



# Meatless Meals for LENT

CROWDSOURCED BY REAL CATHOLIC FAMILIES

---



# Fish-Inspired



Parmesan Baked Cod



Homemade Fish Sandwich

**Kari**

**Rick**



Salmon Fishcakes

**Nicola**



Salmon on Cesar Salad

**Kris**

# Italian-Inspired

## Healthier Slow Cooker Creamy Tortellini Vegetable Soup



### Special notes:

A few things we did differently if in a pinch...you don't have to cook the onion, garlic, and spices first. You can just throw them in the crockpot from the start and wash one less dish. Apple cider vinegar is a 1:1 substitute for dry white wine if you don't have that on hand. You can always buy tortellini with meat for this recipe after Lent. It's very hearty and thicker than a "soup" in my opinion but very flavorful.

## Baked Ziti

### Danielle's Pick

A magazine page featuring a recipe for Baked Ziti. The page has a rustic, watercolor-like background. On the left, there's a "Kids' Stage" note: "Kids can mix the ziti and cheeses and spread the spaghetti sauce in the casserole dish." In the center, there's a cartoon illustration of a chef's hat with a timer that says "PREPARATION TIME: 15 MINUTES" and "BAKING TIME: 30 MINUTES". The title "Baked Ziti" is at the top right, followed by a note: "I often make this cheesy recipe because it is so popular (especially at pot-luck parties) and very easy to put together. Add a salad and Italian bread for a complete meal." The "Directions" are: "Heat the oven to 350°. Bring a large pot of salted water to boil and add the ziti. Cook until tender, about 8 minutes. Drain the pasta. Place the ziti in a large bowl. Mix with the ricotta and half of the Mozzarella. Grease a 9- by 13-inch casserole dish. Spread half of the spaghetti sauce on the bottom of the pan. Add the ziti mixture and cover with the remaining sauce. Sprinkle with Parmesan and the remaining Mozzarella. Bake for 20 to 30 minutes or until the casserole bubbles on the edges. Serves 6." The "Ingredients" list includes: 1/2 pound dried ziti, 16 ounces ricotta cheese (part-skim), 3 cups shredded Mozzarella cheese, 3 cups spaghetti sauce, and 1/2 cup grated Parmesan cheese. The page is from "FamilyFun" magazine.

## Kellan's Pick

### **Broccoli Gnocchi Bake**

Two of shelf stable gnocchi tossed with broccoli, parmesan, and olive oil. (I buy prewashed broccoli or use frozen to speed things up, and the parmesan is flavorful enough that you don't need any other seasonings.) Roast on a baking sheet at 425 for 25 minutes or until as browned as you want, stirring once during cooking. We use gluten free gnocchi over here to accommodate dietary needs.

---

## Lauren's Pick

### **Caprese Zucchini Bake with Tofu**

2 medium zucchini and/or summer squash, sliced  
2 medium tomatoes, sliced  
¼ cup finely chopped shallot or onion  
¼ cup chopped basil plus 2 tablespoons, divided  
1 tablespoon extra-virgin olive oil  
½ teaspoon salt  
¼ teaspoon ground pepper  
¾ cup shredded fresh mozzarella cheese  
1 dash Balsamic vinegar  
2 packages extra firm tofu, diced.

Mix the shallot or onion, basil, olive oil, salt, and pepper.

Layer in a 13x9 baking/casserole dish alternating between zucchini and tomatoes. Add the shallot/onion mixture on top and sprinkle with mozzarella cheese. Bake at 400 F for 30 min.

Serve with a dash of balsamic vinegar, and tofu (season with salt and pepper and air fry for 10-15 min at 375) or until crispy. You could probably also just bake the tofu alongside the vegetables on another sheet pan for the same temperature and time.

# Audrey's Picks

## Cheesy Polenta and Shrimp

1 tbsp olive oil  
1/2 medium yellow onion diced small  
2 large cloves of garlic minced  
1 tsp cumin  
1 tsp paprika  
1/4 tsp cayenne pepper or 1/4 jalapeno pepper minced and seeded(optional)  
1 tsp salt  
1 1/2 tbsps tomato paste  
3 roma tomatoes diced  
1 cup vegetable or seafood broth  
2 lb small raw frozen or fresh shrimp cleaned, shelled, deveined and thawed  
1/2 cup cilantro chopped  
Cheesy Polenta  
5 cups water  
1 1/2 tsp salt  
2 cup polenta/coarse cornmeal  
1/4 tsp black pepper  
1 cup heavy cream  
2 cup mild cheddar cheese (or mexican, or pretty much whatever you have)  
3 tbsps salted butter

### Instructions

#### Shrimp

- -In a deep cooking pan, over medium heat, warm up the olive oil. Add onions and garlic and saute until it is translucent (about 5 mins).-Add cumin, paprika, salt, cayenne pepper and tomato paste and stir. Add chopped tomatoes and jalapeños and cover skillet with lid and cook for 5 minutes to let the flavors mix.-Add broth, stir it and cover with lid. Cook for 5 minutes.-Add shrimp and stir. Cover with lid and cook for 10-15 minutes or until shrimp is no longer grey – it should look a light pink/salmon color.-Add cilantro and mix. Remove from heat.
- Cheesy Polenta
  - -Boil the water and salt.
  - -Reduce the heat. Pour the polenta in gradually while whisking. Continue whisking until polenta is a thick paste and water is absorbed by the corn grits.
- -Add heavy cream, butter, black pepper and cheese, and continue to whisk until smooth and the cream is absorbed.

-Add salt and pepper to taste and serve.

To serve this recipe, plate the polenta and form a little mound in the middle. Place shrimp on top and sprinkle with cilantro or extra cheese. Enjoy it!

## Serena's Pick

### Pasta Primavera



## Katrina's Pick

### Burst Tomato Pasta



---

## Jordyn's Pick

### **Meatless Roasted Butternut Squash with Cheese Tortellini and Parmesan Sauce**

#### **DIRECTIONS**

Ingredients:  
1 large butternut squash diced  
EVOO  
Salt and pepper  
1 quart of heavy whipping cream  
3 tablespoons mixed garlic  
24 oz parmesan cheese shredded  
Spinach  
1 package of uncooked or frozen  
Tortellini  
- cheese or spinach  
8 oz spinach , uncooked, fresh  
2 tablespoons fresh parsley chopped

Preheat oven to 400  
Dice butternut squash, put in a bowl, drizzle EVOO, sprinkle in salt and pepper to your liking and toss.  
Spread butternut squash onto a baking sheet and roast until browned, flipping as needed.  
Once roasted, pull out of oven to sit.  
In a large pot, add heavy whipping cream and minced garlic.  
\*add garlic powder, onion powder, salt and pepper to your liking. Turn heat to medium heat until just about boiling.  
Add shredding parmesan cheese, stirring constantly until cheese is melted  
Add spinach to the sauce and butternut squash mixture. - set aside.  
Prepare your tortellini to your package instructions - drain and add to sauce mixture.  
Enjoy with garlic bread and red wine!  
\*For an Ordinary Time dish, add browned pork sausage to the sauce at the end.

# Southwestern-Inspired

## Grace's Picks

### Cheesy Pinto Beans



### Barley Black Bean and Corn Burritos



#### Barley, Black Bean and Corn Burritos Recipe

This recipe came from Slow Cooking Magazine, and it is one of our family's favorites. I don't go to the bother of rolling each burrito as instructed

[food.com](#)

---

### Slow Cooker Enchilada Pasta



### Black Bean Quinoa Enchilada Bake



## Shelly's Picks

# Asian-Inspired

## Thai Peanut Sweet Potato Buddha Bowl

### Jennifer's Pick

Sweet Potatoes/Chickpeas

- 4 cups peeled and cubed sweet potato about 2 medium potatoes
- 1 can chickpeas drained and rinsed
- 2 tablespoons oil I used avocado
- 1 tablespoon soy sauce or tamari
- 1 tablespoon maple syrup
- 1-2 tablespoon sriracha depending on spice preference (I omit for kids)
- 2 teaspoon minced garlic
- 1/2 teaspoon red pepper flakes (I omit for kids)

Bowl:

- 1 cup uncooked grain of choice I suggest quinoa, rice or millet!
- 1 head broccoli chopped
- 1 1/2 cup shelled edamame (can buy frozen and steam in microwave too!)
- 1 avocado
- 1/2 batch peanut sauce\* click for recipe
- 1/2 cup chopped peanuts
- 1/2 cup chopped cilantro

Instructions

Preheat the oven to 400 degrees Fahrenheit.

Add the cubed sweet potato and rinsed chickpeas in a bowl and toss with all spices/seasonings until well combined.

Add to a baking sheet lined with parchment paper and bake for 30-35 minutes or until the sweet potato can be easily pierced with a fork.

Cook your grain according to package instructions. Follow these steps for quinoa, and check your rice package for instructions because they vary depending on the type of rice. Cook the grain in veggie broth for a little extra flavor!

Meanwhile, add the edamame and broccoli to a pot with 1 inch of water and steam for 5-7 minutes or until the broccoli is just barely fork tender. Drain off the excess water.

When the potatoes/chickpeas are done, assemble the bowls with a base of your grain of choice, then add the steamed veggies, sweet potato/chickpeas, avocado and top with a generous serving of peanut sauce, chopped cilantro and crushed peanuts. I like some red pepper flakes for extra spice too!

### Thai Peanut Noodle Soup



## Middle Eastern-Inspired

### Greek Rice Casserole

Mary's Pick

1 • 1 cup rice

- 2 cans chickpeas or white beans
- 1 tbs garlic
- 1 cup chopped Kalamata olives
- 1 cup sliced cherry tomatoes (or can of diced tomatoes)
- 1 cup chopped sundried tomatoes
- 2 cups chopped spinach or kale
- 1 jar artichoke hearts
- Juice of 1/2 a lemon
- 1/2 cup cream or coconut milk
- 2.5 cups water
- 1 tsp salt
- 1/4 tsp pepper
- 1/2 tsp each oregano & parsley

Combine all ingredients in a casserole dish. Bake uncovered at 400 degrees for 40-50 mins. Serve with feta & fresh parsley.

---

### Grilled Halloumi Sandwiches



#### Grilled Halloumi Sandwiches

When you're looking for an easy weeknight recipe, these grilled halloumi sandwiches are your answer! It's a fast vegetarian recipe that can be made in less than 15 minutes!

 I Heart Vegetables / Jun 26, 2020

# Lentil Soup Mercimek Corbasi

## Sandi's Pick

Lentil soup (mercimek çorbası)

A light, mild soup that can be paired with any number of mezze (sides/appetizers) items, especially a nice hummus and pita or shepherd's salad.

Cook time depends mainly on size of your chopped ingredients - the smaller and more regular in size they're prepared, the faster they will be tender in the broth and ready for additional preparation. I always chop small to reduce cook time.

This serves four generous amounts. I usually double the recipe to have leftovers which are always wanted.

### Ingredients

1 cup lentils, rinsed and picked through  
1 medium onion, finely chopped  
2-3 cloves garlic, minced  
At least 4 medium carrots, finely chopped  
1 very large russet potato, finely chopped  
1 celery stalk for flavor  
1.5 bottles of store bought vegetable stock (can also be made with chicken stock outside of Lent)  
Olive oil  
Tomato paste, 1 tbsp  
Paprika, at least 2tsp  
Dried Thyme, 1tsp  
Oregano, 1tsp  
Optional cumin and ground coriander to taste, at least 1/2tsp  
Salt  
Pepper

### For finishing:

Lemon juice  
Aleppo pepper (citrusty with a little heat)  
Extra virgin olive oil

Add olive oil to pot on medium low heat and add onions with pinch of salt. Stir to coat. Add minced garlic and stir into onions. You want the onions translucent but not browned. Add carrots and potatoes with more salt seasoning. Add tomato paste and spices; stir into the vegetables. Cook for 5 mins, stirring occasionally. This "wakes up" the spices and cooks the tomato paste while softening the vegetables.

Add stock and lentils. Bring to boil and then simmer until all vegetable and lentils are very soft to the touch (can be smashed between your fingers). Use an immersion blender to puree the soup or do in batches in a blender. Be very careful of pressure from hot soup if using a blender. This is to your liking but we serve the soup smooth. Add the juice of one lemon to the soup once done pureeing.

To serve, ladle to bowl and add a small swirl of extra Virgin olive oil and some more lemon juice if desired. Aleppo pepper can be sprinkled on top. Ahead of time you can also take a small saucepan, add olive oil on low heat and sprinkle in the Aleppo pepper to the oil to steep it. This can be used to add to the soup. Raw olive oil gives fruity taste, this will produce a spicy oil.

This recipe freezes well which is great for large batches.

## Roasted Chickpea Gyros

Tovah's Pick



---

## Sweet Potato Coconut Curry

Samantha's Pick



# Classic Meatless Inspired

## Black bean Soup Slowcooker

Maria's Pick



## Copy Cat Broccoli Cheddar Soup

Jennifer's Pick



## Marry Me Chickpeas

Katrina's Pick



# **Creamy Tuna Noodle**

## **Heather's Pick**

### Ingredients:

2 Lg Cans of cream of Mushroom Soup  
2 cans of tuna  
2 cans of sweet peas  
wide egg noodles

### Instructions:

boil water, cook pasta, drain pasta.  
Add tuna and soup mix to pot and stir, then stir in noodles & peas!

---

# **Portobello Mushroom Pizzas**

## **Amanda's Pick**

Large portobello mushroom caps

Olive oil

Salt

Pizza sauce

Italian or pizza blend shredded cheese

Optional: Diced veggie toppings (green pepper, onions, olives, etc.)

1. Turn broiler on high.
2. Brush mushroom caps with olive oil and sprinkle with salt. Place on baking sheet and broil for 3-5 minutes.
3. Remove mushrooms from oven and top with pizza sauce, cheese, and toppings if desired.
4. Put portobello pizzas back in the oven, and watch for cheese to be melty and bubbly, about 3-5 minutes.

# Sweet Potato Wild Rice Soup

## Laura's Pick

### INGREDIENTS

6 cups vegetable stock  
1 cup wild rice  
8 ounces baby Bella mushrooms, sliced (optional)  
4 minced garlic cloves  
2 carrots, diced  
2 celery, diced  
1 large sweet potato  
1 white onion, diced  
1 bay leaf  
1 1/2 tablespoons Old Bay seasoning  
1 (14oz) can unsweetened coconut milk  
One bunch or 2 handfuls of chopped kale  
Sea salt and pepper to taste

### Instructions:

1. Heat 1 tablespoon of butter in a large stock pot over medium high heat. Add onions and sauté for five minutes, stirring occasionally until soft and translucent. Stirring the garlic and cook for one to two minutes.
2. Add the vegetable stock, wild, rice, mushrooms, carrots, celery, sweet potato, bay leaf, and old bay seasoning. Start to combine.
3. Cook the soup till it reaches a simmer, then reduce the heat to medium low and cover for 30 to 40 minutes until the rice is tender, stirring occasionally.
4. Add the coconut milk and kale to the soup and stir gently. Add salt and pepper to taste. Add more Old Bay as needed.
5. Serve and enjoy!

