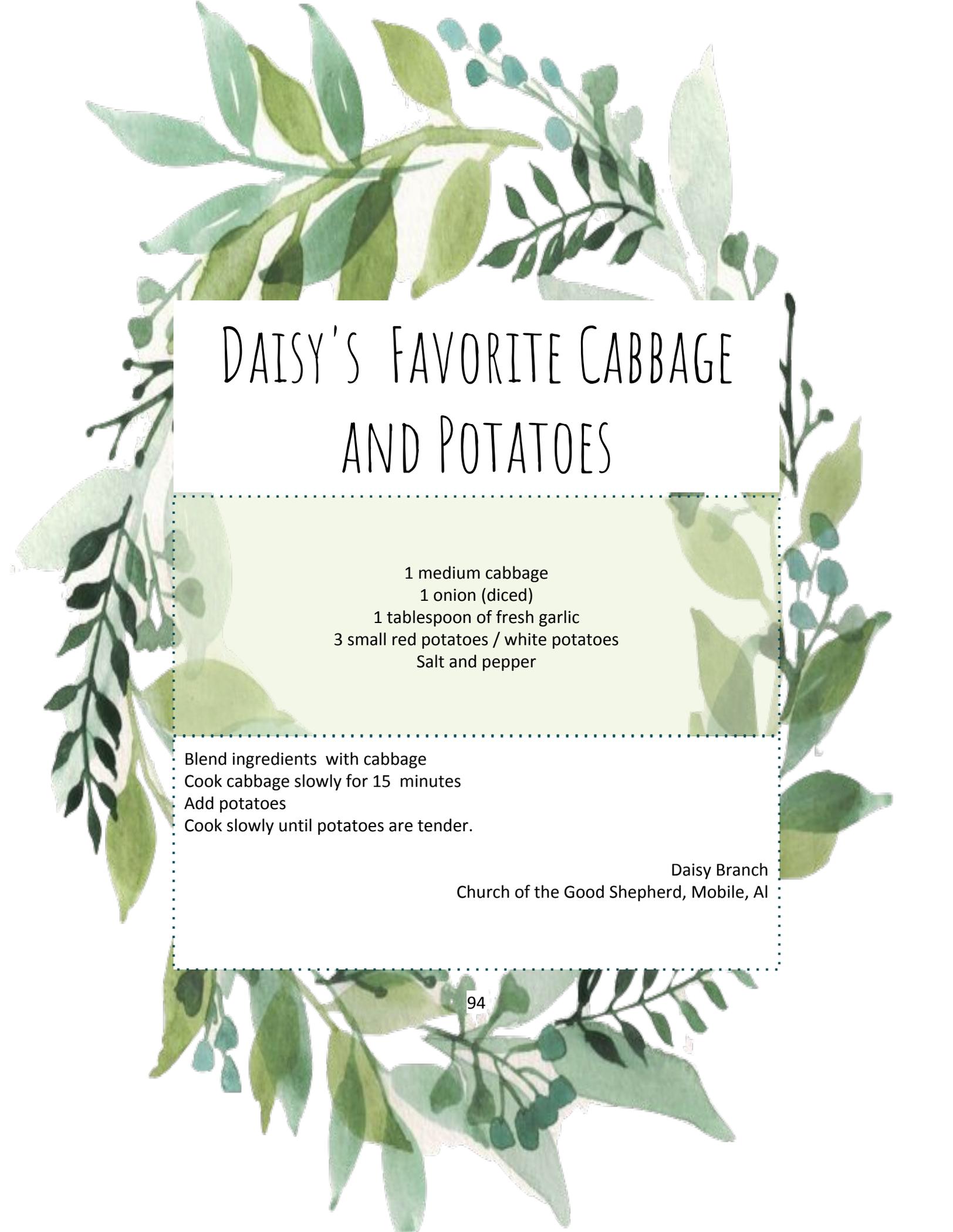
PASTA WITH BROCCOLI

1 pkg frozen broccoli or 1 large head of fresh broccoli
2-4 cloves garlic, minced
2 Tbsp olive oil
4 Tbsp vegan butter
1 pkg any short pasta (bowtie, penne, etc.)
Vegan parmesan cheese or nutritional yeast

Break or cut fresh broccoli into small pieces and steam until soft but still bright green. In a separate pot, cook pasta according to package instructions in salted water. Reserve pasta water. In large frying pan, sauté minced garlic in vegan butter and olive oil for 30 seconds, then add steamed broccoli and reduce heat. Add a bit of the pasta water if the mixture is dry and mash broccoli with a fork together with the garlic until it forms a paste. Toss cooked pasta with the broccoli and add a bit more pasta water if the mixture is too dry. Serve with vegan parmesan cheese or nutritional yeast.

This is a recipe I learned during a year I lived in Italy.

Rhoda Vanderhart
Open Table UCC, Mobile AL



DAISY'S FAVORITE CABBAGE AND POTATOES

1 medium cabbage
1 onion (diced)
1 tablespoon of fresh garlic
3 small red potatoes / white potatoes
Salt and pepper

Blend ingredients with cabbage
Cook cabbage slowly for 15 minutes
Add potatoes
Cook slowly until potatoes are tender.

Daisy Branch
Church of the Good Shepherd, Mobile, Al

ROASTED TOMATO SOUP

Roasted vegetables

5 large tomatoes, washed & sliced in half
1 large sweet onion, peeled & sliced
2-3 large garlic bulbs, prepared for roasting
extra virgin olive oil, kosher salt, & pepper

Soup

roasted tomatoes
2 tbsp roasted garlic flesh
Roasted sweet onion
1 can light coconut milk (reserve 2-3 tbsp for garnish)
1+ cup vegetable broth (Rapunzel vegan cubes)
1 can of fire roasted tomatoes (optional)
2 tbsp tomato paste
2 tsp garam masala
1 tsp salt or to taste
½ tsp freshly ground black pepper
for garnish: garlic croutons, coconut milk, pesto, herbs, garam masala, pepper, etc.

Preheat oven to 400F.

Garlic: Cut the top ¼" off of a whole head of garlic. The tops of each individual clove should be exposed.

Place the head of garlic on a small rectangle of foil. Drizzle the top of the garlic with a bit of olive oil. Fold the foil up around the garlic. Roast. The garlic should be soft, fragrant, and golden. Scoop out with a small fork or small knife or squeeze cloves out of skin when it's cool to touch.

continued on next page

ROASTED TOMATO SOUP

Continued...

Lightly drizzle oil onto onions and season onions and tomatoes with S & P. Roast for about 30 minutes or more. You might have to remove the onions early as they cook the quickest. When the onions are golden and lightly blackened on the edge, you can remove them.

Add roasted tomatoes, 2 tbsp roasted garlic flesh, and all the onion into a large pot. Add coconut milk, tomato paste, can tomatoes and broth and stir well.

Stir in the seasonings and spices to taste. Bring to a boil and then simmer for about 5-10 minutes.

Carefully transfer into a blender, processor, or use an immersion blender. Pulse for just a few seconds until chunky. You can also make it smooth. Serve immediately and garnish with reserved coconut milk, a sprinkle of garam masala, croutons/bread, and fresh black pepper.

Note: You can also slow roast the vegetables on 200 for about 6 hours. This give it a deep rich flavor.

Joan Dixon
Mobile, AL



THE BEST VEGAN STUFFING RECIPE

2 ½ pounds hearty vegan white bread (about 2 loaves; 1.1kg), crusts removed, cut into ¾-inch pieces (about 5 quarts)
1 pound (450g) button, cremini, or shiitake mushrooms (or a mix), roughly chopped
6 ounces (170g) toasted pecan halves
½ cup (120ml) olive oil (see note)
½ cup minced fresh sage leaves (1/2 ounce; 15g), or 1 tablespoon (15g) Sage leaves, dried
1 large onion (10 ounces; 275g), finely chopped (about 1 ½ cups)
1 large leek (about 8 ounces; 225g), white part only, finely chopped (about 1 cup)
4 large ribs celery (about 12 ounces; 340g), finely chopped (about 2 cups)
2 cloves garlic, minced or grated on a Microplane
1 quart Hearty Vegetable Stock (4 cups; 960ml) (see note)
¼ cup (57g) minced fresh parsley leaves, divided
Kosher salt and freshly ground black pepper

Adjust oven racks to lower-middle and upper-middle positions. Preheat oven to 275°F (135°C). Spread bread evenly over 2 rimmed baking sheets. Stagger trays on oven racks and bake until completely dried, about 50 minutes total, rotating trays and stirring bread cubes several times during baking. Remove from oven and allow to cool. Increase oven heat to 350°F (177°C).

continued on next page



THE BEST VEGAN STUFFING RECIPE

Continued... Place half of mushrooms in the bowl of a food processor. Pulse until roughly chopped, about 8 short pulses. Transfer to a large bowl and repeat with remaining mushrooms.

Place pecan halves in food processor (do not wipe out bowl) and process until roughly chopped, about 12 short pulses. Set aside.

Heat oil in a large Dutch oven or stockpot over medium-high heat until shimmering. Add chopped mushrooms and cook, stirring frequently, until all moisture has evaporated, about 8 minutes. Add half of sage and continue to cook, stirring, until mushrooms are well browned, about 5 minutes longer.

Add onion, leek, celery, garlic, and remaining sage and cook, stirring frequently, until vegetables are softened, about 10 minutes.

Add stock, half of parsley, and chopped pecans and bring to a boil. Add bread cubes and fold gently until evenly mixed. Season to taste with salt and pepper.

Transfer mixture to a greased 9- by 13-inch rectangular baking dish (or 10- by 14-inch oval dish), cover tightly with aluminum foil, and bake until hot throughout, about 30 minutes.

Remove foil and continue baking until golden brown and crisp on top, about 10 minutes longer. Remove from oven, let cool for 5 minutes, sprinkle with remaining parsley, and serve.

J. Kenji Lopez-Alt from [seriouseats.com](https://www.serious-eats.com)
shared by Joan Dixon, Mobile Alabama

THE HEALTHIEST PEANUT BUTTER MILKSHAKE

Ingredients: bananas, peanut butter, almond milk/coconut milk,
maple syrup, cinnamon

Add bananas to a food processor and process until broken up into little pieces. Add peanut butter and process again.

As mixture starts to come together, allowing mixture to get more smooth between each addition.

Once the mixture is totally smooth, add a dash of cinnamon and process for another 10 – 15 seconds. Taste and add a dash of maple syrup if needed (only if your bananas aren't totally ripe).

Transfer milkshakes into two jars. Top with peanut butter and a little quinoa. Stir gently with a knife so you get that swirling effect.

Enjoy immediately!

Notes

* if your bananas aren't totally ripe, this may need a hint of sweetness. Add a dash of maple syrup if needed.

** to cut down on calories, swap the coconut milk with unsweetened (or unsweetened vanilla) almond milk

Nutrition

Calories: 458kcal | Carbohydrates: 48g | Protein: 11g | Fat: 29g | Saturated Fat: 14g | Sodium: 157mg | Potassium: 967mg | Fiber: 7g | Sugar: 25g | Vitamin A: 113IU | Vitamin C: 16mg | Calcium: 33mg | Iron: 3mg

Lee Ann Beachell
Episcopal Church of the Redeemer, Mobile AL



BLISS BALLS

2 C raw nuts (cashews, almonds, walnuts, or pecans)
16 large Medjool dates (seeds removed)
½ cup shredded coconut (optional)
1 C dried blueberries, cherries, cranberries, or goji berries

Process in food processor for 1-2 minutes, scraping the sides a few times. Roll into 1 1/2 balls and store in refrigerator in a shallow container.

*Rhoda Vanderhart,
Open Table UCC, Mobile AL*

DOUBLE 'CHEESE' LASAGNE

12 lasagna noodles
4 quarts boiling water

Marinara sauce:

2 tablespoons olive oil
1 cup diced onion
2 cups diced portobello mushrooms
1 teaspoon minced garlic
4 teaspoons dried oregano
2 teaspoons dried basil
1 teaspoon dried rosemary
1 teaspoon fennel seeds
1 28-ounce can chunky tomatoes
1 28-ounce can tomato purée
2 teaspoons salt

Herbed macadamia ricotta:

1-½ cups raw macadamia nuts, soaked in water 4 hours or longer (or raw cashews)
½ cup water
2 tablespoons fresh lemon juice
2 tablespoons olive oil
1 teaspoon minced garlic
¼ teaspoon salt
2 tablespoons minced fresh Italian parsley
1 cup sliced fresh basil leaves
1 cup coarsely chopped green or black olives

Cashew-cheese sauce:

1 cup raw cashews
½ cup water
2 tablespoons fresh lemon juice
1 teaspoon salt
½ teaspoon rice vinegar

Garnish (optional):

2 tablespoons coarsely chopped pine nuts
¼ cup minced fresh Italian parsley

continued on next page

DOUBLE 'CHEESE' LASAGNE

continued....

1. In a 9x12-inch baking dish, place noodles and cover with boiling water. Let sit about 15 to 25 minutes until al dente. Drain and set aside.

2. For the marinara sauce, in a large saucepan over medium heat, heat olive oil and add onion. Sauté for 10 minutes, stirring frequently, until onions are translucent. Add mushrooms and cook for 5 minutes. Stir in garlic, oregano, basil, rosemary, and fennel, and reduce heat to low. Add tomatoes and purée, and cover loosely, simmering for 30 minutes. Add salt and cook another 15 minutes. Preheat oven to 350 degrees.

3. For the herbed macadamia ricotta, in a food processor, purée macadamia nuts, water, lemon juice, olive oil, garlic, and salt for 1 minute. Scrape down sides and purée another minute until light and fluffy. Transfer to a bowl and fold in parsley, basil, and olives.

4. For the cashew-cheese sauce, in a dry blender, grind cashews into a fine powder. Add water, lemon juice, salt, and rice vinegar. Process until completely smooth.

5. Lightly cover bottom of 9x12-inch baking dish with marinara to prevent noodles from sticking to dish. Arrange a layer of noodles and top with a quarter of the remaining marinara. Spread a third of the ricotta over noodles and then a third of the cheese sauce. Repeat layers with remaining ingredients, sprinkle with pine nuts, and cover with foil. Place baking dish on a sheet pan to catch any drips in oven and bake for 30 minutes. Remove foil and bake an additional 20 minutes until sauce bubbles. Cool for 15 minutes, garnish with fresh parsley, and serve hot.

Chef's Tip:

As with most Italian dishes, this luscious lasagna tastes even better after the flavors are able to marinate overnight. Double the recipe and freeze one for a quick and convenient dinner that's ready to eat.

Shared from **VegNews**

Delicious!! I've also added other veggies to this.

Joan Dixon
Mobile, AL



VEGETARIAN BBQ PULLED "PORK"

- 1 tablespoon olive oil
- 1 small onion, diced
- 1 clove garlic, minced
- 1 (20-ounce) can green young jackfruit in water or brine
- 1 tablespoon brown sugar
- 1 tablespoon chili powder
- ½ teaspoon ground cumin
- ½ teaspoon garlic powder
- ¼ teaspoon smoke salt (optional but recommended)
- ⅛ teaspoon cayenne pepper
- ½ cup barbeque sauce

1. Heat olive oil in a large nonstick sauté pan over medium heat. Add the onion and garlic and sauté until tender (5-7 minutes).
2. Meanwhile, drain and rinse the jackfruit in a strainer. Cut away the core of the jackfruit (the tough triangular tip) and discard, reserving the soft, stringy flesh (see here for a photo). If desired, remove the jackfruit seeds/bulbs (you can eat these, but some people don't like the texture).
3. Mix together the brown sugar, chili powder, cumin, garlic powder, smoke salt, and cayenne pepper in a medium bowl. Add in the jackfruit flesh and toss to coat.
4. Add the seasoned jackfruit to the pan. Sauté for 5 minutes.

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VEGETARIAN BBQ PULLED "PORK"

continued....

5. In a small bowl, whisk together the barbecue sauce and water. Pour over the jackfruit. Reduce the heat to low, cover, and simmer for 20-25 minutes, or until tender.
6. While the jackfruit simmers, toast the buns.
7. Remove the lid from the skillet and shred the jackfruit with a fork. Continue to simmer with the lid off for 5 minutes, or until the barbecue sauce is mostly absorbed.
8. NOTE: You can either enjoy the "pulled pork" as is OR spread it on a baking pan and bake at 350F degrees for 20 minutes. Readers have reported this extra step makes the texture even more "pork" like.
9. Fill each bun with a mound of BBQ jackfruit and top with garnishes of choice (ideas: pickled red onions, cilantro, mini cucumbers, etc).

Please visit my website for more information about this recipe:
<https://www.blissfulbasil.com/bbq-pulled-pork/>

Ashley Melillo



LENTIL SOUP 2014



16 oz. dried red lentils
10 cups water or vegetable stock
1 tsp. ground cumin
½ tsp. turmeric
½ tsp. paprika
1 large onion, diced
4 medium - large carrots, sliced
4 cloves garlic, minced
2 Tbsp. olive oil
salt and pepper to taste

Wash and sort lentils.

Cook lentils in broth for about 30 minutes or until tender.

Add the dry spices.

Cook the onion, garlic, and carrots until tender with olive oil (may wish to add a bit of water to enhance the cooking of the carrots). Add the cooked vegetables to the lentils. Blend using immersion blender until smooth.

Cheryl Winters-Heard
St. John's, Mobile AL

AFRICAN SWEET POTATO STEW

1 medium onion, chopped
2 jalapenos (or to taste), seeded and chopped
2 teaspoons minced or powdered ginger
2-3 cloves minced garlic
2 teaspoons ground cumin
½ tsp. salt (optional)
¼ teaspoon ground cinnamon
⅛ teaspoon crushed red pepper
¼ teaspoon ground coriander
3 cups water or vegetable broth
2.5 pounds sweet potatoes (~6 medium sweet potatoes),
peeled and cut into 1-2 inch chunks
2 - 14.5 ounce cans drained chopped tomatoes
2 - 14.5 ounce cans drained chickpeas
1 pound green beans, fresh or frozen, cut in 2 inch pieces
¼ cup natural peanut butter (or more to taste)
1 bunch cilantro

Place chopped onion, chopped jalapenos and all seasonings with 3 cups of water or vegetable broth in crock pot over medium heat [experiment with different seasonings, consider substituting curry].

Chop Sweet potatoes. Add sweet potatoes, drained tomatoes, drained chickpeas, and peanut butter and mix well.

Cook over medium heat until done, ~4-6 hours on medium to low heat.

May be left in crock pot for hours. (On stove top, bring to a boil, then simmer until done).

Add additional water as needed. 15 minutes prior to serving, add green beans (thawed or fresh) and half a cup chopped cilantro and mix.

Serve with cilantro as garnish. Makes 8 , very filling, 1.5 cup servings

Angela from St. Christopher's, Pensacola

THE DISNEYLAND GUMBO RECIPE

(WITH CHANGES)

Vegetable Gumbo:

3/4 cup canola oil or Safflower
3/4 cup flour (white or whole wheat)
4 tsp. minced garlic
1 medium yellow onion, chopped
2 celery ribs, chopped
1 red pepper, chopped
1 green pepper, chopped
1 Tbsp. coarse salt
1 tsp. freshly ground black pepper
3/4 tsp. cayenne pepper
2 tsp. paprika
2 tsp. dried thyme
2-3 bay leaves
1 tsp. oregano
2 roasted tomatoes
8 cups water
4 tsp. vegetable base*
3-4 cups fresh or frozen sliced okra
Fresh Corn and Kale
Field Roast Vegan Italian sausage***

I use less oil and flour or add more broth. You can add tomato paste if you desire. You can also add gumbo file, but I don't think it needs it.

1. Combine oil and flour in a 6-quart stockpot over low heat using a wooden spoon. Cook about 20 minutes, or until well browned, stirring constantly.**
2. Add garlic, onion, celery, red pepper, green pepper, salt and pepper; stir to combine. Continue cooking for five minutes. Add cayenne pepper, paprika, thyme, bay leaves and oregano; stir, cooking for two minutes.

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THE DISNEYLAND GUMBO RECIPE

(WITH CHANGES)

3. Add tomato paste, water and vegetable base; stir to combine. Increase heat to medium and bring to a simmer for 10 minutes or until vegetables are tender. Add gumbo filé and okra and continue to cook for 10 minutes. Season to taste with coarse salt and freshly ground black pepper.

Additional notes:

* Better than Bouillon Vegetable base

**Keep stirring, the darker your rouxl gets, the better.

***Produce section of Publix and Whole Foods

For the Cajun Rice:

2 Tbsp. canola oil

1/4 cup finely diced onion

1/4 cup finely diced red bell pepper

1 cup long grain or jasmine rice

2 1/2 cups water

4 tsp. Cajun seasoning

1 Tbsp. vegetable base

Coarse salt to taste

1. Heat oil in a 4-quart saucepan over medium heat. Add onions and red pepper and sauté, stirring constantly for five to seven minutes or until onions are soft.

2. Add rice and stir to combine.

3. Add the water, Cajun seasoning and vegetable base in a large bowl. Adjust seasoning as needed. Add to the rice mixture and stir.

4. Reduce to medium-low heat, cover and continue cooking for 15-20 minutes.

Remove from heat and set aside until ready to use.

I usually just make plain rice but add the Cajun seasoning.

Adapted by Joan Dixon
Mobile, Alabama



REFERENCES

WEBSITES WITH PLANT-BASED RECIPES

Blissful Basil, Chef Ashley Melillo

<https://www.blissfulbasil.com/>

Cookie & Kate, Chef Kate Taylor

<https://cookieandkate.com/>

Gretchen's Vegan Bakery, Chef Gretchen Price

<https://www.gretchensveganbakery.com/>

It Doesn't Taste Like Chicken, Chef Sam Turnbull

<https://itdoesnttastelikechicken.com/>

Joe Cross

<https://www.rebootwithjoe.com>

Minimalist Baker, Chef Dana Shultz

<https://minimalistbaker.com/>

Mississippi Vegan, Chef Timothy Pakron

<https://www.mississippivegan.com/>

Oh She Glows, Chef Angela Liddon

<https://ohsheglows.com/>

One Green Planet

<https://www.onegreenplanet.org/channel/vegan-recipe/>

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Physicians Committee for Responsible Medicine

www.PCRM.org

Rabbit and Wolves, Chef Lauren Hartmann

<https://www.rabbitandwolves.com/>

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<https://vegnews.com/>

BOOKS

But I Could Never Go Vegan! 125 Recipes That Prove You Can Live Without Cheese, It's Not All Rabbit Food, and Your Friends Will Still Come Over for Dinner, by Kristy Turner

Candle 79 Cookbook: Modern Vegan Classics from New York's Premier Sustainable Restaurant Hardcover by Joy Pierson

Clean Food by Terry Walters

Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year, by Del Sroufe

Green and Awake Gourmet Raw Cookbook by Nazli Develi

I Can Cook Vegan, by Isa Chandra Moskowitz

Isa Does It: Amazingly Easy, Wildly Delicious Vegan Recipes for Every Day of the Week, by Isa Chandra Moskowitz

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The Conscious Cook by Tal Romney

The Forks Over Knives Plan: How to Transition to the Life-Saving, Whole-Food, Plant-Based Diet, by Alona Pulde M.D., and Matthew Lederman M.D

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by Miyoko Schinner

The New Now and Zen Epicure Gourmet Vegan Recipes for the Enlightened
by Miyoko Schinner

*Vegan for Everybody: Foolproof Plant-Based Recipes for Breakfast, Lunch,
Dinner, and In-Between* by America's Test Kitchen

Vegan Soul Kitchen: Fresh, Healthy, and Creative African-American Cuisine
by Bryant Terry

OTHER SOURCES

Dog Food

<https://thrivemarket.com/p/halo-adult-dog-holistic-garden-of-vegan-recipe>

Purple Carrot: Plant-based meal kits by mail, plus recipes:

<https://www.purplecarrot.com/plant-based-recipes/>

SUBSTITUTIONS

EGGS

One egg is equal to:

1/4 cup silken tofu blended

1/2 mashed banana

1/4 cup applesauce or pureed fruit

1/2 cup soy or rice yogurt

2 tbsp. potato starch, cornstarch, or arrowroot

2-3 tbsp. tomato paste

1/4 cup cooked oats

2-3 tbsp. bread crumbs

2-3 tbsp. flour

1 tsp. baking powder

1 1/2 tsp. of Ener-G Foods Egg Replacer + 2 tbsp. lukewarm water

1 tbsp. ground flaxseed meal + 3 tbsp. water + 1 tbsp. oil + 1 tsp. baking powder + 1 tsp. potato or cornstarch

1/4 cup mashed white potatoes or sweet potatoes

DAIRY

Milk: Equal portion of pea milk, almond, oat, soy, hazelnut or rice milk.

Creams: Almond milk (or any nut milk), soymilk, coconut milk, mashed potato, pureed garbanzo beans, pureed tofu, soy sour cream, soy whipping cream, or soy creamer.

Soaked raw cashews + water in high speed blender

Parmesan cheese: Nutritional yeast, garlic powder, and/ or chopped walnuts or almonds.

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SUBSTITUTIONS

MEAT

Legumes, beans, peas, and lentils are an all-natural, high-fiber protein source that can easily be used as the main course or in place of meat in recipes.

Vegetarian burgers, made from a variety of plant foods including vegetables, grains, and soy, provide a meat-like taste and texture and can substitute for ground meat.

Tempeh, made from fermented soybeans, has a distinct flavor and meaty texture that can be used in place of ground meat and works well in curries, chilis, and stir-fries.

Seitan, made from wheat gluten, is well-suited for shaping into roasts or for replacing strips or chunks of meat in recipes such as fajitas, stews, or stir-fries.

Portobello mushrooms have a savory flavor for filling a meat layer in a dish or as “burgers” at your next barbecue, especially after marinating in low-fat dressing and then grilling or heating in a frying pan.

Tofu, a curd made from soybeans, is mild in taste and easily absorbs the flavor of any recipe. Soft tofu works well in soups, sauces, and desserts, and firmer varieties work well in stir-fries and other recipes requiring tofu to hold its shape. For a denser texture, freeze tofu, thaw, and squeeze out excess water before using it in your recipe.

Textured vegetable protein (TVP), made of defatted soybeans, provides a substitute for ground meat

FATS

For Sautéing: Water or vegetable broth.

Cheese: Soy-, rice-, nut-based cheese alternatives, or nutritional yeast.

Ricotta cheese: Firm tofu, drained, and crumbled.

Baking: Applesauce, or low-fat liquids such as plant milk or water.

Butter: Dairy-free non-hydrogenated margarine for cooking, baking, or spreading
Some good brands include Earth Balance and Spectrum.

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A NOTE FROM THE EDITOR...

Last spring, Redeemer Environmental Stewardship Team (REST) founder Lella Lowe asked for project ideas our group might do to celebrate the 2020 Season of Creation. I proposed creating an “e-cookbook” as a PDF file that could be printed as needed or used on a tablet. That idea has become this collection of plant-based recipes from members of all the churches of the Episcopal Diocese of the Central Gulf Coast, plus a few other friends.

Adopting a plant-based way of eating is a positive action any individual can take. Collectively, however, it is a powerful way to reduce, and perhaps even reverse, some of the environmental damage we humans have done on “this fragile earth, our island home.”

I have sorted these recipes by season rather than the usual organization by course. These days, there’s awareness that eating seasonally and locally reduces fuel consumption and the emissions caused by long distance transport. The recipe organization suggests this as a goal.

Thinking further about our food choices, I considered the amount of heat generated when preparing a recipe and attempted to assign it to the time the main ingredients would be fresh, less expensive and raised closer to home. But here on the Gulf Coast, our seasons are slightly off-schedule compared to the rest of the US. So some of my recipe placement may seem whimsical. After all, this is a place where an 80 degree day in January is not uncommon.

Many thanks to all the recipe contributors for sharing their favorites. Special thanks to Lella Lowe and Joan Dixon. Their keen eyes for detail in proofing the text created order out of chaos. A big thank you also to Jenn Johnson, Missioner for Communications with the Episcopal Diocese of the Central Gulf Coast, who publicized this “Seasons of Creation” cookbook and set up the recipe submission process that greatly simplified my task.

Susan Case
September 2020



ON THESE PAGES

you will discover

recipes submitted from individuals across the Diocese of the Central Gulf Coast.

This cookbook was created to celebrate the 2020 Season of Creation and the interconnections we share with God's creatures. May we be mindfully present in this moment and to one another and to the larger reality all around us where people, animals, and earth wait for us to be aware and involved. With deep gratitude, this cookbook is dedicated to all of those creatures with whom we share these days under the sun.

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