

VEGETARIAN CHILI

YIELD: 25 servings/14 oz (2 cups) per serving

METHOD OF SERVING: Serve in large soup *bow*l over 3/4 cup cooked brown rice.

INGREDIENT

<u>INGREDIENT</u>	<u>AMOUNT</u>
Onions, chopped	1lb6oz (5 large or 3-1/2 cups)
Garlic, minced finely	1 1/2 oz (12 cloves or 1/4 cup)
Green pepper, chopped	2 lbs (5 large or 6 cups)
Oil, vegetable	2/3 cup
Water	2 1/2 qts
Kidney or pinto beans, cooked or canned,	5 lbs (13-2/3 cups or one 52 oz can plus two 16 oz cans)
drained Tomatoes, ripe, chopped	6 lbs 10 oz (20 medium or 15 cups)
Corn kernels, frozen, fresh, or canned (drained)	2 lbs 8 oz (5 cups)
Salt	1-1/2 Tbsp
Chili powder	3 Tbsp (or more if desired)
Black pepper	To taste

PROCEDURE

Saute onions, garlic, and green pepper in oil over medium-high heat until the onions are soft (about 5 minutes). Add water, beans, tomatoes, corn, salt, chili powder, and pepper. Cook over medium heat for 25 minutes stirring once in a while. Serve hot over brown rice or with corn bread.

THE VEGETARIAN RESOURCE GROUP. PO BOX 1463, BALTIMORE, MD 21203

SAVORY BEEF & MACARONI CASSEROLE

By Marie Anderson, 1989

7 oz. Pkg. - Creamettes macaroni	1 Lb - Ground Beef
1/2 Cup - Chopped celery	1/2 Cup - Chopped onion
3 Tbs. - Flour	2 Cups - Milk
1/4 Cup - Soy sauce	1/2 tsp - Basil, crumbled

2 Cups - (8 oz.) Shredded cheddar cheese.
1 pkg. - (10 oz.) frozen peas, carrots, corn or beans
(choose at least two of the vegetables)

Cook macaroni according to package directions for baked dishes. Drain and set aside. Brown meat with celery and onions. Sprinkle flour evenly over meat mixture and stir to blend. Gradually add milk, soy sauce and basil, stir well. Bring to boil, stir in cheese. Cook and stir until cheese melts. Combine macaroni, meat and cheese mixture, and frozen vegetables. Pour into 9x13 baking pan. Bake at 350 degrees for 35 minutes. Serve with additional soy sauce if desired. If not baked immediately, refrigerate, then bake for at least one hour.

RIGATONI COMBINATION

YIELD: 25 servings, 15.5 oz. (1-3/4 cups) per serving

METHOD OF SERVING: Serve on a dinner plate.

INGREDIENT

Water
Rigatoni shells,
macaroni, or
other pasta
Onions, chopped
Garlic, minced
Green pepper,
chopped
Oil, olive
or vegetable
Tomato sauce

Kidney beans,
cooked or
canned,
drained
Soy
sauce
Chili powder
Black pepper

AMOUNT

3gal
3lbs

1 lb 5 oz (6 medium or 3-1/3
cups)
1 oz (8 doves or 2-2/3 Tbsp)
1 lb 10 oz (5 medium or 4-3/4
cups)
1/4 cup
4 lbs 9oz (two 29 oz cans
plus one 15 oz
can)
9 lbs (24-1/2 cups or three
52 oz cans)

1/4 cup
2 Tbsp
To taste

PROCEDURE

Bring water to a boil. Add pasta gradually while stirring. Reheat to boiling. Cook uncovered until tender, about 10 minutes stirring occasionally. Drain. Saute onions, garlic, and green peppers in oil for 5 minutes or until onions are soft. Stir in tomato sauce, kidney beans, soy sauce, chili powder, and black pepper. Simmer several minutes to heat through and serve.

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HEARTY MACARONI DINNER

YIELD: 50 servings/18 oz (2-1/2 cups)
per serving

METHOD OF SERVING: Serve on a
dinner plate.

INGREDIENT

Macaroni or other
pasta Water
Onions, chopped
Oil, vegetable
Tomato juice
Chili powder
Salt and pepper
Corn, frozen
Kidney beans,
cooked or canned,
drained

AMOUNT

61bs
6 gal
2 lbs 10 oz (12 medium or 6-
2/3 cups)
1-1/2 cups
2 gal plus 1 qt (six 46 oz
cans)
4 oz (1 cup)
To taste
7 lbs 8oz (12 cups)
14 lbs 4 oz (24 cups or four 52
oz cans
plus two 19 oz cans)

PROCEDURE

Bring water to a boil. Add pasta
gradually while stirring. Reheat to
boiling. Cook uncovered until
tender, about 10 minutes, stirring
occasionally to prevent sticking.
Saute onions in oil until onions
are soft, about 5 minutes.
Add remaining ingredients and
cooked pasta. Simmer 15
minutes, stirring occasionally.
Serve hot.

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PRINCE LASAGNA'S RECIPE FOR RED & WHITE LASAGNA (makes 10-12 servings)

12 Prince Lasagna, noodles (use noodles that need no pre-boiling)
1 (15 oz) container Ricotta cheese
1 (10 oz) package frozen chopped spinach, thawed and well drained
2 cups (8 oz) shredded Mozzarella cheese
1/2 cup shredded Parmesan cheese, divided
2 eggs
1 pound bulk Italian sausage or ground beef, cooked and drained
1 (26 oz) jar Marinara pasta sauce
1 (16 oz) jar Alfredo pasta sauce

1 deep lasagna pan (I use the disposable ones, see Lazarus house for extra pans)

Allow yourself 2 1/2 hours from prep to leaving for Lazarus house, the lasagna can be refrigerated before baking, or even frozen.

Directions:

1. Cook pasta according to package directions
2. Preheat oven to 350
3. in a large bowl, combine Ricotta cheese, spinach, Mozzarella cheese, 2 tablespoons parmesan cheese and eggs. Mix well
4. In deep lasagna pan, spread 1 cup Marmara sauce
5. Layer 4 pasta noodles over sauce
6. Top with half cheese mixture, 1 cup Marinara sauce and all the cooked meat. 7. Layer 4 more noodles, remaining cheese mixture and remaining Marinara sauce
8. Top with 4 remaining past noodles
9. Spread Alfredo sauce evenly on top, sprinkle with remaining Parmesan cheese
10. Cover, bake 40 minutes, uncover and bake an additional 15 minutes or until hot and bubbly
11. Let stand 10 minutes before serving (travel time to Lazarus house?)

Note: with 4 pans of lasagna in the oven, you may need to rotate the pans and allow additional baking time. Allow 55-65 minutes total of baking time.

LEFTOVER TURKEY CASSEROLE

1 (14 oz) package cubed seasoned dry bread stuffing mix
4 (18 oz) containers sour cream
2 (10.75 oz) cans condensed cream of mushroom soup
2 (10.75 oz) cans condensed cream or celery soup or cream of chicken
2 (2 oz) packages dry onion soup mix
2 (32 oz) packages French-style frozen green beans
8 cups cooked, chopped turkey meat or “mock chicken” made from tofu
2 large foil casserole pans borrowed from Lazarus House

Preheat oven to 350°. Prepare stuffing according to package directions.

Prepare beans according to package directions

Mix the sour cream, cream of mushroom soup, cream of celery/cream of chicken soup, and dry onion soup mix.

Layer ½ of the ingredients in each of the foil containers in the following order:

Bottom: green beans

Next: turkey or mock chicken

Next: soup mixture

Top: stuffing

Bake in the preheated oven 30 minutes or until browned and bubbly.

Makes 50 servings

Note: the foil casserole pans from Lazarus House are too big for my oven, so I cooked it in 9x13” casseroles and then transferred it to the large foil ones.

MOCK CHICKEN

(8 cups)

4 (12 oz) packages firm tofu

Leave tofu in original package and place in freezer for 72 hours.

Bring a pot of water to a simmer. Place packages of tofu in water and allow to thaw, approximately 20 minutes.

When thawed, remove from package, place in a piece of cheesecloth, and squeeze out liquid. Dice tofu and use instead of turkey in the casserole.