



# THE VE'AHAVTA COOKBOOK PROGRAM



**Ve'ahavta**  
A Jewish Humanitarian Response to Poverty

# TABLE OF CONTENTS

## *Intro*

The Ve'ahavta Cookbook Program	3
Health and Safety Guidelines	4

## *Recipes*

Sandwich Making	5
<b>Muffins</b>	
Blueberry Oat Muffins	7
Chocolate Zucchini Muffins	8
Cinnamon Apple Muffins	9
Morning Glory Muffins	10
Strawberry Banana Muffins	11
Zucchini Spinach Kugels	12
<b>Desserts</b>	
Blue Ribbon Brownies	13
Chocolate Chip Cookies	14
Thick, Chewy, Oatmeal Raisin Cookies	15
<b>Chili and Soups</b> (only for Friday and Saturdays!)	
Chili	16
Vegetarian Bean Soup	17

# THE VE'AHAVTA COOKBOOK PROGRAM

The Cookbook Program is a do-it-yourself approach to creating healthy, high-quality food for the Ve'ahavta Mobile Jewish Response to Homelessness (MJRH) outreach van that supplements our Meal Box program.

The Meal Box program prepares healthy and delicious meals 5 days a week for the MJRH van but cannot always prepare baked goods to add to these meals and they do not provide meals for the weekend MJRH shifts. This is where you come in!

In your own home, or as part of a community event you will be in charge of cooking and preparing food to help support the MJRH clients experiencing poverty and homelessness. We typically serve 60-70 people a night, and baked goods, sandwiches and other items are always appreciated.

Please email [Ruth.Hart@veahavta.org](mailto:Ruth.Hart@veahavta.org) or call 416.964.7698 ext. 216 to let us know what you will be bringing and when we can expect it.

Donations can be dropped off any time the office is open. The Ve'ahavta office is located at 200-D Bridgeland Ave, near Yorkdale, and is open 9-5pm Monday-Thursday, and 9-3pm Friday. The office is closed on Jewish and statutory holidays.

In addition to the recipes in this booklet, we also can always use donations of juice boxes, bottled water, and fruits and vegetables prepackaged in snack-sized servings (i.e., apples, clementines, carrot sticks, etc). Please give us a call at 416-964-7698, or email us at [volunteerinfo@veahavta.org](mailto:volunteerinfo@veahavta.org) with any questions.

Please do not include notes to the clients in the packaged food items you donate. While we appreciate the thought and intent that goes into the messages, each of our clients is in a unique situation that is hard to understand from an outside perspective and messages may not always be interpreted the way they are intended.



# HEALTH AND SAFETY GUIDELINES

There are several recipes attached in this cookbook. Please make one (or more!) of the recipes and then drop it off at the Ve'ahavta office.

The food can be packaged in a large container, or 2-3 items in a small plastic or paper bag.

When making food for the Cookbook Program, you agree to follow these guidelines:

- Don't make substitutions or change the recipes; they have been carefully selected to meet the needs of people who receive services from the MJRH outreach van program.
- Ensure that everyone who is involved with food preparation wash their hands or wear gloves, and wash again or switch gloves after using the washroom, sneezing etc.
- Ensure that everyone is wearing a hairnet, has their hair pulled back, or is wearing a hat that covers their hair.
- Wipe down any tables or other surfaces you are going to be preparing the food on.
- Do not eat food or lick your fingers while preparing food.
- Do not store food on the floor.
- Please do not leave food outside of the fridge for more than four hours (only two hours if you have made the tuna sandwiches!) before bringing it to Ve'ahavta.
- Ensure a safe environment for preparing meals and that tasks are appropriate to the skill and age level of volunteers. Particularly take care around ovens, knives, blenders, etc.

# RECIPES



# SANDWICH MAKING

Our van clients always enjoy sandwiches to take away with them. We generally distribute between 50-70 sandwiches per shift.

If your school or family would like to make sandwiches at home and deliver them to our office, here are some guidelines:

- Please ensure all participants wash hands and wear plastic gloves for the food preparation.

## ***You will need***

*(based on making 70 sandwiches)*

- 140 fresh whole wheat bread slices
- 70 quality (pre-sliced) cheddar cheese slices (can be found in bulk bags e.g., at Costco. You can add mustard to the cheese sandwiches if desired. You can also do a chopped egg and mayo filling, or a tuna mayo filling. Please ensure there is no cross-contamination between the fish and the other food products and utensils.)
- 70 individual plastic sandwich bags
- 70 pairs of plastic gloves

Cheese sandwiches are only one suggestion. You can make egg salad, peanut butter and jam, or baloney and mustard sandwiches, really any kind you want! Just let us know what to expect 😊

***If you have a larger budget or group, you could consider making 140 sandwiches. We would be able to distribute these on the following night as well.***

Please notify us a few days in advance for which shift you are planning to provide sandwiches and in what quantity by emailing [Ruth.Hart@veahavta.org](mailto:Ruth.Hart@veahavta.org)

# BLUEBERRY OAT MUFFINS

*Total preparation time: 40 minutes*

## Ingredients

- 2 ½ cups uncooked quick oats
- 2 ½ cups flour
- ⅓ cup sugar
- 2 tablespoons baking powder
- 1 teaspoon salt
- 2 cups milk
- 2 eggs
- ½ cup oil
- 1 ½ cup fresh or frozen blueberries

## Other Supplies

- Muffin tins and liner
- Mixing bowls
- Stirring Implements
- Measuring cups and spoons

## Directions

1. Preheat oven to 425 Fahrenheit degrees.
2. Combine oats, flour, ⅓ cup sugar, baking powder and salt in a bowl.
3. In another bowl, combine milk, egg and oil.
4. Add liquid ingredients to the dry ingredients, mix until moist only. **DO NOT BEAT!** Fold in blueberries.
5. Fill greased muffin cups 2/3 full.
6. Bake 20- 25 minutes.

# CHOCOLATE ZUCCHINI MUFFINS

*Total preparation time: 75 minutes*

## Ingredients

- 4 cups grated zucchini
- 3 cups all-purpose flour
- 3 cups oats
- 1 cup cocoa powder
- 3 cups sugar
- 2 tbsp. cinnamon
- 4 tsp baking soda
- 2 tsp salt
- 8 eggs
- 2 cups plain yogurt
- 1 cup dark chocolate chips

## Other Supplies

- Muffin tins and 50 liners
- Mixing bowls
- Grater
- Stirring Implements
- Measuring cups and spoons

## Directions

1. Preheat the oven to 350 °F.
2. Shred the zucchini with a box grater, stopping when you get to the stem.
3. Butter or oil muffin tins, or just line them with muffin cups.
4. Measure the dry ingredients (flour, oats, cocoa powder, sugar, cinnamon, baking soda, and salt) into a medium bowl.
5. Mix the zucchini, eggs, and yogurt in a larger bowl. Add the dry ingredients, then mix until everything is just combined. Add the chocolate chips.
6. With a spoon, dollop the batter into the muffin tins until each cup is about  $\frac{3}{4}$  full and bake for 20 minutes.
7. Pull the muffins out and poke with a toothpick or knife. If it comes out wet, bake the muffins for 5 more minutes.
8. Let the muffins cool in their tins for 20 to 30 minutes.



# CINNAMON APPLE MUFFINS

*Total preparation time: 40 minutes*

## Ingredients

- 8 cups all-purpose flour
- 4 tablespoon cinnamon
- 4 teaspoon baking powder
- 2 teaspoon baking soda
- 2 teaspoon salt
- 3 cup sugar
- 2 cup vegetable oil
- 8 eggs, lightly beaten
- 1  $\frac{1}{3}$  cup unsweetened applesauce
- 5 teaspoons vanilla extract
- 8 cups chopped apples

## Other Supplies

- Muffin tins and 50-60 liners
- Mixing bowls
- Stirring Implements
- Measuring cups and spoons

## Directions

1. Preheat the oven to 375°F. Grease muffin pans.
2. In a one bowl, stir together the flour, cinnamon, baking powder, baking soda and salt.
3. In another bowl, stir together the oil and the sugar. Stir in the eggs, applesauce and vanilla. Pour the wet ingredients into the dry ingredients and stir just until combined. Gently stir in the apples.
4. Spoon the mixture into the prepared muffin pan, dividing the batter equally between the cups.
5. Bake the muffins until a tester inserted in the center comes out clean, about 20 minutes. Let the muffins sit in the pan before removing to a cooling rack to cool completely.

# MORNING GLORY MUFFINS

*Total preparation time: 45 minutes*

## Ingredients

- 9 eggs
- 6 teaspoons vanilla
- 2 ½ cups canola oil
- 6 cups flour
- 3 ¾ cups white or brown sugar (can be a combination)
- 6 teaspoons baking soda
- 6 teaspoons cinnamon
- 1 ½ teaspoon salt
- 3 grated apples
- 5 cups grated carrots
- 2 bananas
- 1 ½ cups of raisins
- 1 ½ cups of pecans
- 1 ½ cups of dried coconut
- 1 ½ cups of chocolate chips

## Other Supplies

- Muffin tins and 50 liners
- Mixing bowls
- Grater
- Stirring Implements
  
- Measuring cups and spoons

## Directions

1. Preheat oven to 350 F
2. Combine eggs, vanilla, and canola oil. Then add in flour, sugar, baking soda, cinnamon and salt and stir thoroughly.
3. Mix in the rest of the ingredients.
4. Fill muffin tins two thirds full.
5. Cook for 24-26 minutes.

# STRAWBERRY BANANA MUFFINS

*Total preparation time: 50 minutes*

## Ingredients

- 1 cup unsalted butter (melted)
- 2 cups milk
- 4 large eggs
- 7 cups all-purpose flour
- 2 teaspoons salt
- 6 teaspoons baking powder
- 3 cup sugar
- 6 cups chopped strawberries (fresh or frozen)
- 4 bananas, thinly sliced

## Other Supplies

- Muffin tins and liners
- Mixing bowls
- Stirring Implements
- Measuring cups and spoons

## Directions

1. Preheat oven to 375 degrees F. Line a muffin pan with paper liners.
2. Combine the butter, milk, and egg in a small bowl and beat it lightly.
3. In a larger bowl, pour in the flour, salt, baking powder, and sugar and gently mix it. Toss in the chopped strawberries and sliced banana, then stir to coat with the flour mixture.
4. Pour the two mixtures together and stir.
5. Fill up the muffin cups with batter.
6. Bake for 25 to 30 minutes.

# ZUCCHINI-SPINACH KUGELS

*Total preparation time: 50 minutes*

## Ingredients

- 4 eggs
- 1 cup of vegetable oil (or ½ cup of oil & ½ cup of unsweetened applesauce)
- ¼ cup sugar
- 2 tsp pure vanilla extract
- 2 cups flour
- 1 tsp baking soda
- 2 tsp baking soda
- 1 pinch kosher salt
- 1 tsp ground cinnamon
- 3-4 zucchinis (about 4 cups grated unpeeled)
- 2 cups spinach chopped

## Other Supplies

- Muffin pans
- Large bowl
- Whisks
- Measuring cups
- Grater
- Non-stick cooking spray

## Directions

1. Preheat oven to 350° F. Coat muffin pans with nonstick cooking spray.
2. In a large bowl, combine eggs, oil, sugar, and vanilla. Mix well.
3. Stir in flour, baking soda, baking powder, salt and cinnamon.
4. Add grated zucchini to batter. Mince spinach, add to batter and mix well
5. Spoon batter into prepared muffin pans, filling each compartment about ¾ full
6. Bake for 35-40 minutes or until golden brown.

# BLUE-RIBBON BROWNIES

*Total preparation time: 60 minutes*

## Ingredients

- 8 eggs
- 4 cups sugar
- 4 sticks butter
- 8 squares unsweetened chocolate
- 2 cups sifted flour
- 4 cups of chocolate chips

## Other Supplies

- 2 mixing bowls
- Measuring cups and spoons
- Stirring implements
- 2 13x9 baking pans

## Directions

1. Beat eggs and sugar until thick and light, and sugar is dissolved.
2. Melt butter and chocolate together over low heat (top of double boiler is ideal); cool slightly.
3. Add butter/chocolate mixture to egg mixture, beating with fork, until well-mixed. Add flour, then fold in chocolate chips.
4. Spread evenly in two greased and floured 13-by-9 pans.
5. Bake at 350 F for 40 minutes.
6. Cut into squares while still warm.

# CHOCOLATE CHIP COOKIES

*Total preparation time: 45 minutes*

## Ingredients

- 4 ½ cups all-purpose flour
- 2 teaspoons baking soda
- 2 teaspoons salt
- 2 cups butter, softened
- 1 ½ cups granulated sugar
- 1 ½ cups packed brown sugar
- 2 teaspoons vanilla extract
- 4 large eggs
- 4 cups chocolate chips

## Other Supplies

- 2 mixing bowls
- Measuring cups and spoons
- Stirring implements
- Baking trays

## Directions

1. Preheat oven to 375 degrees F.
2. Combine flour, baking soda and salt in small bowl.
3. Beat butter, granulated sugar, brown sugar and vanilla extract in large bowl until creamy.
4. Add eggs, one at a time, beating well after each addition.
5. Gradually beat in flour mixture.
6. Stir in morsels and nuts.
7. Drop by rounded tablespoon onto ungreased baking sheets.
8. Bake for 9 to 11 minutes or until golden brown.
9. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely.

# THICK, CHEWEY OATMEAL RAISIN COOKIES

*Total preparation time: 60 minutes*

## Ingredients

- 1 ½ cups unsalted butter, softened
- 2 cups light brown sugar, packed
- 3 large eggs
- 1 ½ teaspoons vanilla extract
- 2 ¼ cups all-purpose flour
- 1 ½ teaspoons baking soda
- 1 ½ teaspoons ground cinnamon
- 1 ½ teaspoons salt
- 4 ½ cups rolled oats
- 2 ¼ cups raisins
- 1 ½ cup walnuts, chopped (optional)

## Other Supplies

- 2 mixing bowls
- Measuring cups and spoons
- Stirring implements
- Baking trays
- Stirring implements
- 2 13x9 baking pans

## Directions

1. In a large bowl, cream together the butter, brown sugar, egg and vanilla until smooth.
2. In a separate bowl, whisk the flour, baking soda, cinnamon and salt together.
3. Stir the two bowls (butter/sugar/egg and dry goods) together, then add in the oats, raisins and walnuts, if using them.
4. At this point you can either chill the dough for a bit in the fridge and then scoop it, or scoop the cookies onto a sheet and then chill the whole tray before baking them. You could also bake them right away, if you're impatient, but I do find that they end up slightly less thick. Either way, heat oven to 350°F (175°C) before you scoop the cookies, so that it's fully heated when you're ready to put them in.
5. The cookies should be two inches apart on a parchment-lined baking sheet. Bake them for 10 to 12 minutes (your baking time will vary, depending on your oven and how cold the cookies were going in), taking them out when golden at the edges but still a little undercooked-looking on top. Let them sit on the hot baking sheet for five minutes before transferring them to a rack to cool.

# VEGETARIAN CHILI

*Total preparation time: 60 minutes*

## Ingredients

- 1 cup of vegetable or olive oil
- 9 yellow onions
- 18 cloves of garlic
- 1 cup of flour
- 1 cup of chili powder (mild)
- 1 large can of diced tomatoes
- 1 large canned crushed tomatoes
- 6 cans of kidney beans
- 6 cans of black beans
- 6 cans of pinto beans
- 9 cups of frozen corn kernels
- 8 cups of vegetable broth
- 15 cups of uncooked pasta

## Other Supplies

- Large sauce-pan (5qt)
- measuring cups
- measuring spoons
- medium bowl
- strainer
- sauté-pan

**Chili will only be accepted for delivery on Friday, to be distributed by MJRH on Saturday or Sunday shifts.**

## Directions

1. Dice onion and garlic.
2. Heat the oil in bottom of a large pot over medium heat.
3. Sauté onion and garlic for 2-3 minutes or until the onions are soft and transparent.
4. Add the flour and chili powder to the sautéed onions and garlic. Continue to stir and sauté for about two minutes, or just until the flour and chili powder begin to coat the bottom of the pot.
5. Drain and rinse the kidney beans, black beans and pinto beans.
6. Add the diced tomatoes, tomato sauce, all three beans, corn, and vegetable broth to the pot. Stir and combine to dissolve any flour and chili powder off the bottom of the pot.
7. Add the uncooked pasta and stir to combine. Place a lid on the pot, turn the heat up to let the pot come to boil
8. Stir every other minute or so to loosen the noodles from the bottom of the pot as it heats up.
9. When the pot reaches a boil, turn the heat down to low, or just above low, so it continues to gently simmer. Let the pot gently simmer for 12-15 minutes, or until the pasta is tender and the liquid is thin and saucy.
10. Stir frequently as it simmers to make sure the pasta does not stick to the bottom of the pot.



# Vegetarian Bean Soup

*Total preparation time: 60 minutes*

## Ingredients

- 1 cup of split peas
- 1 cup of barley
- 1 cup of lentils
- 4 cans of white beans
- 4 cans of red kidney beans
- 1 package of vegetable stock
- 1 large can of diced tomatoes
- 1 large can of crushed tomatoes
- 2 bags of spinach
- 8- 10 cloves of garlic
- 2 onions
- 1 bunch celery
- 6 large carrots
- 4 large potatoes
- 16 cups water

## Other Supplies

- knives
- measuring cups
- large spoon
- strainer

**Soup will only be accepted for delivery on Friday, to be distributed by MJRH on Saturday or Sunday shifts.**

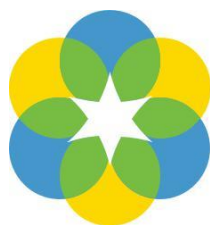
## Directions

1. Boil split peas, barley, lentils in water until soft.
2. Chop onions and garlic. Cut carrots and celery into small pieces.
3. In separate saucepan, sauté onion with garlic until translucent. Add carrots and celery. Stir occasionally. Once soft, add in peas, barley, and lentils. Add salt, pepper, and spices as needed.
4. Drain and wash canned beans. Add to sautéed vegetables.
5. Cut potatoes in chunk-pieces.
6. Add all else. Simmer until fully cooked.

# THANK YOU!

**Your tasty treats,  
sandwiches, chili and soup  
are sure to brighten the  
day of someone  
experiencing  
homelessness.**

---



**Ve'ahavta**

A Jewish Humanitarian Response to Poverty