

Texas Hash recipe for Our Daily Bread

2 pounds ground beef	1 cup uncooked regular rice
4 large onions, sliced	3 teaspoons salt
2 large green peppers, chopped	4 teaspoons chili powder
32 ounce can tomatoes	1/4 teaspoon pepper

Heat oven to 350. In large skillet, cook and stir meat, onion and green peppers until meat is brown and vegetables are tender. Drain off fat. Stir in tomatoes, rice and spices. Heat until boiling. Pour into pan, cover with foil or lid and bake for 1 hour.

Pasta e Fagioli (Vegetarian)

3/4 to 1 pound dry beans (any type except kidney beans or chickpeas)	
1 bay leaf	1 tsp dry oregano
2 – 3 cloves garlic, whole	1 tsp dry basil
3 carrots, diced	2 cans crushed tomatoes
2 stalks celery, sliced	1/2 pound dry shell macaroni
1 large onion, chopped	1/4 cup Parmesan cheese (optional)
1 – 2 garlic cloves, crushed or minced	

Combine beans, 6 cups water, bay leaf, and whole garlic cloves, and simmer gently until beans are tender, about 1 to 1½ hours (depending on type of bean). Drain, reserve liquid, discard bay leaf and garlic. Cook macaroni until just tender. While macaroni is cooking, sauté carrots, celery, onion, and garlic and cook until onion is soft. Add crushed/minced garlic and seasonings and cook 5 minutes. Add tomatoes and cook another 10 minutes. Combine beans, vegetables, and drained pasta, along with 1½ cups bean liquid. Cover and simmer another 10 minutes, stirring occasionally. Drain off some of liquid if too much. Pepper to taste. Top with Parmesan cheese, if desired. Please mark the cover of your casserole pan with a large letter V.

Lentil & Barley Stew (Vegetarian)

Margarine or olive oil for sautéing	1-14.5 oz. can crushed tomatoes
2 stalks of celery, chopped	1-14.5 oz. can diced tomatoes
1 medium onion, chopped	1½ tsp garlic salt
½ pound of barley	½ tsp pepper
½ pound of lentils	3/4 tsp rosemary

Sauté celery and onion in a large pan. Add tomatoes, lentils, barley, seasonings, and 6 cups of water and bring to a boil. Simmer covered for 45 minutes, stirring occasionally. Add additional water, if necessary. Spoon into casserole pan. Please mark the cover of your casserole pan with a large letter V.

Macaroni, Cheese, and Veggie Casserole (Vegetarian)

½ pound elbow macaroni or twists	2 tbsp butter or margarine
2 tbsp all-purpose flour	2 cups milk
1¼ cups American cheese (or grated cheddar)	½ tsp pepper
1½ cups corn kernels (fresh or frozen or canned)	¼ tsp nutmeg
1½ - 2 cups broccoli or green beans	¼ cup Parmesan cheese
Dash of hot sauce (for taste, not to make it spicy)	2 tbsp breadcrumbs

Preheat the oven to 350 degrees and grease casserole pan (or spray with cooking oil). Melt the butter in a saucepan and stir in the flour; cook for one minute. Add the milk and whisk until the sauce is smooth (if using canned corn, substitute the liquid for some of the milk). Remove from heat and stir in the cheddar cheese, pepper, and nutmeg. Add the macaroni and veggies to the sauce. Pour in the prepared casserole pan. Sprinkle the top with the Parmesan and breadcrumbs and bake for 25 minutes. Please mark the cover of your casserole pan with a large letter V.

Kitchree – Indian Rice & Lentils

Olive or vegetable oil (for sautéing)
1 large or 2 medium onions, chopped
1½ cups brown rice
1½ cups dried lentils
5 cups boiling water
1 bay leaf, crushed
2 tsp cinnamon
¼ to ½ tsp black pepper
1½ tsp cumin
1 tsp salt (or more to taste)

Sauté onion(s) until golden. Add rice and lentils to onions and sauté for 2-3 minutes. Add boiling water and seasonings. Cover and simmer over low heat until tender, about 1 hour. Stir occasionally and add additional water if necessary. Transfer to aluminum pan and mark with a 'V' on the top for Our Daily Bread.

Spinach Lentil Bake (Vegetarian)

5 cups cooked lentils	2 tsp garlic powder
2 cups cooked brown rice	1 tsp Italian seasoning
1 cup quick-cooking oatmeal	2 tsp oregano
1 cup onion, finely minced	1 tsp salt
5 cups tomato sauce	1 tsp pepper
1 16-oz bag frozen chopped spinach, thawed slightly	
2 cups crushed corn chips	

Preheat oven to 350 degrees. Combine all ingredients except corn chips in a casserole dish and mix thoroughly. Press mixture into pan. Sprinkle corn chips over the top and bake for 1 hour.