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A mixture of spaghetti noodles, tofu and vegetables, the dish is flavorful and packed with veggies. (At Elizabeth's Table/Elizabeth Varga)



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Editor's Note: *In this series, Elizabeth Varga will explore how fasting from meat impacts our relationships with self, others, the rest of creation and God. Her reflections and recipes will be posted on the Wednesdays and Fridays of Lent 2022. To receive this series via email, sign up for EarthBeat Reflections.*

"Now as they were eating, Jesus took bread, and blessed, and broke it, and gave it to the disciples and said, 'Take, eat; this is my body.' And he took a cup, and when he had given thanks he gave it to them, saying, 'Drink of it, all of you; for this is my blood of the covenant, which is poured out for many for the forgiveness of sins.' " (Matthew 26:26–28)

Jesus comes to us, in body, blood, soul and divinity, through food and fellowship.

Why do you think he chose bread and wine? What is the significance of meeting God in a shared meal? What would change if Jesus chose other substances or methods?

How does the food that we eat for meals relate to the bread and wine that we consume as the Eucharist? Does considering this relationship change the way you look at food or the way you look at the Eucharist?

In what ways can you see Jesus' actions during Holy Week and Easter as the truest expressions of love?

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Recipe: Plant-based lo mein

This lo mein is a Chinese tossed noodle dish made vegan and gluten-free. A simple mixture of spaghetti noodles, tofu and vegetables, the dish is flavorful and packed with veggies.



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Ingredients

- 1/3 cup liquid aminos
- 2 tablespoons date or maple syrup

- 2 tablespoons tahini
- 8 ounces spaghetti
- 1 (14-ounce) block tofu, cubed
- 2 broccoli crowns, chopped
- 8 ounces mushrooms, sliced or quartered
- 1 red bell pepper, sliced
- 1/4 large or 1/2 small red cabbage, sliced
- sesame seeds

Instructions

1. In a mason jar or other container with a lid, add the liquid aminos, date or maple syrup and tahini. Cover and shake well to mix.
2. Cook the noodles according to the package instructions. Reserve 1/4 cup of the water then drain and set aside. Use the water to keep the pasta soft while preparing the remaining elements of the dish.
3. In a large non-stick pan, sauté the tofu over medium heat, using 2–3 teaspoons of the sauce as cooking liquid. Allow the tofu to brown and absorb the sauce, about 7 minutes. Remove from the pan and set aside.
4. In the same pan, add the chopped broccoli. Cook several minutes using a tablespoon of the sauce. Add the mushrooms, pepper and cabbage with another tablespoon of sauce to prevent sticking. Cook until all the veggies are soft, but still slightly crisp.
5. Add the cooked pasta and tofu to the pan. Stir in the remaining sauce. Allow all the ingredients to mix together.
6. Remove from the heat and serve. Sprinkle with sesame seeds. Enjoy!

Find recipe notes, substitutions and other nutritional information on atelizabethstable.com.

This story appears in the **Recipes for an ecofriendly Lent** feature series. View the full series.