



MEATLESS MEALS

FOR LENT



BOONE COUNTY CATHOLIC
COMMUNITY WOMEN

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BLACK BEAN BURRITOS

Tara Atkinson

Mix together:

1 can black beans (drained/rinsed)

1 cup cooked rice

1/2 cup salsa

1/2 cup shredded cheese

1-2 T taco seasoning

Plus any other extras to taste (onion, peppers, tomatoes, etc.)

Roll into flour tortillas, bake 20 minutes at 350 until warm and shell slightly crisp.

Serve with shredded lettuce, cheese, salsa, guacamole or sour cream to your taste.

BURKE'S FAMOUS PIZZA CRUST

Mindy Burke

1 pkg quick rising yeast
1 teaspoon sugar
1 teaspoon salt
3 cup flour (divided)
1 tablespoon olive oil
1 egg

In a large bowl dissolve one package quick rising yeast, 1 teaspoons granulated sugar and 1 teaspoon salt. When dissolved add 1 cup flour, 1 tablespoon olive oil and one egg until smooth. Add remaining flour (2 cups) and stir until stiff. Add more flour if needed. Let rest thirty minutes in warm place. Roll into 12 inch circle. Top with pizza sauce ,vegetables and cheese. Bake for 30 to 35 minutes 400 degrees. Serves about 3 to 4. If you like thin crust divide into 2 crusts.

CHEESY CORN CASSEROLE

Lori DeMoss

1 can cream corn

1 can kernel corn, not drained

1 stick of butter

1 cup of macaroni or sea shell pasta

1 cup cubed processed cheese

Combine ingredients and pour into a greased casserole dish. Cover and bake 350 degrees for 30 minutes. Remove from oven then stir and bake 30 more minutes. Let set for 5 minutes before serving.

CINNAMON ROLL PANCAKES

Samantha Mickle

CINNAMON FILLING: 4 tablespoons (1/2 stick) unsalted butter, just melted (not boiling) 6 tablespoons packed light brown sugar 1/2 T cinnamon

CREAM CHEESE GLAZE: 4 T (1/2 stick) unsalted butter 2 ounces cream cheese, at room temp 3/4 cup powdered sugar 1/2 teaspoon vanilla extract

PANCAKES: 1 cup all purpose flour 2 teaspoons baking powder 1/2 teaspoon salt 1 cup milk 1 large egg, lightly beaten 1 T vegetable oil

INSTRUCTIONS:

PREPARE CINNAMON FILLING

1-In a medium bowl, stir together butter, brown sugar and cinnamon. Scoop the filling into a quart-sized heavy zip baggie and set it aside.

PREPARE GLAZE

2-In a small pan, heat butter over low heat until melted. Turn off heat and whisk in cream cheese until it is almost smooth. Sift the powdered sugar into the pan, stir and add in vanilla extract. Set the pan aside while you make the pancakes.

PREPARE PANCAKE BATTER

3-In a medium bowl, whisk together the flour, baking powder and salt. Whisk in the milk, egg and oil, just until the batter is moistened.

COOK THE PANCAKES

4-Heat large, nonstick skillet over medium-heat and spray with nonstick spray. 5-Use an ice cream scoop to add the batter to the pan. Use the bottom of the scoop or cup to spread the batter into a circle. Reduce the heat to medium low. 6-Snip the corner of your baggie of cinnamon filling and squeeze the filling into the open corner. When your cinnamon roll pancakes begins to form bubbles, add the filling. Starting at the center of the pancake, squeeze the filling on top of the pancake batter in a swirl. 7-Cook the pancake 2 to 3 minutes, or until the bubbles begin popping on top of the pancake and it's golden brown on the bottom. Flip pancake and cook an additional 2 to 3 minutes.

COUSCOUS & CHICKPEAS

Kelley Grothus

Serves 4 – 30 minutes

1 cups couscous

1 cups water

4 T olive oil, divided

1-2 cloves garlic

1/2 tsp. salt

1-2 yellow or red peppers, diced

1/2-1 small red onion, diced

1 cans chickpeas

Parsley

Parmesan cheese

1. Heat water and 2 T olive oil on stove until it boils. Add couscous and stir. Remove pan from heat, cover and let sit 10 minutes.
2. In a skillet, heat remaining 2 T olive oil. Add garlic, salt, pepper, onion, and any other desired seasonings or vegetables.
3. Add drained can of chickpeas to skillet. Add cooked couscous and stir well.
4. Garnish with parsley & parmesan cheese.

CRAB STUFFED MUSHROOMS

Linda Bucheit

2 tablespoons butter
2 tablespoons minced green onion
1 cup cooked crab meat, finely chopped
1/2 cup dry bread crumbs
1/4 cup shredded monterey jack cheese
1 egg, beaten
1 teaspoon lemon juice
1/2 teaspoon dried dill weed
1/2 cup butter, melted
1 1/2 lbs fresh button mushrooms
1/2 cup shredded monterey jack
1/4 cup dry white wine

Preheat oven to 400 degrees.

Melt 2 tablespoons butter in a skillet; cook and stir green onion until softened, about 2 minutes. Transfer green onion to a bowl. Stir in crabmeat, bread crumbs, 1/4 cup Monterey Jack cheese, egg, lemon juice, and dill weed until well mixed. Pour 1/2 cup melted butter in a 9x13-inch baking dish; turn mushroom caps in butter to coat. Fill mushroom caps with the crab mixture and sprinkle with remaining 1/2 cup Monterey Jack cheese. Pour white wine into baking dish. Bake in preheated oven until cheese is melted and lightly brown, 15 to 20 minutes.

CROCKPOT TORTELLINI

Samantha Mickle

1 bag frozen tortellini

1 bag fresh spinach

2 cans italian style diced tomatoes

1 box or 4 cups vegetable broth

1 block of cream cheese cut up

Put all ingredients in crock pot and cook on low 5-6 hours

FAJITA STUFFED PEPPERS

Devon Kenyon

1 Tbsp. chili powder
3 Tbsp. olive oil
½ tsp. smoked paprika
½ large yellow onion, chopped finely
½ tsp. onion powder
3 garlic cloves, minced
¼ tsp. garlic powder
2 C. cooked bulgur
¼ tsp. ground cumin 1 (15 oz.) can black beans, drained and rinsed
½ tsp. salt
4 large bell peppers
1 tsp. dark brown sugar
Optional garnishes: Queso fresco and chopped cilantro

Preheat oven to 350°. Place all the spices, salt, and brown sugar in a small bowl along with 2 tablespoons of the olive oil. Mix to combine and set aside. Heat the remaining tablespoon of olive oil in a large skillet over medium-high heat. Add the onion and cook until softened and translucent, 4 to 5 minutes. Add the garlic and cook until fragrant, about 30 seconds more. Add the bulgur, black beans, and the spiced oil and continue to cook until everything is heated through and well coated, 2 to 3 minutes. Remove from the heat. Cut the tops off the bell peppers and carefully remove and discard the seeds and membranes, trying not to pierce the sides of the peppers. Place the prepared peppers upright in a 9-inch square baking dish. Fill each of the peppers with about $\frac{3}{4}$ cup of the bulgur mixture. Cover the stuffed peppers with foil. Bake for 1 hour, or until the peppers are tender and can be pierced with a fork. Serve immediately.

FRIED RICE

Megan Ulrich

Serves 4-6 - 15 minutes

3 tablespoons butter, divided

2 eggs, whisked

1 small white or yellow onion, diced

1.5 cup frozen peas & carrots

3 cloves garlic, minced

salt and black pepper

4 cups cooked and chilled rice (I use the microwave bagged rice then chill in freezer. Cold rice is KEY!)

3 green onions, thinly sliced

3-4 tablespoons soy sauce

1/2 teaspoons sesame oil

Heat 1/2 T of butter in large sauté pan over medium-high heat until melted. Add egg, and cook until scrambled, stirring occasionally. Remove egg, and transfer to a separate plate. Add an additional 1 T butter to the pan and heat until melted. Add veggies and garlic, and season with salt and pepper. Sauté for 5 minutes or until the veggies are soft. Increase heat to high, add in the remaining 1 1/2 tablespoons of butter, and stir until melted. Immediately add the rice, green onions, soy sauce, and stir until combined. Continue stirring for 3 minutes to fry the rice. Add in the eggs and stir to combine. Remove from heat, and stir in the sesame oil until combined. Serve immediately, or refrigerate in a sealed container for up to 3 days. Add shrimp for more protein!

HATCH GREEN CHILE, CHEESE AND EGG BAKE

Connie Booth

4 ounces Green Chili Peppers (Canned)

8 large Eggs

2 tablespoons Heavy Cream

1/2 teaspoon Garlic Powder

1/4 teaspoon Salt

1/8 teaspoon Black Pepper

1 1/2 cups shredded Cheddar Cheese

Preheat oven to 350°F. Prepare a 9-inch by 9-inch square pan with aluminum foil and spray it with oil spray. In a blender, blend together the chiles, eggs, cream, garlic powder, salt, pepper, and 1 cup cheese until smooth. Poor in prepared pan and bake covered for 45 minutes or until eggs are set. Remove from oven and sprinkle remaining 1/2 cup cheese on top, allow to melt and cool slightly then serve.

MACARONI AND CHEESE

Devon Kenyon

8 Tbsp. butter (plus more for casserole)
6 slices white bread, torn into $\frac{1}{4}$ to $\frac{1}{2}$ inch pieces
5 $\frac{1}{2}$ C. milk
 $\frac{1}{2}$ C. all-purpose flour
2 tsp. salt
 $\frac{1}{4}$ tsp. ground nutmeg
 $\frac{1}{4}$ tsp. pepper
 $\frac{1}{4}$ tsp. cayenne pepper
4 $\frac{1}{2}$ C. grated sharp white Cheddar cheese
2 C grated Gruyere or 1 $\frac{1}{4}$ C grated Pecorino Romano cheese
1 lb. elbow macaroni

1. Preheat oven to 375°. Butter a deep 9x13 baking dish. Place the bread in a medium bowl. In a small saucepan over medium heat, melt 2 tablespoons butter. Pour the melted butter into the bowl with the bread, and toss. Set the bread aside.
 2. Melt the remaining 6 tablespoons butter in a high-sided skillet over medium heat. When the butter bubbles, add the flour. Cook, stirring, 1 minute.
 3. While whisking, slowly pour in the milk a little at a time to keep mixture smooth. Continue cooking, whisking constantly, until the mixture bubbles and becomes thick, 8 to 12 minutes.
 4. Remove the pan from the heat. Stir in salt, nutmeg, black pepper, cayenne pepper, 3 cups Cheddar cheese, and 1 $\frac{1}{2}$ cups Gruyere (or 1 cup Pecorino Romano); set the cheese sauce aside.
 5. Cover a large pot of salted water, and bring to a boil. Cook the macaroni according to the package directions. Transfer the macaroni to a colander, rinse under cold water, and drain well. Stir the macaroni into the reserved cheese sauce.
 6. Pour the mixture into the prepared dish. Sprinkle the remaining 1 $\frac{1}{2}$ cups cheddar cheese, $\frac{1}{2}$ cup Gruyere (or $\frac{1}{4}$ cup Pecorino Romano), and the bread crumbs over the top. Bake until golden brown, about 30 minutes.
- *This is also excellent with 1 bunch of broccoli (blanched). Just mix into macaroni before topping with final cheese and bread crumbs.

ROASTED PEPPER POTATO SOUP

Barb MacDougall

Serves 6

2 medium onions, chopped

2 T canola oil

1 jar roasted red peppers, undrained, chopped

1 can chopped green chilis (4oz), drained

2 teaspoons ground cumin

1 teaspoon salt

1 teaspoon ground coriander

3 cups diced peeled potatoes

3 cups vegetable broth

1 tablespoon lemon juice

1/2 cup cream cheese, cubed

In large saucepan, saute onions in oil until tender. Stir in peppers, chilis, cumin, salt and coriander. Cook and stir for 2 minutes. Stir in potatoes and broth; bring to a boil.

Reduce heat; cover and simmer for 10-15 min or until potatoes are tender. Stir in lemon juice. Cool slightly. In a blender process the cream cheese and half of soup until smooth. Return all to the pan and heat through.

SHRIMP & NOODLES

Megan Ulrich

2 tablespoons olive oil
1 lb jumbo shrimp peeled and deveined
salt and pepper
3 garlic cloves minced
1 cup heavy cream
½ cup chicken broth
1 teaspoon garlic powder
1 teaspoon italian seasoning
½ cup parmesan cheese
8 ounce linguine cooked to al dente and drained
Garnish with chopped fresh parsley shredded parmesan,
and lemon wedges

In a medium sized skillet add the olive oil. Add the shrimp and garlic and cook over medium high heat until it is almost pink but not cooked completely. Add the heavy cream, chicken broth, garlic powder, italian seasoning, and parmesan cheese and stir with shrimp until smooth. Let simmer for about 3-5 minutes until the sauce starts to thicken. Add the pasta and stir until the pasta is coated.

SPINACH PIE

Denise Hiveley

10-15 oz. chopped spinach*

4 eggs

16 oz. cottage cheese

8 oz. cream cheese (neufatchel)

2 cups shredded mozzarella, muenster, or monterey jack cheese

Cook 1 ½ packages frozen spinach in the microwave, then drain and squeeze. Mix 4 eggs with mixer, then cut 8 oz. cream cheese (neufatchel) in approximately 10 chunks and mix. Will be lumpy. Add 16 oz. cottage cheese and spinach. Pour into 9" - 10" quiche pan. Top with 2 cups shredded mozzarella, muenster, or monterey jack cheese. Bake 45 minutes at 350°. Allow to set a few minutes before serving.

*I haven't tried using broccoli, but think you could probably substitute frozen cooked chopped broccoli for the spinach.

SWEET POTATO & BLACK BEAN QUINOA BAKE

Sarah Heineman

Serves: 6

4 cups sweet potatoes (1/2-inch cubes)

1 (15 oz) can black beans, drained and rinsed

1 cup uncooked quinoa, rinsed

1 cup frozen corn, thawed

2 cups vegetable broth

1 tsp. chili powder

2 tsp. cumin

1 tsp. garlic salt

½ tsp. dried thyme

½ cup green onions, chopped

Preheat oven to 375 degrees. Combine all ingredients, except for the green onions, in a 9x13 baking dish sprayed with cooking spray and bake, covered with tin foil, for 45 minutes. Remove tin foil and continue baking for an additional 15 to 20 minutes until liquid is mostly absorbed and the potatoes are tender. Remove from oven and let the casserole sit for 5 minutes so that any remaining liquid can be fully absorbed and sprinkle with green onions. Serve and enjoy!

THREE CHEESE TUNA CASSEROLE

Devon Kenyon

8 oz. med. Shell pasta

10 oz. pkg. frozen peas & carrots, thawed

1 can cream of mushroom soup

5 oz. can of tuna, in water, drained

1 C. milk

2.8 oz. can French-fried onion rings

3 oz. cream cheese (softened)

½ tsp. salt

4 oz. shredded cheddar cheese

¼ tsp. pepper

4 oz. shredded Monterey jack cheese

Cook shells according to package directions. Heat soup, milk, and cheese together; stir until cheese is melted.

Combine pasta, cheese sauce, vegetables, tuna, seasonings, and half French-fried onion rings; put into greased 2-quart baking dish. Cover and bake at 350° for 25 minutes, or until onions are golden brown.

THREE CHEESE TWISTS

Barb MacDougall

1/2 cup butter, melted

1/4 teaspoon garlic salt

1-1/2 cups finely shredded cheddar cheese

1-1/2 cups finely shredded part-skim mozzarella cheese

3/4 cup grated parmesan cheese

1 tablespoon dried parsley

24 frozen bread dough dinner rolls, thawed

In a shallow bowl combine butter and garlic. In another shallow bowl combine cheeses and parsley. On a lightly floured surface roll each dinner roll into a 10 inch rope. Dip in butter mixture, then in cheese mixture.

Fold each rope in half then twist twice; pinch the ends together to seal. Place 2 inches apart on greased baking sheets. Cover and let rise in a warm place until almost doubled, about 30 min.

Bake at 350 degrees for 15 minutes.

TUNA PATTIES AKA "CHURCH BURGERS"

Joanie Buller

Serves: 4

Ingredients

2 eggs
2 teaspoons lemon juice
3 tablespoons grated Parmesan cheese
10 tablespoons Italian-seasoned bread crumbs
3 (5 ounce) cans tuna, drained
3 tablespoons diced onion
1 pinch ground black pepper
3 tablespoons vegetable oil

Directions

Beat eggs and lemon juice in a bowl; stir in Parmesan cheese and bread crumbs to make a paste. Fold in tuna and onion until well-mixed. Season with black pepper. Shape tuna mixture into eight 1-inch-thick patties. Heat vegetable oil in a skillet over medium heat; fry patties until golden brown, about 5 minutes per side.