

Recipes from Stretching Your Food Dollars

Sept 13, 2022

Kathy's Applesauce Cake

2 c. flour	½ c. shortening or margarine
1 2/3 c. sugar	½ c. water
1 ¼ tsp. baking soda	½ c. chopped walnuts
1 tsp. salt	1 ½ c. applesauce
½ tsp.+ cinnamon	2 eggs
¼ tsp.+ cloves	1 c. raisins
¼ tsp.+ allspice	3/8 tsp. baking powder

Bake in prepared 9X13 pan @ 350 degrees for 50-60 minutes



Chocolate Zucchini Cake

Stir 2 Tbsp. ground flaxseed into 6Tbsp. warm water. Set aside for 5-10 minutes while assembling other ingredients.

In a mixing bowl stir together:

2 c. shredded zucchini (I leave skin on)

$\frac{3}{4}$ c. oil

1 $\frac{1}{4}$ c. sugar

$\frac{1}{2}$ c. sour "milk" (put 1 Tbsp. lemon juice in a liquid measuring cup & fill to $\frac{1}{2}$ cup mark with plant "milk". Let set 5 minutes to thicken, then add to zucchini mixture)

1 tsp. vanilla

Add flax mixture to zucchini mixture

In a separate bowl sift together:

1 $\frac{1}{2}$ c. unbleached flour

4 Tbsp. cocoa powder

1 tsp. non-aluminum baking powder (like Rumford)

1 tsp. baking soda

$\frac{1}{2}$ tsp. ground cinnamon

$\frac{1}{2}$ tsp. ground cloves

Stir into sifted mixture:

1 c. whole wheat pastry flour

Add flour mixture to zucchini mixture. Stir well. Pour into non-stick sprayed 9X13 pan (or muffin tins) Bake cake @ 325 degrees for 40-45 minutes till toothpick inserted in center comes out clean. Costco size muffins take 25-30 minutes. Cool on cooling rack.



Corn Donuts

2 Tbsp. ground flaxseed dissolved in 6 Tbsp. warm water. Set aside to thicken

Stir together in mixing bowl:

1 c. cornmeal

½ c. unbleached flour

½ c. whole wheat pastry flour

¾ tsp. salt

1 Tbsp. non-aluminum baking powder

In a separate bowl mix together:

1/3 c. oil

1 c. plant “milk”

Flaxseed mixture

1 Tbsp. maple syrup or honey

Combine wet and dry ingredients. Stir well. Bake in mini doughnut maker for 7 minutes.

To make recipe gluten free, substitute 1 c. GF baking mix in place of flour



Oat Nut Burgers

4 c. water

½ c. soy sauce

1/3 c. canola oil

1 c. chopped pecans or walnuts

¼ c. nutritional yeast flakes

1 T. dried sweet basil

2 tsp. onion powder

1 tsp. Bacon seasoning

1 tsp. ground coriander

1 tsp. sage

2 tsp. garlic powder

4 c. quick oats, uncooked (regular or OF)

Place all ingredients except oats in large pan. Stir well and bring to a boil over medium-low heat. Stir in oats and immediately remove from heat. Cover and set aside to cool. Preheat oven to 350 deg. Form oat mixture into 3-inch patties and place on sprayed baking sheet. Bake 15 minutes on each side. Also makes an excellent sandwich filling.

Gluten free option: substitute gluten free oats for regular oats



Zucchini Corn Chowder

1 T unsalted butter/Plant-Based Butter

1 c yellow onion, chopped

2 cloves garlic, minced

½ tsp ground thyme

1 lb potatoes, peeled, and diced into ½-inch cubes

4 c chicken broth/Chicken Style (McKays Seasoning) Plant-Based

4 ears sweet corn, husk + silk removed and kernels cut from cob (2-3/4 cup corn)

1 medium zucchini, diced into ½-inch cubes, (1-1/2 cups)

1 c half and half or heavy cream/Vegan (Silk Non-Dairy creamer)

1/8 tsp kosher salt

Fresh parsley, chopped, for garnish

Cayenne pepper, optional

1 tsp jalapeno, diced

Instructions:

In a large heavy-duty bottom stockpot or Dutch oven, melt butter over medium heat.

Add onion, garlic, and thyme; cook until vegetables begin to soften, stirring a couple times, about 5 min.

Add potatoes and broth.

Raise the heat to medium-high and bring to a simmer, then lower the heat back to medium and simmer for 8-10 minutes or until the potatoes are halfway cooked.

Add zucchini and corn and heavy cream; season with salt and pepper, to taste, and simmer for additional 8-12 minutes or until the vegetables are completely tender.



Vegan Lentil Tortilla Soup

by: claire cary

<https://eatwithclarity.com/vegan-tortilla-soup/>



Lentil Soup

2 cups dry brown lentils, sorted and rinsed (about 1 lb)

1 onion, chopped

1 Tbs minced garlic

1 Tbs Better Than Bouillon vegetable broth paste

½ tsp cumin

½ tsp onion powder

½ tsp garlic powder

¼ tsp chili powder (add more if you like spicy)

Salt to taste



Saute the onion in a bit of olive oil in the bottom of a large pot. Once the onion is translucent, add the other ingredients and enough water to cover the lentils by an inch or two. Bring to a boil and simmer 20-30 minutes until lentils are tender.

Yields about 8 cups of soup

Vegan Gluten Free Zucchini Mini Muffins

Place 2 Tbsp. ground flaxseed in 6 Tbsp. warm water. Set aside to thicken.

In mixing bowl place:

2 c. shredded zucchini

½ c. pure maple syrup
(or other liquid sweetener of your choice)

½ c. oil

1 ½ tsp. vanilla extract

In a separate bowl place:

3 c. gluten free baking mix

¾ tsp. xanthan gum

1 tsp. non- aluminum baking powder

½ tsp. baking soda

¾ tsp. ground cinnamon

1/8 tsp. each ground cloves, ground nutmeg

1 ½ tsp. Bob's Red Mill egg replacer or EnerG foods egg replacer

Add flaxseed mixture to zucchini mixture.

Stir dry ingredients together thoroughly then stir into wet ingredients. Combine well then drop into sprayed or paper lined mini muffin tins. Bake @ 350 degrees approximately 15 minutes till light brown. Remove from oven then allow to cool in tins for 5 minutes before removing muffins from tins and cooling on racks.



Gluten Free Chocolate Zucchini Cake

Stir 2 Tbsp. Ground flaxseed meal into 6 Tbsp. warm water. Set aside to gel.

In mixing bowl place:

1 ¼ c. shredded zucchini

¼ c. + 2 Tbsp. oil

2/3 c. sugar

1/3 c. sour milk (place 2 tsp. lemon juice in liquid measuring cup. Fill to 1/3 c. mark with plant "milk". Leave for 5 minutes to thicken.

1 tsp. vanilla

Add flax "eggs" to wet ingredients. Stir well.

In separate bowl stir together well:

1 ¼ c. gluten free baking mix

2 ½ Tbsp. cocoa powder

¾ tsp. non-aluminum baking powder

½ tsp. baking soda

½ tsp. ground cinnamon

¼ tsp. ground cloves

¼ tsp. xanthan gum

Stir mixed dry ingredients into wet ingredients. Combine well.

Pour into sprayed baking pan. Bake @ 325 degrees for 40 minutes. Turn off oven and let cake sit in oven 7 additional minutes. Remove to cooling rack.

BLACKBERRY JAM WITHOUT PECTIN

5c. blackberries

1 c. sugar

1 1/2 Tbsp. lemon juice

Place berries, sugar, and lemon juice in deep saucepan. (berries foam a lot... need headspace.)

Turn heat to medium low & simmer till jam reaches gel stage, stirring to keep bubbles down.

Pour jam into prepared canning jars & process for 10 minutes.

BLACKBERRY CHIA SEED JAM

3 c. blackberries

Run 1 c. of the blackberries through food mill to remove seeds. Combine with other 2 c. in saucepan.

Add 1 Tbsp. lemon juice

Cook over medium heat till berries begin to break down. Mash berries to desired consistency.

Add 1 Tbsp. lemon juice, stir, then sprinkle 5 Tbsp. chia seeds over berries & stir in. Taste for sweetness then add 1-2 Tbsp. maple syrup or honey. Cool for 5 minutes, then pour into jars.

Jame keeps in refrigerator for about a week.

Homemade “Refried” Beans

1 quart cooked pinto beans

1 tsp. salt

1 tsp. cumin

½ tsp. garlic powder

1 tsp. onion powder

Process together in food processor or mash together with potato masher.

BREAD MACHINE BREAD

1 ½ c. water

1 ¼ tsp. salt

2 Tbsp. honey

3 Tbsp. oil

1 c. bread flour

2 c. hard red wheat flour

1 c. hard white wheat flour

2 tsp. bread machine yeast (saf-instant is one brand)

Cost \$1.21/loaf

Eggless Salad Sandwich Filling

½ lb. firm tofu, mashed

1/2 tsp. seasoned salt

3/8 tsp. oregano

1/8 tsp. dill weed

1 rib celery, chopped fine

¼ tsp. turmeric

3/8 tsp. celery seed (opt.)

3/8 tsp. dried parsley

2 T. minced onion

Enough low fat mayonnaise to moisten

Mix all ingredients together. Chill at least 1 hour before serving to allow flavors to blend.

Saucy Soy Sizzlers

3 c. water

2 c. soaked soybeans (2/3 c. dry)

1-1/4 c. water

1-1/3 c. rolled oats (I used gluten free oats)

1 tsp. onion powder

1 tsp. Italian seasoning

2 T. soy sauce

½ tsp. salt

2 t. oil

½ tsp. garlic powder

Soak soybeans overnight in 3 cups water, then drain. Grind soybeans or blend in 1-1/4 cups water until quite fine. Add seasonings and rolled oats. Allow to stand 10 minutes for rolled oats to absorb moisture. Stir again and drop by scoop onto sprayed baking sheet. Bake 25 minutes @ 350 degrees. Turn sizzlers over and bake an additional 20 minutes. Serve with spaghetti or pasta sauce of your choice.

Garbanzo spread

1 (15-oz.) can garbanzos

1 sprinkle garlic powder

2 T.(or more) nutritional yeast flakes

1 to 2 tsp. lemon juice

Enough low-cal mayonnaise to make a good spreading consistency

Mix ingredients together. Chill to allow flavors to blend.

Spaghetti Sauce with Fresh Tomatoes

2 T. olive oil

1 onion, chopped

½ tsp. garlic powder

4 lbs. fresh tomatoes, peeled and chopped

1 T. sweetener (I used maple syrup)

1 T. dried basil

1 T. dried parsley

1 tsp. salt

Heat olive oil in a large skillet over medium heat. Add onion and garlic powder; cook and stir until onion is translucent, about 5 minutes.

Add tomatoes, sugar, basil, parsley, and salt; bring to a boil. Reduce heat and simmer, stirring occasionally, until sauce thickens, 1 to 2 hours.