

The Presbyterian Church in Burlington, MA Community Dinner Menus and Recipes 2022-23

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- May:** [Chicken or Vegetarian](#) Stir-Fry, Green Salad
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- July:** [Greek Pasta Salad](#) (topped with choice of Chickpeas, Feta Cheese, or Olives), Cold [Gazpacho Soup](#), Dinner Rolls
- August:** Turkey Burgers, Turkey Hot Dogs, Buns, [Home-made Baked Beans](#), Coleslaw, Potato Salad
- September:** [Ground Turkey or Vegetarian American Goulash](#), Green Beans, Garlic Bread
- October:** [Chicken](#) or [Vegetarian](#) Stew, Dinner Rolls
- November:** Meatloaf (*Impossible Burger* for vegetarian dish), Mashed Potatoes, Green Beans
- December:** [Shepherd's Pie](#), Dinner Rolls
- January:** Cancelled due to weather forecast
- February:** [Stove-top Chicken \(or Mushroom\), with Rice, and Broccoli](#)
- March:** [German Vegetable and Fish Medley](#), Dinner Rolls

Healthy Harvest Turkey Chili (Serves 5-6)

Ingredients:

- 2 tbs. oil (I use olive oil)
- 1 lb. ground turkey
- 1 medium onion, chopped
- 1 15 oz. can black beans, drained
- 1 15 oz. can pinto beans, drained
- 1 15 oz. can diced tomatoes, not drained
- 1 11 oz. can whole kernel corn, not drained
- 1 1 oz. pkg. ranch dressing
- 1 pkg. spicy taco seasoning

Directions:

1. Heat oil in a 4 qt. saucepan over medium heat. Brown onion, stirring occasionally. (8-9 min.)
2. Add turkey and brown, breaking up with a wooden spoon until cooked through. (4-5 min)
3. Add the remaining ingredients and bring to a boil. Reduce heat to medium and cook, stirring occasionally until the liquid thickens. (20 min.)

Vegetarian Chili

Ingredients:

| | | |
|------------------------|---------------|------------------------------|
| Olive oil | 2 | T |
| Onion | 1 | ea |
| Red bell pepper, diced | 1 | ea |
| Celery ribs (chopped) | 2 | ribs |
| Grated carrots | $\frac{3}{4}$ | c |
| Baby Bella mushrooms | 1½ | c chopped |
| Garlic, minced | 1½ | T |
| Petite diced tomatoes | 1 | 28 oz or 2 15 oz cans |
| Tomato sauce | 15 | oz can |
| Vegetable broth | 1½ | c |
| Tomato paste | 2 | T |
| Black beans, drained | 15 | oz can |
| White beans, drained | 15 | oz can |
| Canned corn, drained | 1 | can |
| Refried Beans | $\frac{1}{2}$ | can |
| Oatmeal, dry | $\frac{3}{4}$ | c |
| Chili powder | 2 | T |
| Cumin | 2 | t |
| Black pepper, ground | 1 | t |
| Salt | 0.5 | t (optional) |
| Red pepper flakes | $\frac{1}{2}$ | t |
| Smoked paprika | 1 | T |
| Dried oregano | 1½ | t |
| Gravy Master | 2 | t (optional but recommended) |
| Lime juice | 2 | t |

Directions:

- In a large Dutch oven, sauté the onions, bell pepper, celery, and carrots for about five minutes.
- Add the mushrooms and garlic, and continue cooking until the vegetables soften but are not browned.
- Stir in the tomatoes (don't drain), tomato sauce, vegetable broth, and tomato paste.
- Drain the beans and save the bean liquor; add the beans to the pot.
- Stir in the corn, refried beans, and oatmeal.
- Stir in the spices, including the Gravy Master.
- Bring to a low boil, turn down the heat, and simmer for 45 minutes. Stir occasionally so the chili doesn't burn to the bottom.
- Add some of the reserved bean liquor or more broth if the chili seems too thick. Add more oatmeal if it is too thin. Stir in the lime juice before serving.

Chicken or Vegetable Stir-Fry

| | |
|---|----------|
| Servings | 10 |
| <hr/> Ingredients: | |
| Tamari (low-sodium, gluten-free) | 4 Tbsp |
| Sugar | 1 tsp |
| Cornstarch | 2 Tbsp |
| Ginger, minced | 1 Tbsp |
| Garlic, minced | 2 Tbsp |
| Red pepper flakes | ¼ Tbsp |
| Chicken thighs (omit for vegetarian) | 1½ lb |
| <hr/> | |
| Red bell pepper, ½ in wide slices | 1 ea |
| Yellow/orange bell pepper, ½ in wide slices | 1 ea |
| Carrots, sliced on the bias | 1 c |
| Onion, ½ in wide slices | 2 c |
| Celery, sliced on the bias | 1 c |
| Snow peas or sugar snap peas, whole | 1 c |
| Shitake mushrooms, sliced | 1 c |
| <hr/> | |
| Peanut or canola oil | 1-2 Tbsp |
| Sesame oil | 1-2 Tbsp |
| <hr/> | |

Directions:

For chicken stir-fry cut chicken thighs into strips about ¼ inch thick (or a bit more). Add 1T peanut or canola oil (or other neutral-tasting oil, not olive oil) and 1T sesame oil. Fry the chicken slices on medium-high heat until no longer pink, about 3 to 5 minutes. Remove from pan and set aside.

Add 1T each of vegetable and sesame oils to a large pan or wok on medium-high heat. Add the carrots, celery, and fresh peas; fry for about 3 minutes. (If using frozen peas add them later with the other vegetables.) Add peppers, onion, mushrooms, and frozen peas (if using) and fry for about 4 minutes, stirring occasionally. Stir the tamari and cornstarch together until well mixed; add this plus the sugar, ginger, garlic, and red pepper flakes to the vegetables. If using chicken, add the chicken with any juices now. Reduce the heat, and cook for about 5 minutes. If the stir-fry seems a bit thin, sprinkle in a bit more cornstarch; if it is too thick add some water.

Omit the chicken if preparing vegetarian stir-fry, and use the instructions above beginning with the vegetables.

NOTE: Do not substitute soy sauce for the tamari; soy sauce contains gluten.

Chef's Salad

Mixed lettuce greens

Grated carrots

Whole cherry tomatoes,

Sliced cucumber

No dressing, croutons, or other items; eggs, chicken, and chickpea toppings provided separately to add when served

Greek Pasta Salad Recipe

Ingredients:

Serves ~12

For the Pasta Salad:

| | |
|----------------------------------|--------------------------|
| Barilla gluten-free rotini pasta | 12-oz box |
| Grape tomatoes, whole | 2 cups |
| Cucumber, seedless, peeled, | 1½ c, diced |
| Red onion | ½ large red onion, diced |
| Red bell pepper | 1 pepper, diced |
| Yellow or orange bell pepper | 1 pepper, diced |
| Mint leaves | ¼ cup, chopped |
| Fresh Basil | ¼ cup, chopped |

For the Dressing:

| | |
|------------------|------------------|
| Olive oil | ½ cup |
| Red wine vinegar | ⅓ cup |
| Lemon juice | 3 tablespoons |
| Garlic, minced | 2 cloves, minced |
| Dried oregano | 1½ teaspoons |
| Salt | ½ teaspoon |
| Black pepper | ¼ teaspoon |
| Capers | 1 Tablespoon |

Directions:

- Prepare the salad dressing and dice or chop the other ingredients before boiling the pasta.
- Combine the ingredients for the dressing in a blender or food processor and blend until smooth.
- Boil the pasta in salted water until *al dente* (don't overcook), according to the directions on the box.
- Drain the pasta in a colander, do not rinse.
- In a large bowl, add the cooked pasta, herbs, and vegetables, and the dressing — mix well and refrigerate.
- Can be made the day before and kept refrigerated.
- Chickpeas, feta cheese, kalamata and green olives, will be provided separately as toppings.

Gazpacho Soup Recipe

Ingredients:

| | |
|---------------------------------|---------------------|
| Crushed Tomatoes (reduced salt) | one 28-oz container |
| Tomato Juice (reduced salt) | one 46-oz container |
| Cucumbers, peeled, chopped | 2 |
| Roasted Red Bell Peppers | one 12-oz jar |
| Red Onion, large, diced | 1 |
| Garlic Cloves, minced | 3 |
| Balsamic Vinegar | 1/3 cup |
| Lemon juice | 2 Tablespoon |
| Olive oil | 1/2 cup |
| Sugar | 1 teaspoon |
| Sazón Seasoning | 1 packet |

Directions:

- Peel and chop the cucumbers; no need to remove the seeds.
- Drain the red peppers; discard the juice; cut into manageable pieces.
- Cut the red onion into small dice.
- Combine all the ingredients in a large bowl and mix.
- In batches, blend until very smooth in a blender or food processor.
- Pour into a suitable container and cool in refrigerator for at least 2 hours, preferably overnight.

Notes:

1. You can use “regular” or “English seedless” cucumbers, as preferred. If using the “short” variety of English cucumber (6-7 inches), use 4 to 6 rather than 2.
2. You can substitute red wine vinegar for the balsamic but balsamic is better.
3. You can find Sazón seasoning with the Goya products. It comes as “Con Azafrán” (with Mexican saffron) or “Con Culantro y Achiote” (with cilantro & annatto). The Azafrán is nice but either works fine.

Homemade Baked Beans

42 oz Great Northern beans (undrained)

4 strips of bacon (uncooked)

½ teaspoon black pepper

1 cup sugar

Mix all together and let sit for a while

Bake covered at 350 °F for at least 2 hours.

American Goulash (Slumgullion) Recipe

| <i>Ingredients:</i> | | Turkey | Veggie | <i>(Serves 10)</i> |
|------------------------------|----|---------------|---------------|---|
| Ground turkey | lb | 1.5 | - - | |
| Vegetable oil | T | 2 | 2 | |
| Onion, diced | ea | 1 | 1 | |
| Mushrooms | oz | 8 | 16 | Note 2x mushrooms for the veggie dish |
| Red bell pepper, diced | ea | 1 | 1 | |
| Sliced celery | c | 1 | 1 | |
| Petite diced tomatoes | oz | 56 | 56 | Two 28 oz. cans (reduced salt preferred) |
| V8 juice | c | 3 | 3 | Reduced salt preferred |
| Small white beans | oz | 16 | 32 | Drained, note 2x beans for the veggie dish |
| Paprika | T | 2 | 2 | |
| Garlic powder | t | 2 | 2 | |
| Onion powder | t | 1 | 1 | |
| Red pepper flakes | t | 1 | 1 | |
| Oregano | t | 1 | 1 | |
| Rosemary | t | 1 | 1 | |
| Black pepper | t | 0.25 | 0.25 | |
| Allspice | t | 0.5 | 0.5 | |
| Sugar or Splenda | t | 1 | 1 | |
| Worcestershire sauce | T | 2 | - - | Don't add to the veggie dish – it has gluten |
| Gluten-free tamari | T | | 2 | Make sure it's gluten-free |
| Gravy master | T | 1 | 1 | Gravy Master is gluten-free |
| Elbow macaroni | oz | 16 | - - | |
| Gluten-free rotini | oz | | 16 | Use rotini to distinguish from the turkey dish |
| Salt | T | 1 | 1 | For cooking the pasta |

Directions:

Brown the ground turkey (if using) with Gravy Master in a Dutch oven or large pot; set aside.

Add vegetable oil to the Dutch oven or large pot and sauté the onion, red bell pepper, celery, and mushrooms. They should be cooked through but not browned or mushy.

Add in the cooked ground turkey (if using), diced tomatoes (drain and reserve the liquid), white beans (drain and reserve the liquid), V8 juice and seasonings; simmer on medium-low heat. If the goulash is too thick add back some of the combined liquid from the canned diced tomatoes and white beans.

Meanwhile, cook the pasta in salted boiling water according to package directions until *al dente* (especially for the gluten-free pasta DON'T over-cook; you don't want it to fall apart)

Drain the pasta in a colander and stir it into the other ingredients.

Continue to heat on low for about 30-45 minutes for the flavors to blend; stir occasionally so that the stew doesn't burn or stick to the bottom of the pot.

Homemade Chicken Stew

A hearty, creamy chicken stew, chock-full of veggies and tender bites of chicken!

Recipe by [Rebekah Rose Hills, Allrecipes.com](https://www.allrecipes.com/recipe/242222/homemade-chicken-stew/)

Prep Time: 35 mins

Cook Time: 30 mins

Total Time: 1 hrs 5 mins

Ingredients (serves 6)

- 1 tablespoon olive oil
- 1 medium yellow onion, diced
- 4 medium carrots, peeled and diced
- 3 ribs celery, diced
- 2 tablespoons minced garlic
- salt and ground black pepper to taste
- 2 tablespoons salted butter
- ¼ cup all-purpose flour
- 2 cups chicken broth (reduced sodium preferred)
- 2 cups milk
- 1 teaspoon ground thyme
- 1/2 teaspoon salt, or more to taste (I'd only use half)
- ½ teaspoon ground black pepper, or more to taste
- ¼ teaspoon ground turmeric
- 1 cup frozen peas
- ¾ cup frozen corn
- 2 cups diced cooked chicken

Directions

1. Heat olive oil in a large soup pot over medium to medium-high heat. Saute onion, carrots, and celery until they begin to become tender and caramelize, about 10 minutes. Add garlic and sauté for 1 minute. Season vegetables with a generous sprinkling of salt and pepper while cooking.
2. Stir in butter to melt; stir flour into the veggies and butter until evenly distributed and veggies are coated. Pour in broth and milk, stirring until well combined. Turn the heat up and bring the mixture to a simmer. Add thyme, salt, pepper, and turmeric. Stir in peas and corn. Stir in chicken to combine and allow to simmer, 10 to 15 minutes. Taste and adjust seasonings before serving.

Vegetable Stew (Moosewood Cookbook)

40 minutes - 6 servings

Ingredients:

- 2 medium onions, sliced
- 3 cloves crushed garlic
- 2 medium potatoes - in small chunks
- 3 carrots, sliced
- 2 stalks celery, sliced
- 1 eggplant, diced
- 2 medium - small zucchini, in chunks
- 1 stalk fresh broccoli, sliced
- 3 fresh tomatoes, diced
- ¼ lb. sliced mushrooms
- 6 tbs. tomato paste
- 6 tbs. Molasses
- 1 tsp. Dill weed
- 1 C. burgundy
- Salt and pepper
- Butter for saute

Directions:

In a stew pot, begin sauteing onions, garlic, potatoes and eggplant in butter. Salt and pepper lightly. When potatoes begin to get tender, add celery, broccoli and carrots, along with burgundy. Steam until all vegetables begin to be tender, then add zucchini, tomato paste, mushrooms, molasses and dill. Cover and simmer over low heat about 20 minutes. Correct seasoning.

Easy Shepherd's Pie

Serves 4

1 lb ground beef (substitute Impossible Burger for vegetarian version)

1/3 c Ketchup

1 teaspoon Worcestershire sauce (substitute gluten-free tamari for vegetarian version)

8 oz frozen mixed vegetables (e.g., carrots, peas, corn)

1/4 cup (1 oz) shredded Cheddar cheese (use non-dairy substitute for vegetarian version)

Heat oven to 400 °F. Place the beef in a large skillet and cook over medium-high heat until no trace of pink remains, about 5 minutes. Drain and discard any fat. Stir in the ketchup and Worcestershire . Add the vegetables and cook, stirring, for 1 minute. Spoon the beef mixture into a baking dish. Mix the cheese with the potatoes in a medium bowl. Spread the potatoes over the beef and bake until heated through, about 10 minutes.

Stove-top Chicken (or Mushroom), Rice, and Broccoli Recipe

Ingredients:

| | | |
|---|----------|----|
| Servings | 6 | |
| Boneless, Skinned Chicken Thighs | 1.5 | lb |
| Oil (olive, peanut, or canola preferred) | 3 | T |
| Onion (large white or yellow, diced) | 1 | ea |
| Garlic, minced, (or 1 teaspoon powdered) | 1 | T |
| Rice, long grain white | 1.5 | c |
| Chicken Broth (reduced sodium preferred) | 4 | c |
| Broccoli (frozen florets, thawed) | 30-32 | oz |
| Poultry seasoning (e.g., rosemary, sage, thyme) | to taste | |
| Grated Cheese (mild cheddar or Monterey jack) | 1 | c |

Directions:

1. Thaw the frozen broccoli florets.
2. Skin and dice the onion.
3. Cut the chicken thighs into bite-size pieces, combine with 1 T oil and poultry seasoning, mix well, and set aside.
4. Heat 2 T oil in a large skillet or Dutch oven, sauté the diced onion for 2-3 minutes, add minced garlic and sauté for another minute. (If using garlic powder sprinkle it over the sautéed onions.)
5. Add the chicken pieces to the pan and brown (about 5 minutes).
6. Move the ingredients in the pan to one side and add the rice to the cleared side of the pan. Toast the rice for 3 minutes.
7. Mix the toasted rice with the chicken, onion, and garlic; then add the broth and mix.
8. Bring the broth to a boil, stir, and turn heat to low. Cover the pan and let the mixture simmer for 10 minutes.
9. Add the broccoli florets, fold into the mixture and cover; cook everything together for an additional 10 minutes.
10. Cook a little longer if the broccoli is not tender; add additional broth or water as needed.
11. Mix in the cheese, and let the cheese melt for 1-2 minutes, stirring occasionally.

Leipziger Allerlei — German Vegetable Medley

Ingredients:

| | | |
|------------------------------|-----|--------------|
| Cauliflower Florets | 8 | oz by weight |
| Asparagus | 8 | oz by weight |
| Green Beans | 8 | oz by weight |
| Frozen Young Peas | 8 | oz by weight |
| Carrots | 8 | oz by weight |
| Mushrooms | 8 | oz by weight |
| Parsnips | 8 | oz by weight |
| Onion | 1 | medium |
| Butter or Margarine | 4 | Tablespoons |
| Corn Starch | 2 | Tablespoons |
| Vegetable Broth | 2 | cups |
| <i>(reduced or low salt)</i> | | |
| Nutmeg | 1/8 | teaspoon |
| White pepper | 1/8 | teaspoon |
| Salt | | to taste |
| Dried Marjoram or Parsley | 1 | teaspoon |
| Firm White Fish | 18 | oz by weight |

Directions:

Except for the frozen peas, use fresh rather than frozen or canned vegetables. White asparagus is traditional for this dish but young green asparagus will do (not the great big thick ones if possible). Kohlrabi is traditional in this dish but, since that may be hard to find, parsnips have been substituted. Morel mushrooms are traditional but sliced baby bell or shitake mushrooms will work as well. Use white pepper if you have it just because it looks better than black specks. Black pepper is OK if you don't have white. Crayfish are traditional for this dish but, because of possible shellfish allergies or dietary restrictions, firm white fish like cod, haddock, or catfish is substituted here. All of the vegetables should be cooked al dente so they are cooked through but are still firm or a little crunchy. You don't want them to be mushy. If you are making a vegetarian version simply leave out the fish.

Thaw the peas. Break the cauliflower into small bite-size florets. Break off the woody part of the stem and cut the asparagus into pieces about 2 to 2½ inches long. Cut the tips off both ends of the green beans and cut into pieces about 2 to 2½ inches long. Peel and cut the parsnips and carrots into strips about ¼ to ⅜ thick and about 2 inches long. Peel the onion, cut in half from top to bottom and cut into slices of similar thickness as the parsnips and carrots. If not pre-sliced, slice the mushrooms.

Sauté the mushrooms and onions in a tablespoon of butter until they are cooked through but still firm — set aside.

Boil the vegetables in lightly salted water until they are just cooked through but still have some crunch. To keep from over-cooking, it helps to cook them separately. You can reuse the same water and use it later for the broth. The cooking time will depend on the size of the pieces and how tough the vegetables may be. The following times are approximate; test with a fork as they cook to see that they are not overdone. As each is done, drain and set aside with the other vegetables.

Cauliflower florets: 8-15 minutes

Parsnips: 6-12 minutes

Green Beans: 5-10 minutes

Carrots: 5-10 minutes

Asparagus: 3-6 minutes (longer for white asparagus)

Frozen Young Peas 3-5 minutes

Stir the cornstarch into 2 cups of broth and mix well. If you are using the water that you boiled the vegetables in as the broth, allow it to cool before adding the corn starch. Put the broth and cornstarch mix in a large skillet or Dutch oven with 2 tablespoons of butter or margarine. Bring to a boil, lower the heat and cook until thickened to the consistency of a thick white sauce. You can carefully sprinkle in a bit more cornstarch if it is too thin, or add some broth if it is too thick. Add in the herbs and spices and then the cooked mushrooms, onions, and other vegetables. Stir thoroughly so they are well mixed but gently so the vegetables don't fall apart.

Sauté the fish in a tablespoon of butter or margarine until it is just cooked through. Break into bite-size pieces and stir them gently into the mixed vegetables. Skip this step for the vegetarian version.