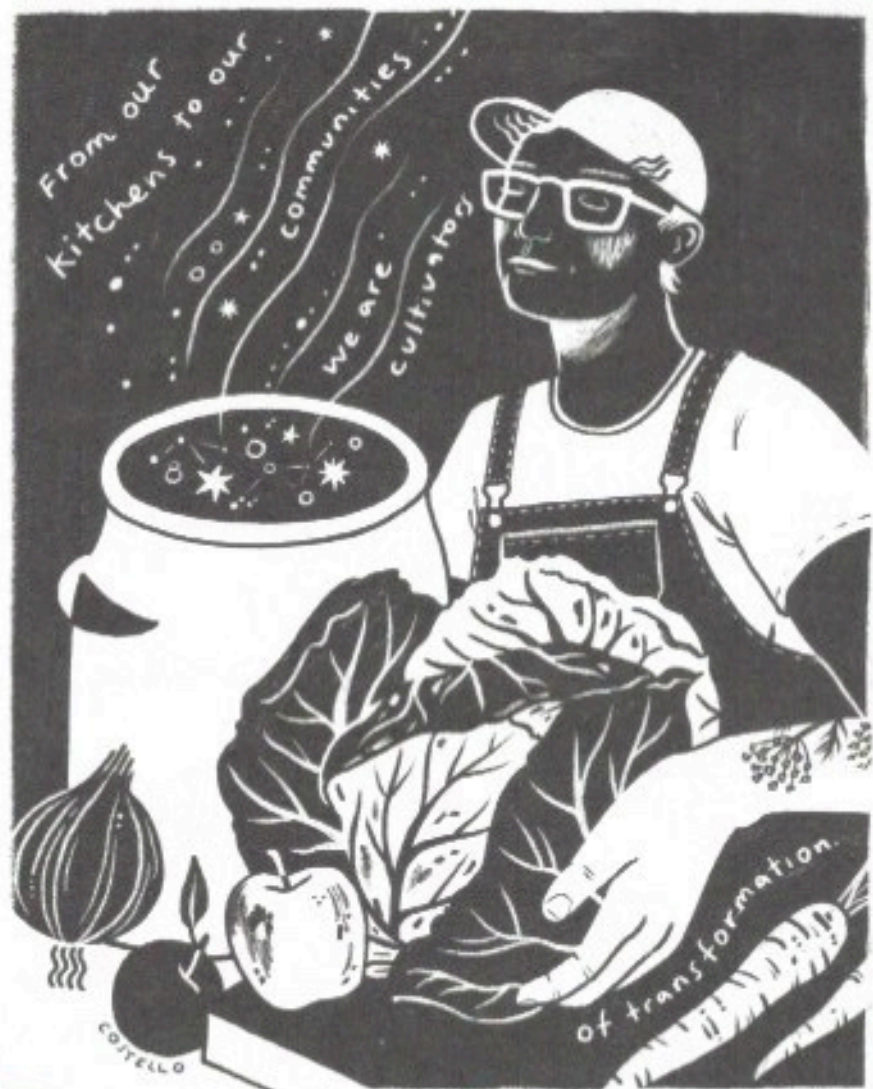


# We Feed Each Other



## Rural LGBTQ Food Traditions

Art work by Molly Costello

Our movements towards social justice are fueled by food, stories, stories shared around food and more. For our Rural LGBTQ+ community connecting around food and stories is healing, joyful, and is a place for us to share together, and to feed each other, both our bodies and our movement.

For the last 5 years Out in the Open has hosted our Pride Family Cookout during June. This year (2020), although could not come together in person, we want to share our stories, memories, and favorite recipes with our rural LGBTQ+ community.

This year, and all years, we know our history of uprising and liberation led by Black Trans women. We are in a movement, historically and presently, fueled by Black Trans Women. We are part of a global uprising fighting for Black lives.

We are part of our history, led by those fueling those in and off the streets with nourishing, healing foods and stories.

Out in the Open connects rural LGBTQ people to build community, visibility, knowledge, and power.

We envision a resilient community of communities that works toward the transformation of our economic, social, and political relationships. We are building a multi-issue social justice movement of rural LGBTQ people.

For more information about Out in the Open- visit, [weareoutintheopen.org](http://weareoutintheopen.org).



## HB's fabulous vegan & gluten-free chili

HB Lozito [they/them], Brattleboro, VT.

**Where did this recipe come from?** I made it up while I was in my 20s!

I have made this chili many times in my life! Including for the 2018 Out in the Open Summit. That's the first time it's been a written recipe. I wrote it down because many board members and community volunteers, in addition to myself, were making batches of this chili for Summit attendees lunch on the Saturday of the Summit. We heated everything up in many crock pots, combined batches, and enjoyed a hearty meal on a cool fall afternoon.

I created this recipe while I was living in collective houses where everyone made a meal for the whole house (and often various partners, sweeties, dates, traveling artists, etc. who were also around) so I needed something that could feed a crowd on a small budget. Over many years, I have found this does the trick.



## **Ingredients:**

- 2, 15 oz cans of black beans (drained) or 30 oz. of dried beans, soaked and cooked
- 1, 15 oz can of garbanzo beans (drained) or 15 oz. of dried beans, soaked and cooked
- 2, 15 oz cans of dark red kidney beans (drained) or 30 oz. of dried beans, soaked and cooked
- 1 15 oz can of great northern bean (or some other exciting bean!) (drained) or 15 oz. of dried beans, soaked and cooked
- 1, 10-ish oz. bag of frozen corn
- 3-4 tablespoons of chili powder
- 2 cubes of veggie bouillon
- 2-3 carrots (diced)
- 2-3 medium potatoes (diced)
- 2 medium onions (diced)
- 1 large can of tomato paste
- 1, 15 oz can of tomato sauce (plain)
- 1 tablespoon of adobo sauce from chipotle in adobo
- 1 tablespoon of cocoa powder (optional!)
- 2-3 tablespoons of masa flour made into a slurry (with a little bit of water) (optional!)
- salt (if using no-salt bouillon)
- water
- olive oil

## **Optional add-ons:**

- serve with sour cream & shredded cheddar cheese for non-vegans
- serve with sauteed ground beef, pork, or turkey for non-vegetarians

## Steps:

sweat onions in olive oil

add carrots, potatoes and sauté for a few minutes

add bouillon cubes and water to cover

boil until carrots & potatoes are soft/a texture that you want to eat them

add tomato paste and sauce; stir to incorporate paste

add beans, chili powder, adobo sauce, cocoa powder

stir and let simmer for a couple minutes

add masa slurry

add frozen corn.

*That's it!*

*Let cool, package up to freeze or eat immediately!*



## Rainbow Smoothie

Alissa Hebert, Windsor, VT

Where's the recipe from? -

<https://www.adeservingdandelion.com/blog/rainbow-detox-smoothie>

### Ingredients:

1 C Frozen Raspberries

½ C Frozen Blueberries

½ C Frozen Black Raspberries (or use more blueberries)

¼ C Frozen Riced Cauliflower

1 Banana

1 Mandarin Orange, peeled

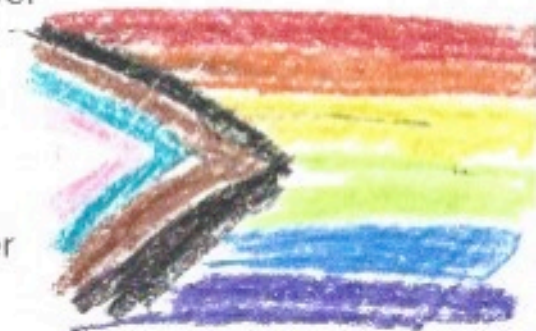
Juice of a Lemon Wedge

1 tsp Minced Ginger Root

Small handful of Spinach

2 tsp Psyllium Husk powder

1 C Milk of choice or water



**Place all ingredients in a blender, and blend until all ingredients are fully incorporated.**

**Serve immediately.**



## Italian-American Pasta Casserole (aka Lasagna)

Krista Coughlin-Galbraith (she/they), Brattleboro, VT

### Where is this recipe from?

When I first decided, as a passionate home cook raised in an Italian-American household, that it was important to know how to make a lasagna from scratch, I found the basic instructions online. That was well over a decade ago, so even if I remembered the specific blog I found it on, the likelihood it still exists is about 50/50. I've adapted it over the years, though, based on my mom's sauce, suggestions from friends, and plain old experimentation.

This is a recipe in two parts: The sauce (which can also just be used as a pasta sauce), and the actual lasagna. And since the sauce has to be done first anyway, it's easiest to list the two separately!

### The Sauce

Olive Oil

~4 Anchovies OR ~2 tspn Anchovy Paste (optional)

1 lb Ground Beef (optional)

1 lb Italian Sausage Meat or Italian Sausage removed from casing (optional)

~1 Tblsp Salt

~Tblsp Ground Black Pepper

~5 Cloves Garlic diced OR ~2 Tblsp Garlic Powder

1 Small Onion diced OR ~2 Tblsp Onion Powder

~2 Tblsp Oregano

~1 tspn Anise Seeds

~2 tspn Red Pepper Flakes

1-2 Bay Leaves

1/4 Cup Red Wine OR A generous splash of Apple Cider Vinegar

4 28oz cans of Crushed Tomatoes

## Memory + Story:

Food is family. If there's one thing that defines Italian-American culture, it's that. That's partly why we make so much food at once so much of the time, it's meant to either be stored so you have it to enjoy later when you don't have the energy to cook a whole meal; or to be shared with the people you care about. But making food, especially food in bulk, takes money, resources, time, and energy; not just in the cooking of it, but in getting ingredients and in the cleanup afterwards. So when someone gives you food, they're saying that you're worth that money, time, and energy; that they care about you. Sharing food is claiming family.

Food is family.

Lasagna had always been the peak Italian-American dish in my mind -- It's the kind of special occasion treat of a meal that it's hard to find someone who doesn't like it, and is just so special when it's homemade BECAUSE of the time and care required to make it. When I finally decided to learn how to make it myself, it was to claim a little bit more of my culture to prove that I'd learned my cooking skills well at my mother's arm, and to make her something I knew she loved but had never had the time or energy to learn to make herself. Since then, it's become my go-to special occasion meal; I've made it for my immediate family, for former roommates, for my partner, for my siblings-in-law ...

And for you. That's right. When we moved to Brattleboro from out of state in 2015, we were a little worried about connecting with people, as you are when you move to a completely new place. But that summer, we saw the Pride Family Picnic advertised in the local paper. My partner baked, and I made two giant trays of lasagna, and by the time we left that evening we'd made friends and connections that have helped us thrive in this town and given us opportunities to help others thrive. And also the lasagna was almost completely gone.

We haven't been able to make it to every Pride Family Picnic since (especially me, I'm just uncomfortable in large groups, I am an awkward wallflower), and haven't been able to cook for all of the ones we have made it to. But we'll always remember that first one, the one that expanded our local family beyond the walls of our little half-basement apartment. That's why it's important to me to share this recipe, because this year, we CAN'T all get together on top of the hill with all of the goodies we love to share with each other. So I'll just put the time and energy I would've spent on making lasagna into writing the recipe out so that anyone who wants to can make it for yourselves and your own pod. Because right after sharing food with the people you care about, the second most important tenet in Italian-American culture is passing on the recipes to them.

So whenever you make this recipe, whether you make it for yourself or to share, whether we know each other or not, even if we've never even met, know that you are part of a family.

Because food is family.



## Cont. Italian-American Pasta Casserole (aka Lasagna)

### The Lasagna

Most of the sauce you just made

2 lbs/38 oz Ricotta Cheese

~1/4 Cup Parmesan Cheese (or your grated, salty, hard cheese pasta topping of choice)

1 Egg

~2 Tsp Salt

~1/2 Tblsp Ground Black Pepper

1-2 lbs Sliced Mozzarella (the cheap, low moisture kind that comes in a square) (you can use the expensive fresh mozz if you want, but it doesn't melt the same, and also it's twice as expensive)

1 Box Dried Lasagna Noodles, uncooked (trust me)

Another ~1/4 Cup Parm (or your preference) Cheese



