



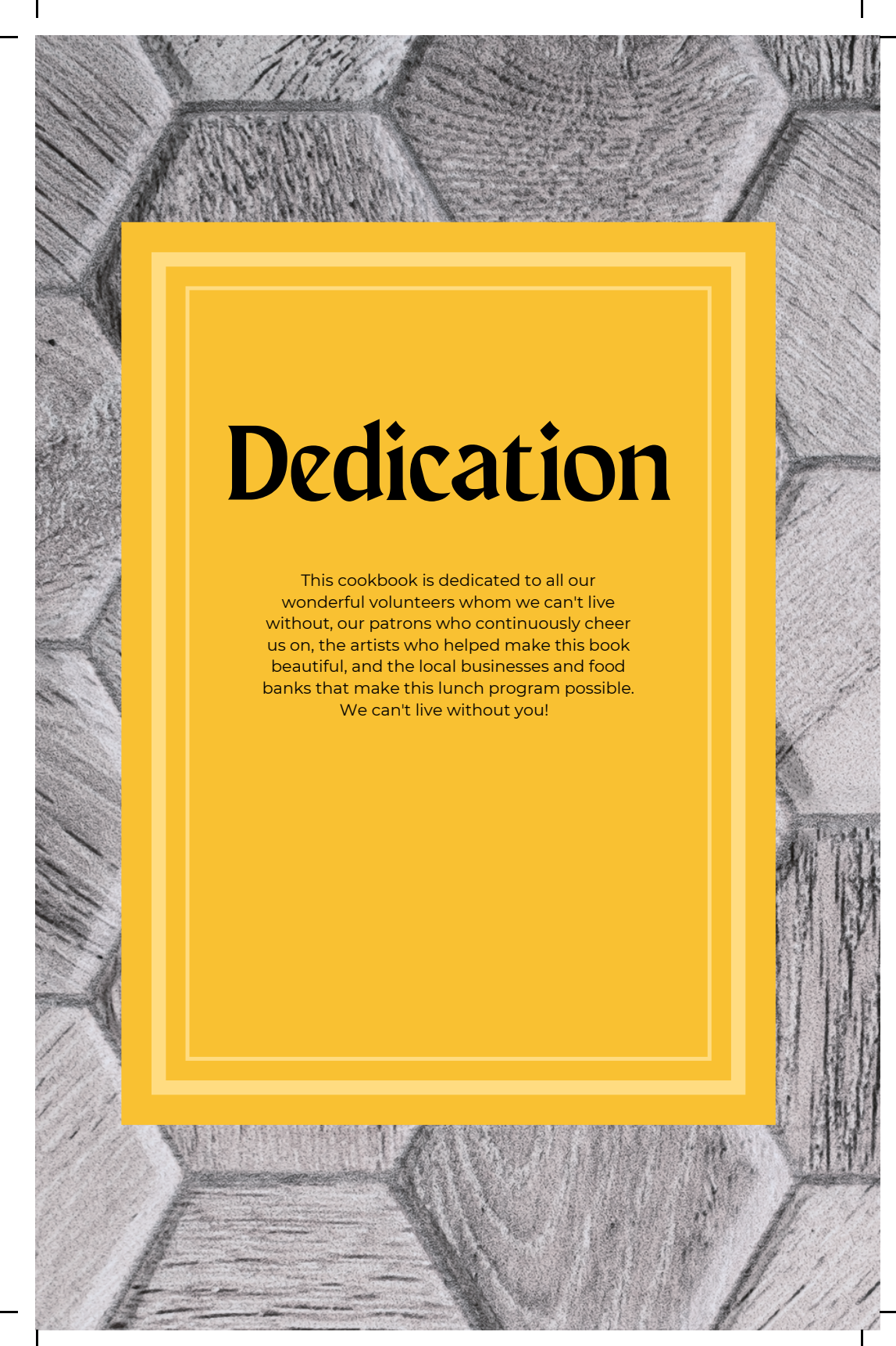
THE HIVE PRESENTS:

FREE LUNCH PROGRAM

COOKBOOK

A collection
of our favourite recipes
from the
2022-2023 year

BY JUSTIN KRIEGER & ALANNA SILVER



Dedication

This cookbook is dedicated to all our wonderful volunteers whom we can't live without, our patrons who continuously cheer us on, the artists who helped make this book beautiful, and the local businesses and food banks that make this lunch program possible. We can't live without you!

Table of Contents

Land Acknowledgement

About the Free Lunch Program

About the Authors

Notes

Salads

Panzanella salad

Potato salad

Baharat spiced salad

Sauces

Mac n "cheese" sauce

Caesar dressing

Mains

Sweet potato curry

Baked beans

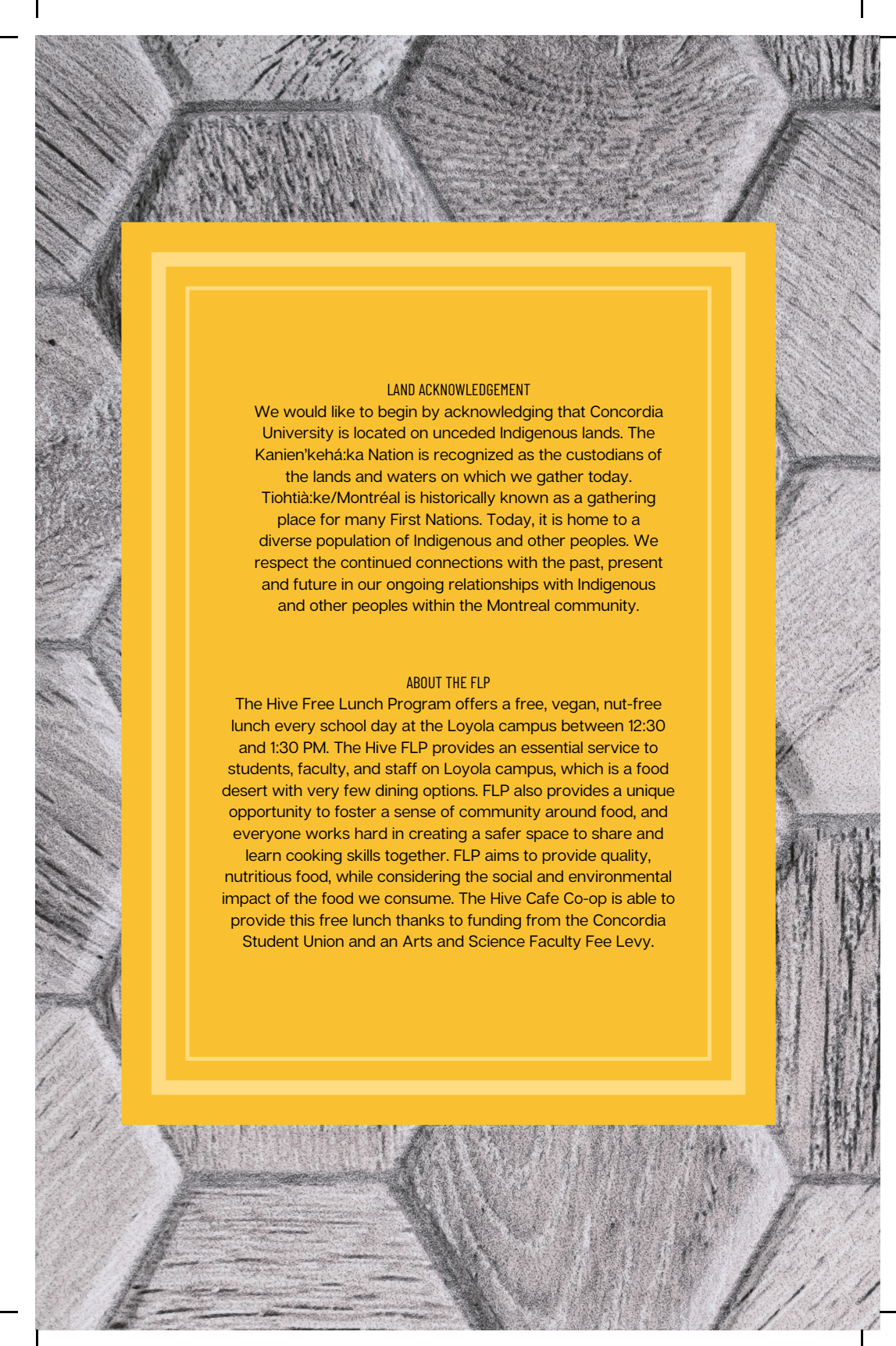
Black bean and sweet potato tacos

Lentil Tourtière

Desserts

Banana cake

Apple Pouding Chômeur



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.

ABOUT THE FLP

The Hive Free Lunch Program offers a free, vegan, nut-free lunch every school day at the Loyola campus between 12:30 and 1:30 PM. The Hive FLP provides an essential service to students, faculty, and staff on Loyola campus, which is a food desert with very few dining options. FLP also provides a unique opportunity to foster a sense of community around food, and everyone works hard in creating a safer space to share and learn cooking skills together. FLP aims to provide quality, nutritious food, while considering the social and environmental impact of the food we consume. The Hive Cafe Co-op is able to provide this free lunch thanks to funding from the Concordia Student Union and an Arts and Science Faculty Fee Levy.

About the Authors

JUSTIN KRIEGER, KITCHEN COORDINATOR



A 2022 graduate of Concordia with a specialization in Human Environment and Minor in Sustainability, Justin has spent the better part of 2 decades working in hospitality and had a lot of fun creating delicious vegan food for the the students at Concordia's Loyola campus. His favorite cuisine is anything with spiciness or with asian influence. When he is not in the kitchen you can find him taking french lessons in the evening or with headphones in listening to high energy music and reading short stories.

ALANNA SILVER, FINANCE & ADMINISTRATIVE COORDINATOR

A recent graduate of Concordia, Alanna is passionate about finding ways to fight food insecurity for students as well as reducing food waste.

Her favourite cuisine to cook is Southeast Asian, and when she's not at the Hive she enjoys growing vegetables, reading books, hiking, and riding bikes.



Notes

COOKING ABBREVIATIONS

TSP. ----- Teaspoon
TBSP. ----- Tablespoon
C. ----- Cup
LB. ----- Pound
G. ----- Grams
F. ----- Fahrenheit

YIELD GUIDELINES

1 C. Lentils = 2-2.5 C. cooked
1 C. Black Beans = 2 C. cooked
1 C. Arborio Rice = 3 C. cooked
1 C. Quinoa = 3 C. cooked
1 C. Jasmine Rice = 3 C. cooked
1 C. Chickpeas = 3 C. cooked

VEGAN VS. NON-VEGAN

All the ingredients in this cookbook are vegan but it is possible to use non-vegan equivalents.
Feel free to substitute as you wish.

Panzanella Salad

SERVES: 4

PREP TIME: 15 MINUTES

COOKING TIME: 40 MINUTES

READY IN: 1 HOUR

INGREDIENTS:

2-3 MEDIUM SIZED BEETS
2-3 MEDIUM SIZED TURNIPS
1 1/2 CUPS POT BARLEY
2 ORANGES
1/2 STALE BAGUETTE FOR
CROUTONS (OR PREMADE
CROUTONS)
2 TSP DRIED BASIL
2 TBSP DRIED OREGANO
6 TBSP OLIVE OIL
2 TBSP BALSAMIC VINEGAR
1 TBSP GRAINY MUSTARD
JUICE OF ONE LEMON
FRESH GREENS OF YOUR CHOICE
ONE BUNCH OF CHOPPED
PARSLEY (LEAVES AND STEMS)
SALT AND PEPPER TO TASTE

NOTE:

This salad is great in the
summer or winter!



DIRECTIONS:

1. Peel and chop vegetables. Lightly oil and season the beets with salt and pepper, while giving the same treatment to the turnips but adding the dried basil and oregano. Bake at 350 degrees until tender.
2. Prepare the baguette by cutting into bite sized cubes and coating with olive oil, salt and pepper. Spread croutons evenly onto a baking sheet and bake until light golden brown.
3. Place barley into medium pot and cover with water, cook until the grains are tender, about 30-40 minutes
4. To prepare the oranges, first zest one of them and set it aside to put into the vinaigrette, then proceed to peel the skin and pith off using a sharp paring knife, then slice each segment of the orange out and placing into a container for the salad. Take the remaining orange and squeeze the juice out of it and add it to the reserved orange zest. Cut the lemon in half and juice it, adding it to the orange juice and zest. Add the grainy mustard, oil, balsamic vinegar, salt and pepper and taste for seasoning. This is the dressing.
5. Assemble salad, adding croutons last, and serve. Bon appetit!

Potato Salad

SERVES: 4-6

PREP TIME: 20 MINUTES

COOKING TIME: 20 MINUTES

READY IN: 1 HOUR

INGREDIENTS:

4 RUSSET POTATOS
1 HEAD CAULIFLOWER
1/2 CUP DICED SOUR GHERKINS
OR BABY DILL PICKLES
1/2 WHITE ONION SMALL DICED
1/2 CUP FROZEN DICED SPINACH
(THAWED)
1 CUP PEAS FRESH OR FROZEN
1 BELL PEPPER
1/4 CUP TOASTED SUNFLOWER
SEEDS

DRESSING:

1/2 CUP PICKLE JUICE
1/2 CUP OLIVE OIL
1/2 CUP APPLE CIDER VIN
2 TBSP DRIED DILL
1 TBSP DRIED PARSLEY
1 TBSP DRIED GREEN ONION
FLAKES
1 TSP CHILI FLAKES
SALT AND PEPPER TO TASTE



DIRECTIONS:

1. Boil potatoes whole, then drain. Chop cauliflower, (roasting is optional). Dice bell pepper, onion, and pickles.
2. Chop the potatoes and add to a small bowl. Add seasoning, vinegar, olive oil, and pickle juice. Toss to combine. The potatoes will soften and the liquid will become thick. Fold in remaining ingredients.
3. Refrigerate until cool to allow flavours to meld.

Baharat Spiced Salad

SERVES: 4

PREP TIME: 5 MINUTES

COOKING TIME: 20-25 MINUTES

READY IN: 35 MINUTES

INGREDIENTS:

SPICE BLEND:

- 1 TBSP CARDAMOM
- 2 TBSP TOASTED FENNEL SEEDS
- 2 ½ TBSP CLOVES
- 2 ½ TBSP CORIANDER
- 2 ½ TBSP NUTMEG
- 3 TBSP GROUND PEPPER
- 3 TBSP GROUND CUMIN
- 4 TBSP TURMERIC
- 6 TBSP PAPRIKA

SALAD DRESSING:

- 2 TBSP SESAME SEEDS
- JUICE OF 1/2 LEMON
- 3/4 CUP OLIVE OIL
- 1 TBSP SUGAR
- 2 ½ TBSP PREPARED SPICE MIX
- 3 TSP SALT
- 1 CUP RED WINE VINEGAR

CANOLA OIL

- 1/2 RED ONION
- 1 HEAD CAULIFLOWER
- 1 RED PEPPER
- 1 BUNCH KALE
- 2 CUPS BROWN RICE
- 3 MEDIUM CARROTS



DIRECTIONS:

1. Preheat oven to 350 degrees F.
2. Mix spices together. Toast fennel seeds and add to spice mix, reserving 2 tablespoons.
3. Peel and chop all vegetables into bite sized pieces.
4. Mix carrots and cauliflower with oil and some of the spice mix. Bake until soft.
5. Sauté pepper in a pan until soft, add kale and sauté another 2 minutes.
6. Cook rice.
7. Lightly toast sesame seeds in a pan before adding to a bowl with dressing ingredients and reserved spice mix. Stir dressing until emulsified.
8. Assemble all salad ingredients, adding more spice mix as needed.

Mac n "Cheese" Sauce

SERVES: 4

PREP TIME: 15 MINUTES

COOKING TIME: 45 MINUTES

READY IN: 1 HOUR

INGREDIENTS:

2 BUTTERNUT OR
KABOCHA SQUASH (3 ½ -
4 CUPS COOKED FLESH)
2 SMALL ONIONS
4 CLOVES GARLIC
¼ CUP CANOLA OIL
1 CUP COCONUT MILK
2 TBSP SMOKED
PAPRIKA
PINCH CHILI FLAKES
2 CUPS VEGETABLE
STOCK
¾ CUP NUTRITIONAL
YEAST
SALT AND PEPPER TO
TASTE

NOTE:

THIS SAUCE MAKES A
DELICIOUS VEGAN
SUBSTITUTE FOR A
CHEESE SAUCE! ADD TO
YOUR PASTA WITH SOME
VEGGIES IF DESIRED.



DIRECTIONS:

1. Heat oven to 425 degrees F. Cut squash in half, scoop out seeds and strings. Season with oil, salt and pepper. Place face side down and bake until soft. Once cooked, scoop the squash out of the skin and set aside.
2. Dice onions and garlic. Sauté in oil until soft and translucent. Add in cooked squash, coconut milk, paprika, vegetable stock and nutritional yeast and bring to a low simmer.
3. Once cooked, let cool and blend until smooth. Taste and adjust seasoning as needed. Sauce can then be used on pasta immediately or saved for future use.

Caesar Dressing

SERVES: 2

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

READY IN: 2 DAYS

INGREDIENTS:

1 CUP SUNFLOWER SEEDS
1½ CUPS WATER- SOAK AND
RESERVE AFTER DRAINING
¼ CUP OLIVE OIL
ZEST AND JUICE OF TWO
LEMONS (APPROX ½ CUP)
2 TSP CAPERS
1½ TBSP GRAINY DIJON
MUSTARD
4 CLOVES GARLIC
SALT AND PEPPER TO TASTE



NOTE:

WE USED THIS
DRESSING FOR A
CAESAR SALAD BUT IT
COULD EASILY BE USED
IN OTHER SALADS OR
AS A SANDWICH
SPREAD!

DIRECTIONS:

1. Add sunflower seeds to water and soak for 8 hours or overnight.
2. Drain the seeds but keep the leftover liquid.
3. In a blender, combine sunflower seeds, olive oil, lemon juice and zest, capers, mustard and garlic. Blend until smooth. Add leftover water if the mixture is too thick. Adjust seasoning as necessary, keeping in mind that the flavour will deepen over time.
4. Sauce will continue to thicken in the fridge, additional water can be added as necessary.

Sweet Potato Curry

SERVES: 2-4

PREP TIME: 20 MINUTES

COOKING TIME: 30 MINUTES

READY IN: 50 MINUTES

INGREDIENTS:

3 TBSP VEGETABLE OIL
2 MEDIUM WHITE ONIONS
3 CLOVES GARLIC
1 THUMB OF GINGER
3-4 SWEET POTATOES
3 1/2 TBSP CURRY POWDER
1 TSP TURMERIC
1 1/2 TSP CUMIN
1 TSP CINNAMON
1 TSP CAYENNE
1 TSP SALT
2 CUPS RED LENTILS
4 CUPS VEGE BROTH
1/2 CUP BROWN SUGAR
1 CAN COCONUT MILK
1 CAN DICED TOMATO
THE CHOICE OF FRESH
CORIANDER AND OR CHILLIES
TO GARNISH

NOTE:
THIS WAS OUR MOST
POPULAR DISH AT THE
HIVE FREE LUNCH IN
2022/2023!



DIRECTIONS:

1. Poke sweet potatoes with a fork and place into a 350 degree oven to cook until soft. Once cooked, peel and dice into medium sized cubes.
2. While the potatoes are cooking, the spice mix can be assembled by measuring all the spices into a container together with the salt.
3. Peel and small dice the onions, garlic, and ginger. Place oil into a large pot and gently sauté the onions, garlic, and ginger until the onions are translucent. Add the diced sweet potatoes and spice blend while stirring constantly to cook the spices for about a minute.
4. Add the vegetable stock slowly while gently scraping the bottom of the pot. Incorporate the coconut milk, diced tomatoes and lentils to the pot. Stir while keeping the curry on a low simmer until cooked.
5. Taste for seasoning and serve with naan or rice.

Hive Free Lunch Program 2022-2023

Black Bean SP Tacos

SERVES: 4

PREP TIME: 30 MINUTES

COOKING TIME: 30 MINUTES

READY IN: 1 HOUR

INGREDIENTS:

1½ CUP BLACK BEANS
(SOAKED OVERNIGHT WITH 1
TSP BAKING SODA)
3 SWEET POTATOES, PEELED
AND MEDIUM DICED
1/2 SWEET WHITE ONION,
DICED
1 BELL PEPPER, DICED
1/2 CUP PREFERRED VEGAN
CHEESE OR CHEESE
SUBSTITUTE
3 CLOVES GARLIC
2 TBSP CUMIN
1 TBSP CHILI POWDER
1 TBSP PAPRIKA
1 TSP CHILI FLAKES
TORTILLAS

NOTE:

THESE ARE EASY TO
PREPARE IN LARGE
BATCHES AHEAD OF
TIME!



DIRECTIONS:

1. Preheat oven to 350 degrees F. Rinse beans and place into pot, covering with water. Bring beans to a boil, then lower heat and simmer until cooked.
2. Oil and season sweet potato, then roast until tender.
3. Sauté onion, garlic and pepper.
4. Roughly chop cilantro, stems included.
5. Place potatoes, beans and sautéed veggies into a bowl with spices and vegan cheese and mix together until uniform.
6. Pack mixture into taco shells or tortillas. Bake tacos until golden and toasted, 5-10 minutes.

Baked Beans

SERVES: 4

PREP TIME: 10 MINUTES

COOKING TIME: 40 MINUTES

READY IN: 50 MINUTES

INGREDIENTS:

2 CUPS ROMANO OR NAVY
BEANS (SOAKED OVERNIGHT
WITH 1 TSP OF BAKING SODA)
3 TBSP CANOLA OIL
3 ONIONS, DICED SMALL
3 CLOVES GARLIC
1 TSP CAYENNE
2 TSP SALT
3 TBSP CHILI POWDER
1 TBSP PAPRIKA
8OZ CAN CRUSHED TOMATOES
1/2 CUP BROWN SUGAR
2 TBSP MUSTARD
3 DROPS LIQUID SMOKE
1 CUP VEGETABLE STOCK



DIRECTIONS:

1. Rinse beans under cool water and place into a medium sauce pot with fresh water, cook until tender.
2. When beans are cooked, drain them, and set aside.
3. Add oil to medium pot and add the onions and garlic, sauté until translucent and add the spices. Cook for 1-2 minutes.
4. Add the crushed tomatoes, cooked beans, sugar, mustard, liquid smoke, and vegetable stock.
5. Simmer until mixture has reduced and thickened slightly.
6. Taste for seasoning and served with desired side.

NOTE:

THIS HEARTY DISH IS A
FAVOURITE IN THE
WINTER AND GOES
GREAT WITH BAKED
POTATOES, AS PICTURED

Lentil Tourtière

SERVES: 4

PREP TIME: 20 MINUTES

COOKING TIME: 40 MINUTES

READY IN: 1 HOUR

INGREDIENTS:

1 VEGAN PIE SHELL
1 TBSP VEGAN BUTTER OR OIL
1 ONION, DICED
3 CLOVES OF GARLIC, MINCED
16 OZ MUSHROOM, DICED
3/4 CUP - 1 CUP VEGETABLE
BROTH
3 TBSP CORNSTARCH
20 OZ COOKED LENTILS
1 TBSP SOY SAUCE
3/4 TBSP SALT
1/2 TSP PAPRIKA
1/2 TSP DRIED THYME
1/4 TSP BLACK PEPPER
1/4 TSP DRIED SAGE
1/8 TSP GROUND CLOVES

NOTE:

YOU CAN ALSO
SUBSTITUTE LENTILS FOR
CRUMBLed TOFU OR TVP.
WE SERVED THIS WITH
HOMEMADE FRUIT
KETCHUP BUT ITS GOOD
WITH REGULAR KETCHUP
TOO!



DIRECTIONS:

1. Preheat oven to 400 degrees F. Melt vegan butter or oil in a large skillet over medium heat. Add garlic and onions and sauté until soft. Stir in chopped mushrooms and cook until they brown and get juicy. Turn the heat off.
2. Whisk 3/4 cup vegetable broth with cornstarch in a cup. Add mixture to the mushroom mixture and stir in the lentils, seasoning, and spices. If the mixture seems too dry, add more vegetable broth. If the mixture seems too wet, add more lentils.
3. Spoon mixture into pie shell, pack it down firmly and add pie shell top. Pinch the edges of the pie shells to stick together. You can brush the top with aquafaba or non-dairy milk.
4. Bake pie for 40 minutes or until crust is golden. Remove from oven and let rest for 10 minutes before serving.

Banana Cake

SERVES: 4-6

PREP TIME: 15 MINUTES

COOKING TIME: 40 MINUTES

READY IN: 55 MINUTES

INGREDIENTS:

2 ¾ CUPS ALL PURPOSE FLOUR
1/2 CUP BROWN SUGAR PACKED
1 ½ TSP BAKING POWDER
1 ½ TSP BAKING SODA
1/2 TSP SALT
1 ½ TSP CINNAMON
1 CUP WHITE GRANULATED SUGAR
1/4 CUP CANOLA OIL
9 LARGE RIPE BANANAS
(OR 900 G)
JUICE OF 1 LEMON + ZEST
2 TSP VANILLA EXTRACT
1/2 CUP FROZEN BLUEBERRIES

FROSTING:

3 ½ CUPS POWDERED SUGAR
LEMON JUICE TO MAKE A THICK ICING
1/4 CUP POPPY SEEDS
1 PINCH OF SALT

NOTE:
THIS LIGHT AND AIRY
CAKE WAS A FAN
FAVOURITE!



DIRECTIONS:

1. Preheat oven to 350 degrees F. Spray a 9x13 inch pan with non-stick spray
2. Mix flour, baking powder, baking soda, cinnamon, and salt into a bowl and whisk gently to incorporate it all together.
3. Mix oil and sugar together, whisk together till light and airy, add mashed bananas, lemon juice, and vanilla and continue whisking until combined and no dry lumps remain. Be careful not to over mix.
4. Combine dry and wet mixtures to form a batter, taking care to make sure there is no lumps of dry ingredients left.
5. Gently fold in blueberries.
6. Spread into prepared baking pan and bake for 40 min or until tested by inserting a toothpick and having it come out with moist crumbs and no uncooked batter.
7. While baking, make your frosting by mixing all ingredients together.
8. Let the cake cool, then frost and enjoy!

Apple Pouding Chomeur

SERVES: 4-6

PREP TIME: 20 MINUTES

COOKING TIME: 40-50 MINUTES

READY IN: 1 HOUR

INGREDIENTS:

CAKE:

3/4 CUP SUGAR

1/4 CUP VEGETABLE OIL

3/4 CUP SOY CREAM (OR BLEND

TOGETHER SOFT TOFU AND
WATER)

1 TSP VANILLA

1 TSP VINEGAR

3/4 NON-DAIRY MILK

1/2 CUP FLOUR

2 TSP BAKING POWDER

SYRUP:

1 CUP WATER

1 CUP BROWN SUGAR

1/2 CUP MAPLE SYRUP

1/2 CUP APPLE SAUCE

1/4 CUP VEGAN BUTTER

NOTE:

THIS YUMMY DESSERT IS
BEST SERVED WHILE
WARM! OUR FAVOURITE
WAY TO EAT THIS IS A LA
MODE



DIRECTIONS:

1. Preheat the oven to 325 degrees F and grease the bottom and sides of a 13x9 in pan.
2. In a large bowl, whisk together sugar and oil until smooth. Add vanilla and vinegar and whisk 1 to 2 minutes until creamy. Add flour and milk alternatively, adding baking powder with the last bit of flour. Don't over mix. Pour batter into the pan.
3. In a saucepan, bring water to a boil. Add remaining syrup ingredients and bring back to a boil. Let boil for a couple minutes.
4. Pour the sauce over the cake batter. Do not stir.
5. Bake for 40-50 minutes or until a toothpick comes out clean. The syrup will fall to the bottom of the cake creating a nice sticky caramel!





Join us for Lunch!

Now you can enjoy your favourite vegan foods from the Hive FLP at home! Easy and delicious recipes for breakfast, lunch, or dinner.