

Immaculate Heart of Mary



*Friday-friendly recipes
everyone can enjoy!*

From the Family Life and Faith Formation Commission

Lenten Prayer Before Meals

Lord Jesus, through the hardship of the cross you give us peace;
Through the pain of the cross you heal our wounds.
As we make our way through the mystery of your passion,
Fortify us not only with the food we share but through the love we have for one another and
you, in whose name we pray.
Amen

Lenten Mealtime Prayer

Loving God,
As we live through this Lenten season, we turn to you for forgiveness.
Help us to pray more and to keep our promises to make sacrifices
and to share with those in need.
Coming together for this meal, we remember those who are hungry,
those who are lonely, and those who are sick.
Help us always to find new ways to care for them and to bring your light
to those who are in darkness.
May we be grateful for all we have, especially for this meal, which is a gift of your goodness.
Amen.

Family Prayer Before Meals

Lord, we thank you for the blessings of this day and for this time together as family.
We thank you for this wonderful meal and for this hour we can share it.
Help us to remember those who have so much less than we do.
Bless us as a family. Help us to grow in love and care for each other.
We ask you to comfort and give strength and peace
to those who are sick and struggling in any way.
Bless us, O Lord, and these your gifts, which we are about to receive
from your bounty through Christ our Lord.
Amen

Black Bean Soup

Serves 2 (easily can be doubled)

Ingredients

¼ cup chopped onion
1 rib celery, chopped
1 small carrot, chopped
1 clove garlic, minced
½ tsp. Dried basil
½ tsp. Dried oregano
¼ tsp. ground cumin
¼ tsp. chili powder
1 15 oz. can black beans rinsed and drained
1 ½ cup chicken broth
1 8 oz. can tomato sauce
¼ cup uncooked converted rice
Salt
Freshly ground black pepper
Sour cream (optional)
Salsa (optional)

Directions

Step 1: Coat the inside of a 3.5 quart slow cooker with cookie spray if desired

Step 2: Add the onion, celery, carrot, garlic, herbs, cumin, chilli powder, beans, broth, tomato sauce and rice. Stir well to mix.

Step 3: Cover and cook on low for 6 hours

Step 4: When ready to serve, season to taste with salt and pepper. Top individual bowls with a portion of sour cream or salsa, if desired.

Creamy Tomato Soup with Buttery Croutons

Serves 6

Ingredients

2 tbsp. Unsalted butter

2 tbsp. Olive oil

1 medium onion, very thinly sliced

3 garlic cloves, smashed

5 cups canned whole tomatoes in their juices (from three 14 oz cans)

1 cup water

$\frac{2}{3}$ cup heavy cream

1 tbsp. Sugar

$\frac{1}{4}$ tsp. Crushed red pepper

$\frac{1}{4}$ tsp. Celery seed

$\frac{1}{4}$ tsp. Dried oregano

Salt and freshly ground pepper

Four $\frac{3}{4}$ -inch-thick slices of white country bread, crusts trimmed, bread cut into $\frac{3}{4}$ -inch dice

Directions

Step 1: In a large saucepan, melt 1 tablespoon of the butter in 1 tablespoon of the olive oil. Add the sliced onion and smashed garlic and cook over moderate heat, stirring occasionally, until softened, about 5 minutes. Add the tomatoes and their juice, the water, heavy cream, sugar, crushed red pepper, celery seed and oregano and season with salt and pepper. Bring the soup to a boil over high heat, breaking up the tomatoes with the back of a spoon. Reduce the heat to moderate and simmer for 10 minutes.

Step 2: Meanwhile, in a small skillet, cook the remaining 1 tablespoon of butter over moderately high heat until it begins to brown, about 1 minute. Scrape the browned butter into a medium bowl. Add the olive oil to the skillet. Add the diced bread and cook over moderately high heat, stirring occasionally, until it is slightly browned, about 6 minutes. Transfer the bread to the browned butter and toss well.

Step 3: Working in batches, transfer the tomato soup to a blender and puree until smooth. Return the soup to a clean pot and rewarm the soup if necessary. Season the soup with salt and pepper. Ladle the soup into bowls and serve with the croutons.

Creamy Curried Butternut Squash Lentil Soup

Serves 6-8

Ingredients

1 tbsp. of medium high heat oil
1 tbsp. of brown mustard seeds
1 tbsp. of cumin seed, whole
¼ tsp. Of red pepper flakes, or more to taste
1 medium yellow onion, diced
2 garlic cloves, chopped
1-inch piece of ginger, peeled and chopped
2 pounds of butternut squash, peeled, deseeded, and cubed
1 cup of red lentils
4 cups of vegetable broth
1 13.5 oz. can of coconut milk
1 tsp. Of salt, or more to taste
¼ cup of cilantro, chopped

Directions

Step 1: In a large soup pot, or dutch oven, heat oil over medium heat. Add mustard seeds, cumin seeds, and red chili flakes. Heat until mustard seeds begin to pop, about 1-2 minutes. Do not let cumin seeds burn.

Step 2: Add onion, garlic, and ginger. Cook over medium-low heat with the lid on for 2-3 minutes until onion begins to soften. Add cubed squash and red lentils and stir to coat. Add broth and bring to a gentle simmer. Cover pot and cook over medium-low heat for 15-20 minutes until squash is very soft and mashable.

Step 3: Add coconut milk and stir to combine. Add salt (and black pepper and turmeric if using) to taste. Add cilantro if using. The soup will be chunky at this point. Eat as is, or use an immersion blender to blend until creamy. You can also use a regular blender, but you will have to blend in batches. Keep warm on low heat. Freezes well!

Hearty Potato Soup

Serves 10

Ingredients

6 medium potatoes, peeled and sliced

2 carrots, chopped

6 celery ribs, chopped

8 cups water

1 onion, chopped

6 tablespoons butter, cubed

6 tablespoons all purpose flour

1 teaspoon salt

½ teaspoon pepper

1 ½ cups 2% milk

Directions

Step 1: In a Dutch oven, cook the potatoes, carrots and celery in water until tender, 15-20 minutes. Drain, reserving liquid and setting vegetables aside.

Step 2: In the same pan, saute onion in butter until tender. Stir in the flour, salt and pepper; gradually add milk. Bring to a boil, cook and stir for 2 minutes or until thickened. Gently stir in cooked vegetables. Add 1 cup or more of reserved cooking liquid until soup is desired consistency.

Lemon Chickpea Orzo Soup

Serves 4

Ingredients

1 tbs. Olive oil or ¼ cup water
½ onion, diced
3 carrots, peeled and diced
3 cloves garlic, minced
7-8 cups vegetable broths or water (or combo)
1 cup whole wheat orzo
2 15 oz cans of chickpeas (garbanzo beans), rinsed and drained
⅓ cup tahini
¼-½ cup lemon juice (2-4 large lemons)
A large handful fresh baby kale or spinach
Chopped fresh dill, to taste
Mineral salt, to taste
Fresh cracked pepper or lemon pepper, to taste

Directions

Heat oil or water over medium heat, add onion and carrot, saute for about 5 – 7 minutes, add the garlic and saute for 1 minute more.

Add the broth or water, bring to a boil, add the orzo and chickpeas, reduce heat to medium-low and cook at a gentle boil for 8- 9 minutes, orzo should be tender.

Remove from heat, add tahini and lemon juice (start with the smaller amount of juice, adding more to taste), stir well. Add the baby kale or spinach, give a good stir, greens will soften and wilt within a few minutes. Add as much dill as you like, and season well with salt & pepper. Soup will thicken upon standing, add more liquids as needed.

Serve in individual bowl with your favorite crusty artisan bread for soaking up the wonderful juices.

New England Clam Chowder

Ingredients

1 tbsp. Butter
1 chopped onion
2 chopped carrots
2 diced medium potatoes
1 chopped celery stalk
1 cup water
2 6/5 oz. cans chopped clams
1 10 oz. can baby clams with juice
½ pint heavy or light cream

For Roux:

2 tbsp. Butter
3 tbsp. Flour
Milk to thicken

Directions

In a heavy pan or dutch oven saute chopped onion in butter until transparent. Add carrots, potatoes, celery, and water. Cook over medium heat until vegetables are cooked to tender. Add chopped clams and baby clams with juice. Make Roux and add gradually to vegetable clam mixture. Add cream and turn to low heat. Simmer to desired temperature.

One Pot Chickpea and Pesto Stew

Ingredients

3 tablespoons of olive oil
1 large sweet onion, diced small
4 stalks celery, thinly sliced
5 sprigs oregano
3 tablespoons tomato paste
6 cups vegetable broth
2 cans (15.5 ounces each) chickpeas, rinsed and drained
3 thick slices stale rustic bread, crusts removed, torn into small pieces (or croutons)
1/4 cup basil pesto, for serving
Salt and pepper

Directions

Step one:

In a large pot, heat oil over medium-high. Add onion and celery, season with salt and pepper, and cook until golden, 10 minutes. Add oregano and tomato paste and cook, stirring, until fragrant, 1 minute. Stir in broth and bring to a boil, then reduce to a simmer and cook until onion is tender, 5 minutes.

Step two:

Add chickpeas and simmer until thickened, 6 to 8 minutes. Season with salt and pepper and serve topped with a tablespoon of pesto per bowl and bread or croutons.

Tips

This makes a lot of soup! It freezes really well and keeps for a while. If you want to add meat, shredded chicken is a great addition!

Roasted Butternut Squash with Apple, Coconut and Ginger

Serves 4

Ingredients

1 small butternut (2.5 pounds -or 4 cups of cooked butternut)
2 tablespoons coconut oil, or olive oil
2 apples- gala, honey crisp – diced (unpeeled)
2 large shallots (or 1/2 an onion)- diced
5 fat garlic cloves – rough chopped
2 teaspoons fresh ginger – rough chopped
2 cups veggie stock or chicken stock
1 1/2– 2 cups water (or a ¼ –½ cup less for a thicker soup)
1 teaspoon kosher salt
1–2 teaspoons maple syrup
1 teaspoon apple cider vinegar
pinch cayenne, optional
1/2–1 cup coconut milk (from a can)
Garnish- pumpkin seeds, sumac, warm coconut milk, sautéed diced apple (sauté in coconut oil)

Directions

1. Preheat oven to 425F
2. Split the butternut in half lengthwise, place open side down, on a greased or parchment-lined, rimmed sheet pan. Roast 30 minutes or until easily pierced with a fork, through the skin at the top, narrow end.
3. While the butternut is roasting, chop the onion, apple, garlic, and ginger.
4. Heat coconut oil in a large heavy bottom pot or dutch oven, over medium heat.
5. Add onion and apple and cook 6-7 minutes, stirring until golden and tender, then add garlic and ginger, and cook 4-5 more minutes, turning the heat down to med-low. It will smell divine. Turn heat off.
6. When the butternut is tender, flip them over, let them cool down, enough to handle, then scoop out seeds. Scoop out flesh and place in a bowl, you should have 3 ½ to 4 cups.
7. Add the apple onion mixture to the same bowl.
8. Then, blend in batches with the stock and water, until very smooth, using a blender. (If using hot ingredients, be sure to Hold the lid down tight with a kitchen towel– to prevent a blender explosion!) If you prefer a thicker soup, add less water, thinner soup, more water.
9. Add the blended soup back into the same pot and warm over low heat. Add salt, maple, apple cider vinegar. Taste and adjust seasonings. Stir in coconut milk to taste.
10. To serve, divide among bowls, sprinkle with pumpkin seeds & sumac (optional).

Split Pea Soup with Kale

Serves 5-6

Ingredients

2 ½ cups dried split peas sorted and rinsed

6-8 cups water, vegetable broth, or chicken broth

1-2 tbsp. Olive oil

1 large onion, finely chopped

2 garlic cloves, minced

2 medium stalks celery, finely chopped

1-1 ½ cups carrots cut into small pieces

1-2 cups small red potatoes cut into small pieces

2 heaping cups of fresh leafy kale (cleaned and cut up if large leaves)

¼ tsp. Pepper

Salt to taste

Directions

Step 1: Rinse peas and sort.

Step 2: Heat olive oil over medium-high and cook onion and garlic until soft and translucent.

Step 3: Add broth/water and split peas and potatoes.

Step 4: Cook over medium heat until gentle boil, then reduce heat to low. Add carrots and salt and pepper. Cover and simmer for 30-40 minutes.

Step 5: Cook until peas, carrots and potatoes are tender, and soup is desired consistency. In the last minutes add two heaping cups of fresh kale. Stir until just beginning to get soft, then scoop into bowls and serve.

Step 6: Top with parmesan, and serve with crusty bread!

Tortellini Soup

Serves 4-5

Ingredients

1 cup of diced carrots
2 garlic cloves, minced
1 teaspoon butter
1 can reduced sodium tomato soup
6 cups of chicken or vegetable broth
1/3 cup minced fresh basil
1/4 teaspoon pepper
1 can of corn
1 bag of frozen cheese tortellini
1 can (19 oz) white kidney or cannellini beans (drained and rinsed)

Directions

In a large saucepan, saute carrots and garlic in butter. Add remaining ingredients except beans and tortellini. Bring to a boil. Stir in tortellini. Reduce heat; simmer, uncovered, for about 3 minutes or until tortellini floats. Stir in beans and simmer until heated through. Enjoy with garlic bread.

Tortellini Vegetable Soup

Serves 6

Ingredients

1 tablespoon olive oil
1 medium onion
2 stalks of celery, diced
1 medium carrot, diced
1 medium zucchini, cut into ½ inch pieces
2 cloves of garlic minced
¾ teaspoon dried basil
¾ teaspoon dried oregano
½ teaspoon kosher salt, more to taste
¼ teaspoon freshly ground black pepper
14 ounce can no-salt-added petite diced tomatoes, with juices
4 cups low-sodium chicken or vegetable broth
2 cups water
One 9 ounce package of cheese tortellini
3 cups of baby spinach, coarsely chopped
½ cup (1 ounce) grated parmesan cheese

Directions

In a large pot over medium heat, heat the oil until shimmering. Add the onion, celery and carrot and cook, stirring occasionally, until softened but not browned, about 5 minutes. Add the zucchini, garlic, basil, oregano, salt and pepper and cook for 1 minute more.

Add the tomatoes, the broth and 2 cups water and bring to a boil, then reduce the heat to medium-low, cover and simmer until the vegetables are tender, 10 to 15 minutes.

Add the tortellini, return the broth to a boil, then cook, uncovered, 1 minute less than the directions on the package indicate; the tortellini should rise and float. Stir in the spinach and cook until just wilted, 1 minute more. Taste, and season to taste with more salt, if desired.

Ladle into 6 bowls, sprinkle with Parmesan cheese and serve hot.

Storage Notes: The soup can be refrigerated in an airtight container for up to 3 days.