



*The*

# FREE LUNCH

AT HOME  
COOKBOOK

*Creative  
Sustainable  
Vegan*



## CREATED BY

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## CONCORDIA UNIVERSITY

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## SPECIAL THANKS TO

Paulina Matthews, Margot Flores  
Torre, Luna Cuervo Riano, & the  
Hive volunteers for sharing their  
knowledge and experiences



# LAND ACKNOWLEDGEMENT

"We would like to begin by acknowledging that Concordia University is located on unceded Indigenous lands.

The Kanien'kehá:ka Nation is recognized as the custodians of the lands and waters on which we gather today. Tiohtià:ke/Montréal is historically known as a gathering place for many First Nations. Today, it is home to a diverse population of Indigenous and other peoples. We respect the continued connections with the past, present, and future in our ongoing relationships with Indigenous and other peoples within the Montreal community."

A vibrant still life photograph of various vegetables and flowers arranged on a blue, textured surface. The composition includes a large green leafy vegetable at the top, a dark green squash on the left, a large orange pumpkin at the bottom right, and several clusters of tomatoes in red, orange, and green. There are also purple flowers on the left and pink flowers on the right. A semi-transparent blue rectangle is overlaid in the center, containing the text.

# LABOUR ACKNOWLEDGEMENT

Labour of love to EV and Emily



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# VISION

The Hive Free Lunch Program envisions accessible food systems operated locally and democratically, that are socially, economically, and environmentally regenerative.

# MISSION

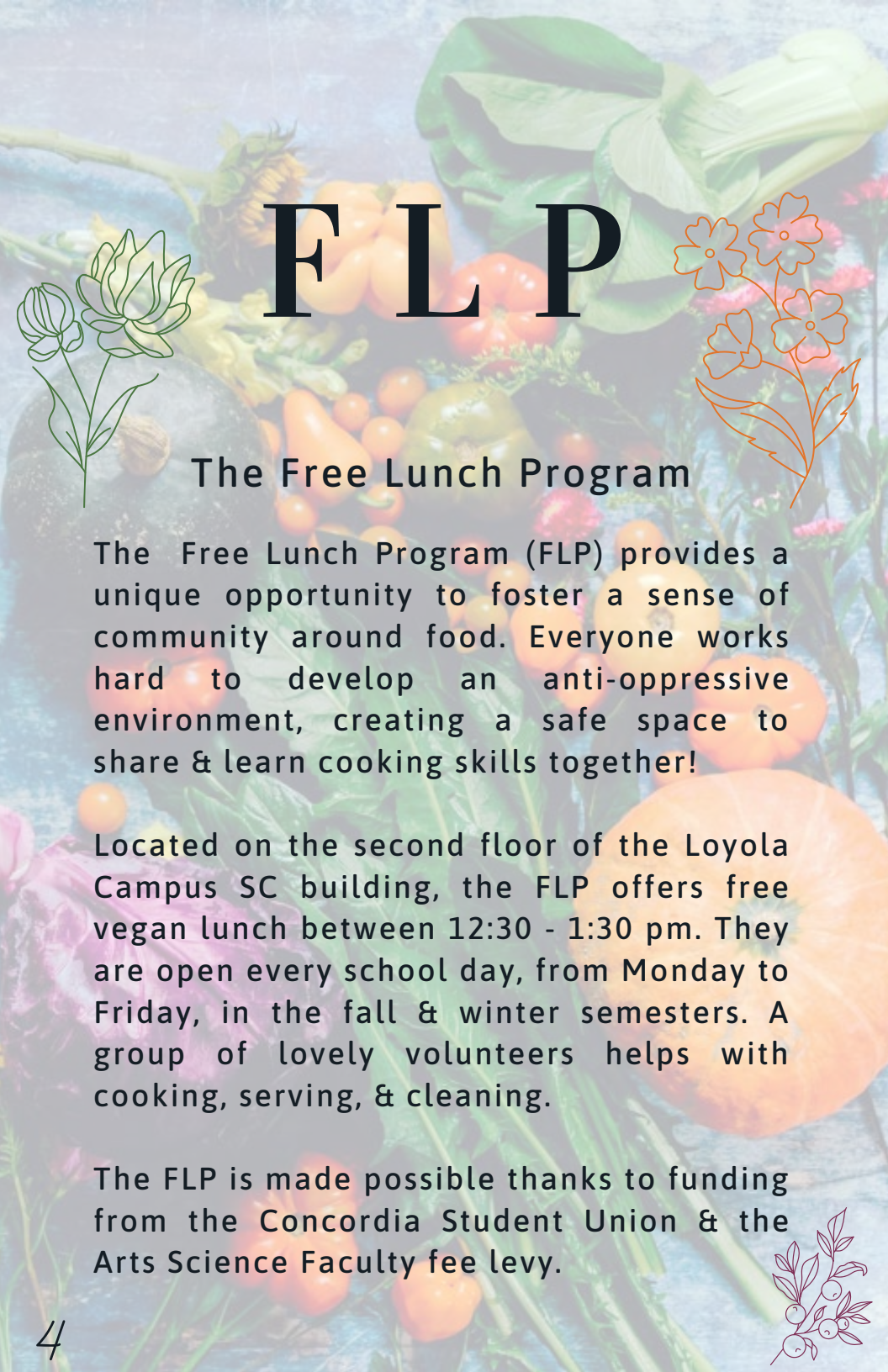
The Hive Free Lunch Program aims to be a model food system at Concordia University by providing food through sustainable practices and empowering the student community.



# VALUES

## The Hive Free Lunch Program Values:

- **HEALTHY FOOD** that is organic, locally grown, & varied
- **JUST FOOD** that is accessible, affordable & ethically sourced
- **SUSTAINABLE PRACTICES** that are socially, economically, & environmentally sound
- **FAIR REPRESENTATION** of the diversity of our members, stakeholders, & community
- **Strong ACCOUNTABILITY & TRANSPARENCY** to our members, stakeholders & community
- **EMPOWERING STUDENTS** as vital actors in the decision-making process
- Upholding **FAIR LABOUR RELATIONS, WORKER & VOLUNTEER RIGHTS** within the Hive Free Lunch Program
- Cultivating a **GROWTH MINDSET** at the Hive Free Lunch Program through continuous learning opportunities
- Nurturing **SAFER COMMUNITY SPACES** that are welcoming, non-judgmental, & promote inclusion of a diversity of people



# FLP



## The Free Lunch Program

The Free Lunch Program (FLP) provides a unique opportunity to foster a sense of community around food. Everyone works hard to develop an anti-oppressive environment, creating a safe space to share & learn cooking skills together!

Located on the second floor of the Loyola Campus SC building, the FLP offers free vegan lunch between 12:30 - 1:30 pm. They are open every school day, from Monday to Friday, in the fall & winter semesters. A group of lovely volunteers helps with cooking, serving, & cleaning.

The FLP is made possible thanks to funding from the Concordia Student Union & the Arts Science Faculty fee levy.





# MEET THE CHEFS

## Margot Flores Torre

The Kitchen Coordinator identifies as a queer Latinx filmmaker from Mexico City, & loves talking about food, reading books, & riding a bike on sunny days. Margot provides the deep spicy flavours at the FLP, & is also to thank for keeping volunteers feeling welcome & safe in the space.

## Luna Cuervo Riano

The Support Coordinator is a Neuroscience & Psychology student. When she's not studying she's spending time with nature or her family & friends. She keeps the energy high in the kitchen & adds the finishing touches.

## Paulina Matthews

The Admin Coordinator at the FLP identifies as a non-binary, Finance & Sustainability student, who enjoys painting & long walks on the beach. They provide the Italian gusto at the free lunch kitchen.

# VOLUN

WHAT DO YOU LOVE

"Meeting with new people & hearing about their stories."

"I love seeing the end result of all that delicious food, & I've learned so much about cooking vegan which I was clueless about before."

# TEERS

A B O U T   T H E   F L P ?

"I love all the new alternatives for eating healthy & vegan. These are all life skills that help me on the daily. Of course, one of the big reasons [why I love the Free Lunch] is the coordinators. Margot, Paulina & Luna make it so much fun to be in there & show support to everyone, which is something beautiful to be a part of."

# THANK YOU

## TO THE FREE LUNCH'S VOLUNTEERS

Amira  
Angèle  
Angel  
Angelique  
Anna  
Anne  
Ben  
Camille  
Carmen  
Caroline  
Clara  
Corey  
Deena D  
Devan  
Dina S.  
Dominique  
Emily

Gillian  
Gloria  
Gui  
Hannes  
Hugo  
Imge  
Isabella  
Jack  
Julia  
Katherina  
Kaye-Anne  
Kê  
Leïla  
Lily  
Lisa  
Maddie  
Malena  
Malika

Marc-Antoine  
Michaela  
Morgan  
Oliver  
Olivier B.  
Pantelli  
Paola  
Ron  
Roy  
Sagine  
Sarah  
Sofia  
Steph  
Talya  
Tobias  
Valerie C.  
Vera



# GET INVOLVED

The Free Lunch Program is always in need of volunteers for cooking, serving, or cleaning. No kitchen experience or long-term commitment is required! Volunteers can simply show up at the FLP any day between 10 AM - 3 PM to offer their help, & are free to stay for as much or as little time as they want.

Any help is appreciated, whether you come once or weekly, for 30 minutes or for 4 hours. All you need to bring in order to volunteer in the kitchen is a hat, a hair tie (if applicable), a shirt with sleeves, closed-toe shoes, and a tupperware if you want to bring seconds home!

The perks of volunteering include lunch servings before anyone else, free tea & coffee, & the opportunity to learn about healthy food and sustainable practices in a safe community space. If you can't volunteer but still want to support the FLP, you can always donate money, silverware, or simply spread the word about us!



# R E C

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Molasses Cookies



# COCONUT MILK RED PEPPER PASTA

## A B O U T

This plate was inspired by the streets Antonio Van Dick and Leonardo Da Vinci, a neighborhood full of diversity, in Mixcoac, Mexico City. I remember the smell of the fresh garlic and the red peppers mixed all with the coconut milk, spices, and oil. This recipe became one of the most loved FLP dishes. It is creamy, delicious, and easy to make.

## I N G R E D I E N T S

3 red peppers  
2 garlic cloves  
½ onion  
2 cups coconut milk  
16 ounces pasta of your choice  
1 tsp salt  
1 tsp black pepper  
1 tbsp red chili flakes  
2 tbsp nutritional yeast



## P R E P A R A T I O N

Stir-fry the onion and garlic in oil, with salt and black pepper. Add the red peppers and mix. Cook until all veggies are soft. Next, add the coconut milk, chilli flakes, and nutritional yeast. Let simmer for 10 mins on low, and mix until everything is smooth. Once the sauce is liquid, turn the heat up to let it boil. When boiling, add pasta and let cook for 10 mins or less. Alternatively, you can make this without cooking the veggies. Simply stir them with the coconut milk and add the spices. In a pot, let this sauce simmer for 10 mins on low, then add the pasta and let it cook until al dente.

# SMOKEY TOFU WRAPS

## A B O U T

This dish is inspired by the TBLT sandwich at Montreal's Resonance Cafe, with similar smoky and mayo flavors. In this version, the smoked tofu is wonderfully incorporated with vegan chipotle mayonnaise, wrapped with a flour tortilla and finished with toasted coconut shreds. It has a few steps to follow, but it's worth it for the soul.

## S M O K E Y   S A U C E I N G R E D I E N T S

- ½ cup soy sauce
- 1 TBSP brown sugar or maple syrup
- 3 splashes liquid smoke
- 1 TSP salt
- 1 TSP garlic powder
- 1 TSP black pepper
- 2 TBSP any type of oil
- 1 TBSP nutritional yeast
- ½ TBSP paprika
- ½ TBSP chipotle powder



## V E G A N   M A Y O I N G R E D I E N T S

1 cup water  
¼ cup sesame seeds  
1 cup lemon  
¼ cup vinegar  
½ TBSP garlic powder  
½ TBSP chipotle powder (for chipotle mayo)  
3 garlic cloves  
1 TSP salt  
1 TSP Black pepper

## E X T R A S

4 to 5 leaves of romaine lettuce  
Whole wheat tortilla (gluten free option:  
replace with more lettuce)  
1 square of tofu  
½ bag of shredded unsweetened coconut

## P R E P A R A T I O N

Prepare the smokey sauce first by simply combining all the ingredients in a bowl. Cut the tofu into 2 cm slices. Heat oven to 400F and place tofu on pan. Pour smokey sauce over tofu, add coconut, and bake for 15-20 minutes. While the tofu is baking, make the mayo. Add all of the mayo ingredients to a blender or food processor. Begin blending, and add more lemon or water if needed. When everything is ready, place a slice or two of tofu and a leaf of lettuce in a warm tortilla. Top with mayo and coconut shreds, wrap up and enjoy.



# CHILI

## A B O U T



Chili is a Tex Mex dish that is deeply loved by North Americans. We love serving it with vegan sour cream and corn tortillas chips. It's filling, warm, and comforting for a cold winter day!

### C H I L I

### I N G R E D I E N T S

½ cup pinto beans  
1 cup kidney beans  
½ onion (diced)  
2 garlic clove (minced)  
1 carrot (diced)  
1 cup of corn  
1 green pepper (diced)  
2 tomatoes (diced)  
½ TBSP paprika  
½ TBSP chili pepper  
½ TSP cayenne pepper  
½ TSP chipotle powder  
½ TSP cumin  
½ TBSP garlic powder  
1 TSP salt  
1 TSP black pepper  
1 TBSP tomato paste  
1 lime  
2 cups of water (or vegetable broth)  
Minced cilantro for topping, if desired





## S O U R   C R E A M I N G R E D I E N T S

- 1 block silken tofu (or 1 cup soft tofu well drained)
- 2 tbsp lemon juice
- 1 tsp salt
- 1 tsp sugar
- 2 tbsp light olive oil or any neutral flavored oil (optional)

## E X T R A S

- 5 corn tortillas



## P R E P A R A T I O N

If using fresh beans, soak them the day before. After the beans have been soaked, boil them in water (or vegetable broth\*) and add oil, salt, cumin and pepper. In another pot, add oil and the rest of spices, along with the veggies and corn. Mix all the veggies and let them cook, but make sure they stay a little crunchy! When the beans are ready, separate them from the water, but keep a cup of bean water to use in the chilli. If it looks dry after mixing the beans with the veggies, add a little more bean water and some lime.

Sour cream: Put all ingredients into a blender, food processor, or use an immersion blender. Blend well until creamy and serve it on the top of your chilli. Store in the refrigerator.

Corn tortillas chips: Cut 5 tortillas into thin slices and add salt and pepper. Broil in the oven for 3-5 mins.



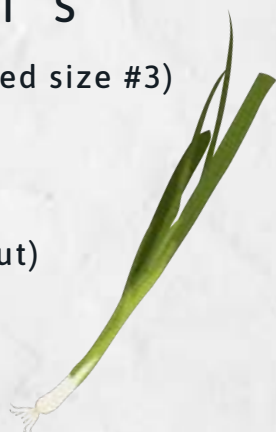
# PAD THAI

## A B O U T

This recipe is inspired by a traditional Thai noodle dish. It combines the tartness of tamarind with a nutty flavor of peanut butter, or sesame seed for a nut-free alternative. Culminating in a flavorful and satisfying dish.

## I N G R E D I E N T S

- 1 bag rice noodles (recommended size #3)
- 2 cups broccoli (cut into florets)
- 2 carrots (julienne cut)
- ½ hard tofu (sliced)
- 1 pepper (any colour, julienne cut)
- 1 cup of bean sprouts
- 3 stems of green onion (diced)



## T H A I   S A U C E I N G R E D I E N T S

- ½ cup soy sauce
- 1 TBSP sugar or maple syrup
- 2 cloves garlic
- 1 TBSP of peanut butter (nut free option:  
roasted sesame seeds)
- 2 TBSP sesame oil
- 1 TSP garlic powder
- 2 TBSP lemon juice
- 1 TSP salt
- 1 TSP black pepper
- 1 TSP paprika
- 1 TSP chili pepper
- ½ TSP cayenne pepper
- ½ TBSP tamarind paste



## P R E P A R A T I O N

Begin by combining all the ingredients for the sauce. In a pan, warm some oil on low and add salt, pepper, broccoli, carrots, green pepper, tofu, and bean sprouts. In a separate pot, boil water with oil, salt and pepper. Add rice noodles to the boiling water and remove when they are soft. Once the noodles are cooked, combine them with the veggies and sauce.

# CHICKPEA CAESAR SALAD

## A B O U T

Favored by many at the Free Lunch, it was only right to include this vegan version of the classic Caesar salad. With a creamy dressing and refreshing crunch, this is a perfect summer lunch.

## I N G R E D I E N T S

1 cup roasted chickpeas (let soak for one night before boiling)

Half of a Romaine lettuce

5 leaves of kale

1 cup roasted coconut shreds

2 slices whole-grain bread, or gluten-free bread (cut into small squares)

1 TSP salt

1 TSP black pepper

1 TSP paprika

½ TSP cayenne pepper

½ cup oil or vegan butter

# C A E S A R   D R E S S I N G I N G R E D I E N T S

- 1 TBSP dijon mustard
- 2 TBSP nutritional yeast
- ½ cup vegan mayonnaise
- 1 TSP crushed garlic
- 1 TBSP soy sauce
- 1 TBSP maple syrup
- 1 TBSP extra virgin olive oil
- ¼ TSP white vinegar

## P R E P A R A T I O N

In a pot with oil, salt and pepper, boil water for the chickpeas. When the chickpeas are cooked, drain and rinse them. Put them in a bowl and add oil, salt, black pepper, paprika and cayenne pepper. At the same time, place the coconut shreds in a separate pan. Preheat the oven to 350F and roast chickpeas and coconut shreds for 10-15mins. To make the croutons, blend 3 garlic cloves with ½ cup of oil or vegan butter, salt and pepper. Toss the cut bread pieces in a bowl with this sauce, and broil them in the oven till crisp. For the Caesar dressing, blend all the ingredients until you get a smooth sauce. Next, clean the romaine lettuce, and cut it into thick strips. Do the same with the kale, but be sure to take out the stems and before cutting it. To assemble the salad, add the romaine lettuce, kale, roasted chickpeas, and dressing to a big bowl. Mix, and add the crunchy coconut shreds and the garlic bread on top.

# LENTIL CURRY

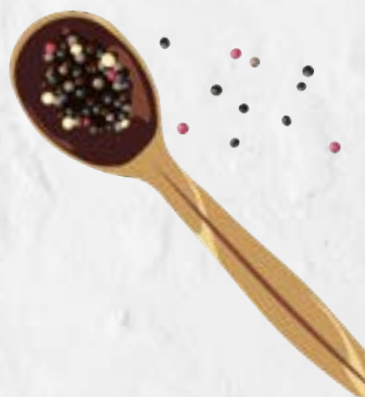
## A B O U T

This meal was inspired by a classic Trinidadian curry. We decided to switch things up with a few extra spices. Compliments a bowl of rice perfectly.



## I N G R E D I E N T S

1 cup orange lentils  
1 red pepper (diced)  
1 cup of mushrooms (sliced)  
1 carrot (diced)  
3 cloves garlic (minced)  
½ finger fresh ginger (minced)  
1 onion (diced)  
1 lime (juiced)  
½ TSP turmeric powder  
½ TSP cumin powder  
1 TBSP curry powder  
½ TSP cayenne pepper  
1 TBSP maple syrup  
1 TSP salt  
1 TSP black pepper  
1 can coconut milk



## P R E P A R A T I O N

Cut all of the veggies and tofu as indicated above. On medium heat, add oil and all of the spices to a pot. After the pot is fairly warm, add the veggies and the lentils. Add the coconut milk last, and let it boil for 15-20 mins. Stir every 10 minutes. Serve with rice.

# MINESTRONE SOUP

## A B O U T

This is the classic “get well soon” soup. Whether it’s a stuffy nose or a broken heart, Italian nonnas will always be ready with a bowl of this soup to make your day a little better.



## I N G R E D I E N T S

- 1 carrot (diced)
- 3 cloves garlic (minced)
- 1 onion (diced)
- 2 tomatoes (diced)
- 2 branches of celery (diced)
- 3 cups baby spinach
- 1 cup white beans (let soaked for one night before boiling)
- 2 TBSP olive oil
- ½ TSP dried oregano
- ½ TSP dried thyme
- 1 TSP dried basil
- 1 TSP coconut sugar
- 1 TSP of salt
- 1 TSP of black pepper
- 1200ml of vegetable stock
- 1 TBSP soy sauce
- 2 cups of water (or vegetable broth\*)
- 1 lime (juiced)



## P R E P A R A T I O N

In a big pot on low heat, add oil, oregano, thyme, dried basil, salt and pepper. Mix well, and add onion, celery, garlic, carrots, tomatoes, in that order. Wait until the end to add the spinach! Next, add the white beans, coconut sugar, vegetable stock, soy sauce and water. Cover the pot and let the beans and vegetables cook for 30-40min. When all is cooked, turn the heat off and add the spinach and lime. Mix once more, and serve in a bowl.

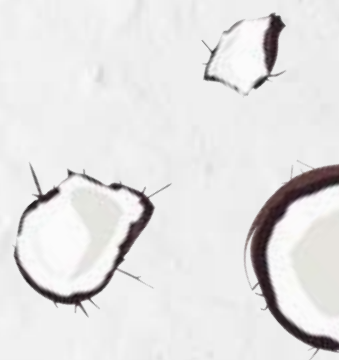
# RAJAS WITH CREAM, BEANS & RICE

## A B O U T

Traditionally made in the household as a quick meal, these Rajas are the perfect thing when you're in a time crunch. Rajas are commonly served with rice and refried beans. Shoutout to our one volunteer who can't help but reminisce whenever we make these.

## I N G R E D I E N T S

3 green peppers (cut in strips)  
1 onion (cut in strips)  
1 cup basmati rice  
1 cup pinto beans (let soak for 1 night before boiling)  
½ can coconut milk  
1 TSP salt  
1 TSP black pepper  
1 TBSP maple syrup  
½ lime (juiced)  
1 TSP cumin  
1 TSP epazote  
1 TSP oregano  
1 TSP chili flakes  
Any cooking oil  
½ cup vegan cheese (cut in strips)  
Water (or vegetable broth)  
½ TSP chipotle powder  
corn tortillas (for as many tacos as you can eat, optional)  
1 aguacate (optional & sliced)

An illustration of three sliced avocados, showing the green flesh and dark skin, arranged in a cluster on the right side of the page.

## P R E P A R A T I O N

### R A J A S

In a pan with oil, add the peppers, onions and salt. Cook the peppers until well-roasted, then add coconut milk & wait until the veggies get soft. Add the vegan cheese & lime juice, mix it, & turn off the stove.

### B E A N S

In a pot, put 2 cups of water to boil. Add the beans, salt, & pepper. Cover the pot and let them cook. When the beans are soft, drain the beans from the water, but keep the bean water in a cup. Blend the beans with  $\frac{1}{2}$  cup of the drained bean water, cumin, salt, black pepper, epazote, & chipotle powder.

### R I C E

On low heat, add basmati rice, salt, black pepper, oregano, chili flakes, & some oil to a pot. Mix until the rice becomes yellow-ish & add the 2 cups of water. Cover the pot and turn up the heat to medium-low. Cook for 25-30 minutes, or until there is no more water. Serve on a plate, with the rajas, beans, & avocado.

Optional: serve with warmed corn tortillas, & mix all the ingredients inside the tortilla for tacos.

# EV'S HOT SAUCE

## A B O U T

The recipe for our famous sauce comes from Ev, the previous Coordinator of the Free Lunch Program. This sauce became so famous that the Hive Cafe orders it for both Concordia locations! Every day, the program puts out one full bottle of this sauce with the meal. And every day, we are lucky if there is even a drop of the sauce left!

## I N G R E D I E N T S

5 jalapeños  
½ cup of oil  
2 TBSP apple cider vinegar  
¼ cup dried cranberries  
1 TBSP of sugar  
Salt to taste  
½ TBSP of paprika  
½ TBSP of chipotle powder  
Pinch of black pepper  
¼ TBSP of cayenne pepper  
3 lemons



## P R E P A R A T I O N

Preheat the oven to 350F. Cut off stems of jalapeños and cut lengthwise in half (do not remove seeds). On a baking sheet, drizzle the jalapeños in oil, sprinkle salt and pepper and cook until they are nicely roasted. We recommend checking on them every 10-15minutes. Remove them when the peppers have charred slightly. Be careful not to put your face too close, the peppers have a way of bringing tears to your eyes.

In a medium-sized pot, add the jalapeños, lemon, apple cider vinegar, dried cranberries, sugar, salt, paprika, chipotle powder and cayenne pepper. Set them on medium-high heat and regularly stir over 5 minutes.

Remove the pot from the heat and allow it to cool for about 15 minutes.

Blend it all together and add more of whatever your taste desires.

# MAKE YOUR OWN VEGETABLE BROTH!

This can be used for all of your recipes! Instead of only using water, we encourage you to make your own vegetable broth with all of your veggie scraps. Use any leftover veggie pieces, like the stems of the kale, pepper scraps, onion skins, leftover garlic, carrots, celery, cabbage, mushrooms...

These scraps can be stored for a few days in a sealable tupperware. When you're ready to make broth, grab a large pot and add some oil, salt and pepper, and a bay leaf if you have one. Add the veggies, and enough water so that all of the veggies are covered. Let the water come to a boil for a bit, then turn off the heat.

When the liquid has cooled, strain the vegetables, making sure to collect that yummy broth in a container. Put the strained vegetables in the compost and voila! That's it!

# MOLASSES COOKIES

## A B O U T

These molasses cookies are like nothing you've ever had. They are our volunteers' favorite cookies, perfect after a hard day of work or even during a lazy day in. The crunch on the outside and softness in the inside will quickly make them your favorite cookies too.

## I N G R E D I E N T S

2 cups all-purpose flour  
1 TSP baking soda  
½ TBSP cinnamon  
1 TSP ground ginger  
½ TSP ground cardamom  
½ cup vegan butter (melted)  
⅔ cup dark brown sugar  
½ blackstrap or fancy molasses  
½ tsp vanilla extract



## P R E P A R A T I O N

Preheat oven to 350F. In a medium bowl, combine flour, baking soda, cinnamon, ginger, and cardamom. Mix well. In a larger bowl, whisk together melted butter, brown sugar, molasses and vanilla. Stir the dry ingredients into the wet ingredients. Wrap tightly in plastic wrap and refrigerate for 30mins. Scoop cookie dough the size of a tablespoon and gently press each dough ball to flatten. Bake for 8-10 minutes or until the cookies are cracked and puffy.



**THE FLP  
COORDINATORS  
WOULD LIKE TO GIVE  
SPECIAL THANKS TO**

Kira Knox, Justine Routhier,  
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Co-op team!

**HAPPY COOKING!**



# CONCORDIA UNIVERSITY

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