

Babai's

Soup of the Day

Ingredients :

- 1 Heart full of Love
- 2 Hands filled with service
- 1 Room filled with smiles



Cook book 3^{is}

❧ How to Cook Pasta ❧

The following tips on how to cook pasta are common to all the pasta-based recipes given in this book. Instead of putting them with the individual recipes, they are summarized here. If alternate directions are needed, they will be provided with the specific recipe.

HOW TO PREPARE PASTA:

Let water come to a boil (make sure there is enough water so most of the starch will come out of the pasta).

Add pasta and cook until tender (add some olive oil to help prevent sticking and salt for added flavor).

After the pasta is cooked, add 2 pans of ice to the pot and turn off the heat (this will slow down the cooking process & help cool off the pasta).

After ice has mostly melted, drain all the water from pot (CAUTION: WATER WILL BE HOT!) Transfer drained pasta to big serving pans.

Pour some olive oil on the pasta and mix well so it won't stick (about 2 cups/serving pan). Keep covered with foil until ready to serve.

❧ Recipes ❧

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Broccoli Ranch Pasta

(from Alex & Kalika)

Feeds approximately 350 people.

INGREDIENTS: (All of these items were bought at Sam's Club)

Olive oil
Chopped garlic
Chopped onions
Pre cut broccoli bags
6 cans of large pimento beans
2 large bottles of ranch dressing
1 large bottle of "Spaghetti Herb Mix"
_ cup of dried basil
2 large cans of diced tomatoes
6 large cans of tomato sauce
1 large bottle of parmesan cheese
1 cup of sugar
_ cup of chili powder (optional)

HOW TO PREPARE:

Cook pasta and set it aside.
Add half a bottle of olive oil in medium heat.
Chop and fry one full tub of garlic.
Chop and fry one bag of onions.
Add two large bags of pre cut broccoli.
Add six large cans of pimento beans.
Add one large bottle of ranch dressing.
Add the entire bottle of "Spaghetti Herb Mix."
Include small amount of dried basil.
Add two large cans of diced tomatoes (drain the water out).
Add six cans of tomato sauce.
Add the second bottle of ranch dressing
Add the parmesan cheese into the sauce.
To remove the "tangy" taste, add a cup full of sugar.

To spice up the pasta sauce, you can add a small amount of chili powder.



Pineapple Pistachio Salad

(from Vara)

Makes 400 servings.

INGREDIENTS:

40 cans crushed pineapple (20 oz each)
40 packs of instant pistachio pudding (small)
14 tubs of whipped topping (16 oz each)
6 pounds of pecans or walnuts (can use more nuts)
8 large packs of miniature marshmallows

HOW TO PREPARE:

Mix all ingredients together very well. Do not drain the juice of the pineapple.
Refrigerated at least 3 - 4 hours before serving.



Cajun Potato Soup



(from Vara)

INGREDIENTS:

100 pounds potatoes - peeled & cubed
35 to 40 pounds onions - chopped finely
3 large crushed tomato cans
2 pounds cashews
2 pounds almonds
2 cups grated coconut
1 pound garlic
_ pound ginger
2 cups coriander & cumin powder mix
_ pound cajun spice
Approx. one cup of taco seasoning
1 pound butter, unsalted
2 cups of olive oil
Paprika for color
Salt for taste

HOW TO PREPARE:

Grind ginger and garlic.
Powder the cashews and almonds.
Grind coconut to smooth paste.
Heat oil, butter and add onions.
Sauté until onions are clear.
Add salt, garlic, ginger and fry for 10 minutes.
Add spices, nuts, coriander, and cumin mix and fry few more minutes.
Add tomatoes and fry until a nice aroma arises (about 5 to 7 minutes).
Add coconut and stir.
Add potatoes and water to make it a thick soup consistency.

Note: If you are adding any other vegetables such as bell peppers, broccoli, cauliflower, zucchini, garbanzo beans, then reduce the potatoes accordingly.

Happy Cooking!

Homestyle Penne Pasta

(from Indran & Pratiksha, Shekar & Prathiba, Mahesh & Anjali)

INGREDIENTS: (All of these items were bought at Sam's Club)

6 Ragu sauce cans
2 cans crushed tomatoes
2 cans tomato sauce
3 big bags broccoli
5 boxes of mushrooms - chopped
2 bags frozen corn
7 yellow and green zucchinis
3 bags celery
1 bag carrots
12 individual green bell peppers
10 lbs. onions
1 tub garlic
Italian seasoning, basil, and oregano
Sugar
Salt
Parmesan cheese
8 bags of 5 lbs. penne pasta
7 cans black olives
Olive oil
Ice

HOW TO PREPARE:

Cook pasta and set it aside
Sauté the onions and garlic in olive oil
Add the carrots and cook for 7 minutes
Add the rest of the vegetables and cook (leave vegetables crunchy – do not overcook)
Add Ragu sauce, crushed tomatoes, and tomato sauce with very little water
Add spices
Add a little sugar to remove the acidity
Add the olives with parmesan cheese

HOW TO SERVE:

Add pasta to the bowl
Add sauce on top of the pasta with some parmesan cheese

Texas Taco Soup

(from Indran & Pratiksha, Shekar & Prathiba, Mahesh & Anjali)

INGREDIENTS: (All of these items were bought at Sam's Club)

10 lbs. onions
1 tub garlic
12 individual green peppers
7 cans crushed tomatoes
2 cans diced tomatoes
5 cans pinto beans
3 bags of frozen corn
1 bag carrots
9 each - green and yellow zucchinis
2 to 3 lbs. of vegetarian protein (TVP)
4 to 5 bunches of cilantro
Taco seasoning, cumin powder, and chili powder
1 bag of cheese
2 big boxes of taco chips
Vinegar
Sugar
Salt

HOW TO PREPARE:

Soak the protein in boiling hot water with about 1/2 - 3/4 cup vinegar
Sauté the onions
Add the garlic and sauté 2 to 3 minutes with the onions
Add the carrots and cook for about seven minutes
Add the rest of the vegetables and sauté for a few minutes
Add the crushed and diced tomatoes
Add water to preferable thickness
Drain the water from the pinto beans and vegetable protein and add them to the soup

HOW TO SERVE:

Garnish soup with chopped cilantro
Add a little cheese to the soup with crushed taco chips on the top
Add a little sugar to take the acidity away and add salt to taste
Add the rest of the spices

Minestrone Soup

(from Indran & Pratiksha, Shekar & Prathiba, Mahesh & Anjali)

INGREDIENTS: (All of these items were bought at Sam's Club)

Crushed tomatoes – 9 cans
Frozen mixed vegetables – 3 five pound bags
Green bell peppers – 12 individual
Garlic – one tub fresh garlic crushed
Celery – 3 bags
Zucchini – 7 yellow and 7 green
Little pasta shells – 10 lbs
Masoor dal – 6 pounds (soak overnight)
Onions – 10 pounds
Green peas – 2 lbs
Water
Cheese – 10 lb shredded cheese
Sugar
Salt
Italian seasoning and dried parsley
Black pepper

HOW TO PREPARE:

Cut the vegetables to preferred size.
Sauté the onions first in olive oil
Add the garlic with the onions and sauté for 2 to 3 minutes
Add all the vegetables (leave a little crunch in the vegetables)
Add the crushed tomatoes and some water to preferable thickness
Add the pasta shells and masoor dal and let them cook fully

HOW TO SERVE:

When serving the soup, put a little cheese on the top
Add a little sugar to take the acidity away and salt to taste
Add spices

Hearty Vegetable Pasta

(from Vasu)

INGREDIENTS: (All of these items were bought at Sam's Club)

6 - 7 big tins of Ragu sauce
42 lbs. of dry penne pasta
10 lbs. of onion
1 big bag of carrots
1 box of mushrooms
8 - 20 heads of broccoli
6 - 20 bell peppers
6 - 12 tomatoes
Zucchini optional
Cumin
Grated dry garlic
Some cayenne pepper
Black pepper, oregano, basil, Italian spices
Sugar
Salt
Olive oil and vegetable oil
Big bag of cheddar cheese.

HOW TO PREPARE:

Step 1:

Cut all the vegetables

Sauté the vegetables with vegetable/olive oil, along with the spices to create the sauce base
(Sautéing takes about 30 - 45 minutes, so most of the oil will evaporate)

At the end of the sauce base preparation, mix in some olive oil to help retain the flavor

The above spices should be used as needed to make the sauce a bit spicy and salty

After this initial base is ready, add all the cans of Ragu sauce

Heat the pasta sauce along with the base (takes away the raw smell from the sauce).

Empty the sauce into big trays.

Step 2:

Cook pasta.

HOW TO SERVE:

Take out the cooked pasta into big trays (add some ice to help prevent sticking)

Drain excess water from pasta and mix in the sauce (previously set aside)

Add some cheddar cheese

Layer the top of the pasta with cheese and keep warm in the oven to serve later.

Serve the pasta from the warm trays.

7-layer Bean Burritos with Spanish Rice

(from Vasu)

INGREDIENTS: (All of these items were bought at Sam's Club)

4 cans of Ragu sauce	Grated dry garlic
10 big tins of Bush pinto beans	Black pepper, Oregano, Basil, Italian spices
10 lbs. of red onions	Sugar, Salt
1 big bag of carrots	Olive oil and vegetable oil
1 box of mushrooms	Big bag of cheddar cheese
8 - 20 heads broccoli	2 bags, 6 - 8 lbs. each of Basmati rice
6 - 20 bell peppers	2 big salsa containers
6 - 12 tomatoes	1 big tin of jalapenos
Zucchini (optional)	6 cans of sour cream
Big tortillas from Sams (350 count)	10 heads of lettuce
- not the regular small ones	5 lbs. onions
Aluminum foil to wrap the burritos	Several good quality rice cookers are also needed
Cumin, some Cayenne pepper	

HOW TO PREPARE: (requires 10 people to help actively roll the bean burritos)

Step 1: Rice

Begin to cook the rice in multiple cookers. (Make sure the rice is cooking properly. Many times, a rice cooker is turned on but it never cooks and plugs tend to go out in the kitchen.)

Step 2: Sauce

Chop and sauté the onions.

Cut all the vegetables and sauté them using vegetable/olive oil, along with the spices.

Add in the Ragu sauce (add spices so sauce becomes a little salty and spicy).

This sauce is used to prepare the spanish rice and also as a salsa for the burritos.

Mixed the cooked rice with the sauce in trays and keep in the oven at low heat.

Step 3: Bean Mix

Mash the beans and mix in some olive oil.

Cook it in the oven (to remove the raw smell from the beans).

You can add in some spices to flavor the beans, but keep it very mild. The key is the sauce.

Step 4: Preparing the Tortillas

Unroll the Tortilla and heat them up in the microwave the oven.

Step 5: Assembly & Serving

An assembly line of volunteers layers the following items into the warm tortillas and wraps each one up with foil:

Lettuce, tomatoes, stir fried onions and some vegetables, spanish rice, sour cream, grated cheddar cheese, and beans.

Serve one per person since in the end the burrito turns up huge!

Serve spanish rice on the side.

❁ Vegetable Medley Pasta ❁

(from Lakshmi & Bairavi)

INGREDIENTS: (All of these items were bought at Sam's Club)

Penne pasta – 36 - 42 lbs.
Onions – 20 lbs. (chopped)
Carrots – 20 lbs.
Celery – 1 bag
Green bell peppers – 10 to 15
Yellow squash - 15
Broccoli – 10 to 15 heads (if fresh) or 15 lbs. cut or frozen
Frozen Peas – 10 lbs
Spinach – 5 lbs.
Granulated garlic – 3 cups dried
Black pepper – 3 tbsp.
Red chili powder – 1/2 cup
Basil – 4 handfuls
Oregano - 4 handfuls
Parsley – 4 handfuls
Crushed tomato – 5 cans (big cans from Sams)
Tomato sauce – 2 cans (big cans from Sams)
Sugar – 4 tbsp.
(if making cheesy sauce, you will need the following items as well:)
Nacho cheese sauce – 2 large cans
Dry milk powder – 1 large packet (equivalent to 32 qts. milk)

HOW TO PREPARE:

Cook pasta and set it aside.

Tomato Vegetable Sauce: Sauté onions in olive oil.

Add all spices and sauté until the aroma comes.

Add carrots and celery and cook for 10 min. or so, making sure to stir occasionally.

Add the rest of the vegetables and cook for another 5-10 min.

Add crushed tomatoes and tomato sauce.

Add salt to taste.

Add water to adjust the consistency and let simmer for a while, before turning off the stove.

Add fresh herbs if available.

Cheesy Sauce (variation): Use the same ingredients as above, except just use two crushed tomato cans and one tomato sauce can.

Mix the milk powder with just enough water to dissolve and add to the nacho cheese sauce.

Mix all this into the Tomato Vegetable sauce (towards the end) and let simmer.

After adding cheese sauce, stir constantly to avoid getting stuck at the bottom.

HOW TO SERVE:

Serve sauce over pasta, do not mix the two together before serving. Serve while sauce is hot.

❁ Heartwarming Lasagna ❁

(from Lakshmi & Bairavi)

Note: This dish involves much work & requires many volunteers. It has been tried only twice.

INGREDIENTS:

Lasagna noodles – 16 to 18 packets from HEB
(1 packet = 18 strips and 1 tray in soup kitchen needs 32 strips)
Onions – 10 lbs. (chop into small pieces)
Garlic – one bag from Sams (peel and crush)
Spinach (frozen) – 12 lbs.
Carrots – 10 lbs.
Broccoli heads – 10 lbs.
Bell peppers – 10 lbs.
Mushrooms – 2 large cans
Crushed tomatoes – 7 - 8 cans
Cottage cheese – 4 tubs (Sams)
Parmesan cheese – 2 tins
Mozzarella (grated) – 4 bags
Basil – 3 handfuls
Oregano – 3 handfuls
Pepper – 4 tbsp.

HOW TO PREPARE:

Cheese Mix: Sauté 2 lbs. of the onions in oil.
Add crushed garlic one cup and then spinach and mix well.
After it cooks well, remove from heat and let it cool down (while you make the sauce).
Add cottage cheese and 2 bags of mozzarella into this mix.

Tomato sauce: Sauté remaining onions in oil, adding garlic, basil, oregano, and pepper.
Add carrots and let this mix cook till carrots are almost tender.
Add the rest of the vegetables, followed by crushed tomatoes and tomato sauce.
Make it thick and add salt to taste.

Cook the pasta in a lot of water. Drain and separate the pasta sticks. Layer the pasta in deep pans with the sauce and cheese mixture as follows:

- 1) Tomato sauce
- 2) Pasta (lay them flat in a single layer)
- 3) Cheese mix
- 4) Pasta layer
- 5) Tomato sauce
- 6) Top with grated mozzarella and parmesan cheese.

HOW TO SERVE:

Preheat oven to 350°. Bake uncovered for 40 min. or until bubbly. Serve Hot.
Each tray gives about 30 servings.

Mixed Lentil Soup

(from Lakshmi & Bairavi)

INGREDIENTS:

Lentils – 6 lbs
Garbanzo beans – 4 lbs
Red kidney beans – 4 lbs
Spinach – 6 lbs
Onion – 20 lbs
Carrots – 20 lbs
Green bell peppers – 10
Garlic – 3 or 4 cups (fresh, peeled, and crushed)
Crushed tomatoes sauce – 2 cans
Black pepper – 4 tbsp
Red chili powder – 1/2 cup
Cumin – 1/2 cup
Italian seasoning – 1 cup
Parsley – 1 cup

HOW TO PREPARE:

Soak and cook garbanzo and kidney beans at home.
If lentils are from regular grocery store, then soak them overnight.
If the Indian variety, then they will need pressure cooking.

Sauté onions in vegetable oil.
Add all the dry seasonings.
Add carrots and sauté for some, followed by vegetables and beans.
Cook well, stirring occasionally.
Add tomato sauce, crushed tomatoes, and crushed garlic.
Let simmer for a while.
Serve hot with grated cheese on top.



Cream of Vegetable/Broccoli Soup



(from Lakshmi & Bairavi)

INGREDIENTS:

For Cream of Broccoli Soup, 1 case fresh broccoli or 50 lbs. frozen broccoli heads from Sams

For Cream of Vegetable Soup:

broccoli – 25 lbs.

frozen peas, carrots, corn –15 lbs. each

Red bell peppers – 10

Yellow squash – 20

Onions – 10 lbs.

Spinach – 20 lbs.

Green onions – 4 bunches

Nachos cheese sauce – 5 large cans

Nonfat dry milk powder – 1 large packet (makes about 32 quarts of milk)

One large packet or ready-to-mix mashed potatoes

OR 20 lbs. russet potatoes (boiled, peeled and mashed)

Black pepper – 4 tbsp. or to taste

Parsley – 4 to 5 bunches

Italian seasoning – 1 cup

Garlic (either fresh or dried granulated) – 3cups or 3/4 of 1 can from Sams

HOW TO PREPARE:

Cut vegetables into small pieces.

Sauté onions in olive oil/vegetable oil.

Fry the dry spices.

Add all the fresh vegetables & cook with just enough water.

Mix the milk powder in water and add to the boiling soup mix along with the cheese sauce while stirring constantly. (Add water to get the right consistency.)

Let it simmer for a while.

Add salt to taste and fresh herbs & green onions at the end.

Vegetable Chili

(from Lakshmi & Bairavi)

INGREDIENTS:

Onions – 20 lbs
Beans – can be different kinds (5 cans)
Vegetable protein (TVP) – 10 lbs. (Soak in vinegar for 1 hour and rinse.)
Crushed tomatoes – 4 cans
Tomato sauce – 2 cans
Carrots – 10 to 15 lbs.
Bell peppers – 10 to 16
Celery – 4 lbs.
Frozen corn – 20 lbs.
Cumin – 1 cup
Taco seasoning/Chili seasoning – 2 cups
Red chili powder – 1/2 cup
Garlic – 3/4 tin dry granulated or 3 cups fresh (peeled and crushed)
Sugar – 5 tbsp.
Grated cheddar cheese – 3 bags

HOW TO PREPARE:

Sauté onions
Add spices and garlic.
Add carrots, celery, and soaked vegetable protein.
Cook for some time, then add the rest of the vegetables and tomatoes
Add salt and sugar.
Serve with cilantro and cheddar cheese sprinkled on top.

Rainbow Penne Pasta

(from Binita)

Feeds approximately 350 people.

INGREDIENTS: (All of these items were bought at Sam's Club/Costco)

6 lb. bags of penne pasta - 7 bags total

Olive oil - 1 big bottle

Chopped garlic - 1 tub

Chopped onions - 20 lbs.

Lots of different colored bell peppers

Yellow and green zucchini

Celery - 3 bags

Black olives - 2 big cans

"Spaghetti Herb Mix" - 1 bottle

Dried Italian spices mix

Dried basil - _ cup

Diced tomatoes - 8 large cans

Tomato sauce - 9 large cans

Salt & Sugar (2 cups)

Olive oil - 1 big bottle

HOW TO PREPARE:

Cook the pasta first and set aside. Add in some olive oil to prevent sticking.

Use half a bottle of olive oil over medium heat

Chop and sauté one full tub of garlic

Chop and sauté one bag of onions

Add in the italian spices and mix together and until the garlic smells very good

Cook for at least 13 minutes

Add the entire bottle of "Spaghetti Herb Mix" & some dried basil

Add the vegetables and let cook for 25 minutes

Add the cans of tomatoes & sauce

Add olives (draining the water from the can)

To spice up the pasta sauce, you can add a small amount of chili powder.

To remove some sourness, add some sugar at then end and mix in well.