

Main Dish Recipes

Vegetarian



Barley, Green Pepper and Tomato Casserole

Serves 4

2/3 cup	uncooked pot barley	150 mL
2 cups	hot vegetable stock or water	500 mL
1	onion, chopped	1
1 small	green pepper, chopped	1 small
1 1/2	large tomatoes, sliced	1 1/2
3/4 tsp	dried oregano	3 mL
1/2 tsp	salt	2 mL
1/4 tsp	pepper	1 mL
1 1/2 cups	grated cheddar cheese	375 mL

How to Make:

1. Heat oven to 350° F (180° C).
2. In a baking dish, combine barley, stock or water, onion, green pepper, tomatoes, oregano and salt and pepper. Stir to mix.
3. Cover and bake at 350° F (180° C) for 45 minutes.
4. Stir in cheese and bake uncovered, for 25 minutes longer or until barley is tender and most of the liquid is gone.

Cauliflower and Cheese Pie

Serves 5

1 medium	head cauliflower, cut into small pieces	1
5	eggs, lightly beaten	5
1 small	onion, chopped	1
1 tsp	dried thyme or basil	5 mL
¼ tsp	salt	1 mL
pinch	pepper	pinch
1 cup	grated cheddar cheese	250 mL
4 slices	bread, torn into small pieces	4

How to Make:

1. Heat the oven to 350° F (180° C). Grease a 9 inch (1 L) pie plate.
2. Cook the cauliflower in a pot of boiling water until tender. Drain off water and cool.
3. In a large bowl, beat the eggs, onion, thyme, salt and pepper. Stir in the cheese, bread and cauliflower.
4. Pour into greased pie pan.
5. Bake until lightly browned for 25 to 30 minutes and a knife put into the center comes out clean.
6. Serve warm or cold.

Note:

You can use broccoli or zucchini in place of the cauliflower.

Cheesy Broccoli and Potato Casserole

Serves 6

6 medium	potatoes, peeled and cubed	6
¼ cup	milk	50 mL
1 tsp	margarine	5 mL
½ tsp	pepper	2 mL
2 to 3 cups	chopped broccoli	500 to 750 mL
1 small	onion, chopped	1
1 cup	grated cheddar cheese	250 mL

How to Make:

1. Heat oven to 350°F (180° C).
2. Put potatoes in a large saucepan. Cover with water and bring to a boil. Reduce heat to low and cook until the potatoes are soft. Drain the water. Mash potatoes with milk, margarine and pepper.
3. Put broccoli and onion in a bowl and add enough water to cover the bottom of the bowl. Cover and microwave on high for 5 minutes.
4. Spread potato mixture in lightly greased 9 X 13 inch (4L) baking pan. Top with broccoli, onion and cheese. Bake covered for 10 minutes. Remove cover and continue baking for 5 minutes or until cheese is melted.

Note:

- You can add ½ tsp (2 mL) garlic powder or 2 chopped garlic cloves and ½ tsp (2 mL) parsley to potato mixture.
- For a non-vegetarian meal, add 1 cup (250 mL) chopped ham to the broccoli, onion and cheese mixture.

Curried Onion Pie

Serves 4

1/3 cup	margarine	75 mL
1 cup	bread crumbs	250 mL
1/2 cup	wheat germ	125 mL
1/2 tsp	salt	2 mL
1 tsp	curry powder	5 mL
2 medium	onions, sliced thinly	2
1 Tbsp	oil	15 mL
1 cup	milk	250 mL
3	eggs, well beaten	3
1 cup	grated Swiss cheese	250 mL
1/2 tsp	salt	2 mL

How to Make:

1. Heat oven to 350°F (180° C).
2. Melt margarine and mix with bread crumbs, wheat germ, salt and 1/2 tsp (2 mL) of the curry powder.
3. Line 9-inch (1L) pie plate with the mixture, keeping out 1/4 of the mixture for topping.
4. In a skillet, sauté onions in oil until soft. Mix with milk, beaten eggs, cheese, salt and the rest of the curry powder. Place mixture in the pie plate and sprinkle with saved topping.
5. Bake at 350° F (180° C) until firm, 30 to 35 minutes.

Macaroni and Cheese

Serves 4

2 cups	uncooked macaroni	500 mL
¼ cup	margarine	50 mL
¼ cup	flour	50 mL
½ tsp	salt	2 mL
¼ tsp	pepper	1 mL
¼ tsp	dry mustard	1 mL
2 cups	milk	500 mL
2 cups	grated cheese (8 oz, 200g)	500 mL

How to Make:

1. Heat oven to 350°F (180° C).
2. In a medium size pot, put enough water until half full. Bring water to boil over high heat. Add macaroni to water and stir. Reduce heat and continue to boil, until the macaroni is just tender. Drain the water from the pasta.
3. Melt margarine in a large saucepan over medium heat. Stir in flour, salt pepper and mustard. Stir until mixed. Remove from heat.
4. Stir in milk. Heat to boiling, stirring most of the time. Boil and stir for one minute.
5. Remove from heat, stir in cheese and continue stirring until melted.
6. Stir cooked, drained macaroni into cheese sauce. Pour into ungreased 2 quart (2 L) casserole dish.
7. Cook uncovered at 350 F (180° C) for 20 to 25 minutes or until bubbly.

Note:

You can add before baking:

- 1 cup (250 mL) frozen peas or beans into cheese sauce, OR
- 1 cup (250 mL) chopped cooked ham, OR
- 1 cup (250 mL) chopped red or green peppers, OR
- 1 can tuna, OR
- ¼ cup (50 mL) chopped onion.

Western Baked Beans

Serves 8-10

3	onions, chopped	3
½ cup	brown sugar or molasses	125 mL
1 tsp	dry mustard	5 mL
½ tsp	garlic powder	2 mL
½ cup	cider vinegar (or white vinegar)	125 mL
1 can (14 oz)	lima beans, drained	398 mL
1 can (28 oz)	kidney beans, undrained	796 mL
1 can (19 oz)	chick peas, drained	540 mL
1 can (28 oz)	baked beans, undrained	796 mL

How to Make:

1. Heat oven to 350° F (180° C).
2. Place onions in skillet.
3. Add brown sugar, mustard, garlic powder and vinegar.
4. Cover and cook for 10 minutes.
5. Put beans in a 3 quart (3L) casserole dish.
6. Add onion mixture to the beans.
7. Cover and bake at 350° F (180° C) for 30 minutes.
8. Uncover and bake 30 minutes more.

Note:

Serve with rolls or garlic toast.