

Green Recipes

for a Greener Lent



Recipe Compilation by
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(St. Ignatius Green Team)

Brown Lentil Soup

by Stephen and Ethel Longstreet in *The Joy of Jewish Cooking*

Ingredients

- 3–4 tbsp olive oil
- 2 celery stalks, chopped
- 1 leek and/or onion, chopped
- 1 carrot, diced or chopped
- 1 cup brown lentils
- 1 bay leaf and 2 spice cloves,
whole in a spice bag
- 4 cups water, vegetable, or
chicken broth
- Salt and pepper to taste



Instructions

1. Heat the oil in a heavy bottom pot or Dutch oven over medium heat.
2. Add the chopped vegetables and sauté until softened
3. Add the lentils to the pot and stir into the veggies until they are coated with oil.
4. Add the spice bag and water/broth and stir. Season with salt and pepper to taste.
5. Cover and cook about ½ hour, or until the lentils and the vegetables are soft.

Modified from the meat version by Georgia Gojmerac-Leiner

Note: A standard one-cup serving of lentil soup typically provides 9–18g of protein and 7–15g of fiber, making it a nutrient-dense, high-fiber, and high-protein choice. Nutritional values vary based on the recipe, but it is generally low in fat, high in iron, and very filling.

Red Kidney Beans and Butternut Squash Stew

by Georgia Gojmerac-Leiner

Ingredients

3 tbsp olive oil	¼ tsp red pepper flakes for some heat
1 medium onion, chopped	
2–3 cloves of garlic, minced	14.5 oz canned whole or diced tomatoes, with their juice
¼ cup grated green bell pepper	4 cups red kidney beans, canned or prepped
¼ cup grated red bell pepper	2–4 cups water or vegetable stock
2 cups butternut squash cut into ½” cubes	
1–3 sprigs thyme	
¼–½ tsp sage	

Instructions

1. Heat the oil in a 6 qt Dutch oven over medium heat. Add the onion to the pot and sauté until translucent.
2. Add the grated peppers and sauté a little longer.
3. Add the garlic and sauté for one minute.
4. When the garlic aroma arises, add the butternut squash and mix it thoroughly with the sautéed items.
5. Quickly add the herbs and spices, stir well, and add the tomatoes, bringing them to a simmer. Simmer for five minutes.
6. Add the kidney beans and 4 cups of warm water/stock.
7. Cover the pot and cook the stew on medium low for 10-15 minutes or until the squash and beans are soft.

Note: Red kidney beans in soup provide high-quality plant protein (approx. 8–9g per 100g cooked) and high fiber (approx. 6–7g per 100g), offering significantly more fiber and no cholesterol compared to meats like beef or chicken, which have 0g fiber and higher saturated fat. While meat is more protein-dense, beans provide a sustainable and budget-friendly alternative with more fiber, iron, and calcium.

Shorbat Adas (Syrian Red Lentil Soup)

by Adeena Bleich and Sharon Fargo in the *Jewish Food Society*

Ingredients

- 3 tbsp vegetable oil
- 1 yellow onion, finely chopped
- 2 cups dried red lentils
- 1 tsp ground coriander
- ¼ tsp ground sweet paprika
- 6 cups water
- ¼ bunch fresh cilantro leaves, roughly chopped
- 1½ tsp kosher salt

Instructions

1. Place the oil into a pot over medium heat and add the onions. Sauté the onions for 5-8 minutes until softened and translucent, mixing often.
2. Add the red lentils, ground coriander, paprika, water, cilantro and kosher salt. Mix well and bring the mixture to a boil. Reduce heat to low, cover with a lid and cook on a simmer for about 25 minutes or until the lentils have broken down and the soup thickens.
3. Serve the soup hot with bread on the side.



Photo: Lauren Volo
Stylist: Marian Velasquez

Leek, Parsnip, Lentils, and Lima Bean Soup

by Georgia Gojmerac-Leiner

Ingredients

- 3 tbsp olive oil
- 1 large leek, chopped
- 2 parsnips, diced
- 2 cloves garlic, mashed
- Pinches of coriander, cumin,
mint and salt to taste
- 1 cup brown lentils
- 15 oz canned lima beans
(also called butter beans)
- 4–6 cups water



Instructions

1. Heat the oil in a pot. Add the leek and sauté until soft.
2. Add garlic and sauté briefly.
3. Add coriander, cumin, and mint to the pot and stir quickly. Add parsnips and lentils to the pot, salt, and mix well.
4. Add 4–5 cups of water to cover the lentils (saving a cup for later). Cover the pot and let simmer for 15 min.
5. Add the lima beans and the remaining cup water (more if soup looks too dry). Let soup simmer for 10 more min.
6. Serve hot with bread, dry dates, and figs, if you have them on hand.

Roasted Tomato and White Bean Stew

by Colu Henry on *NYT Cooking*

Ingredients

- ½ cup roughly chopped Italian parsley leaves and tender stems
- 2 tsp lemon zest (from 1 large lemon)
- 2 (10 oz) containers cherry or grape tomatoes
- ¼ cup olive oil, plus 2 tbsp and more for drizzling (optional)
- 1 tbsp fresh thyme leaves
- Kosher salt and black pepper
- 1 medium yellow onion, thinly sliced
- 3 large garlic cloves, thinly sliced
- ½ tsp red-pepper flakes
- 2 (15 oz) cans white beans (such as butter or cannellini), rinsed
- 1½ cups vegetable or chicken broth, or water
- Flaky salt, for serving (optional)
- Toasted bread, for serving



Photo: Christopher Simpson *Stylist:* Barrett Washburne

Instructions

1. Heat the oven to 425 degrees. In a small bowl, gently toss together the parsley and lemon zest with your hands until well combined; set aside.
2. In a large baking dish or on a sheet pan, toss the tomatoes with $\frac{1}{4}$ cup oil and thyme: season well with salt and pepper. Roast tomatoes until they have collapsed and begin to turn golden around the edges, 20 to 25 minutes.
3. When the tomatoes are almost done roasting, heat 2 tbsp oil in a large (12-inch), deep skillet or Dutch oven over medium. Add the onion, garlic and red-pepper flakes and cook until the onion is softened and the garlic is fragrant, 4 to 5 minutes. Stir in the rinsed beans and broth and bring to a simmer. With the back of a spoon or spatula, gently smash about $\frac{1}{2}$ cup of the beans so they slightly thicken the broth. If you want a thicker stew, crush some more of the beans. Season with salt and pepper.
4. When the tomatoes are finished roasting, add them directly to the stew along with any juices that have been released. Simmer for 5 to 10 minutes more so the flavors become friendly; season to taste with salt.
5. Ladle into shallow bowls. Top each serving with some of the lemon-parsley mixture and drizzle with some more olive oil, and season with flaky salt, if you like. Serve with toasted bread.

PROTEIN CONTENT OF COMMON FOODS

Meats, Poultry, and Fish	Portion Size	Grams of Protein
Beef/Turkey Jerky	1 oz dried	10-15
Beef/Chicken/Turkey/Pork/Lamb	1 oz	7
Fish	1 oz	7
Crabmeat/Shrimp/Lobster	1 oz	6
Egg	1	6
Legumes and Nuts		
Lentils	½ cup	9
Lima beans	½ cup	7
Kidney/Black/Cannellini beans	½ cup	8
Refried beans	½ cup	6
Hummus	⅓ cup	7
Chili with beans, drained	½ cup	10
Peanut Butter	2 tbsp	7
Nuts	1 oz (¼ cup)	4-6
Sunflower seeds	1 oz	5
Almond milk	8 oz	1
Grains, Vegetables, and Fruits		
Bread	1 oz slice	3
High protein cereals	¾-1⅓ cup	7-15
Rice, Pasta	⅓ cup	3
Quinoa	⅓ cup	6
Vegetables (fresh/frozen/canned)	½ cup	2
Raw leafy greens	1 cup	2

The amount of protein in each food listed above is an average and may vary slightly depending on manufacturer.

In general, 2 tbsp or a portion of poultry, beef, pork or fish the size of 1/3 of a deck of cards would equal 1 oz and provide about 7 g of protein. A whole deck of cards would equal 3 oz and provide about 21 g of protein.

(Excerpted from a Johns Hopkins School of Medicine nutritional factsheet)