

Staff Favorites: Meatless Lent Meals

Crock Pot Tortellini Spinach Soup Recipe

from Rob and Jacqueline Lickteig

PREP TIME

10 mins

COOK TIME

2 hrs or 4 hrs

SERVES

4-6

INGREDIENTS

64 ounces of low-sodium vegetable broth
1 (14.5-ounce) can Italian-style diced tomatoes or Italian style pasta sauce
1 (8-ounce) bag fresh spinach
1 (8-ounce) package cream cheese cut into 1-inch cubes
1 teaspoon oregano
1 teaspoon onion powder
1 teaspoon garlic powder
1/2 teaspoon of salt
1/2 teaspoon of pepper
1 (18-20-ounce) package three-cheese tortellini

INSTRUCTIONS

Place the vegetable broth, tomatoes or pasta sauce, spinach, cream cheese, oregano, garlic, onion powder, salt, and pepper in the slow cooker.

Cover and cook on high for 2 hours or 4 hours on low, stirring occasionally.

Add cheese tortellini and continue cooking on high for 1 additional hour. Serve warm.

NOTES

Stove Top Directions: Combine broth, tomatoes, spinach, and seasonings in a large pot over medium-low heat and bring to a light simmer (this will take about 10 minutes). Add cream cheese and tortellini and allow tortellini to cook through while the cream cheese melts, 8–10 minutes. Once tortellini is cooked and cream cheese has melted, stir the soup to combine before serving.

Adapted recipe to make it meatless from: <https://lilluna.com/crock-pot-tortellini-spinach-soup/#wprm-recipe-container-102224>

Impossible Veggie Pie

from Joe and Annette Melies

Ingredients

- 2 c. chopped broccoli
- 1/2 c. chopped onion
- 1/2 c. chopped green pepper
- small can sliced mushrooms
- 4 oz. shredded cheddar cheese
- 1 1/4 c. milk (if using frozen broccoli reduce this to 1 1/8 c. milk)
- 3/4 c. Bisquick baking mix
- 4 eggs
- 1 t. salt
- 1/4 t. pepper

Directions:

1. Spray 10" pie dish with cooking spray
2. Mix cheese & veggies in dish
3. In blender, beat on high all the other ingredients
4. Pour mixture over veggies & cheese.
5. Bake at 400 degrees for 35 to 40 minutes.
6. Let stand 5 minutes.
7. Cut into pie shaped slices for serving.

Flavorful Pre-Seasoned Salmon Fillet

from Fr. Phil Egan

Ingredient: Pre-Seasoned Salmon Fillet from SAMS

Directions:

1. Drive to SAMS.
2. Search through SAMS for the same Salmon you had last time.
3. Purchase the Salmon.
4. Drive Home.
5. Turn on Oven.
6. Take Salmon out of package and place on pan.
7. Bake Salmon according to instructions on package.
8. Place baked Salmon on plate.
9. Say "Grace".
10. Eat Flavorful Pre-Seasoned Salmon.

EGGPLANT PARMIGIANA

from Marie Relic

4 cups Basic Tomato Sauce
4 Eggplants-medium size
2 Onions-medium size, thinly sliced
2-3 cups Breadcrumbs
1 pkg Mozzarella cheese slices
3-4 Eggs, lightly beaten
8 oz Parmesan or Romano cheese-grated
Salt and Pepper **to** taste
1/4 cup Basil-fresh or dried
Oil for frying

Peel and slice eggplant; make round slices about 4 inch thick; soak eggplant for 30 minutes in salted water. Drain well, press out excess water with paper towels, salt, and pepper slices to taste. Dip slices in eggs and then breadcrumbs. Fry eggplant in oil until crisp. Drain on paper towels. Using a large casserole, begin with a layer of basic tomato sauce, then eggplant, then Mozzarella cheese, onion rings basil and grated cheese; top with sauce; continue layers until all ingredients are used, ending with sauce and grated cheese on top. Cover and bake at 350° for 45 minutes. Serves 10-14

Taken from The American Daughters of Columbus Cookbook 1969

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Spinach Lasagna

from Dee Carver

Ingredients

For the filling

- 1 tablespoon butter
- 24 ounces fresh spinach leaves
- 15 ounces ricotta cheese
- 2 eggs
- 3/4 cup grated Parmesan cheese
- 1 cup shredded mozzarella cheese
- 1/2 teaspoon salt plus more to taste
- 1/4 teaspoon pepper plus more to taste
- 1/2 teaspoon Italian seasoning

For assembly

- 1 box lasagna noodles
- 24-ounce jar marinara sauce
- 2 cups shredded mozzarella cheese
- cooking spray
- 2 tablespoons chopped parsley

Instructions

For the filling:

1. Melt the butter in a large pan over medium high heat. Add as much spinach as will fit in the pan and cook until it wilts. Continue adding handfuls of spinach to the pan until it's all wilted. Season with salt and pepper to taste.
2. Let the spinach cool slightly, then squeeze the excess water out of the spinach. Coarsely chop the spinach.
3. Place the spinach, ricotta, eggs, Parmesan, 1 cup mozzarella, salt, pepper, and Italian seasoning in a large bowl. Stir to combine.

For assembly:

1. Cook the lasagna noodles according to package directions.
2. Preheat the oven to 375 degrees F. Coat a 9"x13" pan with cooking spray.
3. Spread a small amount of sauce on the bottom of the pan. Add a layer of noodles, then spread 1/3 of the cheese mixture over the noodles.
4. Top the cheese mixture with 1/3 of the marinara sauce.
5. Repeat the layers, ending with the marinara sauce.
6. Cover the lasagna with foil, then bake for 45 minutes.
7. Uncover the lasagna, then add the remaining 2 cups of mozzarella cheese. Bake for an additional 15 minutes or until cheese is melted and browned.
8. Sprinkle lasagna with parsley. Let stand for 5-10 minutes, then cut into slices and serve.

Easy Tuna Noodle Casserole

from Patty Rose

- 1 (24 ounce) package egg noodles
- 3 (7 ounce) cans tuna, drained
- 3 teaspoons salt, divided
- 1 16 oz carton of sour cream
- 2 cans of cream of mushroom soup
- 4 T of butter
- 1 (8 ounce) package sliced fresh mushrooms (optional)
- 1 small white onion, minced
- 2 cups milk
- 1 ½ - 2 cups chicken stock
- ½ teaspoon ground black pepper
- 3 cups shredded white Cheddar cheese (I use whatever I have on hand)
- 2 cup frozen sweet peas (optional)
- Durkee fried onions

Directions:

1. Preheat the oven to 375 degrees F (190 degrees C). Grease a 9x13-inch baking dish.
2. Bring a large pot of water to a boil. Add egg noodles and 3 teaspoons salt to the boiling water; cook until tender yet firm to the bite, about 6 minutes. Drain noodles. Return to pot and set aside.
3. Heat 4 tablespoons butter in a large skillet over medium-high heat. Add mushrooms and onion and cook until mushrooms are softened, and onions are translucent, about 4 minutes. Stir in milk, soup and stock and bring to a simmer, stirring often. Simmer for 5 minutes. Stir in pepper.
4. Add sauce mixture to reserved noodles. Stir in 1 cup Cheddar cheese, peas, and tuna. Pour mixture into the prepared baking dish and sprinkle remaining Cheddar cheese over the top.
5. Bake for 30 minutes. Remove from oven and add Durkee onions on top. Return to oven and bake casserole for another 15 minutes.
6. Serve and enjoy! Plenty for a family of 6. If you are not a mushroom lover, leave them out. If you don't like peas, leave them out. If you have a favorite cheese, use it! If you don't like onions, then use breadcrumbs with a little melted butter on top instead.
7. Serve in individual bowls and add fresh parsley and additional salt and pepper, to taste.

The 30-Minute Authentic Lo Mein Recipe

from Christen Cota

Ingredients

- 4 oz/ 150 Grams of Lo Mein Noodles
- For Lo Mein Sauce:
 - 1.5 Tbsp Dark Soy Sauce
 - 1 Tbsp Light Soy Sauce
 - 1/2 Tbsp Sesame Oil
 - 1 Tbsp Sriracha or more as per spice preference
 - 2 tsp Sugar or Brown Sugar
 - 1 tsp White Vinegar
 - 2 Tbsp Vegetable Stock/ Water
- For Lo Mein Stir-fry:
 - 2 Tbsp Sesame Oil/ Vegetable Oil or do half-half
 - 2 cloves Garlic, minced
 - 1 tsp Ginger, minced
 - 1 Small Red Sweet Onion, sliced
 - 2 Medium Scallion, 1.5-Inch-long cut
 - 1/4 Cup Carrot Sticks
 - 1/2 Cup red and Green Bell Pepper, sliced
 - 1/3 Cup Celery chopped/sliced

Instructions

1. Cook the noodles as per package instructions and toss in some oil and keep aside.
2. In a mixing bowl, add the sauce mix and stir well and keep aside.
3. In a large wok/pan/skillet, add oil.
When it's hot, add the garlic and ginger and fry till fragrant.
Do not overcook on high heat, it will burn.
4. On medium heat start adding veggies one by one and keep stir frying them, except reserve some scallion white and green cut for final use.
5. If more oil is required to adjust then adjust accordingly.
Add the noodles, toss further.
6. Add the sauce mix and toss further and cook high heat now till a nice aroma comes from the cooked noodles.
7. Finally add the scallion reserved pieces and adjust salt.
Serve while hot!

Yield: 3 Servings

from Savory Bites Recipes