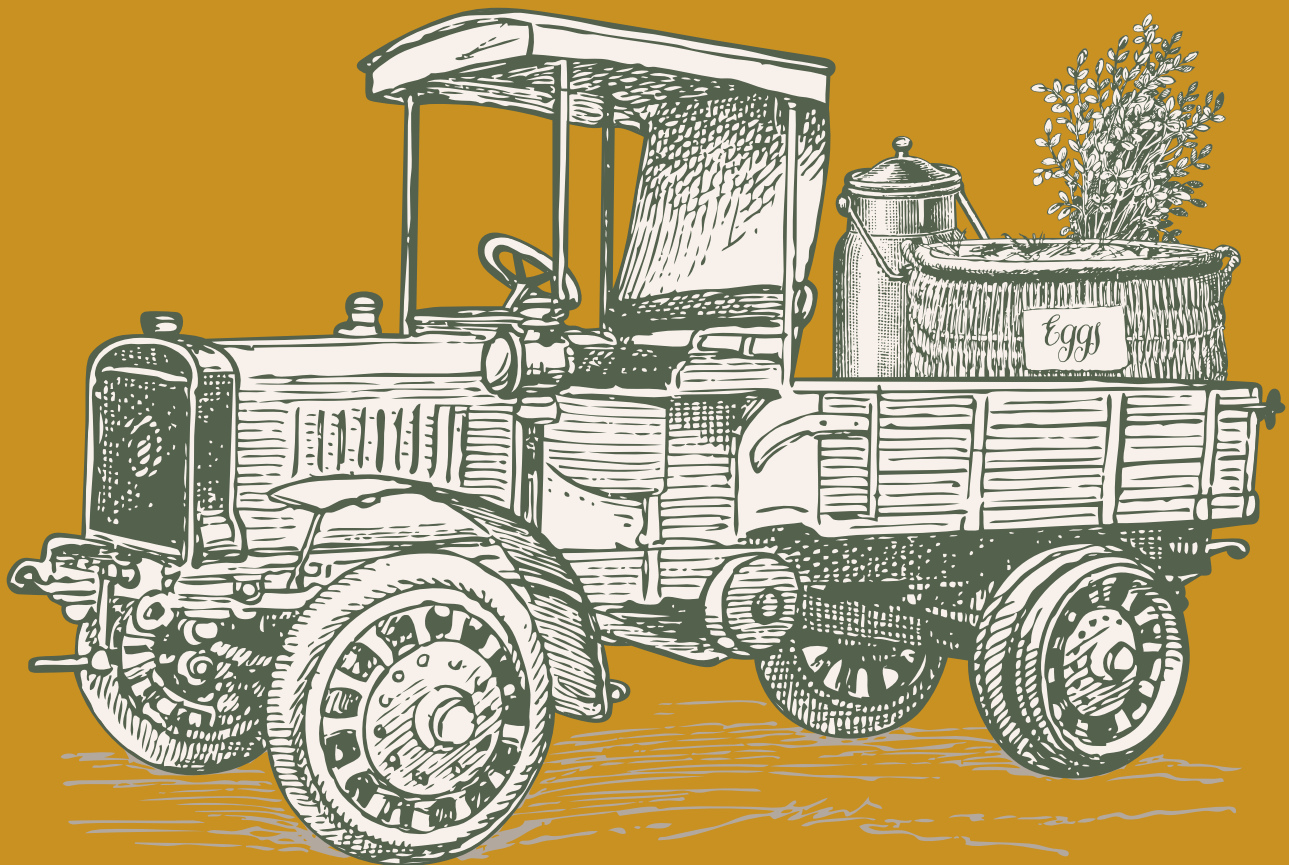




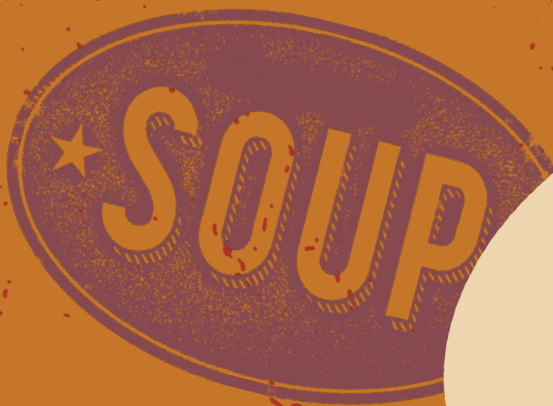
FOOD FOR ALL

*A program of Catholic Charities
Eastern Washington*





The Welcoming Table helps low-income and elderly residents eat and learn to cook well. Welcoming Table hosts cooking classes and community dinners at Catholic Housing Communities that use inexpensive, accessible and whole-food ingredients. By exposing participants to new recipes, ingredients, and ways of cooking, Welcoming Table gives participants the knowledge and skills they need to lead healthier lives.



Entrées:

10 SPICE SOUP
SOUTHWESTERN SPICED BEANS
BUTTERNUT SQUASH AND APPLE SOUP
WHITE BEAN CHICKEN CHILI
CREAMY CARROT SOUP
TOMATO SOUP
CHILI

Sides:

SPANISH RICE
ROASTED BEETS
ROASTED PARSNIPS
FALAFEL
AVOCADO SALAD

Desserts:

CARROT CAKE
SQUASH BARS
RICE PUDDING
SQUASH WAFFLES
PUMPKIN MUFFINS
CREAMED-CORN
CORNBREAD
CHOCOLATE MOUSSE

10 – Spice Vegetable Soup

Ingredients

3/4 cup raw cashews, soaked
6 cups vegetable broth
2 teaspoons olive oil
4 cloves garlic, minced
1 onion, diced
3 medium carrots, chopped
1 bell pepper, chopped
1 ½ cups peeled and chopped winter squash
2 stalks celery, chopped
1 can diced tomatoes, with their juices
1 can chickpeas, drained and rinsed
1 cup baby spinach, chopped
1 tablespoon 10 spice blend

Directions

In a blender, combine the soaked and drained cashews with 1 cup of the vegetable broth and blend until smooth.

In a large saucepan, heat the oil over medium heat.

Add garlic and onion and sauté for 3-5 minutes.

Add the carrots, bell pepper, potatoes, celery, diced tomatoes, remaining 5 cups broth, the cashew cream and the 10 spice blend.

Stir well to combine, bring the mixture to a boil and then reduce the heat to medium low.

Simmer the soup until vegetables are tender, about 20 minutes.

Stir in the spinach and chickpeas, simmer about five minutes.

Season with salt and pepper.

Southwestern Spiced Beans

Ingredients

2 cups dried beans, rinsed
4 cups water or broth
1 clove garlic, minced
1 teaspoon ground cumin
1 teaspoon dried oregano
1 teaspoon chili powder
1 teaspoon oil
½ teaspoon smoked paprika
1 bell pepper, chopped
1 onion, chopped
2 stalks celery, chopped

Directions

Rinse beans and place in large pot.

Cover with water or broth and bring to a boil.

Lower heat to a simmer and cook until beans are tender.

In a pan, heat oil over medium heat.

Add bell pepper, onion, and celery.

When soft, add spices to vegetable mixture and cook for two minutes.

Remove from heat, add vegetables to beans when beans are soft.

Serve warm with guacamole, salsa, tortillas, lime wedges, and chopped cilantro.

Butternut Squash and Apple Soup

Ingredients

1 tablespoons olive oil
½ onion, chopped
1 garlic clove, chopped
½ inch ginger, grated
1 carrot, chopped
1 apple, chopped
2 cups butternut squash, chopped
Dash of salt and pepper
Dash of cinnamon
Dash of ground cloves
Dash of cardamom

Directions

Heat olive oil in saucepan over medium heat, add onion and garlic and cook for 6-8 minutes.

Add ginger, cinnamon, cardamom, and cloves, cook for 1 minute.

Add carrots, apple, squash, and 3 cups of water, bring to a boil then reduce to a simmer, season with salt and pepper.

Cook vegetables until tender, about 20 minutes.

Blend the mixture until smooth, adjust seasoning as necessary.

White Bean Chicken Chili

Ingredients

1 lb. white beans
1 large onion, unpeeled
1 small onion, chopped
1 cup water
1 teaspoon cumin
1 tablespoon minced garlic
2 large carrots, chopped
2 bell peppers, chopped
1 cooked chicken breast
salt and pepper to taste
1 hot chili pepper (optional)
Cilantro and oregano (optional)

Directions

Place beans in large pot, cover with water and bring to a boil on medium heat, add whole onion to beans.

Let beans soften (about 45 minutes) season with salt and pepper.

Continue to cook, stir occasionally and add water if necessary, beans should be tender but still intact.

Drain the beans, remove the onion and add all remaining ingredients, except cilantro.

Cook on medium heat and bring to a boil then cover and turn to low heat.

Cook, stirring occasionally and adding more liquid if necessary until beans are tender, about 15 minutes.

Taste, adjust with seasoning and garnish with cilantro.

Creamy Carrot Soup

Ingredients

3 potatoes
2 carrots
½ yellow onion
1 clove garlic
½ tablespoon salt
1 teaspoon parsley and dill
1 cup plain yogurt
1 teaspoon green onion or chives

Directions

Chop up potatoes, carrots onion, garlic and add to a pot.

Cover vegetables with water and boil until vegetables are fork-tender, about 20 minutes.

Mix yogurt with chopped parsley, dill, and green onions.

Once vegetables are tender, blend until smooth.

Then add yogurt mixture and blend with a spoon.

Season additional salt as needed.

Tomato Soup

Ingredients

1 tablespoon extra-virgin olive oil
1 small yellow onion, diced
2 large cloves garlic, minced
½ cup raw cashews, soaked
2 cups vegetable broth
1 can (28oz) whole peeled tomatoes, with their juices
¼ cup oil-packed sun-dried tomatoes, drained
3-4 tablespoons tomato paste
½ teaspoon dried oregano
¾ teaspoon salt
½ teaspoon black pepper
¼ teaspoon dried thyme

Directions

In a large saucepan, heat the olive oil over medium heat. Add the onion and garlic and stir for 5-6 minutes.

In a blender, combine soaked cashews and the broth and blend on high speed until creamy.

Add the garlic-onion mix, tomatoes, and their juices, sun-dried tomatoes, and tomato paste and blend until smooth.

Pour the tomato mixture into the saucepan and set on medium heat.

Bring the mixture to a simmer, then stir in the oregano, salt, pepper, and thyme.

Simmer on medium heat, uncovered, for 20-30 minutes.

Chili

Ingredients

6 lbs. hamburger or turkey meat
6 cans of beans, rinsed and drained
6 cans crushed tomatoes
3 cans of water (use same can as tomatoes)
2 large onions, minced
1 large zucchini
2 cloves of garlic, minced or pressed
4 tablespoons chili powder
3 tablespoons salt
2 teaspoons black pepper
3 teaspoons ground cumin
2 tablespoons onion powder
2 tablespoons garlic powder

Directions

Over medium heat, cook ground meat in a large pot, with the minced onion until browned.

Add the garlic and cook for another minute.

Drain the meat.

In a large saucepan over medium heat, add meat (with onions and garlic) and mix with all remaining ingredients, except beans and zucchini.

Bring to a boil, then reduce heat to low and simmer until you reach the desired thickness.

Add beans and zucchini and simmer for additional 30 minutes.

Top with shredded cheese and sour cream and serve with a side of cornbread.

If using a slow cooker, cook on high for 4 hours.

Spanish Rice

Ingredients

2 tomatoes, chopped
1 small onion, chopped
1 garlic clove, minced
1 cup long grain rice
2 cups water or vegetable broth
1 teaspoon dried oregano (optional)

Directions

Place chopped tomatoes in a pot on medium heat.

Stir until the tomatoes release liquid and break down, about 10 minutes.

Add onion, garlic, and rice.

Stir to combine ingredients.

Add oregano.

Add water or vegetable broth, cover pot and cook until rice is tender, about 30 minutes.

Spanish Rice

Ingredients

2 tomatoes, chopped
1 small onion, chopped
1 garlic clove, minced
1 cup long grain rice
2 cups water or vegetable broth
1 teaspoon dried oregano (optional)

Directions

Place chopped tomatoes in a pot on medium heat. Stir until the tomatoes release liquid and break down, about 10 minutes.
Add onion, garlic, and rice.
Stir to combine ingredients.
Add oregano.
Add water or vegetable broth, cover pot and cook until rice is tender, about 30 minutes.

Roasted Beets

Ingredients

2-3 pounds beets
1 tablespoon oil
1/4 cup apple cider vinegar
Dash of cinnamon and clove
Salt to taste

Directions

Scrub beets to remove any dirt.
Cut off top and tail to remove rough, inedible skin.
Cut beets and toss in oil.
Roast in oven for about one hour at 425 degrees.
Once soft and caramelized, remove from pan and transfer to a bowl.
While still hot, toss with vinegar, spices, and salt.

Roasted Parsnips

Ingredients

1 pound parsnips
2 tablespoons olive oil
½ teaspoon salt
1 tablespoon 5 spice

Directions

Preheat oven to 350 degrees.

Cut the parsnips into cubes.

In a bowl mix parsnips with 5 spice, oil, and salt.

Place on tray and cook until parsnips are golden brown and tender, about 30 minutes.

Falafel

Ingredients

2 cups cooked chickpeas, drained or canned	1 teaspoon ground cumin
1/4 cup whole wheat bread crumbs	1 teaspoon ground coriander
2 tablespoons all-purpose flour	1/4 teaspoon cayenne pepper
1 medium sized onion, chopped	1/4 cup chopped fresh flat-leaf parsley
2 cloves garlic, chopped	½ teaspoon salt
½ teaspoon baking powder	Dash of black pepper
	Vegetable oil

Directions

In a food processor combine the chickpeas and bread crumbs for about 30 seconds until the chickpeas are chopped.

Add the remaining ingredients, until smooth, but somewhat coarse.

Place mixture in bowl, cover, and refrigerate for ½ hour.

Shape the batter into 1 ½ inch balls and flatten into 2-inch diameter patties.

In a large pan heat about ½ inch vegetable oil.

Cook patties in the oil for 2-3 minutes per side.

Guacado Salad

Ingredients

1 can black beans, rinsed and drained
1 can whole kernel sweet corn
4 roma tomatoes, seeded and chopped
1 small red bell pepper
1/3 cup chopped fresh cilantro
1/4 cup diced red onion
1/4 cup fresh lime juice
2 tablespoons red wine vinegar
1 tablespoon salt
1/2 teaspoon ground black pepper
2 avocados, sliced

Directions

Mix ingredients together.

Cover bowl with wrap and chill for two hours.

Carrot Cake

Ingredients

3 cups finely-ground carrots
2 1/2 cups flour
3 teaspoons baking powder
1 teaspoon baking soda
3 teaspoons cinnamon
1/2 teaspoon nutmeg
1 teaspoon salt
1/2 cup applesauce
1 cup milk
2 teaspoons vanilla
1 cup cane sugar
1/2 cup oil

Directions

Preheat the oven to 350 and grease a 9x13 baking pan.

In a large bowl, whisk together the flour, baking powder, baking soda, cinnamon, nutmeg, and salt.

In a separate bowl, whisk together the applesauce, almond milk, vanilla, sugar, and oil.

Mix the dry ingredients into the bowl with the wet ingredients.

Fold in the carrots and stir until just combined.

Bake for 30-40 minutes and let cake cool before serving.

Squash Bars

Ingredients

2 cups winter squash, cooked and pureed
1 cup sugar
3/4 cup oil
4 eggs
1 teaspoon vanilla
1 cup whole wheat pastry flour
2 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon cinnamon

Directions

Blend wet ingredients and dry ingredients separately.
Combine until thoroughly incorporated.
Pour into lightly greased 11x17 baking pan.
Bake at 350 degrees for 25-30 minutes.
Can serve with warm applesauce.

Rice Pudding

Ingredients

1/2 cup granulated sugar
2 teaspoons ground cinnamon
1/2 teaspoon ground ginger
1/2 cup arborio rice
1 1/3 cup shredded coconut
handful of chopped walnuts

Directions

Pour 4 cups of water into a saucepan with sugar and spices.
Bring to a boil, then add the rice and turn the heat down to a simmer.
Stir occasionally, and when the rice is thick and creamy take it off the heat.
Stir in the walnuts and coconut.

Squash Waffles

Ingredients

2 cups whole wheat pastry flour
½ teaspoon salt
2 tablespoons sugar
2 teaspoons baking powder
1 ¾ cup milk
2 eggs, beaten
4 tablespoons neutral oil
½ teaspoon vanilla extract
1 cup cooked winter squash puree
1 teaspoon cinnamon
1 teaspoon ground ginger
Dash of ground clove and ground nutmeg

Directions

Mix dry ingredients and wet ingredients separately.

Combine and mix until no dry flour mixture remains.

Spoon a ladleful into preheated waffle iron and cook per iron's settings, usually 3-5 minutes.

Pumpkin Muffins

Ingredients

1 ⅓ cup all-purpose flour
1 ¼ cups sugar
1 tablespoon baking powder
¼ teaspoon salt
1 teaspoon ground cinnamon
½ teaspoon ground nutmeg
½ teaspoon ground ginger
½ teaspoon allspice
⅛ teaspoon ground cloves
1 cup pureed pumpkin
½ cup soy milk
½ cup vegetable oil
2 tablespoons molasses

Directions

Preheat oven to 400° F.

Lightly grease a muffin tin.

Sift together flour, sugar, baking powder, salt, and spices.

In a separate bowl whisk together pumpkin, soy milk, oil, and molasses.

Pour wet ingredients into dry and mix.

Fill the muffin tray and bake for 18 to 20 minutes.