

# MERCY MEATLESS MONDAYS

*A recipe book from the Sisters of Mercy of the Americas for prayerfully eating less meat as a response to the cry of Earth and the cry of the poor.*

**MERCY  
EARTH  
CHALLENGE**



## Recipes for eating meatless year-round!

The Sisters of Mercy Justice Team encourages the Mercy Community to refrain from eating meat on Mondays, in addition to Fridays in Lent as is our Catholic tradition.

This is one way to care for Earth, as meat production consumes large amounts of water and produces more greenhouse gasses than a vegetarian diet. We also can choose to eat less meat in solidarity with the people of the Amazon rainforest in South America, since their home is being destroyed, in part, by deforestation for cattle grazing for exported beef.

This third edition of Mercy Meatless Mondays was launched in Lent 2021, to conclude the initial Mercy Earth Challenge, a year-long series of invitations to examine our lifestyles. After exploring Pope Francis' encyclical Laudato Si more deeply, we re-considered our use of water, looked at how to support more just food systems, learned about more sustainable options for gift giving during the Christmas season, and committed to reducing our use of plastics.

This booklet features 14 delicious recipes submitted by Mercy Earth Challenge participants.

## Questions to consider.

As we learned through the seasons of the Mercy Earth Challenge, in addition to reducing our meat consumption, there are always further steps we can take to live a more sustainable lifestyle.

- **Organic produce is grown without harmful chemicals. Which ingredients in our recipes can we buy organic?**
- **Locally sourced ingredients require less transportation, reducing fuel use and carbon emissions. Which ingredients can be purchased from local sources?**
- **Single use plastics, which are difficult to recycle, are prevalent in supermarkets. Which ingredients can be purchased without packaging or in more environmentally friendly containers like those made of metal or paper?**
- **Products labeled as “fair trade” signify a commitment to just wages and working conditions for workers as well as to environmentally sustainable practices. You can readily find fair-trade coffee, tea and chocolates but more products are coming online all the time, including olive oil and some nuts. What fair trade products can you add to your meals?**

These questions and space for notes will follow each recipe, encouraging your consideration with every meal.

## Mercy Earth Challenge continues!

Many of the [Mercy Earth Challenge resources](#) are still available and re-designed for use at any time.

We also invite you to join us in advocacy around our critical concerns for Earth as well as for anti-racism, immigration, nonviolence and women.

[Visit our website](#) to learn about calls to action, and sign up to receive email alerts when it's important to contact your elected officials about sustainability and other issues.

### Share on social media!

We encourage everyone taking part in Mercy Meatless Mondays to share their meatless creations with us on social media!

Share photos of your meals, how you're reducing meat consumption, and how you are making your meatless meals even more environmentally friendly on Facebook, Twitter, and Instagram using [#MercyMeatlessMondays](#).



# BLACK BEAN CHILI

BY: KATHLEEN SONNIE, RSM

## INGREDIENTS

- 2 oranges
- 2 tablespoons olive oil
- 2 cups chopped onions
- 4 garlic cloves, pressed
- 4 teaspoons chili powder
- 4 teaspoons ground cumin
- 2 teaspoons ground cinnamon
- 3 15.5-ounce cans seasoned black beans, drained
- 2 14.5 -ounce cans diced tomatoes in juice
- Hot pepper sauce
- Sour cream or plain yogurt
- Chopped fresh cilantro

## RECIPE

Start by grating enough orange peel to measure 1 ½ teaspoons. Then juice the oranges.

Heat oil in heavy large saucepan over medium heat. Add onions and sauté for 5 minutes. Next, mix in garlic and spices. Add beans, tomatoes, and half of orange juice and simmer over medium heat until heated through and flavors blend, stirring often, about 15 minutes.

Mix in orange peel and remaining orange juice. Season to taste with hot sauce, salt, and pepper. Ladle chili into bowls. Top with sour cream and cilantro.

## Recipe Notes

Ingredients I can buy organic:

Ingredients I can buy from local sources:

Ingredients I can buy without packaging:

Without plastic packaging:

Fair trade products I can add to this meal:

Other ideas:



# BUTTERNUT SQUASH CHILI

BY: ROSEMARY SCHMALZ



## INGREDIENTS

- 1 red bell pepper, chopped
- 1 medium yellow onion, chopped
- 2 cloves garlic, finely chopped
- 3 cups butternut squash cubes
- 2 cups or 1 can great northern beans
- 2 cups or 1 14 oz. can of diced tomatoes with juice
- 1/2 cup salsa
- 1 tbsp chili powder
- 1 tbsp cumin
- 2 tsp unsweetened cocoa powder
- 1/2 tsp cinnamon
- 1/2 tsp cayenne pepper (optional)
- 1 cup water

## RECIPE

Sauté onion, bell pepper, yellow onion, and garlic. When these are tender, add 1/2 cup dry red wine and boil 1 minute.

Add butternut squash cubes, great northern beans, diced tomatoes, salsa, chili powder, cumin, cocoa powder, cinnamon, cayenne pepper (optional), 1 cup water.

Bring to boil and then cook on low for one hour. Garnish, if you want, with avocado and/or Greek yogurt. The hardest part of this recipe is cutting up the squash. Don't bake it. Peel it raw and throw it in.

## Recipe Notes

Ingredients I can buy organic:

Ingredients I can buy from local sources:

Ingredients I can buy without packaging:

Without plastic packaging:

Fair trade products I can add to this meal:

Other ideas:

*"The climate is a common good, belonging to all and meant for all. At the global level, it is a complex system linked to many of the essential conditions for human life.*

*A very solid scientific consensus indicates that we are presently witnessing a disturbing warming of the climatic system...*

*Humanity is called to recognize the need for changes of lifestyle, production and consumption, in order to combat this warming or at least the human causes which produce or aggravate it..."*

**—Pope Francis, Laudato Si, #23**

A close-up photograph of a woven basket filled with fresh, vibrant green spinach leaves. The leaves are piled together, showing their characteristic shape and texture. The basket's rim is visible at the bottom and left edges.

# CRUSTLESS SPINACH QUICHE

BY: SUE GALLAGHER, RSM

## INGREDIENTS

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 1 (10 ounce) package frozen chopped spinach, thawed and drained
- 5 eggs, beaten
- 3 cups shredded Muenster cheese
- ¼ teaspoon salt
- ⅛ teaspoon ground black pepper

## RECIPE

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9 inch pie pan.

Heat oil in a large skillet over medium-high heat. Add onions and cook, stirring occasionally, until onions are soft. Stir in spinach and continue cooking until excess moisture has evaporated.

In a large bowl, combine eggs, cheese, salt and pepper. Add spinach mixture and stir to blend. Scoop into prepared pie pan.

Bake in preheated oven until eggs have set, about 30 minutes. Let cool for 10 minutes before serving. Serves 6.

## Recipe Notes

Ingredients I can buy organic:

Ingredients I can buy from local sources:

Ingredients I can buy without packaging:

Without plastic packaging:

Fair trade products I can add to this meal:

Other ideas:



# EGGPLANT PEPPER JACK CASSEROLE

BY: KARA SPELTZ

## INGREDIENTS

- 1 large jar of marinara sauce
- 1 Eggplant
- 1 package of Pepperjack cheese
- 2 eggs
- 1 package of bread crumbs
- 1 package of shredded Cheddar or Monterey Jack cheese, or your favorite cheese blend.

## RECIPE

Slice eggplant into medium to thin slices and lay them out on paper towels to absorb excess moisture. Crack two eggs into a bowl. Add a small amount of water and mix with a fork. Dip the eggplant into the egg mixture and then into the breadcrumbs. Fry the eggplant slices at a medium heat until brown on each side.

Line a square cake pan with aluminum foil and cover the bottom with a light layer of marinara sauce. Place the fried eggplant slices into the pan in one layer. Top the eggplant slices with slices of pepper jack cheese and then cover with more marinara sauce. Repeat this process with one or two more layers of eggplant, sliced pepper jack, and marinara sauce.

Cover with shredded cheese. Cover the pan with aluminum foil and bake @ 350 for 45 minutes, removing the foil for the last 10-15 minutes.

## Recipe Notes

Ingredients I can buy organic:

Ingredients I can buy from local sources:

Ingredients I can buy without packaging:

Without plastic packaging:

Fair trade products I can add to this meal:

Other ideas:

*"We must not think that these efforts are not going to change the world.*

*They benefit society, often unbeknown to us, for they call forth a goodness which, albeit unseen, inevitably tends to spread.*

*Furthermore, such actions can restore our sense of self-esteem; they can enable us to live more fully and to feel that life on earth is worthwhile."*

**—Pope Francis, Laudato Si, #212**

# HEARTY LATIN CASSEROLE

BY: MARIA KLOSOWSKI, RSM

## INGREDIENTS

- ⅓ cup dry black beans
- ⅓ cup dry kidney beans
- 1 ¼ cup raw bulgur wheat
- 2 cloves garlic, chopped fine
- 2 medium onions, chopped fine
- ½ green pepper, chopped fine
- 1 cup frozen, canned, or fresh corn
- 1 cup frozen, canned, or fresh green beans
- 1 can whole tomatoes or 4 fresh tomatoes
- 1 tsp paprika
- 1 tsp salt
- ⅛ tsp pepper
- 1 tsp chili powder
- ½ tsp cumin
- Hot sauce
- Dried red pepper

## RECIPE

Have beans and bulgur wheat measured out and ready. Next, cook bulgur wheat according to the package adding one tsp bouillon and 2 cups of water. While cooking the bulgur wheat, cook beans separately in another pan.

In an additional pan, sauté garlic, onions, and green pepper in 1 tbsp oil. Then add corn, green beans, and tomatoes to the mix. Season mix with the paprika, salt, pepper, chili powder, cumin, hot sauce and dried red pepper (optional). When all but frozen ingredients are cooked, combine all ingredients in a baking dish. Top with a grating of favorite cheese. Bake at 350 degrees for 20-30 minutes.

## Recipe Notes

Ingredients I can buy organic:

Ingredients I can buy from local sources:

Ingredients I can buy without packaging:

Without plastic packaging:

Fair trade products I can add to this meal:

Other ideas:



# LENTIL BARLEY STEW

BY: MARIA KLOSOWSKI, RSM



## INGREDIENTS

- ¼ cup Margarine (substitute olive oil for a vegan dish)
- ¾ cup chopped celery
- ¾ cup chopped onion
- ¾ cup lentils
- 1 qt. Canned tomatoes
- ¾ cup barley or brown rice
- 2 tsp of salt
- ½ tsp of rosemary
- ¼ tsp pepper
- ½ tsp rosemary
- ½ tsp garlic salt
- ½ cup shredded carrots

## RECIPE

Begin by sautéing margarine, celery, and onion until cooked. Next, add 6 cups of water and lentils and cook for 20 minutes.

To the same pot, add tomatoes, barley, salt, rosemary, pepper, and garlic salt.

Let simmer for 45-60 minutes. Lastly, add carrots and cook for 5 additional minutes then serve.

## Recipe Notes

Ingredients I can buy organic:

Ingredients I can buy from local sources:

Ingredients I can buy without packaging:

Without plastic packaging:

Fair trade products I can add to this meal:

Other ideas:

*"There is an urgent need to develop policies so that in the next few years, the emission of carbon dioxide, and other highly polluting gases can be drastically reduced."*

**—Pope Francis, Laudato Si #26**

# LENTIL ONE-DISH DINNER

BY: MARIA KLOSOWSKI, RSM

## INGREDIENTS

- 1 cup lentils, uncooked and rinsed
- ½ cup uncooked brown rice
- 2 cups sliced carrots
- 3 cups water
- 1 packet onion soup mix
- 1 tsp garlic powder
- 1 tsp basil
- 1 tbsp olive oil

## RECIPE

Place all ingredients in a large pot, bring to boil, cover and simmer until rice is cooked.

## Recipe Notes

Ingredients I can buy organic:

Ingredients I can buy from local sources:

Ingredients I can buy without packaging:

Without plastic packaging:

Fair trade products I can add to this meal:

Other ideas:



# MEATLESS BEAN PIE

BY: DEIRDRE MCKIERNAN HETZLER

## INGREDIENTS

- 3/4 c. all-purpose flour
- 1/2 c. (2 oz.) shredded Cheddar cheese
- 1 1/2 tsp. baking powder
- 1/2 tsp. Salt
- 1/3 c. milk
- 1 egg, slightly beaten
- 1 can (15 1/2 oz.) garbanzo beans, drained
- 1 can (15 1/2 oz.) kidney beans, drained
- 1 can (8 oz.) tomato sauce
- 1/2 c. chopped green bell pepper
- 1/4 c. chopped onion
- 2 tsp. chili powder
- 1/2 tsp. dried oregano
- 1/4 tsp. garlic powder
- 1/2 c. (2 oz.) shredded Cheddar cheese

## RECIPE

Heat oven to 375 degrees. Spray pie plate with nonstick cooking spray. Mix flour, 1/2 c. cheese, baking powder and salt in medium bowl. Stir in milk and egg until blended.

Spread over bottom and up side of pie plate. Mix remaining ingredients except 1/2 c. cheese. Spoon into pie plate. Sprinkle with 1/2 c. cheese.

Bake uncovered 25 minutes or until edge is puffy and light brown. Let stand 10 minutes before cutting.

## Recipe Notes

Ingredients I can buy organic:

Ingredients I can buy from local sources:

Ingredients I can buy without packaging:

Without plastic packaging:

Fair trade products I can add to this meal:

Other ideas:

*"Greater scarcity of water will lead to an increase in the cost of food and the various products which depend on its use."*

**—Pope Francis, Laudato Si #31**

# ONE POT MUSHROOM STROGANOFF

BY: SUE GALLAGHER, RSM

## INGREDIENTS

- 4 tablespoons butter
- 1 pound sliced mushrooms
- 1 small onion, diced
- 3 cloves garlic, minced
- ¼ cup flour
- 3 ½ cups vegetable broth
- 12 ounces egg noodles
- 2 teaspoons Worcestershire Sauce
- 1 teaspoon Dijon Mustard
- ¼ cup sour cream
- Paprika for sprinkling, optional
- Chopped parsley, optional

## RECIPE

Melt the butter in a large skillet over medium heat. Add the sliced mushrooms and onions. Cook, stirring occasionally for 5-6 minutes until soft. Add the garlic and cook, stirring constantly for 1 minute. Sprinkle the flour over the mushroom mixture and stir constantly for 2 minutes.

Slowly stir in the vegetable broth until you have a smooth mixture. Add the noodles to the pan, turn the heat to low and simmer for 8-10 minutes, stirring twice during cooking, until the noodles are cooked through.

Remove the pan from the heat and stir in the Worcestershire sauce, mustard, and sour cream. Serve immediately garnished with paprika and parsley if desired.

## Recipe Notes

Ingredients I can buy organic:

Ingredients I can buy from local sources:

Ingredients I can buy without packaging:

Without plastic packaging:

Fair trade products I can add to this meal:

Other ideas:



# POTATO-CHIVE CASSEROLE

BY: JOY CLOUGH, RSM

## INGREDIENTS

- 8 oz. cream cheese
- 4 cups mashed potatoes
- 1 egg, beaten
- 1/4 cup chopped onions
- 1/4 cup chives (fresh, dry or frozen)
- Salt, pepper, to taste
- Grated cheddar cheese for top

## RECIPE

Mix all ingredients together. It makes it easier to melt the cream cheese if the potatoes are fresh and hot from the stove. Turn into a casserole dish.

Top with cheese.

Bake at 350 for about 25 minutes. Makes 8 half-cup servings.

## Recipe Notes

Ingredients I can buy organic:

Ingredients I can buy from local sources:

Ingredients I can buy without packaging:

Without plastic packaging:

Fair trade products I can add to this meal:

Other ideas:

*"Only by cultivating sound virtues will people be able to make a selfless ecological commitment..."*

*There is a nobility in the duty to care for creation through little daily actions, and it is wonderful how education can bring about real changes in lifestyle."*

**—Pope Francis, Laudato Si, #211**

# SWEET POTATO PEANUT BUTTER SOUP

BY: ROSEMARY SCHMALZ



## INGREDIENTS

- 1 onion chopped
- 2 cloves garlic chopped
- 1 inch ginger root, shredded OR 1/2 tsp ground ginger
- 1.5 pounds sweet potatoes
- 1 can diced tomatoes
- 4 cups vegetable broth
- 2 cups kale
- 1/2 cup peanut butter

## RECIPE

Begin by sautéing onion, garlic, and ginger over medium heat for 5 to 7 minutes. Next, cube the sweet potatoes and sauté for another 2 to 3 minutes.

Add diced tomatoes, broth and bring to boil and simmer for 30 minutes. To mixture, add kale making sure only to use leaves and not stems. Allow this to simmer for another 10 minutes.

Add peanut butter and simmer for an additional 5 minutes. When it has cooled a little, run it through a blender or use an immersion blender. You don't necessarily want it pureed but just chunked into small pebbly pieces. Garnish with chopped peanuts if you wish.

## Recipe Notes

Ingredients I can buy organic:

Ingredients I can buy from local sources:

Ingredients I can buy without packaging:

Without plastic packaging:

Fair trade products I can add to this meal:

Other ideas:



# ZUCCHINI CASSEROLE

BY: JOY CLOUGH, RSM

## INGREDIENTS

- 2 medium zucchini, sliced
- 1 large onion, sliced thin
- 2 tomatoes, sliced
- 2 green peppers, cleaned and sliced
- 12 slices American or cheddar cheese
- 2 tbsp butter

## RECIPE

In buttered shallow 2 qt. baking dish, arrange vegetables and cheese in alternating layers.

Dot with butter; add salt and pepper to taste.

Cover tightly and bake at 375 degrees for 45-60 minutes.  
6-8 generous servings.

## Recipe Notes

Ingredients I can buy organic:

Ingredients I can buy from local sources:

Ingredients I can buy without packaging:

Without plastic packaging:

Fair trade products I can add to this meal:

Other ideas:

*"A global consensus is essential for confronting the deeper problems, which cannot be resolved by unilateral actions on the part of individual countries.*

*Such a consensus could lead, for example, to planning a sustainable and diversified agriculture, developing renewable and less polluting forms of energy, encouraging a more efficient use of energy, promoting a better management of marine and forest resources, and ensuring universal access to drinking water."*

**—Pope Francis, Laudato Si, #164**

# VEGGIE LASAGNA

BY: JANE SCHLOSSER



## INGREDIENTS

- 1 package lasagna noodles, uncooked
- 1 jar pasta sauce of choice
- 1 pound mushrooms sliced
- 2 zucchinis sliced
- 1 cup shredded mozzarella cheese

## RECIPE

In a casserole dish, create layers of the ingredients, starting with noodles, then adding sliced mushrooms, zucchini, and pasta sauce.

Repeat layering two to three times. Finish with pasta sauce and cheese on top.

Cover casserole dish and cook in the oven for 1 hour at 350 degrees.

## Recipe Notes

Ingredients I can buy organic:

Ingredients I can buy from local sources:

Ingredients I can buy without packaging:

Without plastic packaging:

Fair trade products I can add to this meal:

Other ideas:





# MUSHROOM BOURGUIGNON WITH POTATO CAULIFLOWER MASH

BY: LIZ DOSSA

## INGREDIENTS

### Mushroom Bourguignon:

- 2 tsp oil
- 1/2 medium onion chopped
- 4 cloves of garlic finely chopped
- 10 oz. sliced mushrooms mixed or white or cremini
- 1/4 cup brandy or whiskey or red wine or use broth
- 3/4 cup chopped carrots
- 1 cup chopped celery
- 3/4 tsp dried thyme or 1 tbsp fresh
- 1/4 tsp garlic powder
- 1 tbsp soy sauce ,tamari for gluten-free, coconut aminos for soy free
- 2 tsp tomato paste
- 1/2 cup water or broth
- 1 tbsp cornstarch or arrowroot starch mixed in 3 tbsp water (you can also add 2 tbsp of the mashed potato mixture to thicken)
- 1 cup of spinach or greens

### Potato Mash:

- 1 large potato cubed small
- 1 cup cauliflower florets (heaping cup)
- 1 tbsp olive oil
- 2 to 4 tbsp nondairy milk
- 1/4 tsp each salt garlic powder
- black pepper to taste

(Recipe continues on next page)

# RECIPE

Heat the Instant Pot on sauté. (See stovetop directions below.) Add oil. When the oil is hot, add the onion, garlic, mushrooms and a good pinch of salt and give them a quick mix. Cook for 3 to 4 minutes until golden on some edges. Add a tbsp of water if browning too quickly.

Add the wine and mix well for a few seconds to cook out the alcohol.

Add the carrots, celery, thyme and garlic and mix well. Add the soy sauce, tomato paste, 1/3 tsp salt (if using water or unsalted broth) and water/broth and give it a mix. Cancel sauté. You can also add in 1 bay leaf and some rosemary for flavor variation at this point

Place the steamer basket on top of the mushroom mixture. Add potato and cauliflower to it.

Close the Instant Pot lid. Pressure Cook for 9 to 10 minutes (Manual hi pressure). Add a minute if using larger quantity of either mushroom mix or potatoes, or if doubling. Let the pressure release naturally once the cooking is complete. Open the lid and carefully remove the steamer basket.

Put the pot on sauté, Add cornstarch slurry and give it a mix (you can also add 2 tbsp of the mashed potato mixture to thicken). Add spinach or baby kale and black pepper and mix. Bring the mixture to a boil to thicken, then cancel sauté. Taste and adjust salt and flavor.

Meanwhile. Transfer the steamed potato and cauliflower to a bowl and mash roughly. Add garlic powder, salt, pepper, olive oil, nondairy milk and optionally fresh/dried herbs of choice (e.g. thyme, rosemary, chives) and mash well to preferred consistency.

Serve the mash layered with the mushroom bourguignon. Garnish with some fresh thyme or basil and black or white pepper.

## *Recipe Notes*

Stove top: Follow Steps 1, 2,3 in a shallow saucepan or skillet over medium heat. Add 1/2 cup more broth. Partially cover and cook for 10 to 15 minutes. Add cornstarch slurry or some mashed potato and spinach and mix in. Taste and adjust flavor and simmer until saucy.

Make your mashed potatoes, by boiling 12 to 14 minutes or as you like. Mash and serve with the stew.

## Recipe Notes

Ingredients I can buy organic:

Ingredients I can buy from local sources:

Ingredients I can buy without packaging:

Without plastic packaging:

Fair trade products I can add to this meal:

Other ideas:

*"The pace of consumption, waste and environmental change has so stretched the planet's capacity that our contemporary lifestyle, unsustainable as it is, can only precipitate catastrophes, such as those which even now periodically occur in different areas of the world"*

**—Pope Francis, Laudato Si, #161**

Thank you for participating in Mercy Meatless Mondays.

We hope you have developed positive new practices that you will share with others.

To keep abreast of new offerings from the Mercy Justice Team follow us on social media

Twitter: [@SistersofMercy](#)

Facebook: [@MercySisters](#)

Instagram: [@MercySisters](#)



[www.sistersofmercy.org](http://www.sistersofmercy.org)