

# Agapé Recipes

Shared with unconditional love  
by the Calvary Staff & their families

## Helario's Hummus

from Helario Reyna

### Ingredients:

- 2 - 15oz cans Chick Peas / Garbanzo Beans
- 4 - 6 cloves garlic
- 6 Tbs Tahini
- 1 lemon
- 1/3 cup Extra Olive Oil
- 1/2 tsp Black pepper
- 1/2 tsp salt
- 1 1/2 tsp Cumin
- 1/8 tsp Cayenne

Put peeled garlic in food processor and pulsate the garlic. With spatula push down chopped garlic.

Drain most of the liquid from the chick pea cans (Or drain all liquid and rinse lightly the chick peas and add 1/4 can water). Put chick peas in food processor.

Add olive oil, juice of lemon, tahini, black pepper, salt, cumin and cayenne in the food processor and mix. In between times use spatula to scrape down excess from sides of container of food processor. Mix till smooth. Taste and adjust to your liking.

## Bonus: Helario's Pita Chips

Ingredients:

- Pita bread
- Garlic salt
- Cayenne

Preheat oven to 400°.

Brush olive oil on pita top and bottom. Sprinkle garlic salt and light cayenne on pita. Cut pita in 4 or 6 pieces. Put on a non stick bake pan and put in preheated oven. Bake for 10 - 15 minutes.

Other suggestions: falafel, celery sticks, carrot sticks, green or red bell pepper chopped into wide planks and cucumber spears.

## Lavash

By Alton Brown (via Ruthie McLain)

Combine:

- 2 1/2 c. flour
- 1 t. salt
- 1/2 t. sugar

Add all at once:

- 2/3 c. water
- 1 egg

Use to brush back side of large baking sheet:

- 5 T. butter or less, melted and divided

Knead dough in bowl 5-6 times. Divide dough into 1/3's and let rest for 30 minutes covered with a towel. Preheat oven to 375 degrees. Butter the backside bottom of a sheet and roll out one of the rounds. Yup, on the backside. When you have rolled it as thin as you can, use your fingers to press it out to the edges. Get it as thin as you can. Alton doesn't add anything to this cracker. I do. My favorite is Nori Komi Furikaki rice seasoning that obviously has seaweed flakes and toasted sesame seeds. I also add salt. Get the rolling pin out again and roll over it so when you crack the cracker most of the toppings stay in place. Simple salt and pepper, all the things on an everything bagel, or plain works. Bake 10-15 minutes. Makes three huge crackers you break apart.

## Hearty Cornbread

(adapted from Ardelle's Mama and from her Mama)

Combine:

- 1 c. yellow cornmeal
- 1 c. whole wheat flour or brown rice flour
- 4 tsp baking powder
- $\frac{3}{4}$  tsp salt
- 1-2 Tbsp sugar

Add:

- 2 eggs
- 1 c. milk
- $\frac{1}{4}$  c. oil (I usually use canola but I really should try olive oil)

Beat until smooth. Pour into a well-used cast iron skillet (10-inch for thicker, 12-inch for thinner) ... or a square 9-inch glass pan if you must. Bake @ 425 for 20-25 minutes.

## Mary's Potato Soup

from Mary O'Brien

Ingredients:

- 3 cups cubed Yukon Gold potatoes
- 1 small carrot grated
- $\frac{1}{2}$  cup chopped onion
- 1 Tablespoon chopped parsley
- $\frac{3}{4}$  teaspoon kosher salt
- $\frac{3}{4}$  teaspoon cracked black pepper
- $\frac{1}{2}$  teaspoon celery salt
- 16 ounces chicken or vegetable broth
- 3 Tablespoons flour
- 3 cups milk
- 1 cup shredded cheese ( I prefer gruyere, but you can use cheddar)

Bring broth to a boil and add the vegetables and seasonings. Reduce heat and simmer covered until potatoes are tender (about 10 to 15 minutes). Whisk the flour and milk together until smooth. Stir into soup and return to a boil stirring constantly until thickened (about 2 minutes). Stir in cheese until melted and serve with thinly sliced spring onions.

## Wild Rice and Mushroom Soup

from a little old lady named Althea Bonsa, Kristin Lensch's surrogate grandmother, and who would have been the perfect Lutheran nun, if there ever was any such thing.

### Ingredients:

- 1/2 c. butter or margarine
- 1 lb. fresh sliced mushrooms
- 1 clove garlic
- 6 c. broth (chicken, or non-tomato based vegan)
- 1/2 c. each - minced onions, carrots, celery
- 4 oz. wild rice
- 1/2 c. dry white wine (optional)
- 2 TB flour
- 3 TB water
- 1 c. half & half (can substitute 1 c. evaporated milk)
- 1/4 c. chopped parsley

Melt 1/4 c. butter in large sauce pot. Add mushrooms and cook until tender. Remove mushrooms from pan; set aside. Melt remaining butter in pan and add onions, carrots, celery and garlic. Cook until vegetables are tender. Stir in broth - heat to boiling. Rinse rice & stir into broth. Cover and simmer 1 hour. Stir in reserved mushrooms and wine. Blend flour and water. Stir into soup - heat to boiling, stirring constantly. Stir in cream. Garnish with chopped parsley.

## **Simplest Lentils**

from Ardelle Walters

### Ingredients:

- 1 medium onion, chopped
- ½ c. chopped carrots
- 2 Tbsp. olive oil
- 1 qt. Bone broth (or chicken/beef stock or vegetable stock ... )
- 1 c. lentils
- Salt to taste

Heat oil over medium heat in cast iron pot (or whatever pot you cook soup in). Add onions, sauté for a few minutes, add carrots, sauté a few more minutes, add lentils & yep, stir for just a few minutes more.

Add broth/stock. When bubbles start to appear, reduce heat and simmer 20-30 minutes. Add salt to taste.

Consider serving with salad & hearty cornbread.

## **Pasta e Fagioli**

from Amber Carswell

### Ingredients:

- 8 oz. dried medium white beans (such as cannellini), soaked overnight
- Kosher salt
- 4 carrots, scrubbed, diced
- 1 leek, white and pale green parts only, halved lengthwise, diced — or one onion, diced
- 6 garlic cloves
- ⅓ cup extra-virgin olive oil, plus more for drizzling
- Freshly ground black pepper
- 1 15-oz. can whole peeled tomatoes
- 1 bunch kale, ribs and stems removed, leaves torn
- 1–2 Parmesan rinds
- 2 bay leaves
- 1 smoked ham hock (optional)
- 8 oz. small pasta
- Finely grated Parmesan, crushed red pepper flakes, and crusty bread (for serving)

If you haven't soaked the beans, do a power soak: Place beans in a large pot, cover with water by 1", and bring to a boil over high heat. As soon as the water comes to a boil, remove pot from heat, stir in a palmful of salt, cover pot, and let beans sit 1 hour.

Heat ⅓ cup oil in a large pot or Dutch oven over medium. Add vegetables, season generously with salt and pepper, and cook, stirring often, until vegetables soften and gently brown.

Add beans and their soaking liquid, tomatoes, and kale; season with salt and pepper. Bring to a boil, then add Parmesan rinds, ham hock (if using), and bay leaves. Reduce heat to medium-low and bring to a gentle simmer. Cook soup with lid askew, adding water (or stock, if you have it) as needed to keep beans submerged by 1", until beans are very tender, 1–3 hours, depending on size and age of beans. Fish out and discard Parmesan rinds. Remove ham hock and use a fork to pull meat off the bone. Return meat to soup; discard bone and any large pieces of fat.

Cook pasta in a large pot of boiling well-salted water, stirring occasionally, until very al dente, about 3 minutes less than package directions. Drain pasta and add to soup, then taste and season with more salt and pepper if needed. (Do not try to skip a step by cooking the pasta in the soup. The noodles will absorb all the available liquid and the liquid will be thick and gummy.)

Divide soup among bowls. Top with Parmesan, drizzle with oil, and sprinkle with red pepper flakes. Serve with bread for dunking.

## **Beets: Orange you glad you got this recipe?**

from Ruthie McLain

### Ingredients:

- 8 beets
- 4 Tbsp butter, melted
- 1 Orange
- 1 Tbsp orange juice concentrate
- Salt & Pepper to taste

For 8 beets, here's how easy orangey it goes! Preheat oven to 375

Peel and quarter/large dice your beet quantity. Add the butter, the zest and juice of one orange plus the orange juice concentrate (you know, the frozen juice!). Add salt and pepper to taste. Roast in the oven in a baking dish stirring occasionally. Should take about an hour, but you'll know when a fork goes in easy-orangey! They taste completely like oranges. Not kidding. Would I kid you?

## **Ardelle's Almost-Daily Salad**

### Ingredients:

- Leafy greens
- Chopped apple (I usually use sugarbee or fuji or honeycrisp)
- Dash olive oil
- Dash maple syrup (or balsamic vinegar)
- Optional: Roasted almonds or cashews

Toss all ingredients and serve immediately.