



A taste of things to come...

Enjoy this sampling of
vegetarian recipes, courtesy
of the **Cookbook Committee!**

Watch for news of the
Christ Church Detroit
Cookbook coming soon!



Julie Lenhard's Vegetarian Chili

Ingredients

- 1 tablespoons oil
- 4 garlic cloves, chopped
- 3 celery stalks (about 1½ cups), chopped
- 3 onions (about 1½ cups), chopped
- 2 green peppers, chopped
- Saute these for a few minutes, then add all
- but cheese and nuts to pan.
- 3 15 oz cans kidney beans
- 1 15 oz can great Northern beans
- 1 28 oz can tomatoes, cut
- 1 cup beer
- ½ cup raisins
- ¼ cup vinegar
- 1 tablespoon chili powder
- 1 tablespoon parsley
- 1 or 2
- bay leaves
- 1½ teaspoons basil
- 1½ teaspoons oregano
- ½ teaspoon pepper
- ¼ teaspoon hot pepper sauce
- 2 cups shredded cheddar cheese
- 1 cup cashews

Directions

Makes 24 cups. Use a large pan. About 30 minutes to cut it all up, and saute, about 1 hour on low heat to cook



Rev. Emily's Best Vegetarian Meatloaf

Chef's Notes

I adore this loaf and have made it a dozen times over the years, from ordinary weeknights to Christmas dinner. Vegetarians and meat-eaters alike agree that it is hearty, delicious, and satisfying.

Ingredients

- Ingredients for 8-10
- 1.5 cups cooked brown rice
- 1.5 cups walnuts
- 0.5 cup cashews
- 1 yellow onion, chopped
- 3 cloves garlic, minced
- 3 oz shiitake mushrooms, chopped
- 3 oz baby bella mushrooms, chopped
- 2 tablespoons chopped fresh flat-leaf parsley, chopped
- 1 tablespoons olive oil
- 1 teaspoon dried marjoram
- 1 teaspoon dried sage
- 4 large eggs
- 1 cup cottage cheese
- 12 oz grated Swiss cheese
- 1 teaspoon kosher salt
- 0.5 teaspoon freshly ground black pepper

Directions

Preheat oven to 375°F.

Place walnuts and cashews on baking sheet and toast for 8-10 minutes. Allow to cool, then chop with a knife or food processor.

In a large skillet, heat about 2 tablespoons olive oil. Add onion, garlic, and cook until translucent (about 3 minutes). Add mushrooms, and herbs. Cook about 5 minutes, until mushrooms are golden. Transfer to a large bowl.

In a small bowl, lightly beat the eggs.

In a large bowl, combine all above ingredients.

Butter a 9-inch loaf pan, line the bottom with parchment paper, and butter it again. Pour the mixture from the bowl into the pan.

Bake for 1 hour until golden brown. Let cool in pan for 20 minutes, then invert loaf from pan. Slice into pieces and serve warm.



Miriam Costandi's Mujadara

Ingredients

- 1 cup rice or 1 cup #3 bulghar
- 1 cup lentils
- 1 large onion - sliced
- Cooking oil
- 3 cups water (or chicken broth)
- salt

Chef's Notes

Serves 2-4 people

Prep: 1 hour

I prefer the onions to be soft and transparent. Others prefer to caramelize onions.

Directions

Cook lentils in lightly salted boiling water until almost tender. At the same time, saute onions until tender and transparent. When lentils are tender, add the rice to the water (or broth),

This part is tricky. Check that there is enough liquid to continue cooking rice for at least 15 minutes. If you need to add a little more liquid, it should be warmed prior to adding.

When rice is done, add the onions.



Genet Barthwell's Kale Salad

Ingredients

- 2 large bunches of kale
- 1 cup of cooked cool quinoa (prepare according to package directions)
- 1/2 cups of raisins, golden raisins, pistachios
- 1 Granny Smith Apple, chopped
- 1 red pear (optional), chopped
- 1/2 cup chopped dried peaches
- 1/8 cup chopped chipotle spiced mango
- Salt, pepper, minced garlic, red pepper flakes, according to taste
- 2 tablespoons lemon juice
- Balsamic vinaigrette dressing (a good one)

Directions

Rinse kale and dry thoroughly.

Carefully remove all large stems and finely chop kale.

Combine all ingredients in order and thoroughly mix all ingredients and add dressing last.

Cover and refrigerate until serving. Salad will keep for 4 days



Liza Parkinson's Poached Salmon

Ingredients

- 3# Salmon Fillet
- 1 T Salt
- 1 T Peppercorns
- 2 Bay Leaves
- 1 C. White Wine
- 2 Lemons, sliced

Directions

Place salmon fillet in a roasting pan lined with parchment paper. Cover with cold water, and place pan over two burners. Add remaining ingredients and bring to a low boil. Turn off heat and sip a glass of wine while you wait for the salmon to reach the desired level of doneness. Use parchment paper to lift fillet from poaching liquid.

Serve with sauce of your choice.