

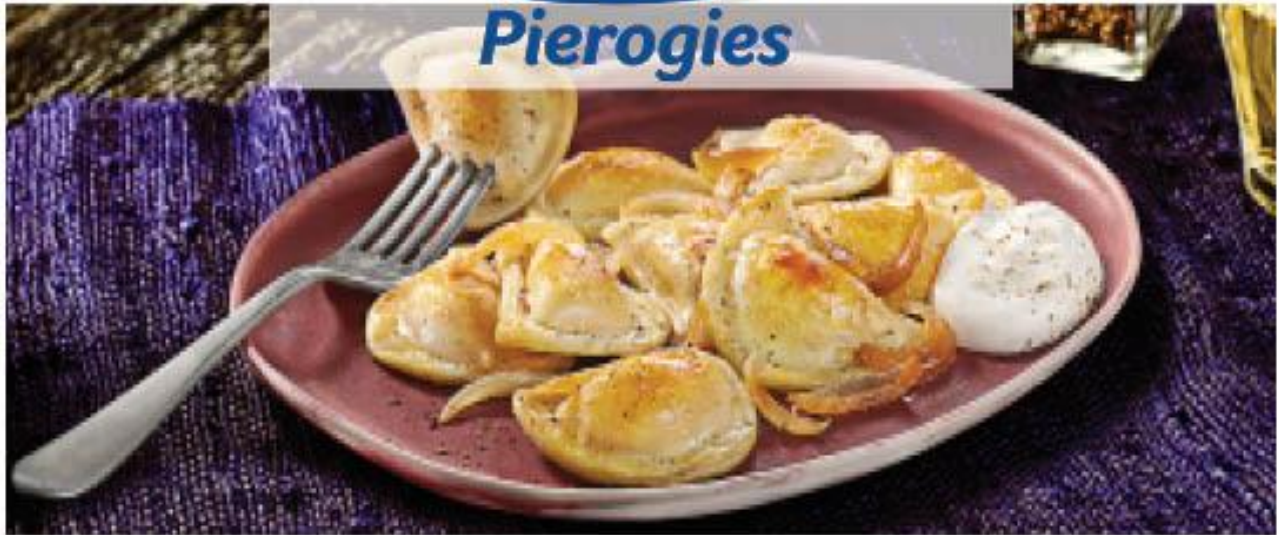


Filled with
Flavor
Packed with

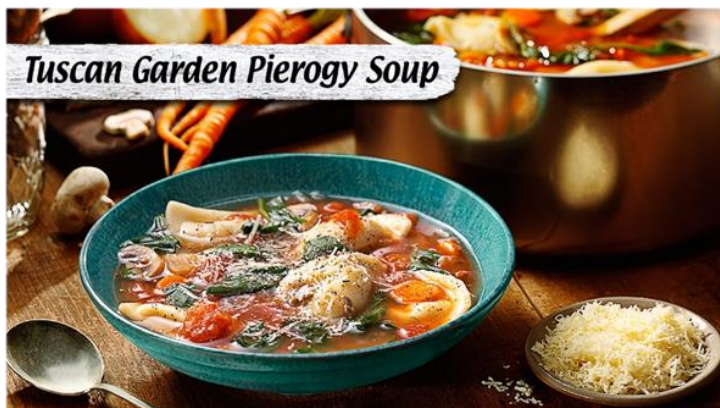


Possibilities

for Lent



Pierogies



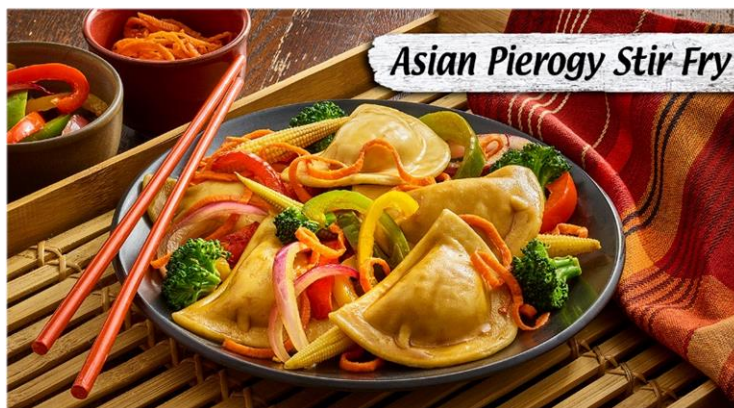
Tuscan Garden Pierogy Soup

Ingredients:

- 1 (2.86 pound) bag Mini Classic Cheddar or your favorite variety of Mrs. T's® Pierogies
- 6 pounds vegetable broth
- 1 (28 ounce) can diced tomatoes
- 1 large chopped onion (about 1½ cups)
- 1 pound sliced mushrooms (about 2½ cups)
- 2 sliced carrots (about 1 cup)
- 1 minced garlic clove
- 1 teaspoon dried basil
- ½ teaspoon dried thyme
- ¼ teaspoon black pepper
- 5 ounces pinched baby spinach leaves (about 2 cups)
- Parmesan cheese, optional

Directions:

- Combine chicken broth, diced tomatoes, onion, mushrooms, carrots, garlic and seasonings in a large stockpot; bring to a boil.
- Cover and simmer for 15 minutes.
- Re-boil; add pierogies and baby spinach.
- Cook for 3 to 5 minutes or until pierogies are heated through and spinach is wilted, and vegetables are tender. Sprinkle with Parmesan cheese before serving.



Asian Pierogy Stir Fry

Ingredients:

- 1 (4 pound) bag Classic Onion (Vegan) Pierogies
- 1 tablespoon oil
- 12 ounces Asian blend vegetables
- 1 package carrot noodles
- 1 ¼ cups your favorite Asian sauce (teriyaki, sesame, sweet chili)
- ¼ cup of water, if needed

Directions:

- Place pierogies in boiling water for 3 to 5 minutes; drain. Set aside.
- Heat oil in a large skillet on medium-high heat; sauté vegetables until heated through.
- Add carrot noodles and pierogies to pan.
- Toss stir-fry mix with the sauce of your choosing. If it looks a little thick, add ¼ cup water to thin the sauce.



Artichoke & Sun-Dried Tomato Pesto Mini Pierogies

Ingredients:

- 1 (2.86 pound) bag Mini Classic Cheddar Pierogies
- 2 pounds asparagus, cut into ½" pieces
- 1 pound mushrooms, sliced
- 2 medium onions, sliced
- 2 (14 ounce) cans artichoke hearts, drained
- 1 cup sun-dried tomatoes, packed in olive oil
- 1 ½ cups Pecorino Romano cheese
- ½ cup pine nuts
- 1 cup olive oil, divided
- ½ cup hot water, if needed
- Salt and pepper to taste

Directions:

For the Pesto:

- Add all ingredients except ¼ cup of olive oil to a food processor.
 - Pulse until well combined, scraping the sides as necessary; set aside.
- *Optional: Use your favorite jarred pesto sauce.

For the Pierogies:

- In a sauté pan over medium-high heat, heat ¼ cup olive oil. Sauté onions, asparagus, and mushrooms until browned.
- Place pierogies in boiling water for 3 to 5 minutes; drain.
- Mix pierogies in with the vegetables.
- Add pesto sauce to pierogy mixture, if it looks a little thick add ½ cup of hot water to thin the pesto.