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A Worldwide Vegetarian Journey to Discover the Foods That Nourish America's Immigrant Soul.

January 2019

PLANNED LEFTOVERS

Kidney Bean and Macaroni Salad with Corn

My Tartar Sauce

Potato–Cheddar Soup

Orange Cream Tart with Oatmeal Crust

**Slow Cooker Vegetable *Ragu*
with the Flavors of Greece**

Sweet Potato Casserole with Ginger and Fruit

**Vegetable Slow Cooker *Ragout*
in the Style of the Argentine**

We all have busy lives so the pressure to feed our families often invites cutting corners with prepared foods and take-out fast foods. Back when we became vegetarians there were few convenience shortcuts that were helpful. Even *tofu* required a trip to an Asian market or a restaurant. In the 1960s and 70s there was little information on labels and there was no regulatory oversight or fact check or manufacturers' cooperation to assure accuracy. Inadvertently consuming meat stock was a real possibility if you opted for a canned vegetable soup. The next couple of days after such an incident can be problematic when you no longer have the enzymes to digest meat products. Restaurants and hostesses often dismissed this as a "fussy" guest.

I, for one, wrote hundreds of food companies in the 1970s and 80s about their products, requesting nutritional information. Many just flat out refused to provide the information responding with curt or, in some cases, insulting letters. There must have been a bigger movement in progress of which I was just a single "mosquito" because nutritional labels were finally required with the passing of the Nutrition Labeling and Education Act in 1990. In 1991 the labels began to appear and we finally had guidance. The Food Allergy Labeling and Consumer Protection Act was passed in 2004. Regulations for the use of the word organic and enforcement of those regulations, and the expansion of canned and frozen foods, specifically designed for vegetarians and vegans, have made the lives of the plus or minus 7.3 million vegetarian Americans far less complicated than it was for us in 1973. The progress was slow but we had come a long way from 1862 when President Lincoln appointed a chemist to the Bureau of Chemistry that eventually evolved into the Food and Drug Administration.

Life changed when there were two of us dependent upon my cooking and menu planning. I made a disciplined weekly plan, menus were set up, albeit in pencil, circulars were consulted, and shopping lists were prepared. No more coming home from my university research job at 7:30 and staring into the refrigerator and cupboard for inspiration.

As a result, planned leftovers became a passion; my refrigerator, freezer, dehydrator, and cold-pack canner became my trusted assistants. Leftover stews and soups have always found harbor in our freezers to be used for future menus. Canned beans and soups are often used in my recipes and even if covered and refrigerated, attention to these leftovers must be swift or mold will take hold and you will have to discard what was good food a few days before. To avoid the waste and still have these half-portions available, I have routinely frozen such foods in small containers. Leftover wines, canned tomatoes, tomato paste in tablespoonful portions, freshly squeezed lemon and lime juice, nutmeals, whey drained from yogurt and sour

cream, and even pasteurized eggs which can be defrosted and refrozen as needed. *Pasta* sauces, breadcrumbs, cakes, and cookie dough in the freezer are there when you need them.

Eventually you find yourself cooking with a future meal in mind. It becomes a smooth, integrated mental process from day to day, week to week and your daily schedule gets plugged into a system that is infinitely helpful to the stress of the three-meals-a-day life we lead.

KIDNEY BEAN AND MACARONI SALAD WITH CORN

TPT - 1 hour and 20 minutes;
1 hour = flavor development period

This protein-packed salad is a great plan-ahead “rice and beans” choice for busy schedules. Well-flavored the first day, it takes on deeper flavor nuances the next day. We often serve this as a main-course salad with a tossed green salad on the side. In the winter it is often accompanied with a mug of soup.

2 quarts boiling water
1 cup dry pipette macaroni

1 can low-sodium red kidney beans—well-drained
1/2 cup frozen corn kernels
1/2 cup diced Cypriot Halloumi cheese

1/4 cup reduced-calorie or light mayonnaise
1 tablespoon Thai sweet chili sauce
1 tablespoon light dairy sour cream

In a saucepan set over *MEDIUM-HIGH* heat, combine *boiling* water and macaroni. Cook, according to package directions. Drain well. Rinse with *cold* water. Drain thoroughly. Turn into a mixing bowl.



Add *well-drained* kidney beans, corn, and diced *Halloumi* cheese. Toss to combine.

In a small dish, combine mayonnaise, Thai sweet chili sauce, and sour cream. Mix well. Add to vegetables and gently stir to coat the vegetables and cheese with the dressing. Turn into a serving bowl. Refrigerate for at least 1 hour to allow flavors to meld.

Refrigerate leftovers.

Yields 6 servings



1/6 SERVING – PROTEIN = 12.8 g.; FAT = 7.2 g.; CARBOHYDRATE = 39.2 g.;
CALORIES = 266; CALORIES FROM FAT = 24%

MY TARTAR SAUCE

TPT – 3 minutes

One day, decades ago now, I went to a grocery store with the singular objective of finding a tartar sauce. After reading the labels of several brands, I fled the project in disgust. You emphatically do not need all those chemicals for a tartar sauce! The next step, after spending a period of regret for all the chemicals I had handed off to my liver to deal with, was to find an easy, homemade substitute. Most recipes in those early cookbooks paid little attention to the sodium load. I created many versions over the years but one day I added a spoonful of the liquid from an opened jar of my own canned corn relish and just a touch of Thai sweet chili sauce. That was it; this is my version.



2 tablespoons *finely* chopped onion
2 tablespoons *finely* chopped dill pickle
1/2 teaspoon Thai sweet *chili* sauce

1 cup *reduced-fat or light* mayonnaise

1 tablespoon liquid from jarred corn relish*

In a small bowl, combine *finely* chopped onion and dill pickle, Thai sweet *chili* sauce, and mayonnaise. Stir to combine well.

Gradually beat in liquid from corn relish. Blend well. Turn into a serving bowl.

Refrigerate until ready to serve. Cover and refrigerate leftovers.

Yields 1 1/4 cupfuls

Notes: *Jarred corn relish is available in the pickle section of most well-stocked grocery stores and always at farm markets in our part of the country. My recipe can be found on pp. 579-80 in volume II of *A Worldwide Vegetarian Journey to Discover the Foods That Nourish America's Immigrant Soul*.

This recipe can be halved but since it keeps well in the refrigerator and is the perfect sauce for “fishless fish” or fries or onion rings or even a burger, I make the whole recipe with an eye to planned leftovers.

1/10 SERVINGS (i. e., 2 tablespoonfuls) –
PROTEIN = 0.04 g.; FAT = 8.0 g.; CARBOHYDRATE = 2.5 g.;
CALORIES = 84; CALORIES FROM FAT = 86%

POTATO – CHEDDAR SOUP

TPT - 23 minutes

I never judge mashed potatoes right. Maybe it is because I do not make mashed potatoes often or maybe everybody has leftover potatoes. Assuming the latter is true, maybe others also freeze leftovers to use in other dishes. This cheese soup, quite different from an Ecuadorian potato and cheese soup in my collection or my favorite Canadian cream of cheddar cheese soup, is a way of using up that half-a-cupful of leftover mashed potatoes for a soup and salad or soup and sandwich meal. Instead of admitting I made too many mashed potatoes again, I now say, “Oh, these were a planned leftover. Tomorrow we are going to have potato-Cheddar soup.”

1 1/2 tablespoons butter
1/2 cup finely chopped onion
1 garlic clove—very finely chopped

3/4 cup cooked mashed potatoes
1 cup two-percent milk
3/4 cup vegetarian stock of choice

Freshly ground black pepper, to taste
1/2 cup shredded sharp Cheddar cheese

In a skillet set over *MEDIUM* heat, melt butter. Add *finely* chopped onion and *very finely* chopped garlic. Sauté until onion is soft and translucent, *being careful to allow neither the onion nor the garlic to brown*. Turn into the work bowl of the food processor fitted with steel knife.

Add mashed potatoes, milk, and stock. Process until *very smooth*. Turn into a saucepan. Set over *LOW-MEDIUM* heat.

Season with black pepper. Add shredded cheese. Cook, stirring constantly, until cheese is melted and soup is heated through. Turn into a heated **4-cup soup tureen**.

Serve into heated soup bowls.

Yields 3 cupfuls
adequate for 2 people

Note: This recipe can be doubled or tripled, when required.

1/4 SERVING (i. e., 3/4 cupful) –
PROTEIN = 6.6 g.; FAT = 10.0 g.; CARBOHYDRATE = 13.3 g.;
CALORIES = 171; CALORIES FROM FAT = 53%



ORANGE CREAM TART WITH OATMEAL CRUST

TPT - 2 hours and 13 minutes;
30 minutes = crust-cooling period;
1 hour = refrigeration period

This is definitely a planned leftover. If I make this, our dessert is ready and waiting the next day and there is enough for tea as well. The filling is just a suggestion; once you have made the crust, you are on your own creative way and your imagination is the only limit.

CRUST:

2/3 cup quick rolled oats (not instant)
6 tablespoons unbleached white flour
1/4 cup light brown sugar
1 1/2 teaspoons shredded organic orange zest

1/4 cup butter – brought to room temperature

FILLING:

4 ounces low-fat Neufchâtel cream cheese
3 tablespoons light dairy sour cream
1 tablespoon orange pulp
1 1/2 teaspoons shredded organic orange zest
1 tablespoon light brown sugar
1/2 teaspoon pure vanilla extract



Preheat oven to 350 degrees F. Prepare a **two-piece, 13 x 4-inch tart pan** by coating with non-stick, lecithin spray coating for baking.

In the work bowl of the food processor fitted with steel knife, combine rolled oats, flour, 1/2 cupful light brown sugar, and 1 1/2 teaspoonfuls shredded orange zest. Process by pulsing off and on for several minutes.

Add butter. Process until mixture forms a dough, scraping down sides as needed. Press dough into the prepared tart pan. Bring the crust about half-way up the sides of the tart pan by pressing with the heel of your hand and your fingers. Bake in preheated 350 degrees F. oven for 20 minutes. Transfer to a wire rack and allow to cool to room temperature.



Clean food processor work bowl and blade.

In the cleaned work bowl of the food processor, combine cream cheese, sour cream, orange pulp, 1 1/2 teaspoonfuls shredded orange zest, 1 tablespoonful light brown sugar, and vanilla extract. Process until very smooth. Pour over cooled tart crust. Spread evenly to the edges. Refrigerate for at least 1 hour.

Remove outer ring of tart pan. Transfer to a long board or platter. Slice crosswise to serve.

Refrigerate leftovers.

Yields 6 servings

1/6 SERVING – PROTEIN = 4.4 g.; FAT = 13.1 g.; CARBOHYDRATE = 26.8 g.;
CALORIES = 228; CALORIES FROM FAT = 52%

SLOW COOKER VEGETABLE RAGU WITH THE FLAVORS OF GREECE

Sofegada

TPT - 3 hours and 33 minutes;
[slow cooker: 3 1/4 hours @ LOW]

The slow-cooked vegetable stew, “sofegada,” found on the Greek island of Crete, may well have originated in Venice since the name seems to have its origins in the Italian verb “sofocazione,” which means to smother or to suffocate. There is also evidence to support a Catalonian connection since a similar, slow-cooked vegetable dish called “sofregita” can be found firmly entrenched in the local cuisine. Although my version was inspired by the slow-cooked Greek classic, it features root vegetables and has become a winter favorite in our family. When I was young, a trip to the root cellar to retrieve one parsnip and one carrot from the soft sand was the job of the grandchildren but parsnips and carrots are sold in bunches or packaged today. As a consequence, there are always orphans of these vegetables in the refrigerator crisper drawers to be used up. Sometimes they can look very much like the wrinkled mid-winter roots I used to collect for my grandmother. The slow cooker gives these vegetables new vigor. To take advantage of the succulence of this ragu, I add noodles. Unlike those convenient little commercial egg noodles available in your grocery store, Italian pasta absorbs the flavorful liquid of the ragu and becomes integral in the taste experience. I added both a pappardelle nest and some egg noodles to this dish; the result was a confirmation of the concept noticed by all who had dinner that evening. The sauce coated the egg noodles, floating, if you will, on the surface, while the sauce penetrated the imported pappardelle pasta.



1 tablespoon butter
1 tablespoon *extra virgin* olive oil
1/2 cup chopped onion

1 1/2 cups canned, *whole* tomatoes canned in tomato purée
1/2 cup red wine—our choice is a high-end Chianti or a Pinot Noir
Pinch ground cinnamon
3 whole allspice seeds
2 whole cloves
1/2 teaspoon crushed, dried basil
Freshly ground black pepper, to taste

1 medium parsnip—peeled and sliced into 1/4-inch rounds
1 long carrot—scraped or pared and cut into 2-inch lengths
1 medium French turnip—peeled and cut into large dice
2 large garlic cloves—*thinly* sliced lengthwise

20 baby spinach leaves—well-rinsed and stems removed
1/3 cup *frozen* corn kernels

1 imported Italian *pappardelle* nest
***Boiling* water**

Crumbled *feta* cheese

Preheat slow cooker to LOW.

In a saucepan set over *MEDIUM* heat, melt butter with olive oil. Add chopped onion and sauté until onion is soft and translucent, *being careful not to allow onion to brown*.

Add tomatoes, red wine, ground cinnamon, whole allspice, whole cloves, crushed, dried basil, and black pepper. Bring to the boil, stirring frequently. Turn into the bowl of the preheated slow cooker.

Add parsnip rounds, carrot pieces, turnip dice, and *thinly* sliced garlic. Cover and allow to cook for 2 hours. Stir occasionally.

Add spinach leaves and *frozen* corn. Cover and continue cooking.

In a saucepan set over *MEDIUM-HIGH* heat, cook *pasta* nest in *boiling* water for 3 minutes less than directed on the package. Drain. Add to ingredients in the bowl of the slow cooker. Cover and continue cooking for 1 hour more. Stir occasionally and *add water or stock if ragu begins to dry*. Vegetables should be succulently soft. Turn into a serving bowl or onto a platter, if preferred.

Serve at once with crumbled *feta*.*

Yields 4 servings

Notes: *The melding of flavors while refrigerated, makes this *ragu* a wonderful candidate for a second appearance. Reheat over *LOW* heat in a non-stick coated skillet or saucepan.

This recipe can be doubled.

1/4 SERVING (exclusive of *feta* cheese) –
PROTEIN = 4.4 g.; FAT = 6.4 g.; CARBOHYDRATE = 33.8 g.;
CALORIES = 170; CALORIES FROM FAT = 34%

SWEETPOTATO CASSEROLE WITH GINGER AND FRUITS

TPT - 54 minutes

I find it quite convenient, economical of time and fuel, to boil and mash, or bake and mash, several sweetpotatoes or yams at once. Containers of mashed sweetpotatoes are, therefore, available for retrieval from the freezer as a vegetable side dish as is or for use in dishes such as this casserole that may have its origin in a Caribbean cuisine. It is an unusual vehicle to deliver fruits to your family.

2 teaspoons butter
1 green-tipped banana—chopped
1 medium pear—firm but ripe—chopped*
2 teaspoons very finely chopped gingerroot

1 cup mashed sweetpotatoes

1/4 cup unsweetened apple juice
1/4 cup chopped, unsulfited, dried apricots



Preheat oven to 350 degrees F. Prepare a **5-inch soufflé dish** by coating with non-stick lecithin spray coating.

In a skillet set over *LOW-MEDIUM* heat, melt butter. Add chopped banana and pear, and *very finely* chopped gingerroot. Stir to combine. Cover and cook for about 10 minutes. Remove from heat.

Add the mashed sweetpotatoes to the sautéed fruits. Stir gently.

Add apple juice and chopped, dried apricots. Stir gently. Turn into prepared soufflé dish. Bake in preheated 350 degrees F. oven for 30 minutes.

Yields 4 servings

Notes: *If you do not have a perfectly ripened pear ready, a peeled, cored, and chopped Delicious or Gala apple can be substituted.

This recipe can be doubled, when required. Use a 1- or 1 1/2-quart soufflé dish when doubling.

1/4 SERVING – PROTEIN = 1.3 g.; FAT = 2.2 g.; CARBOHYDRATE = 22.7 g.;
CALORIES = 110; CALORIES FROM FAT = 18%

VEGETABLE SLOW COOKER *LAGOÛT* IN THE STYLE OF THE ARGENTINE *Carbonada Crioli sin Carne de Vaca*

TPT - 7 hours;
2 hours = dried fruit soaking period;
[slow cooker: 2 hours at HIGH;
2 hours at LOW]

“What is carbonada criolla? “. . . meat, vegetables, and fruits.” “Well, can we just ditch the meat?” “Oh no, it is a beef stew.” . . . a conversation? No, this became more like a challenge. This is a stew, popular in Argentina and usually served in a hollowed-out pumpkin or squash, but, yes, it is a beef stew filled with vegetables and fruits . . . and why not ditch the beef? To enjoy it we did make some changes and when cooked in a slow cooker, it can be easily ready for a same-day dinner and for the next day’s lunch.

3 dried *preservative-free* apricot halves
2 dried, pitted, *preservative-free* prunes
1/2 cup *boiling* water

1 tablespoon *extra virgin* olive oil
1/2 medium onion—chopped
1 large garlic clove—*finely* chopped
1 large bay leaf—broken in half
2 whole cloves
1 tablespoon dried oregano—crumbled

**2/3 small red bell pepper—well-washed, cored,
seeded, and chopped**
1 cup canned, *diced* tomatoes with liquid
1 small golden Yukon potato—peeled and diced
1/2 small sweetpotato—peeled and diced
1 cup canned kidney beans—well-drained
Reserved fruit soaking water

1/2 cup fresh *or* frozen corn kernels
1/2 medium zucchini—diced

3 firm, canned pear halves—chopped

**The neck of a butternut squash, peeled and sliced
into six 1/2-inch slices**



In a small bowl, combine apricot halves, prunes, and *boiling* water. Allow fruits to rehydrate for at least 2 hours. Drain, *reserving soaking water*. Chop fruit. Set aside until required.

Preheat the slow cooker set at HIGH.

Add olive oil, chopped onion, *finely* chopped garlic, bay leaf pieces, whole cloves, and crumbled dry oregano. Cook, stirring frequently, until onion begins to soften. Remove and discard bay leaf pieces and whole cloves.

Add chopped pepper, diced tomatoes with liquid, diced potato and sweetpotato, and drained kidney beans. Stir gently. *If and when more water is required, add the fruit soaking water that has been reserved*. Allow to cook for 2 hours.

Reduce slow cooker temperature to LOW. Add corn, diced zucchini, and chopped apricots and prunes. Cover and allow to cook for 2 hours more.*

Set up the steamer. Steam butternut squash slices until tender.

Add chopped pears to ingredients in slow cooker bowl. Cover and allow to cook for 15 minutes more.

Turn *ragoût* into a heated serving bowl. Place a squash slice onto each heated dinner plate or large soup plate.

Ladle some of the *ragoût* over each squash slice. Pass the rest of the vegetables to accommodate individual tastes.

Yields 6 servings
adequate for 4-6 people

Note: *This can be prepared to this point the day before it is to be served. Add pears and reheat about 1 hour before serving.

When served for dinner, you may want to serve it in a baked pumpkin shell or squash shell. It is a dramatic presentation.

Leftovers can be frozen but should be defrosted completely before reheating to preserve the vegetable textures of the original.

1/6 SERVING – PROTEIN = 5.5 g.; FAT = 2.5 g.; CARBOHYDRATE = 36.4 g.;
CALORIES = 193; CALORIES FROM FAT = 12%

*Cakes can also be planned leftovers but
who wants cake for dessert for a week . . . just a bit too much cake, perhaps?*

*Next month I'll share some small cakes that are just perfect
for a small family meal or two.*

Please drop by,

Judy

Please note that all food value calculations are approximate and not the result of chemical analysis.

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