

2-26-2019 Vegetarian Support Group

Tofu Rice Casserole

Rice – cooked
Red and Orange or Yellow bell peppers
Garlic
Onion
Mushrooms
Silken Tofu
Tomato Sauce

Sandy T.



Very Moist Vegan Banana Bread

1-1/4 c Sugar
4-1/2 tsp Ener-G Egg Replacer in 6 tbsp warm water
1 tsp vanilla
1 tsp baking soda
1 c mashed bananas
1/2 c margarine
1/2 c Almond Milk with 1 tsp of Lemon juice stirred in
1-1/2 c flour



Pour milk, lemon juice, and baking soda into a small bowl (milk mixture).

Into a large bowl cream the margarine and the sugar. Add Ener-G Egg Replacer + water mixture Stir. Add mashed bananas, milk mixture, then vanilla. Last, stir in flour.

Grease or spray loaf pan. Fill with batter.

Bake at 350 for 1 hour until toothpick comes out clean.

Margaret T.

Lentil Vegetable Soup

Combine the following ingredients in the cooker and cook until the lentils and vegetables are tender.

2-1/2 c water

1 c chopped, shredded or sliced carrots

1 c peeled potatoes, cut in small, bite size pieces

3/4 c rinsed and drained lentils

1/2 c chopped onion

1/2 c chopped celery

2 bay leaves

1 tsp salt



Stir in the following ingredients. Turn off the cooker and let sit 5 minutes.

14.5 oz can or 1-1/2 cups chopped or diced tomatoes

1/3 c tomato paste

2-3 cloves minced garlic

May add a small amount of water if the soup is too thick.

Dawn H.

DATE BALLS

Place in food processor:

1 1/3 c. medjool dates, cut into pieces (approx. 12 dates)

1/2 c. toasted walnuts or pecans

4 Tbsp. cocoa or carob powder

1 tsp. vanilla

Process till nuts and dates are finely chopped.

Add 2 Tbsp. water. Briefly process.

Remove from processor bowl and shape into balls.

Roll in unsweetened coconut. Refrigerate to store.

Yield: 18 using #60 scoop.

Dawn H.



Rice and Bean Casserole

1 onion, chopped
1 green pepper, chopped
3 garlic cloves, minced
1 tbsp olive or canola oil
2 c cooked brown rice
1 can pinto beans, drained
1 can black beans, drained
1 can whole kernel corn, drained
1 can sliced olives
1 can mild diced green chiles
2 tbs tomato paste
1 c vegetable stock
1 tsp Kosher salt
1 tsp dried oregano
1 tbs cumin
1 c soy mozzarella
1 green onion, diced (optional)



1. Heat a skillet over medium heat. Preheat oven to 375 degrees. Spray a 2-1/2 quart baking dish with cooking oil.
2. Add tablespoon of oil to skillet. Saute onion, pepper and garlic until softened, about 4-5 minutes. Then remove from heat.
3. In a large mixing bowl, add cooked peppers/onion/garlic, rice, beans, corn, tomato paste, vegetable stock, salt, oregano, and cumin. Gently mix together. Fold in cheese.
4. Evenly spread mixture in baking dish. Bake in oven for 25 minutes (30 minutes if cooking from frozen).
5. Remove from oven. Sprinkle with green onions. Scoop out portions and serve with favorite toppings.

Brownie Bites

Mix together till smooth:

½ c. creamy almond butter

¾ c. pumpkin puree

1 overripe banana, mashed

¼ c. pure maple syrup

1 tsp. vanilla extract

2 Tbsp. cocoa powder

1 tsp. baking soda

¼ tsp. salt

¼ c. almond flour

3 Tbsp. cornstarch

1 Tbsp. ground flax seeds

Fold in ¼ c. mini chocolate chips.

Spray or line 24 mini muffin sections. Divide batter evenly among the 24 sections.

Bake @ 375 degrees for 5 minutes then turn heat down to 350 degrees and bake an additional 17 minutes. Let cool for 5 minutes in muffin tins before turning out on cooling rack. Yield: 24 mini muffins, 68 calories each

Dawn H.

