

MO' HUBB'S
VEGGIE
COOKBOOK
FOR STUDENTS



ABOUT THIS COOKBOOK

Hungry? Sick of 99 cents pizza? Bored with spaghetti? If you've answered "yes" to any of the above questions you qualify for an alimentary overhaul. These vegetarian recipies were chosen for students with little time and money. It can also serve as a guide for volunteers of Mother Hubbard's Cupboard (affectionately known as Mo' Hubb's) who dare to cook for 80 people. All recipies that have this symbol: , are ideal for Mo' Hubb's volunteers. Mo's Hubb's Cupboard offers a warm vegan meal at 2090 Mackay Room 105 (Campus Ministry) for all students, their friends and family on Monday evenings between 5:00pm and 7:00pm with a suggested donation of \$1-2. You will also notice another symbol: , this means the recipie is vegan, or made without any diary or animal products.

Concordia University offers other nutrition related services, for those with special dietary needs or concerns.

Campus Ministry- Student Emergency Food Fund

Loyola: 2496 West Broadway 848-3588

SGW: 2090 Mackay, Annex Z Rm. 102 848-3590

Food Vouchers available by appointment only. Call to see a Chaplain at Campus Ministry at either campus.

The People's Potato

Reggie's Basement, Hall Building

Generous Vegan lunches for a suggested donation of \$1-2. Offered Monday-Friday during Fall and Winter semesters. Lunch only.

Le Frigo Vert

2130 Mackay 848-7586

Healthy, natural, organic foods sold in bulk. Also sell vegan sandwiches, snacks and natural beverages.

Health Services

Loyola: Adminsitration Building, Rm. 121-3. 848-3575

SGW: 2155 Guy, Rm. 407 848-3565

Walk-in or call for an appointment. Nurses offer nutritional counselling and educational programs. Referrals to specialists. Monday-Friday 9:00am-5:00pm.

Note to those cooking for Mo' Hubb's - The measurement conversion guide is on the inside back cover.

ACKNOWLEDGEMENTS

**This book was compiled, prepared
and designed by Nina Sudra**

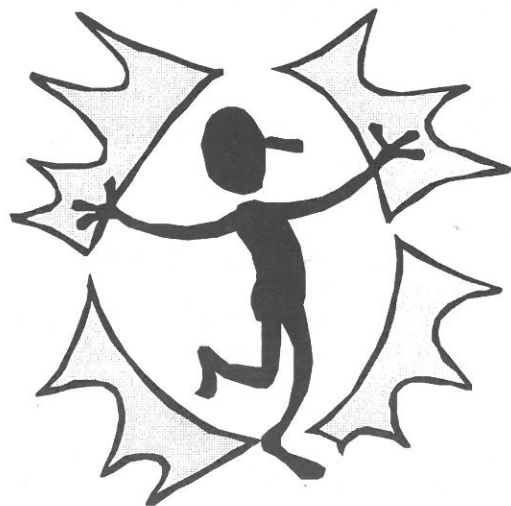
Some of the recipies in this cookbook were taken from
the following publications:

Klaper, Michael M.D. Vegan Nutrition: Pure and
Simple. Umatilla: Gentle World, Inc., 1987

Ed. Brenda Davis, R.D. Healthy Beginnings Care
Package. EarthSave International, 1999

Mega-big thanks go to the Mo' Hubbs crew, especially
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have compiled many recipies over the years.

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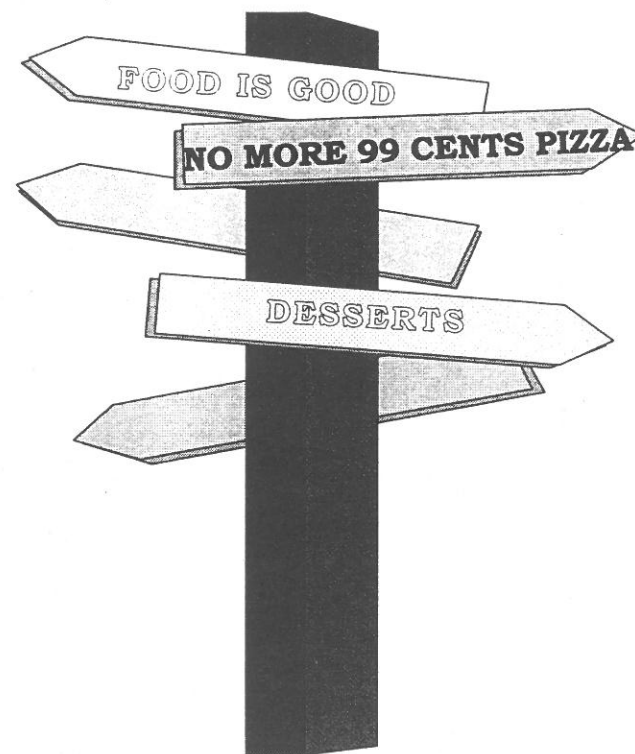
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SALADS

Cold Chick Pea Salad

Serves 4-6

- 2 cans chick peas
- 5 cups water
- 1 onion, diced
- 1 celery stalk, diced
- 1/8 cup of oil
- 1/3 cup tamari
- 1/2 teaspoon garlic powder
- 1/2 teaspoon cumin powder
- 1/4 teaspoon oregano
- 1/4 teaspoon sea salt



1. Combine all ingredients in a bowl. It's that easy!!!

2. To turn this salad into a dip, simply mash the chick peas, mix the oil in and add the remaining ingredients and mix well, until creamy.

Tahini Dressing

Serves 4-6

- 1/2 cup tahini
- 2/3 cup water
- 2 tablespoons tamari
- 1/8 teaspoon garlic powder
- 1/3 teaspoon paprika
- 1/8 teaspoon basil
- 1/8 teaspoon oregano
- 1/4 small onion, diced



1. Place all of the ingredients in a blender; blend for 1 minute, until creamy.

SOUPS

Gaspacho

Serves 2-3

- 1 cup tomatoes, chopped
- 1 cup tomato juice
- 1/2 green bell pepper, chopped
- 1 cucumber
- 1 1/2 teaspoon basil
- 1/4 teaspoon salt
- 1 small green onion, or a few fresh chives, chopped
- 2 tablespoons olive oil
- 1 tablespoon lemon juice



1. Mix everything together by hand or blender
2. Chill 2 hours, serve cold

Dal

Serves 4

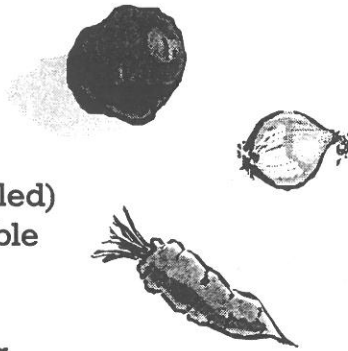
- 1 cup lentils
- 3 cups water
- 2 cups onion, finely chopped (about 2 medium onions)
- 1 teaspoon olive oil
- 2 cloves garlic, finely chopped
- 1 teaspoon curry powder
- salt



1. In medium saucepan, combine lentils, water and 1 cup onion. Bring to a boil; reduce heat, cover pan, and simmer until lentils are tender, about 30 minutes.
2. While lentils are cooking, heat oil in a nonstick skillet; add the remaining onion, garlic, and curry. Saute on medium-low heat, stirring occasionally until they are golden, soft, and just beginning to brown, 10-15 minutes.
3. Add the onion mixture to the cooked lentils, stirring to combine. Heat the lentil mixture for a few minutes longer.

Garden Vegetable Soup a la Grain**Serves 6-8**

2 tablespoons of oil
 3 garlic cloves, diced
 3 large onions, diced
 2 celery stalks, diced
 2 carrots, diced
 3 potatoes, diced (unpeeled)
 2 cups any green vegetable
 5 tablespoons tamari
 1 cup corn kernels
 10-12 cups stock or water
 1/2 cup any cooked grain (rice, millet etc.)
 1/2 teaspoon dill
 1/2 teaspoon basil
 1/2 teaspoon sea salt
 1/2 teaspoon oregano
 1/2 teaspoon garlic powder
 1/2 teaspoon parsely

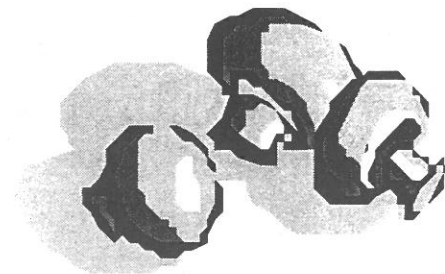


1. Heat oil in a large soup pot over medium heat; add garlic, onions, celery, carrots, and potatoes, saute for 4 minutes
2. Cut the green leafy vegetables into bite-size pieces, and add to the mixture.
3. Saute for approximately 3 minutes, gradually adding the tamari and corn, until the vegetables are soft.
4. Add the stock, grain, and seasonings, cook for 2-3 hours over low heat.

Mushroom Barley Soup**Serves 6-8**

2 tablespoons oil
 2 medium onions, diced
 2 garlic cloves, diced
 2 celery stalks, diced
 1 pound fresh mushrooms, chopped
 1 cup barley
 1/2 cup tamari
 1/2 teaspoon garlic powder
 1/2 teaspoon sea salt
 1 teaspoon parsely, chopped
 1 teaspoon dill
 10 cups stock or water
 2 carrots, diced

1. Heat oil over medium-high heat, in a large soup pot; add onions, garlic, celery, and mushrooms and saute for 4 minutes.
2. Add seasonings, barley and stock or water.
3. Reduce heat and simmer for 2-3 hours, adding the carrots approximately 45 minutes before soup is finished. To thin soup, add more water.



Moroccan Stew**Serves 2**

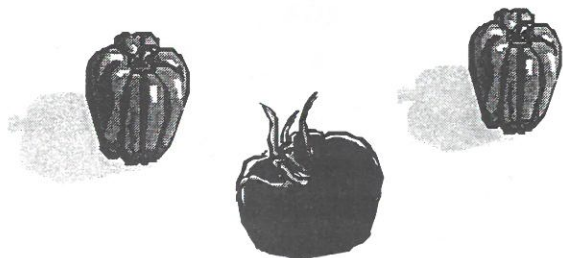
- 1 14oz can tomatoes, undrained, chopped
- 1 1/2 cups thinly sliced cabbage
- 3/4 cup canned garbanzo beans, drained (about 8 ounces)
- 3/4 cup onion, chopped
- 1/2 large green bell pepper or 1/2 cup zucchini cut into strips
- 1/4 cup raisins
- 2 teaspoons olive oil
- 2 teaspoons fresh lemon juice
- 1/8 teaspoon salt
- 1/8 teaspoon ground cinnamon
- Salt and pepper



1. Heat the oil in a medium nonstick skillet on medium heat and saute onions for 5 minutes. Add the cabbage and sprinkle with salt. Continue to saute the vegetables for 5-6 minutes, stirring occasionally.

2. Add the bell pepper and cinnamon and saute for 2 minutes. Stir in the tomatoes, garbanzos, and raisins. Cover and simmer for about 15 minutes.

3. Add the lemon juice. Salt and pepper to taste, and serve.

**Cilantro Soup****Serves 6**

- 6 cups vegetable stock
- 6 medium russet potatoes, peeled, cut into 1 inch cubes
- 1 teaspoon hot sauce (Tabasco)
- 2 cloves garlic, minced
- 1 cup cilantro leaves
- 1/4 cup fresh lemon juice (2 lemons)

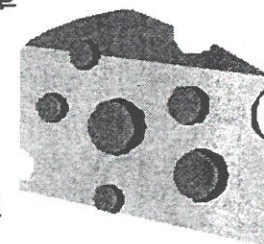


1. In a large pot over medium-high heat, bring vegetable stock to a boil. add potatoes and simmer, partially covered, until potatoes are very tender, about 15 minutes.

2. Remove from heat and stir in hot sauce, garlic, and cilantro. In a blender, puree soup, in batches. Return soup to pot and re-heat gently. Stir in lemon juice and serve immediately, garnished with cilantro sprigs, if desired.

Broccoli and Cheese Soup**Serves 4-6**

- 1/4 cup butter
- 1 medium onion
- 1/4 cup flour
- 2 cups cooked chopped broccoli
- 1 1/4 cup flour
- 2 cups broccoli, chopped
- 1 1/4 cups broccoli broth (saved from cooking)
- 2 cups milk
- 1 1/2 cups gouda cheese, shredded
- pinch of nutmeg



1. Saute onions in butter until soft. Add flour and stir, cook for 2-3 minutes. Add broth and milk, heat over medium-high heat, stirring. Do not boil!

2. Reduce heat to low, stir in cheese until melted, add Broccoli and nutmeg.

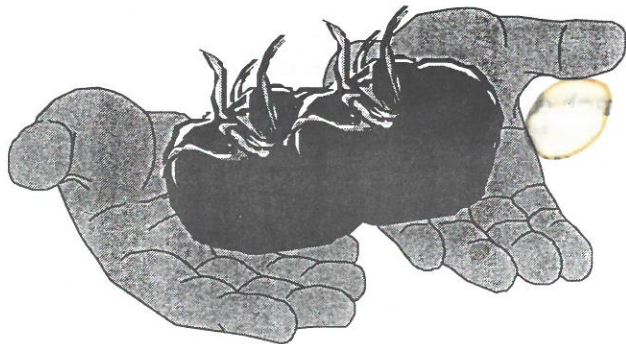
Black Bean Souperstar**Serves 4**

3 cups cooked black beans
 2 cups strong vegetable soup stock
 1 14oz can tomato sauce
 2 cloves garlic, minced
 1 onion, chopped
 1 bay leaf
 1/2 teaspoon each: thyme, cumin, oregano
 1/4 teaspoon pepper
 6 drops hot sauce (Tabasco)

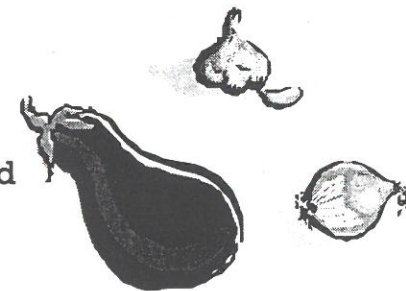
2 tablespoon lemon juice
 1 teaspoon brown sugar
 pinch of salt

yogurt (optional garnish)
 lemon wedge (optional garnish)

1. Bring black beans, stock, tomato sauce, garlic, onion, bay leaf, thyme, cumin, oregano, pepper, hot sauce to a boil over medium heat, then simmer on low for 45 minutes. Discard bay leaf.
2. Add lemon juice, brown sugar and salt.
3. Mix well or puree and serve garnished with yoghurt and lemon wedge.

**MAIN DISHES****Brown Rice and Lentil Pilaf****Serves 4**

1 tablespoon olive oil
 1 clove garlic, crushed
 1 onion, chopped
 2 stalks celery, chopped
 1 cup brown rice
 3/4 cup lentils
 2 cups tomato juice
 2 cups water
 2 tablespoons soy sauce
 2 zucchini, sliced
 2 small thin eggplants, sliced
 2 tablespoons, toasted sesame seeds

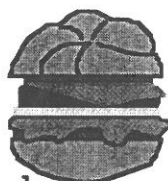


1. Heat oil in a large pan. Add garlic, onion, and celery and cook over a gentle heat for 3-4 minutes. Add rice and lentils and cook, stirring, for 4 min.
2. Combine tomato juice, water and soy sauce and add to pan. Cover tightly and cook over a gentle heat for 30-40 min. Add zucchini and eggplant and stir. Cover and cook for about 10-15 min.



Chickpea Burgers**Serves 4-6**

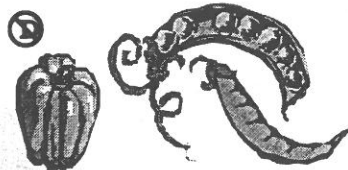
2 14oz. cans cooked chickpeas
 1 onion, finely chopped
 2 cloves garlic, crushed
 2 medium potatoes, cooked and mashed
 2 teaspoons soy sauce
 2 teaspoons lemon juice
 Oil for frying
 Black pepper
 Wholewheat flour



1. Place chickpeas in a large bowl, mash well. Add onion, potato, soy sauce, lemon juice and pepper. Mix together.
2. With floured hands, shape heaped tablepoons of mixture into small burgers.
3. Coat each burger with flour and refrigerate for 1 hour.
4. Heat a little oil in a frying pan and gently fry burgers on each side until golden brown.

Chinese Fried Rice**Serves 1**

2 tablespoons soy sauce
 2 teaspoons sugar
 1/4 block extra-firm tofu, cut into 1/2 inch wide strips
 1/4 teaspoon vegetable oil
 1/4 cup red or green bell pepper, cut into thin strips
 1 cup cooked rice
 1/4 frozen peas
 1/4 chopped scallions (about 1 scallion)



1. In shallow bowl, mix soy sauce and sugar. Marinate tofu strips for 10 minutes in soy and sugar mixture.
2. Heat oil in nonstick skillet over medium heat. Add pepper, fry for 1-2 min. Add marinated tofu, stir for a bit. Add rice and heat throughouly, about 1 minute. Add peas and scallions and stir. Top dish with remaining marinade.

Veggie-Potato Combo**Serves 2**

2-3 medium potatoes cut into 1/2 inch chunks (2 cups)
 1 carrot, chopped
 1/2 medium bell pepper, cut into 1/2 inch chunks (1/2 cup)
 1/2 small onion, chopped (1/2 cup)
 1 teaspoon olive oil
 1/2 teaspoon dried dill
 1/4 cup water
 Salt and pepper



1. Heat oil in a medium nonstick skillet over medium-high heat. Add the potatoes, carrot, bell pepper, onion, and dill; saute for 5-7 minutes stirring frequently.
2. Add water. Reduce heat to medium-low; cover and cook for 10-15 minutes, or until the potatoes are tender.
3. Remove lid. If there is any water in the pan, continue cooking for 1-2 minutes until the water evaporates. Salt and pepper to taste.

Fettucine Alfredo Sauce**Serves 3-4**

1/2 cup butter
 1/2-3/4 package of light cream cheese
 2/3 cup grated parmesan cheese
 1 cup skim or 1% milk (2% will do, but homogenized is too rich)
 2 cloves garlic, minced
 2 green onions, chopped

1. Melt butter and cream cheese over medium heat. Whisk until creamy. Gradually add milk, parmesan, onions and garlic, stirring over medium-low heat. Stir until an even, thick consistency, serve over hot pasta.

Protein Pasta**Serves 4**

2 cups elbow macaroni
 1 tablespoon olive oil
 1 1/2 cups chopped onion
 1 medium green bell pepper, chopped
 1/2 cup finely chopped celery
 1 teaspoon ground cumin
 1 teaspoon dried basil leaves
 1 teaspoon dried oregano
 1 14-ounce or 16-ounce can whole tomatoes, with juice
 1 15-ounce can red kidney beans (about 1 1/2 cups), rinsed, well drained
 1/4 cup soy sauce



1. Fill a 4 1/2 quart saucepan or Dutch oven two-thirds full with water. Bring the water to a rolling boil, and cook the pasta in it. Drain the pasta well, return it to the saucepan, and cover the saucepan with a lid to keep the pasta warm. Set aside.

2. Meanwhile, place the oil in a large skillet, and heat it over medium-high heat. When the oil is hot add the onion, bell pepper and celery. Saute the vegetables until they are tender, about 10-12 minutes. Stir in the chili powder, cumin and basil. Mix well and cook for 1 minute longer, stirring constantly. Remove the skillet from the heat, and set aside.

3. Add the canned tomatoes and their juice to the reserved pasta, breaking the tomatoes apart with your hands or the side of a wooden spoon. Stir in the beans, cooked vegetables, and soy sauce. Mix well. Heat over medium-low heat, stirring often, until warmed through.

Chi-Chi's Chillin' Chili**Serves 4-6**

2 teaspoons olive oil
 1 cup onion, finely chopped
 1/2 cup celery, finely chopped
 2 cloves garlic, minced or pressed
 2 ripe, medium tomatoes, peeled, seeded and coarsely chopped
 1 15-ounce can red kidney beans, pinto beans, or black beans, rinsed well and drained
 1 8-ounce can tomato sauce (1 cup), or 1/3 cup tomato paste mixed with 2/3 cup water
 1 cup water
 1/3 cup bulger (medium ground)
 2 tablespoons, tomato paste
 1 tablespoon sugar
 1 tablespoon chili powder
 1/2 teaspoon dried oregano leaves
 1/4 ground black pepper
 1/4 teaspoon ground cumin
 1/8 teaspoon allspice
 pinch of cayenne pepper, to taste
 Salt to taste



1. Place olive oil in a 4 1/2 quart saucepan or Dutch oven, and heat it over medium-high heat. When the oil is hot, add the celery, onion and garlic. Reduce heat to medium-low, and cook, stirring occasionally, for 10-15 minutes, or until onion is tender.

2. Stir in remaining ingredients, except salt, and bring mixture to a boil. Reduce the heat to low, cover saucepan with a lid, and simmer for 20 minutes, stirring occasionally.

3. Season the chili with salt to taste, Serve hot.

Curried Lentils with Coriander**Serves 4**

2 cups dry green lentils or 1 can cooked lentils
 2 tablespoons olive oil
 2 medium onions, chopped
 1 teaspoon ginger
 1 teaspoon ground coriander
 1 teaspoon ground cumin
 1 teaspoon tumeric
 1 teaspoon garlic, minced
 1/2 teaspoon salt
 3 whole cloves
 2 whole cardamon
 1 stick cinnamon or 1/2 teaspoon ground
 1/4 teaspoon crushed hot pepper flakes
 1 cup chopped tomatoes
 1/3 cup chopped green onions
 1/4 cup chopped fresh coriander



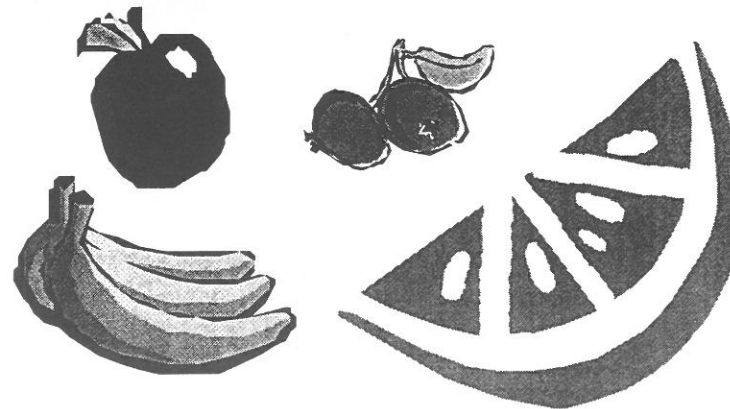
1. Cook lentils in water (if dry) until tender, set aside.
2. In a large pan over medium heat, combine oil, onions, ginger, coriander, cumin, tumeric, garlic, salt, cloves, cardamon, cinnamon, and red pepper flakes. Cook 10 minutes, until onion is softened. If mixture is too dry, add a few tablespoons of water.
3. Add tomatoes and drained lentils, cook on low for 3 minutes.
4. Discard cloves, cardamon and cinnamon stick.
5. Stir in fresh coriander and green onion. Cook another 2 minutes until heated through.
6. Serve over rice.

DESSERTS**Autumn Fruit Crisp****Serves 6-8**

3 apples, peeled and sliced
 3 pears, peeled and sliced
 1 cup cranberries
 1/2 cup sugar
 2 tablespoons flour
 1 teaspoon cinnamon
 1/4 cup fruit juice
 1 cup oats
 1/2 flour
 1/2 sugar
 1 teaspoon cinnamon
 1 teaspoon allspice
 1/3 cup margarine



1. Toss apples, pears, cranberries, 1/2 cup sugar, 2 tbsp flour, and 1 tsp cinnamon together in a baking dish, drizzling juice over top.
2. Combine all other ingredients to make a crumbly mixture and sprinkle over fruit mixture. Bake at 375 F for 40-45 minutes. Tastes best fresh!



Uncoffee Cake**Serves 12**

- * Preheat oven to 350 degrees
- * Oil one 9-inch springform pan and line with parchment paper

Filling

- 1 3/4 cups walnuts, roasted, cooled, coarsely chopped
- 1/2 cup maple sugar
- 2 teaspoons cinnamon powder
- 3 tablespoon canola oil

1. Mix walnuts, maple sugar and cinnamon in a small bowl. Stir in oil and mix until filling is moist. Set aside while you make cake batter.

Cake

- 1 cup whole wheat pastry flour
- 1 cup unbleached white flour
- 3 tablespoons maple sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon sea salt
- 2 teaspoons cinnamon powder
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground nutmeg or allspice
- 1/4 cup canola oil
- 3/4 cup plus 2 table spoons, maple syrup
- 3/4 cup milk, or vanilla soymilk
- 1 tablespoon apple cider vinegar
- 2 tablespoons vanilla extract



1. Sift dry ingredients into a medium bowl: flours, maple sugar, baking powder, baking soda, salt, spices and stir with a wire whisk.

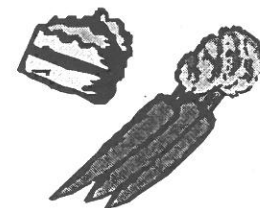
2. In another bowl, mix wet ingredients: oil, maple syrup, milk, vinegar and vanilla. Beat with a wire whisk until foamy. Pour the wet ingredients into dry ingredients and mix until batter is smooth

3. Pour 1/2 the batter into the oiled cake pan and sprinkle with 1/2 the filling. Pour the remaining batter over the filling and cover with the balance of filling. This is a big cake; the pan will be 3/4 full.

4. Bake the cake on center rack of preheated oven 50-55 minutes or until cake is golden brown. Cake is done when a cake tester inserted into the center of the cake removes clean. Cool cake in pan on wire rack for 10 minutes, remove sides of pan and allow to cool completely.

Carrot Cake**Serves 6-8**

- 1 cup carrot puree or 8 oz. jar of carrot baby food
- 1 cup sugar
- 2 eggs
- 3/4 cup oil
- 1 1/2 cups flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon cinnamon



1. Beat together sugar, eggs and puree. Add oil slowly while beating well. Add dry ingredients and stir until combined. Pour into greased 9X5 loaf pan. Bake at 350F for 55-60 minutes.

**MO' HUBB'S CONVERSION
GUIDE**

HERE IS A QUICK GUIDE FOR VOLUNTEERS WHO WILL BE COOKING
IN LARGE QUANTITIES. SINCE MO' HUBB'S RECIEVES DIFFERENT
AMOUNTS OF PEOPLE DEPENDING ON THE TIME OF YEAR, ASK A
CHAPLAIN OR VOLUNTEER HOW MANY PEOPLE YOU WILL BE COOK-
ING FOR. MOST INGREDIENTS CAN BE MULTIPLIED USING A SIMPLE
FORMULA:

AMOUNT OF PEOPLE
TO COOK FOR

DIVIDED BY..

HOW MANY SERVINGS YIELDED

=

NUMBER TO MULTIPLY INGREDIENTS BY

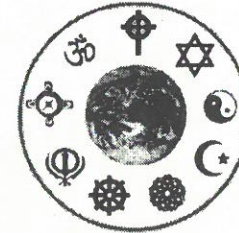
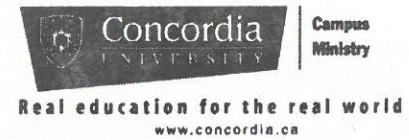
EXCEPT...

**SALT, PEPPER, HOT SAUCE, STRONG SPICES (NOT HERBS) AND SOY
SAUCE.**

THESE INGREDIENTS ALL GO A LONG WAY. WHEN A RECIPIE CALLS
FOR THESE INGREDIENTS, TAKE THE NUMBER TO MULTIPLY INGRE-
DIENTS BY AND DIVIDE IT IN HALF. SALT CAN BE SKETCHY, USE A
THIRD OF THE NUMBER, BUT YOU CAN ALWAYS SALT TO TASTE
WHILE YOU ARE COOKING.

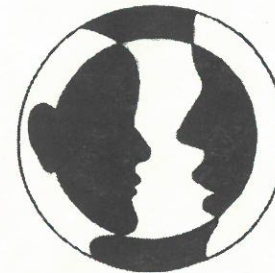


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