

CRANBERRY FARRO SALAD WITH SWEET VINAIGRETTE

Ingredients

Vinaigrette:

- 3/4 cup extra-virgin olive oil
- 1/2 cup pure maple syrup
- 3/4 cup apple cider vinegar
- 1.5 teaspoon salt

Salad:

- 3/4 cup chopped walnuts
- 5 cups vegetable broth + 2.5 cups water
- 3 cup farro
- 1.5 T Italian seasoning
- 3 cup chopped apple
- 2 cup dried cranberries
- ¼ cup chopped flat-leaf parsley

Equipment

- Skillet
- Large saucepan

- ❑ Bowl (recommend glass)

Instructions

1. Whisk oil, maple syrup, vinegar, and salt together in a bowl until dressing is smooth.
2. Cook walnuts in a small skillet over low heat, stirring frequently, until toasted and fragrant, 3 to 4 minutes.
3. Bring broth, farro, and Italian seasoning to a boil in a saucepan. Reduce heat to medium-low and simmer for 10 minutes. Remove the saucepan from heat, cover with a lid, and let sit until all the liquid has been absorbed, about 30 minutes. Transfer farro to a glass bowl and cool to room temperature, about 30 minutes more.
4. Mix walnuts, green apples, dried cherries, and parsley into farro. Drizzle dressing over farro mixture and toss to coat.

5. Once fully cooled, store in a container with a lid.
6. Reheat in a large pot the day-of. Should be served warm.

STEAM ROASTED VEGETABLES

Ingredients:

- ❑ 10-12 lbs of frozen mixed vegetables (bring all from the freezer, including the bag of onions)
- ❑ Seasoning mix:
 - 2 tbsp kosher salt
 - 1½ tsp black pepper
 - 2 tbsp garlic powder
 - 1 tbsp onion powder
 - 1 tbsp dried parsley
 - 1 tbsp Italian seasoning
- ❑ Aquafaba (liquid from the cans of chickpeas used on the salad)

Plan A: if there is an available oven

1. Preheat oven to 400°F
2. Spread 10–12 lbs of frozen mixed vegetables across 4-6 half-sheet pans. Ideal depth: 1–1.5 inches
3. Sprinkle seasoning mix atop vegetables and stir to try to cover all the vegetables.

4. Cover tightly with foil.
5. Bake for 25 minutes, covered.
6. Uncover, stir vegetables.
7. Stir in aquafaba from salads (2 T per sheet pan).
8. Roast uncovered 10–15 more minutes.
9. Remove from oven. Cover lightly with foil to keep warm.

Plan B: use the church's roaster

1. Preheat the roaster to 350°F. Let it heat for at least 10 minutes with the lid on.
2. Add vegetables in two layers. This is KEY for even cooking. If you dump all 10–12 lbs at once and season later, the center cooks unevenly. Pour 5–6 lbs of frozen veggies into the bottom of the roaster.
3. Sprinkle half of the seasoning mix.

4. Add the remaining 5–6 lbs.
5. Season the top half.
6. Drizzle ½ cup aquafaba across the top. This helps the seasonings move downward as they steam.
7. Cover tightly with foil AND lid.
8. Steam-cook for 25–30 minutes. Leave the lid closed completely during this phase.
9. Stir thoroughly
10. Bring the cooked bottom veggies up and push the frozen top veggies down. This is the most important step for consistency.
11. Cook uncovered 10–15 minutes
12. Remove the foil and leave the lid cracked open or off completely.

APPLE & SWEET POTATO SIDE

Makes 2 casseroles

Ingredients:

- 4 cans whole cranberries
- 4 (12 oz) bags frozen chopped sweet potatoes
- 8 Gala apples, cored & roughly diced –
separate into 2 even amounts (prep work by teens)
- 1 cup old fashioned oats, separated into 1/2 cup portions
- 1 tsp cinnamon, separated into 1/2 tsp portions
- 4 Tbsp lemon juice, separated into 2 Tbsp portions

1. Preheat oven to 350 F.
2. To each casserole dish:
 - Empty 2 cans of cranberries
 - Add 2 bags of sweet potatoes
 - Add 4 chopped apples

3. Stir together to coat apples.
4. To each casserole dish, evenly sprinkle oats, cinnamon, and lemon juice.
5. Mix everything together
6. Bake for 30 minutes

SMASHED POTATOES

Ingredients

- Yukon gold potatoes
- Salt
- 1 cup plain, unsweetened yogurt, room temperature
- 1 teaspoon garlic powder
- Black pepper, to taste

Equipment

- Pasta/soup pot
- Potato masher

Instructions

1. Wash the potatoes. Don't peel. Cut into similarly sized 1-inch thick pieces. Place potatoes in a large stock pot, and add enough water so the potatoes are covered by about 1 inch. Stir 2 teaspoons salt into the water.
2. Bring to a boil. Reduce heat to medium, and simmer the potatoes for about 12 minutes or until a knife inserted in the center slides in

- easily. Test several pieces to make sure the potatoes are done. Drain the potatoes in a colander, and immediately return to the warm pot.
3. With a potato masher, give the potatoes a brief initial mash, just until they're chunky. Add 1 cup plain yogurt, $\frac{3}{4}$ teaspoon salt, and a scant $\frac{1}{2}$ teaspoon garlic powder to the pot. Mash again to fully incorporate the ingredients.
 4. Taste and season with black pepper and additional yogurt, salt, and garlic as desired.

Adapted from:

<https://myquietkitchen.com/vegan-mashed-potatoes/>

TOMATO ZUCCHINI SOUP

Ingredients

- 3 onions, diced (prep work by teens)
- 10 zucchini, diced (not peeled) (prep work by teens)
- 4 T minced garlic (jar)
- 1 bag of shredded carrots
- 5 cans tomato sauce
- 1 T ground black pepper
- 2 T Italian seasoning
- 1 T salt
- 8 c vegetable broth, split into 1/4 c and “the rest”
- 1 can of lentils, drained and rinsed

Equipment

- Large stock pot
- Immersion blender (or regular blender)

1. Prepare the ingredients (“mise en place”).
2. Heat 1/4 c vegetable broth in a large pot over medium heat.

3. Add onions. Cook for 2 minutes or until onions are translucent.
4. Add diced zucchini and carrots, stir, and cook for 2 minutes.
5. Add garlic, Italian seasoning, and black pepper. Stir constantly for 1-2 minutes.
6. Add the tomato sauces. Stir and cook for 1 minute.
7. Add the rest of the vegetable broth. Stir. Bring to a simmer. Lower heat to medium low. Stir, cover, and cook for 10 minutes. Stir occasionally. Add more cooking time until all vegetables are soft.
8. Remove from heat. Use an immersion blender and pulse until smooth. Add more vegetable broth $\frac{1}{4}$ c at a time if too thick.
9. Stir in salt.
10. Stir in lentils. Cover until ready to serve.
11. Serve in small bowls, $\frac{1}{2}$ c portions. Serving size is approximate, adjust as needed to ensure

enough soup for all. Serve immediately! Don't let sit in paper bowls.

VEGAN CHICKEN GRAVY (3x original recipe)

Ingredients

- 6 cups Better Than Bullion No-Chicken broth (1 heaping tablespoon bullion to 6 cups water)
- 2.25 teaspoon onion powder
- 1/4 cup + 1 tablespoons nutritional yeast
- 3 tablespoon tamari
- 1.5 teaspoon dijon mustard
- 3/4 cup all purpose flour

Instructions

- Add all ingredients to a medium sized pot and bring to a boil.
- Whisk over medium-high heat for a couple of minutes, until the gravy thickens.
- Add a little water if too thick, stir and serve.

Adapted from:

<https://www.noracooks.com/easy-vegan-gravy/#wp-rm-recipe-container-1349>