



# THE FEAST OF THE HOLY FAMILY Sunday December 29, 2019

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## **Ideas for New Year's Dinner!! Lentil-Kale Risotto**

### **Ingredients**

1tbsp olive oil  
1/2 yellow onion, diced  
2 cloves of garlic, minced  
1/2 jalapeno, seeded and diced  
1 cup pearled barley (dry)  
2 cups vegetable broth  
1 cup filtered water  
1/4 tsp sea salt  
1/4 tsp black pepper  
2 cups brown/green lentils, cooked\*\*  
2 cups firmly packed kale, chopped  
Juice of one lemon  
1/4 cup nutritional yeast  
2 tsp vegan Parmesan cheese  
1 tsp sweet basil (dry)  
Salt + Pepper to taste

### **Preparation**

-In a pressure cooker, heat olive oil and saute onion, garlic and jalapeno.  
-Add barley, vegetable broth, water, salt and pepper. Stir and cover.  
-Bring to pressure and maintain pressure for 18-20 minutes.  
-Use the quick release method to reduce pressure (hold the pressure cooker under cold water until pressure is released)  
-Slowly remove the pressure cooker lid, away from you, and add remaining ingredients to the barley and simmer on low to desired risotto consistency.

## **How to Go Vegan? The best resources for Fun and Easy Transition:**

<https://www.kinderworld.org/how-to-go-vegan/>



## **FAITH CORNER – THE LIVES OF THE SAINTS**

Saint Humility was born to a respected and wealthy Italian family. At the age of fifteen, she was forced to marry a local nobleman. She subsequently bore two sons in the marriage. Both of their children died in infancy and her marriage went through many troubled years due to its shaky foundation and those tragic events. After her husband suffered an almost fatal illness, she was able to convince him that they should both devote their lives to the ministry--he as a lay brother and she as a nun. Her husband agreed to do so, and they both embarked on paths devoting their lives to sharing God's blessings with those less fortunate. Humility was twenty-four years of age when she began her new life as a solitary and austere sister. Initially she served in a convent of Poor Clare sisters and later in a small cell attached to a church. She subsisted on vegetables, bread and water. She would never eat the flesh of animals. Her husband was located in another abbey, where he died three years later, without meeting Humility ever again. After spending twelve years in reclusive contemplation, during which time she had grown in grace and wisdom, Humility was persuaded to found a convent for women. She was quite successful in this endeavor and went on to found a second convent in Florence. Over these years, she remained completely unassuming, simple in her needs, and as always, humble in character. She lived the remainder of her life committed to sharing her values of peace and compassionate love with all.



## **HAPPY NEW YEAR!**

**May the blessing of our Lord be upon you in the New Year of 2020! May God bless you and your family! Fr. Donatello Iocco**