

Plant-based recipes for Lent

With snippets of information of how this choice reduces our carbon footprint.

Source: <https://www.peta.org/issues/animals-used-for-food/global-warming>

Karen's Veggie Dal – with a local twist

This recipe uses as many local Ontario vegetables as possible. Less transportation means less carbon dioxide released into the atmosphere. Tastes good, does you good and it's good for the environment!

1. Sauté in olive oil, onion, 3 garlic cloves and ginger. Use large frying pan with lid.
2. Add 1 tsp of paprika, cumin, coriander
3. Add can tomatoes [796 ml], 1 cup green lentils [rinsed and drained]
4. 1 leek chopped, half medium rutabaga, small cubed
5. 5 cups [1.2 liters] veggie stock
6. Can of black eyed peas
7. Stir well, to make sure lentils are not sticking to pan.
8. Cook at a slow boil for 30 mins
9. Add salt, pepper & lemon juice to taste.

The U.N. believes that a global shift toward plant-based food is vital if we are to combat the worst effects of climate change. Globally, animal agriculture is responsible for more greenhouse gases than all the world's transportation systems combined.

Lentil and Brown Rice Casserole - Jane Anderson

A recipe from Canadian Living

½ cup of dry red or white wine
1 ½ cups of vegetable stock
½ cup of dried lentils washed
½ cup uncooked brown rice
1 cup of mashed canned tomatoes
1 medium onion
1 clove garlic
¼ tsp dried thyme
1 bay leaf
¼ tsp dried basil
½ cup shredded Swiss cheese
Salt & pepper to taste

Combine ingredients [except cheese] in casserole and mix lightly.

Cover and bake at 350 F for 1 ½ hours, stirring occasionally.

Remove bay leaf and add cheese. Return to oven uncovered for 5 mins.

Makes 6-8 servings.

The production of animal-based foods causes significantly greater greenhouse-gas emissions than the production of vegan foods.

A Jamie Oliver recipe for Veggie Chili

A “fave” of Jim Winn

Ingredients

500 g sweet potatoes
1 level teaspoon cayenne pepper , plus extra for sprinkling
1 heaped teaspoon ground cumin , plus extra for sprinkling
1 level teaspoon ground cinnamon , plus extra for sprinkling
olive oil
1 onion
2 mixed-colour peppers
2 cloves of garlic
1 bunch of fresh coriander (30g)
2 fresh mixed-colour chillies
2 x 400 g tins of beans, such as kidney, chickpea, pinto, cannellini
2 x 400 g tins of quality plum tomatoes
lime or lemon juice, or vinegar , to taste

Method

Preheat the oven to 200°C/400°F/gas 6.
Peel and chop the sweet potatoes into bite-sized chunks, then place onto a baking tray.
Sprinkle with a pinch each of cayenne, cumin, cinnamon, sea salt and black pepper, drizzle with oil then toss to coat.
Roast for 45 minutes to 1 hour, or until golden and tender.
Peel and roughly chop the onion. Halve, deseed and roughly chop the peppers, then peel and finely slice the garlic.
Pick the coriander leaves, finely chopping the stalks. Deseed and finely chop the chillies.
Meanwhile, put 2 tablespoons of oil in a large pan over a medium-high heat, then add the onion, peppers and garlic, and cook for 5 minutes, stirring regularly.
Add the coriander stalks, chillies and spices, and cook for a further 5 to 10 minutes, or until softened and starting to caramelise, stirring occasionally.
Add the beans, juice and all. Tip in the tomatoes, breaking them up with the back of a spoon, then stir well.
Bring to the boil, then reduce the heat to medium-low and leave to tick away for 25 to 30 minutes, or until thickened and reduced – keep an eye on it, and add a splash of water to loosen, if needed.
Stir the roasted sweet potato through the chilli with most of the coriander leaves, then taste and adjust the seasoning, if needed.
Finish with a squeeze of lime or lemon juice or a swig of vinegar, to taste, then scatter over the remaining coriander.
Delicious served with yoghurt or soured cream, guacamole and rice, or tortilla chips.

Tips

Double or triple this recipe if you’ve got the ingredients, portion it up, and freeze for future meals. A fresh tomato salsa or a sprinkling of chopped nuts would finish this dish off nicely.

It takes about 11 times as much fossil fuel to produce a calorie of animal protein as it does to produce a calorie of grain protein, considerably more carbon dioxide is released.

QUARANTINE COOKIES from Darlene McKee

This recipe is infinitely adaptable. Use whatever you have in your baking cupboard.

1 cup [c] any nut or seed butter
1/4 c honey or maple syrup
1 t vanilla
1 c oats - large flake or quick
1/2 c oat or any other flour

1 t baking powder
1/4 t salt
1/2 t cinnamon or your favourite spice
1/3 c mix ins - chocolate chips, cocoa nibs, raisins, walnuts.....

Mix nut butter, maple syrup and vanilla. (or use a food processor).
Add remaining ingredients and combine.
Use 1 T of dough, and if it is wet, drop on a parchment lined paper.
If it is dry, form into a ball, then press flat to 1/2 inch thick.
Bake Cook 350' 12-15 min, until golden brown on the bottom, and firmed up.
Cool on the cookie sheet for 10 minutes, then remove and cool thoroughly on a cooling rack.

Great Tip: My oven has a faulty thermostat, so I always set a timer for the stove. If cookies are burned on the bottom, let them cool, then use the small prickly side with protruding edges of the box grater to take off the layer that is burned. This is more precise and less wasteful than using a knife.

Ilmi Granoff from the Overseas Development Institute in the U.K. says the “fastest way to address climate change would be to dramatically reduce the amount of meat people eat.”



“The Concoction” – Steve Cooke

I have only eaten vegetarian for the last few years, for environmental reasons; with meals made largely of local ingredients. Initially it seemed like quite a challenge to find the right types of ingredients to ensure you are getting all of the required nutritional ingredients for a healthy diet. The volume of food you eat sometimes seems more than before, but overall, I have more energy and am maintaining a healthy weight.

I have ‘invented’ something we call The Concoction. This is a dish that I make each week which provides 6 lunches. Each week I vary the ingredients somewhat depending on which ingredients I find when I shop. I vary the ingredients and seasonings to try different flavour themes, including Oriental, South Asian, Mediterranean, etc.

Generally, the concoction consists of a base of one of quinoa, green or red lentils or sometimes rice mixed with a variety of cut up vegetables, spices and seasonings. So the 'recipe' below is more of a guideline than a formula.

Cook the base grains while preparing the veggies. Choose one of the following:

- 3 cups of water, tsp salt, 1 cup of lentils (red or green)

- 2 cups of water, tsp salt, 1 ¼ cup of quinoa

- 3 cups of water, tsp salt, 1 cup of rice

Bring water to a boil, add salt, and base item (lentils, quinoa or rice), cook on low until cooked to desired consistency.

Cooking the veggies:

In a large frying pan, spread some oil (sun flower or olive oil) , add: diced garlic clove(s), ginger root, diced onion (1 large), or leak or green onions)

Add some or all of the veggies below to the pan -

- 1 or 2 beets – sliced and diced into small thin pieces

- 1 or 2 small white turnips sliced and diced into small thin pieces

- 1 or 2 carrots sliced and diced into small thin pieces

- 1 or 2 small zucchinis, quartered and sliced into thin pieces

- 1 or 2 tomatoes, sliced and diced

- 1 or 2 avocados, removed from outer skin and sliced into small pieces

- 5 or 6 mushrooms sliced

- Bean sprouts

- Green beans cut into small pieces

- 1 sweet pepper chopped up (removed insides)

- 2-3 small Bok Choy chopped up

- 1 Egg plant sliced and diced

Add seasonings as desired. Some that I use include: PC brand Japanese 7 spice blend, PC brand Chinese 5 spice blend, PC brand Za'Atar, Red Chili Powder, Curry Powder, Cumin, Tumeric.

Add some water and stir the veggies and seasonings together while cooking on a medium heat for 10-15 minutes.

Put the grain base into a large bowl. Optionally add a mixture of lemon or lime oil with Tahini and blend with the base.

Take the veggies off the stove top and mix into the large bowl with the base that you have prepared. Mix it all together and put into a container to cool and store in the refrigerator.

Dr. Fredrik Hedenus, scientist Chalmers University, Sweden, says "reducing meat and dairy consumption is key to bringing agricultural climate pollution down to safe levels."