



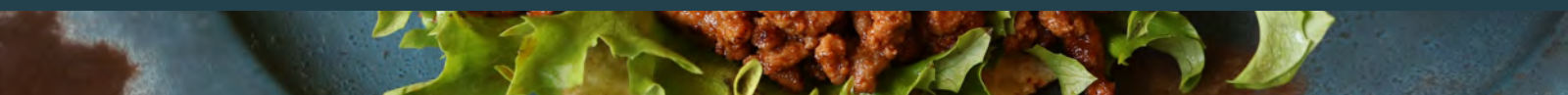
JVC COMMUNITY

VIRTUAL POTLUCK

RECIPES



jesuitvolunteers.org



SLOW COOKER COCONUT CURRY LENTILS

Kari Nelson
FJV (Atlanta 2016-17)

Meal Type

Dinners

Dietary Restrictions

Diary Free;Vegan;Vegetarian

Ingredients

- 1 yellow onion
- 2 cloves garlic
- 2 cups brown lentils
- 1 sweet potato (about 3/4 lb.)
- 2 carrots
- 3 Tbsp curry powder (hot or mild)
- 1/4 tsp ground cloves (optional)
- 1 15oz. can petite diced tomatoes
- 1 15oz. can tomato sauce
- 3 cups vegetable broth*
- 1 14oz. can coconut milk (full fat)

FOR SERVING

- 10 cups cooked rice
- 1/2 red onion
- 1/2 bunch fresh cilantro or green onions

REFERENCE

<https://www.budgetbytes.com/slow-cooker-coconut-curry-lentils/>

SPINACH, CHICKPEA, AND QUINOA SALAD

Izzy Shahmirza
FJV (Kansas City 2019-20)

Meal Type

Dinners

Dietary Restrictions

Vegetarian

Ingredients

- 2 cups cooked quinoa (or other grain)
- 2 Tbsp olive oil
- 1 Tbsp red wine vinegar
- 1/2 Tbsp lemon juice
- 1/2 tsp dried oregano
- 1/8 tsp garlic powder
- 1/4 tsp salt
- Freshly cracked black pepper
- 4 cups fresh spinach
- 1 pint grape tomatoes
- 1 15oz. can chickpeas
- 2 oz. feta

REFERENCE

<https://www.budgetbytes.com/spinach-chickpea-and-quinoa-salad/>



LAZY ITALIAN BREAD

Anna Butler

FJV JVC Northwest (Gresham, Oregon 2015-16)

Meal Type

Dinners

Dietary Restrictions

Pescatarian; Dairy Free; Vegan; Vegetarian

Ingredients

- 2½ tsp. yeast
- 2 tsp sugar; 1½ - 2 c. warm water
- 3 c. bread flour (or whatever flour you have on hand)
- 1 tbsp. olive oil; 1 tsp. salt
- Combine yeast with 1 c. water, let stand ~5 min.
- In another bowl add flour, salt, and sugar. Stir yeast, then add to flour mix, mixing with a fork until sticky.
- Add additional c. water a little at a time until dough can form into a ball. The dough should be moist.
- Sprinkle flour on hands and roll into a ball. Put ball in a bowl and cover with towel.
- Rise 30-60 min.
- Add more flour, pat it down and roll again, make loaf, coat loaf in oil, sprinkle with salt.
- Score top.
- Bake 30-35 min at 375 degrees.

FRESH SUMMER SALAD

Karen Griffin

JVC Staff, Director of Programs

Meal Type

Lunch

Dietary Restrictions

Pescatarian

Ingredients

- frozen shrimp
- fennel shaved
- red onion shaved
- cucumber sliced
- dill
- olive oil, vinegar
- toss together and chill

PASTA SALAD

Amy Wilson
FJV (Atlanta 2011-12)

Meal Type

Lunch

Dietary Restrictions

Vegetarian

Ingredients

- Pasta Salad ½ cup of Multigrain Rotini pasta (cooked)
- 1 oz of baby spinach
- 1 oz of cubed mozzarella
- ½ cup of halved grape tomatoes
- 1 oz of shredded carrots
- 1 ½ tbsp of italian dressing
- bowl; spoon; shredder; plastic knife
- Boil multigrain rotini
- Put the cooked pasta in a bowl.
- Add baby spinach to the bowl.
- Now, add the mozzarella that has been cut into cubes. Also, add halved grape tomatoes, shredded carrots; and add Italian dressing
- Mix.



REFRESHING VEGGIE PASTA RECIPE

Molly Fruland
FJV (Los Angeles 2019-20)

Meal Type

Lunch

Dietary Restrictions

Vegan

Ingredients

- 1 Package Tri-Color Pasta
- 1/2 cup veg. oil
- 2 tsp. parsley
- 1 small onion (chopped)
- 1 green pepper (chopped)
- 1 red pepper (chopped)
- 1 tsp salt
- 1 tsp pepper
- 1 small jar pimentos
- 1 cucumber
- 1 1/2 cup of vinegar
- 1 cup of sugar
- 2 tbsp of mustard.
- Cook pasta. Add vegetables. Combine remaining ingredients to make the dressing and pour over pasta and vegetables.
- Chill in fridge for an hour and Enjoy!

DAN DAN MIEN

Julie Kudrna

FJV (Portland, ME 2006-07; Washington, DC (2007-08)

Casa Nacho/Tucson, AZ LFT 2013-present

Meal Type

Dinners

Dietary Restrictions

Vegan

Ingredients

- In a bowl or measuring pitcher, mix 3/4 c. soy sauce and 3/4 c. water.
- To this add 1/2 c. brown sugar; stir to dissolve the sugar. In food processor pulse 6 garlic cloves.
- Dump in the soy sauce mixture.
- Add 1 c. peanut butter (unsalted is best), 4 T tahini, 3 T hot chili oil, 1/4 c. cilantro. Blend until smooth.
- Cook 1 lb noodles (any kind of thin noodle, wheat or rice) according to directions.
- Rinse in cold water and toss with sesame oil until evenly coated.
- Thoroughly mix together the noodles and sauce. Chill. Peel and chunk 4 cucumbers.
- Slice 2 bunches of green onions (tops only). Chop up 1 c. unsalted roasted peanuts.
- When ready to serve, either put these out as toppings or mix them into the chilled noodles.



SALMON STUFFED AVODADOS

Jeffrey Edwards

FJV (Fairbanks, 2002-03; New Orleans 2003-04)

Meal Type

Dinners

Dietary Restrictions

Vegetarian

Ingredients

- 8 servings quinoa (two cups quinoa uncooked, four cups water I believe)
- 2 cans black beans
- 2 cans of corn
- cheddar jack/mexican cheese
- salsa
- Tony Chachere's Original Creole Seasoning (which is good on EVERYTHING, as my JVC supervisor used to tell me)



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