

100 Meals Recipes for Fifty

The following are loose interpretations of our own recipes or those we found in various vegetarian cookbooks we admire. Most entrees in cookbooks serve 4 to 6 people, so we multiply the recipe by 10 and then up the spices and herbs considerably. Multiplying on this scale can throw off liquids, too. For Patacara's meal programs, we often include a very large batch of rice not in the original recipe. These huge batches of food often have to be divided between our two largest cooking pots.

Brown Rice Casserole

From *The Greens Cookbook*

40 cups of cooked brown rice (13 cups uncooked)
5 16-oz. blocks of tofu
10 medium onions
20 medium carrots
20 stalks celery
10 green bell peppers
20 medium zucchini or other summer squash
4 pounds of mushrooms, wiped clean
1 ¼ Cups of olive oil
10 Tbls. Butter
30 cloves garlic, finely chopped
3 1/3 Tbls. Nutritional yeast
3 1/3 Tbls. Ground cumin
3 1/3 Tbls. Salt
10 cups of veggie broth
3 ½ pounds of grated (vegan) cheese
Pepper
Fresh herbs for garnish

Set tofu on a slanted board or pan to drain.

Chop onion, carrots, celery, bell pepper and zucchini into pieces that are roughly ½-inch square.

Quarter the mushrooms if they are small (or cut into sixths if large).

Return to tofu and cut into ½-inch cubes.

Heat olive oil and butter and fry onion over medium heat until slightly browned, about 5 minutes.

Add garlic, nutritional yeast, cumin and salt. Stir until blended and cook for 5 minutes.

Add carrots, celery and bell pepper. Add 5 cups of liquid, cover the pans, and braise the veggies until they have begun to soften, about 10 minutes, stirring occasionally to make sure all the veggies get their turn at the bottom of the pan. Add zucchini and mushrooms and cook for another 10 minutes.

If the pan gets dry while cooking, add a little more water or broth.

Preheat oven to 350 degrees.

Combine veggies with cooked rice and cheese (in very large mixing bowl or two)

Season with salt and plenty of pepper.

Gently mix in the tofu and put the whole mixture into 5-6 casserole dishes that have been lightly buttered and add more of the broth to moisten. Cover the casserole with foil and bake for ½ hour. Remove the foil and bake another 15 minutes. Garnish with fresh herbs.

Curried Lentil Soup

(from "Bon Appetite," December 2010)

1.5 Cups of Olive Oil, divided
9 medium onions, chopped
9 medium carrots, finely chopped
20 large garlic cloves, chopped, divided
1 Cup curry powder
9 cups French lentils (but brown lentils will do fine!)
39 Cups of water, divided
18 Cups garbanzo beans
9 Tbl. Fresh lemon juice
15 Tbl. Earth Balance

Heat a total of 3/4 cup of Olive oil in the pot. Add onion and carrot. Sprinkle with salt and pepper.

Cook about 4 minutes; add half of the chopped garlic; stir and cook for 4 more minutes.

Add the curry powder. Stir until fragrant (about 1 minute).

Add the lentils and about 35 cups of water. Sprinkle with salt and pepper.

Bring to boil. Then reduce heat to medium and simmer until lentils are tender, about 30 minutes.

Meanwhile, puree chickpeas, lemon juice, remaining water and remaining olive oil (3/4 cup) and remaining garlic in food processor.

Add chickpea puree and Earth Balance to soup. Season with additional salt, pepper and curry powder to taste. Add water by 1/2 cups to thin to desired consistency.

Creole Red Beans and Rice

From *1000 Vegetarian Recipes*

10 c dry red, pinto, black, or kidney beans
3/4 c vegetable oil
10 c chopped onions
10 c chopped celery
10 c chopped green bell peppers, divided
30 cloves garlic, minced, divided
4 Tbsp (or more) chili powder
20 c water
5 28 oz can whole peeled tomatoes, undrained
2 T salt, or to taste
40 c cooked white or brown rice

Soak beans. In a huge pot or wok, heat the oil over medium-high heat. Add the onions, celery, green peppers, and garlic. Cook, stirring, until softened, about 7 minutes. Stir in chili powder until absorbed. If you used a wok, transfer the above into a huge pot now. Add water and beans; bring to a boil. Reduce heat and simmer, covered, 1 1/2 hours or until beans are tender. Add the tomatoes and salt; break up the tomatoes with the back of a spoon. Simmer, covered, 25 minutes longer. Serve over cooked rice.

Variation: Add ground red pepper to taste.

Pasta e Fagioli

10 TBL Olive Oil
8 onions diced
15 cloves garlic finely chopped
10 stalks celery, diced
10 carrots, diced
8 TBL dried basil
5 TBL dried oregano
3 TBL dried Thyme
1 TBL dried rosemary
1 TBL red pepper flakes
5 28-oz cans of diced tomatoes
30 Cups veggie stock (water from beans plus “better than bullion”)
10 Cups dried white beans (cannellini)
10 cups small rice pasta
10 TBL chopped parsley
20 Cups spinach
Salt & pepper

Soak the beans. Rinse and cook in 30 cups of water, bringing to boil and reducing and covering for about 1 hour. Take beans out and put aside. Stir in about 10 TBL of Better than Bullion, Vegetarian. Taste and add more bullion if needed to create a mild veggie-bean stock.

In a large heavy pot, heat olive oil over medium heat.

Stir in onion with salt & pepper to taste and cook for a few minutes.

Add dried herbs and red pepper flakes into the oil and toss to coat.

Stir in garlic, then celery and carrots and cook for 6 minutes.

Stir in tomatoes and bean-veggie stock and bring to boil.

Reduce heat and simmer for about 30 minutes.

Add more water, if needed, and stir in beans and pasta. Bring to boil.

Simmer for 8 minutes, until pasta is tender.

Stir in parsley and spinach.

Add salt and pepper to taste.

Rattlesnake Stew

From *1000 Vegetarian Recipes*

10 C. Rattlesnake Beans (or other multicolored dry beans)
10 Tablespoons Vegetable oil
15 cups of chopped onion
5 cups of chopped green bell peppers
20 cups of water
20 cups of veggie broth
5 bay leaves
5 teaspoons of poultry seasoning
20 cups of carrot chunks (1 ½ inch pieces)
15 cups of celery chunks
15 cups of boiling potatoes (1-inch pieces)
10 cups of corn kernels
20 Tablespoons of tomato paste
1 Tablespoon Tabasco
1 ¼ teaspoon of salt or to taste

Soak the beans. Drain

In the largest possible pot, heat oil over medium high heat. Add onions and bell peppers. Cook stirring, until softened (about 5 minutes). Add the water, broth, bay leaf and poultry seasoning; bring to a boil. Add soaked beans, carrots and celery. Simmer, uncovered for 1 hour or until beans are tender. Discard bay leaves. Add potatoes, corn, tomato paste, Tabasco and salt. Simmer 30 minutes longer.

Rice and Black Beans

From *1000 Vegetarian Recipes*

10 cups of black beans
30 cups of water, divided
10 tablespoons vegetable oil
10 cups of chopped onions
5 cups of chopped green peppers (about 5 peppers)
40 cloves of garlic, minced
2 tablespoons cumin
1 tablespoon dried oregano
8 bay leaves
2 ½ teaspoons salt
2 ½ teaspoons pepper
30 cups of cooked brown rice

Soak beans. Cook rice. In largest pot, heat oil over medium-high heat.

Add onions, bell peppers and garlic. Cook, stirring, until softened. Stir in cumin until absorbed.

Add water, bring to a boil. Add drained beans, oregano and bay leaf.

Return to boil. Reduce heat and simmer, uncovered for about 1 1/2 hours

or until beans are very soft and mixture is thick. If necessary, add a little more water.

Stir in salt and pepper. Discard bay leaf.

Mix with rice.

Tofu-Miso Stew

From *The Complete Tassajara Cookbook*

For the stock: Asian-Style Stock (15 cups)—Trader Joe's Ginger Miso Stock should work

To begin the stew (use 5 of the listed vegetables):

10 medium onions, cut in wedges

10 Tbl. Dark sesame oil

15 medium carrots, peeled and roll cut into ½ inch pieces

10 celery ribs, cut on the diagonal into ½ inch pieces

5 6-inch pieces of burdock root, scrubbed well and roll cut (optional)

10 cups of fresh mushrooms, quartered

5 yams, cut into quarters lengthwise and then into ½-inch sections

5 cups of turnip or daikon, cut like the yam (optional)

5 medium potatoes, scrubbed and cut like the yam (optional)

25 cloves of garlic, coarsely minced

5 inches of fresh ginger, finely grated

For the sauce:

1 ¼ cup of rice flour

25 Tbl. Dark sesame oil

12 ½ cups of stock, heated

25 Tbl. Red miso mixed with ½ cup stock

Tamari to taste

To complete the stew:

15 Tbl. Dark sesame oil

15 Tbl. Light sesame oil

5 blocks of firm tofu, pressed, drained and cut into ½-inch cubes (each about 14 oz)

20 green onions, cut into 2-inch lengths

Fresh cilantro

Black pepper

Cook the onions in the sesame oil in the stew pot over moderate heat. Stir frequently and continue cooking until the start to brown, about 10 minutes. Add the remaining 5 vegetables, garlic and ginger. Stir to coat evenly with a thin film of oil. Salt lightly, cover and reduce heat to low. Check occasionally to make sure there is enough liquid so that veggies don't stick. Proceed to make sauce. Toast the flour in the big wok over moderate heat until fragrant, stirring frequently to prevent scorching. Add the sesame oil, stir to blend thoroughly and then slowly whisk in the stock. Simmer 10 minutes, stirring occasionally to produce a medium-thick sauce. Remove from heat and add diluted miso. Season with Tamari. Add the sauce to the stewing vegetables and stir gently to combine. Return lid to pot and continue to simmer on low heat.

Proceed to complete the stew. Heat 10 Tbl of each oil (5 each batch) to the wok. Add the tofu and saute over moderate heat until lightly golden. Add tofu to the stewing veggies. Add remaining oil to skillet and saute scallions until their fragrance blooms. Stir them gently into the stew, taking care not to break the tofu. Continue cooking until all veggies are tender, perhaps another 10 minutes. Garnish with cilantro and black pepper.

Masoor Dhal (Orange Lentils) with Seasonal Vegetables

From *Cooking Kindly: A Book of Vegan Ideas*

15c whole or split orange dhal (lentils)
10 medium white onions, sliced finely
1 1/4c cooking oil
30 cloves fresh garlic, minced
10 inch fresh ginger root, peeled and minced
10 large ripe tomatoes, washed and chopped
12 jalapeno peppers slit down middle
5 bunches fresh cilantro leaf, washed and chopped
fresh lemon juice (optional)
3 Tbsp +1 tsp black mustard seed
4 Tbsp cumin powder
2 Tbsp turmeric
salt to taste

Cook 10 c long-grain Basmati Rice. Wash and soak dhal (lentils) for 20 minutes. Boil in 50 c of water. When dhal gets soft, add chopped tomatoes, jalapenos, half of the chopped cilantro, turmeric and salt. In covered pan, heat oil and pop black mustard seeds, preventing seeds from popping in your face. When popping stops, lower heat to minimum and add cumin. Stir quickly to prevent burning and add onion, garlic and ginger. Fry until onion gets golden brown. Add spice mixture to the dhal and stir well. Add lemon juice to taste. Garnish with fresh cilantro leaf.

Serving suggestions: Serve as a soup or with chapattis and/or rice. You can also add chopped vegetables such as broccoli, cabbage, green beans, peas, zucchini, eggplant or carrots five minutes after adding tomato mixture to the dhal. If vegetables are tender add them a few minutes before you take the dhal off the fire to prevent veggies from getting overdone. Serves 50 with rice.

NY Times Tofu Chili

8 containers of tofu, frozen and defrosted
8 large onions, chopped
8 cloves garlic, minced
10 Tbls Olive Oil
8 cups crushed tomatoes
8 6-oz cans tomato paste
4 Tsp Cumin
4 Tsp Oregano (I have fresh oregano in my garden, will bring)
2 Tsp crushed red pepper
4 Bay Leaves
8 Tbl Chili powder
2 Cups fresh basil
8 cans of black beans, rinsed and drained
Saute crumbled defrosted tofu with onion and garlic in olive oil.
Add tomato sauce, paste and seasonings. Simmer about 10 minutes.
Add beans. Cover. Simmer 1 hour

Rice and Beans

From *Eat Vegan on 4\$ a Day*

4 c plus 5 Tbsps water
2 c long-grain brown rice
1 small yellow onion, chopped
12 red or green bell pepper, chopped
6 Tbsps chopped fresh cilantro
2 garlic cloves, minced
1 Tbsp vegan Worcestershire sauce
2 c. dried black beans, cooked or 2 cans (15 oz ea) black beans, drained liquid reserved
Salt & ground pepper

Put 4 c of the water in a large pot and bring to a boil. Stir in the rice and return to a boil. Decrease the heat to low, cover and cook for about 45 minutes, or until the rice is almost tender and the water is just absorbed. Remove from the heat and let sit for 5 minutes. Uncover and fluff with fork. Set aside.

Put 3 Tbsps of the remaining water, the onion, bell pepper, 2 Tbsps of the cilantro, and the garlic in a large skillet and cook, stirring frequently, over medium-high heat for 8 to 10 minutes, or until the onion and garlic are translucent. Add the remaining water, 1 Tbsp at a time, as it evaporates. Combine the vegetable mixture with the rice in the rice pot and mix well. Gently stir in the optional vegan Worcestershire sauce, beans, and about ½ c of bean liquid. Cook, stirring occasionally, for 2 to 3 minutes. Stir in the remaining 4 Tbsps of cilantro. Season with salt and pepper to taste.

This recipe calls for an equal amount of rice and beans. However, to stretch your food dollars, increase the ratio of rice to beans 2:1 or even 4:1. The dish will still have plenty of protein.

Preparing Dried Beans:

Before preparing dried beans, place them in a colander, sort through them thoroughly and remove any tiny pebbles or other debris, and then rinse under cold water. NOTE: Split peas and lentils don't need to be soaked. They take about 30 minutes to cook.

Soak most beans in three times their volume of cold water for six hours before cooking. Dried beans are often soaked too long. Most recipes say overnight. In general, the larger the bean, the longer they need to soak: and the longer you soak beans, the faster they cook. However, if soaked too long, they may ferment, which affects their flavor and makes them difficult to digest. To help in the digestion of beans, always discard the water in which they were soaked. Soaking beans allows the dried beans to absorb water, which begins to dissolve the starches that cause intestinal discomfort. While beans are soaking they also double to triple in size.

A fast-soak technique is to put the beans in cold water, bring them gently to a boil, and then with saucepan off the heat, allow them to remain in the water for 1 to 2 hours only.

Cooking beans: Do not add salt or acidic ingredients, like vinegar, tomatoes or tomato juice, as this will slow the cooking process and may toughen the beans. Instead, add these ingredients when the beans are just tender.

Dried Bean Guide

Use this guide to gauge how much dried beans to cook.

1/3 cup dry beans =	1 cup cooked beans
1/2 cup dry beans =	1 1/2 cups cooked beans
2/3 cup dry beans =	2 cup cooked beans
1 cup dry beans =	3 cups cooked beans
2 cups (1 pound) dry beans =	6 cups cooked beans