

Saint Thomas More Care For Creation Recipes

Slow-Cooker Mushroom Farro Risotto

6 Tbsp. butter, divided
2 onions, chopped
4 cloves garlic, minced
2 lbs. crimini mushrooms, sliced
4 1/2 C low-sodium vegetable broth
2 C. whole farro
2 parmesan rinds (3" each)
2/3 C. grated parmesan
2 dried bay leaves
1/8 tsp. ground nutmeg
salt
pepper

- In a skillet over medium heat, melt 2 Tbsp. butter. Add onion, garlic, and mushrooms, and saute for about 10 minutes. Stir frequently, until onions are translucent, and transfer mixture to a slow-cooker.
- Add broth, farro, parmesan rinds, bay leaves, nutmeg, 2 1/2 tsp. salt, and 1/2 tsp. pepper to slow cooker. mix.
- Cover and cook on low for 4-5 hours, until farro has absorbed the liquid. Discard the parmesan rinds and bay leaves. Add remaining 4 Tbsp. butter and grated parmesan, and stir to combine. Cover and cook for 5 minutes more, until butter and parmesan are melted.

Quinoa Taco Meat (from "The Minimalist Baker")

1 C. quinoa
1 C. vegetable broth
3/4 C. water
1/2 C. salsa
1 Tbsp. nutritional yeast
2 tsp. ground cumin
2 tsp. chili powder
1/2 tsp. garlic powder
1/2 tsp. each, salt and ground black pepper
1 Tbsp. olive or avocado oil

- Heat a saucepan over medium heat. Once hot, add rinsed quinoa and toast for 4-5 minutes, stirring frequently.

- Add vegetable broth and water and bring back to a boil over medium-high heat. Then reduce heat to low, cover with a secure lid, and cook for 15-25 minutes, or until liquid is completely absorbed. Fluff with a fork, then crack the lid and let rest for 10 minutes off heat.
- Preheat the oven to 375°.
- Add cooked quinoa to a large mixing bowl and add remaining ingredients (salsa, nutritional yeast, cumin, chili powder, garlic powder, salt, pepper, and oil). Toss to combine. Then spread on a lightly greased (or parchment-lined) baking sheet.
- Bake for 20-35 minutes, stirring/tossing once at the halfway point to ensure even baking. The quinoa is done when it's fragrant and golden brown.

Simple Cheese Quiche (from America's Test Kitchen)

5 large eggs
 2 C. half-and-half
 1/4 tsp. salt
 1/4 tsp. pepper
 4 oz. cheddar cheese, shredded (1 C.)
 1 Tbsp. minced fresh chives
 1 recipe single-crust pie dough, partially baked and still warm

- Adjust oven rack to lower-middle position and heat oven to 350°. Whisk eggs, half-and-half, salt, and pepper together in a large bowl. Stir in cheddar and chives. Transfer filling to 4 C. liquid measuring cup.
- Place warm pie shell on a rimmed baking sheet and place in the oven. Carefully pour egg mixture into warm shell until it reaches about 1/2" from the top edge of the crust (you may have extra egg mixture).
- Bake quiche until the top is lightly browned, the center is set but soft, and a knife inserted about 1" from the edge comes out clean, 40-50 minutes. Let quiche cool for at least 1 hour or up to 3 hours. Serve slightly warm or at room temperature.

Potato Leek Soup

3 Tbsp. butter
 4 large whole leeks, cleaned and chopped
 3 cloves garlic, minced
 2-3 lbs. potatoes, chopped into 1/2" pieces
 8 C. vegetable broth
 2 dried bay leaves
 1 1/2 tsp. dried thyme
 1 tsp. salt

1/4 tsp. ground black pepper

1 C. heavy cream

Chives, finely chopped (for serving)

- Melt butter over medium heat in a large soup pot. Add leeks and garlic, stirring until wilted (do not brown).
- Add potatoes, broth, bay leaves, thyme, salt, and pepper to the pot, and bring to a boil. Cover and turn the heat down to low. Simmer for 15 minutes, or until potatoes are soft. Turn off the heat.
- Fish out the bay leaves and puree the soup using an immersion blender. Return pot to heat and add the cream, bringing the soup to a simmer. Adjust the seasoning as necessary.
- Serve with freshly chopped chives.

Shakshuka (from America's Test Kitchen)

3 Tbsp. vegetable oil

2 onions, chopped fine

2 yellow bell peppers, stemmed, seeded, and cut into 1/4" pieces

4 garlic cloves, minced

2 tsp. tomato paste

1 tsp. ground cumin

1 tsp. turmeric

salt and pepper

1/8 tsp. cayenne pepper

1 1/2 C. jarred piquillo peppers, chopped course

1 (14.5 oz.) can diced tomatoes

1/4 C. water

2 dried bay leaves

1/3 C. chopped fresh cilantro

8 large eggs

2 ounces feta, crumbled (1/2 C.)

- Heat oil in a 12-inch skillet over medium-high heat until simmering. Add onions and bell peppers and cook until softened and beginning to brown, 8-10 minutes.
- Add garlic, tomato paste, cumin, turmeric, 1 1/2 tsp. salt, 1/4 tsp. pepper, and cayenne, and cook, stirring frequently, until tomato paste begins to darken, about 3 minutes.
- Stir in piquillo peppers, tomatoes in their juices, water and bay leaves and bring to a simmer. Reduce heat to medium-low and cook, stirring occasionally, until sauce is slightly thickened, 10-15 minutes.

- Turn off heat, discard bay leaves and stir in 1/4 C. cilantro. Transfer 2 cups of sauce to the blender and process until smooth, about 60 seconds. Return puree to skillet and bring sauce to simmer over medium-low heat.
- Turn off heat, make 4 shallow indentations (about 2" wide) on the surface of the sauce using the back of a spoon. Crack 2 eggs into each indentation and season eggs with salt and pepper. Cover and cook over medium-low heat until egg whites are just set and yolks are still runny, 5-10 minutes. Sprinkle with feta and remaining cilantro and serve.

Moroccan Couscous

2 Tbsp. olive oil
 1 medium red onion, chopped
 1 yellow bell pepper, chopped
 1 carrot, chopped
 2 cloves garlic, minced
 salt
 pepper
 1/2 tsp. paprika
 1/2 tsp. ground coriander
 1/4 tsp. turmeric
 1/2 tsp. celery salt
 1/2 tsp. ground cumin
 1/8 tsp. ground cinnamon
 Pinch of cayenne pepper
 1 C. frozen peas
 1 can chickpeas, drained
 6 piquante peppers
 1 1/2 C. vegetable broth
 Handful of fresh parsley, chopped
 1 C. instant couscous

- In a medium skillet, heat oil. Add red onion, yellow pepper, and carrot. Saute 10-15 minutes, or until all veggies are slightly tender.
- Add garlic and saute 1 minute.
- Mix in salt, pepper, paprika, coriander, turmeric, celery salt, cumin, cinnamon, and cayenne. Heat until fragrant, about 1 minute.
- Add frozen peas and cook briefly. Stir in peppers and chickpeas, followed by the broth.
- Add the parsley and stir in the couscous. Remove from heat and let stand for 5 minutes, or until liquid is absorbed. Fluff and serve.

Butternut Squash and Sweet Potato Soup

1 butternut squash, about 2.5 lbs.
4 tsp. olive oil, divided
1 1/4 tsp. salt, divided
1/2 tsp. freshly ground black pepper, divided
1 yellow onion, peeled and chopped
3 cloves garlic, minced
2 sweet potatoes, peeled and cubed (about 1 lb.)
1 tsp. cinnamon
1/2 tsp. ground nutmeg
1 tsp. smoked paprika
5 C. low-sodium vegetable broth
1/2 C. plain whole milk Greek yogurt
1 Tbsp. maple syrup
Crispy sage leaves, to garnish (optional)

- Preheat the oven to 400°. Line a baking sheet with parchment paper and set aside.
- Carefully cut butternut squash in half, scoop out the seeds, drizzle with 1/2 Tbsp. of olive oil, and sprinkle with 1/4 tsp. each of salt and black pepper.
- Place squash cut side down onto a prepared baking sheet and bake for 40 minutes, or until squash is cooked through and tender when pierced with a knife. Let cool slightly. Scoop out butternut squash and place in a bowl (discard the skin). Set aside.
- Heat remaining 1 Tbsp. of olive oil in a large pot over medium heat.
- Add onion and cook, stirring often, until softened (about 5 minutes). Stir in garlic and cook for 1 minute.
- Add sweet potatoes, cinnamon, nutmeg, smoked paprika, remaining salt, and remaining pepper. Stir and cook for 1 minute.
- Next, add vegetable broth and reserved cooked butternut squash. Stir to combine everything. Bring to a boil, then reduce the heat to simmer. Cover with the lid ajar and cook for 15 minutes, or until the sweet potato is tender and cooked through.
- Off the heat, stir in the Greek yogurt and maple syrup.
- With the highest setting on your immersion blender, blend soup until smooth and creamy. Serve with crispy sage leaves and enjoy!

Farro with Roasted Squash (from "The New York Times")

For the squash:

3 Tbsp. extra virgin olive oil
2 tsp. sugar
3/4 tsp. cinnamon
3/4 tsp. sea salt
1/4 tsp. ground black pepper
1/8 tsp. ground cayenne pepper
3 lbs. butternut squash, seeds removed, peeled, and cut into 1/2" slices

For the Farro:

2 C. water
1 1/2 C. apple cider
2 1/2 tsp. salt
1 1/2 C. farro
2 Tbsp. apple cider vinegar
2 garlic cloves, minced
1/2 tsp. ground black pepper
7 Tbsp. extra virgin olive oil

- Heat oven to 450°. In a large bowl, mix together oil, sugar, cinnamon, salt, pepper and cayenne. Add the squash and toss well to coat. Lay squash pieces flat on 1 or 2 rimmed baking sheets.
- Roast squash for 10-15 minutes. Carefully flip pieces over on their baking sheets and continue to roast until tender, another 10-20 minutes.
- In a medium pot, bring apple cider, water, and salt to a simmer. Add farro and simmer until tender, 20-30 minutes. Drain, if necessary.
- In a large bowl, whisk together apple cider vinegar, garlic, and pepper. Whisk in olive oil. Add farro and toss well, adding more oil or salt, as needed.
- To serve, spoon the farro on a platter and top with the squash. Garnish with crumbled feta cheese and chopped fresh mint.

Broccoli, Rice, and Cheese Casserole (from Whole Foods Market)

Olive oil
1 C. short grain brown rice
1/2 tsp. salt, divided
1 small onion, finely chopped
2 1/2 C. broccoli florets
1 can cream of mushroom soup (not condensed)
1 C. shredded cheddar cheese, divided
ground black pepper, to taste

- Lightly coat a 7x11 baking dish with olive oil.
- heat 1.5 tsp. oil in a medium saucepan over medium-high heat. Add rice and cook, stirring often, until translucent and toasted, 1-2 minutes. Add 1 1/2 C. water and 1/4 tsp. salt, and bring to a boil.
- Cover, lower heat to medium-low, and simmer until water is absorbed and rice is almost tender, about 35 minutes.
- Remove from heat and let sit, covered, for 5 minutes, then uncover, fluff with a fork and set aside.

- Preheat the oven to 350°. Heat remaining 1.5 tsp. oil in a large skillet over medium heat. Add onion and cook, stirring often, until softened, about 5 minutes. Add broccoli and cook for 3-4 minutes. Add rice, then stir in soup, 1/2 C. cheese, remaining salt, and pepper.
- Transfer the rice mixture to the baking dish and sprinkle evenly with the remaining cheese. Bake until golden brown and bubbly, about 30 minutes.

Millet Cakes (from America's Test Kitchen)

1 C. millet, rinsed
 2 C. water
 salt and pepper
 3 Tbsp. vegetable oil
 1 shallot, minced
 6 C. baby spinach, chopped
 2 carrots, peeled and shredded
 2 garlic cloves, minced
 2 tsp. curry powder
 1/4 C. plain yogurt
 1 large egg, lightly beaten
 2 Tbsp. minced fresh cilantro

- Line rimmed baking sheet with parchment paper. Combine millet, water, and 1/2 tsp. salt in a medium saucepan and bring to simmer over medium heat. Reduce heat to low, cover, and simmer until grains are tender and liquid is absorbed, 15-20 minutes.
- Off heat, let millet sit, covered, for 10 minutes; transfer to a large bowl.
- Heat 1 Tbsp. oil in a 12-inch nonstick skillet over medium heat until shimmering. Add shallot and cook until softened, about 3 minutes. Stir in spinach and carrots and cook until spinach is wilted, about 2 minutes. Stir in garlic, curry powder, 1/2 tsp. salt, 1/4 tsp. pepper and cook until fragrant, about 30 seconds.
- Transfer to a bowl with millet and wipe out the now-empty skillet with paper towels.
- Stir yogurt, egg, and cilantro into millet mixture until well-combined. Divide mixture into 8 equal portions, pack firmly into 3 1/2-inch-wide cakes, and place on a prepared sheet. Refrigerate cakes until chilled and firm, about 30 minutes.
- Adjust oven rack to middle position and heat oven to 200°. Set a wire rack on a rimmed baking sheet. Heat 1 Tbsp. oil in now-empty skillet over medium heat until shimmering. Gently lay 4 cakes in skillet and cook until deep golden brown and crisp on both sides, 10-14 minutes, turning gently halfway through cooking.
- Transfer cakes to the prepared sheet and keep warm in the oven. Repeat with remaining cakes and oil. Serve.

Greek Red Lentil Soup (from "The Mediterranean Dish")

Extra virgin olive oil

1 large onion, chopped

3 garlic cloves, minced

2 carrots, peeled and chopped

3 tsp. dry oregano

1/2 tsp. ground cumin

1 tsp. rosemary

1/2 tsp. red pepper flakes

2 dry bay leaves

1 C. crushed tomatoes

7 C. low-sodium vegetable broth

2 C. red lentils, rinsed and drained

Salt

Juice of 2 lemons, zest of 1

Crumbled feta and chopped fresh parsley, for serving (optional)

- Heat oil over medium heat. Add onions, carrots and garlic. Cook 3-4 minutes, stirring regularly. Add spices and bay leaves. Cook until fragrant.
- Add crushed tomatoes, broth, and lentils. Season with salt and bring to a boil. Lower the heat and simmer, 15-20 minutes, until the lentils are fully cooked.
- Remove pot from heat. If you have time, let soup cool before blending with an immersion blender.
- Return the soup to the heat, and stir to warm through. Add lemon juice and lemon zest. Serve with feta and fresh chopped parsley.