

Plant-based Recipes Part 2

The U.N. says that raising animals for food is “one of the top two or three most significant contributors to the most serious environmental problems, at every scale from local to global.”

Lentil Bolognese from Canadian Living

A favourite in Mary Anne Lemm's house

4Tbsp extra-virgin olive oil

3 cloves of garlic minced

4 cremini mushrooms chopped

1 carrot finely chopped

1 onion chopped

3/4 tsp salt

1/4 tsp hot pepper flakes

1/4 cup tomato paste

2 1/2 cups no salt added vegetable broth

1 540 ml can lentils, drained and rinsed OR 1 cup dry lentils boiled in 2 cups of water is the same volume approx.

250 g orecchiette pasta

1/2 cup finely grated Parmesan cheese

In large skillet, heat oil over medium heat, add garlic, cook, stirring until fragrant about 30 sec.

Add mushrooms, carrot, onion, salt and hot pepper flakes, cook stirring until softened about 5 min.

Push vegetables to the edge of the pan, add tomato paste to centre, cook, stirring for 30 sec.

Mix into vegetables and cook for 1 min.

Stir in broth, cook until carrot is soft about 5 min.

Add lentils and cook for 2 min.

Meanwhile in large pot of boiling water cook pasta according to package directions.

Reserve 1 cup of the cooking liquid, drain.

Stir pasta into lentils and vegetables adding enough reserved pasta water to give you the desired consistency.

You may not need any.

Stir in Parmesan. Sprinkle with more parmesan if desired.

Serves 4-5



Caramelized Brussel Sprouts Pasta with Toasted Chickpeas from NYT

Mary Anne Lemm says *Here's another favourite we discovered during the pandemic from New York Times Cooking online.*

Salt and pepper

6 Tbsp extra virgin olive oil

15 oz can chickpeas, rinsed and patted dry or cooked from dry - just shy of 2 cups

2 Tbsp unsalted butter

3 garlic cloves, thinly sliced

1 pound/450 gm brussel sprouts trimmed and very thinly sliced - about 5 cups

8 ounces dried tagliatelle pasta

1/2 cup grated parmesan plus more for serving

2 Tbsp drained capers

2 Tbsp lemon juice

1/2 tsp red pepper flakes

1/4 cup chopped fresh chives

Bring pot of water to boil for pasta.

In Dutch oven or large deep skillet heat 2 Tbsp oil over medium, add chickpeas, season with salt and pepper and cook stirring occasionally until deep golden and well toasted about 5 min.

Transfer to paper towel-lined plate.

Add butter, garlic, 2 Tbsp oil to the Dutch oven and cook stirring until fragrant about one min.

Add brussels sprouts, season with salt and pepper, cook until tender and lightly caramelized about 10 minutes stirring occasionally.

Meanwhile cook pasta according to package instructions until al dente. Drain, reserving 2 cups of pasta water.

Add pasta, 1 cup of pasta water, about 3/4 of the toasted chickpeas and the remaining 2 Tbsp oil to the Dutch oven. Stir in Parmesan, capers, lemon juice, red pepper flakes and half the chives until well incorporated and saucy 1-2 min. Season with salt and pepper. Add more pasta water if a thinner sauce is desired.

Top with remaining toasted chickpeas and chives and more parmesan if desired.

Serves 4-5



The U.S. Environmental Protection Agency has shown that animal agriculture is globally the single largest source of methane emissions and that, pound for pound, methane is more than 25 times as effective as carbon dioxide at trapping heat in our atmosphere – not a good thing!

BANANA BARS

A yummy treat from Darlene McKee

350' 20-30 min
3 bananas (quite ripe)
1 cup [c] peanut butter
2 c oats
1 t vanilla
1/2 c chopped walnuts
1 t baking powder
1/2 c chocolate chips
1 t cinnamon

Process bananas (especially if you are using previously frozen ripe bananas). Add remaining ingredients and process. Spread evenly in a 9x13" parchment lined pan. Bake. Cool completely, and cut in 16 bars.

Orange Variation:

Add 1/2 orange and process with other ingredients. I love orange and chocolate together.

Quick Rice Pudding – from Darlene McKee

Use leftover or planned-over rice.

Place 1-2 cups in a pan, and barely cover with milk. Stir in sweetener to taste (I would use 2 T brown sugar.) Spices and raisins are optional.

Heat over low heat, watching and stirring occasionally, until the rice has absorbed most of the milk - about 20 minutes.

This makes a great breakfast, and you can serve it with fruit on the side or stirred in. I served it at the cottage on a cool morning sprinkled with chocolate chips - don't judge me!

BUTTER CHICKPEAS

From the cookbook of Darlene McKee

1 cup [c] long grain rice 2 T extra virgin olive oil
2 cloves garlic, minced 2 t curry powder
2 t garam masala 1/2 t salt,
1/4 t pepper 1/2 c chopped cilantro
1 28 oz can tomatoes, diced
1/3 c peanut butter
1 19 oz can chickpeas, drained and rinsed
2 c baby spinach

Cook rice, and let stand, covered.

Meanwhile, in a large soup pot, heat oil and cook garlic, curry, garam masala, salt and pepper, stirring, for 1 minute. Add tomatoes, bring to a boil, then

simmer , stirring frequently, until sauce is thickened, about 15 minutes. Stir in peanut butter and 1/3 c water, til smooth. Stir in chickpeas, and cook about 2 minutes. Stir in spinach and cilantro. Serve over rice. This recipe makes 4 servings, and can be frozen. It has been a huge hit whenever I make it, and I know the recipe has already been loved and passed on by many friends.

SWEET POTATO AND LENTIL SOUP

From the cookbook of Darlene McKee

2 cup dried red lentils 1 onion, diced
2 cloves garlic, minced 1 T extra virgin olive oil
1 large carrot, chopped
1 stalk celery, chopped
3 sweet potatoes, peeled and diced
8 c stock or water
1 T curry powder, 1 t cumin, salt and pepper

In a large soup pot, add lentils and generously cover with water. Cook on medium heat, skimming off the foam that forms on top. In another pot, saute the onions and celery in oil until the onions turn transparent. Add the carrots, sweet potatoes and spices and continue cooking for a few minutes, adding some stock if it is too dry. Transfer to the lentil pot and add the remaining stock. Simmer covered for 1 hour.

Confession: I don't buy broth or stock. I save cooking water from vegetables in a jar in the freezer and use it as the liquid in soups. I also occasionally use a vegetable soup cube but it has too many ingredients and so I don't do it often.

Researchers acknowledge that it is more 'climate efficient' to produce protein from vegetable sources than from animal sources.