

LENTIL STEW

- Dice 1 onion
- 1 cup dry lentils (sorted and rinsed)
- 3 cups vegetable broth
- 1 can diced tomatoes
- 1 tsp turmeric
- 1 tsp cumin

Bring to boil for 1 hour in covered pot (may add 1 cup carrots & 1 cup potatoes)



Kathleen H

MONSTER SOUP

- 1 onion (sauté)
- 2 cups Mckays Broth
- 3 carrots \
- 3 celery stalks →Season w/turmeric & red pepper flakes
- Shallots /
- 1 cup canned or fresh diced tomatoes
- 1 cup tofu (diced)
- Add ½ cup salsa before serving
- Serve with parsley & parmesan cheese



Lynn O

COLORFUL QUINOA SALAD

- 1 red bell pepper diced
- ¼ red onion chopped
- ½ bunch cilantro, stemmed, chopped
- 2 Tbsp lemon juice
- 2 Tbsp olive oil
- 1 tsp salt
- 4 cups cooked quinoa, cooled
- 1-15 oz can black beans, drained
- 1 Roma tomato diced
- ½ cup sliced black olives

To make the dressing, mix the first 6 ingredients in a small bowl and let stand for ten minutes

Mix remaining ingredients in a large bowl and add the dressing. May refrigerate overnight. Serve cold and enjoy!

Yield: 12 servings (serving size: about ¾ cup)

Nutritional facts per serving: 375 cal, 16 g prot., 7 g total fat, 251 mg sodium, 63 g carb, 0 mg fiber, 2 g sugar



Karen H

LIME PINEAPPLE SALAD

- 1 small package lime gelatin
- ½ cup water
- 1 cup pineapple juice
- 15 large marshmallows or 1 cup of miniature marshmallows
- 1 small can crushed pineapple, drained
- 1 ½ cup small-curd cottage cheese
- 1 cup chopped nuts
- 1 cup whipping cream, whipped or 2 cups prepared Dream Whip

In a saucepan, combine the gelatin, water, pineapple juice & marshmallows; heat stirring frequently, until marshmallows are dissolved. Let cool, then whip/beat, add pineapple, cottage cheese & nuts, then fold in the whipped cream or Dream Whip. Spread in a 9 X 13 inch glass dish, cover & chill until firm.

Carol J



VEGAN QUICHE WITH SPINACH AND TOFU

- 1 pie crust, store-bought or your favorite recipe
- 3 T olive oil
- 1/3 c. onion, thinly sliced
- 1 1/2 c. broccoli, roughly chopped
- 3/4 c. mushrooms, sliced
- 3 cloves garlic, minced
- 12 oz. firm or extra-firm tofu (not silken), pressed
- 1/2 block Follow Your Heart soy cheddar
- 1/2 c. nutritional yeast
- 2 T water
- 1 t. salt
- 1/2 t. pepper
- 1/2 t. dried basil
- 1/4 t. cayenne (optional)
- 1 c. fresh spinach, not packed down

Directions

1. Preheat the oven to 400 degrees. In a large pan, sauté the onion, broccoli, mushrooms, and garlic in the olive oil, covered, for about 8 minutes. Don't let the broccoli get too tender, because it will continue cooking in the oven. In a food processor, combine the tofu, soy cheddar, nutritional yeast, water, salt, pepper, and basil. Blend well and pour the tofu mixture into the pan of vegetables. Remove from stove and stir in the fresh spinach.
2. Pour the filling into the pie crust and bake about 30 minutes. Remove from oven when the center is done. Allow it to set for five minutes or so to firm up.



VEGAN SPINICH ARTICHOKE DIP

- ½ yellow onion, diced
- 12 oz frozen spinach
- 8 oz marinated artichoke hearts (drained and roughly chopped)
- 1 Tbsp olive oil
- Sauté onion, spinach and artichoke hearts (drained and roughly chopped)
- 1 box Mori Nu tofu
- ⅓-½ cup nutritional yeast flakes
- 3 cloves garlic
- 2-3 Tbsp lemon juice
- 1 tsp dried basil
- 1 tsp parsley
- 1/8 – ¼ tsp cayenne (optional)
- 1 tsp salt



Blend or process tofu and seasonings in blender or food processor till smooth. Combine with sautéed vegetables. Taste and add more seasonings if desired.

Place in sprayed baking dish and bake for 15-20 minutes @350°F till lightly browned on top. Serve warm with bread or tortilla chips.

Dawn H

EVELYN'S APPLE SALAD

- Firm apples, washed, cored and diced
- Chopped dates
- Toasted walnuts, chopped
- Vanilla
- Vegenaise



Dawn H

LENTIL CHILI

Bring 5 cups of water to a boil in pan. While water is heating, sort and wash. 2½ cups (1 pound) lentils. Cover and simmer for 30 minutes. Do not drain.

Add:

- 16 oz canned tomatoes or tomato sauce
- 1 packet dry onion soup mix
- 1½ tsp. chili powder (or to taste)
- ½ tsp cumin

Simmer an additional 30 minutes.

Serve as is over rice, spaghetti or corn chips.



Dawn H

MUSHROOM STEAKS

- 1½ cup quick oats
- 4 oz can mushrooms, chopped
- 1/8 tsp ground bay leaf
- 1 large onion, chopped
- 1 to 2 Tbsp flour (opt)
- 1/8 tsp rosemary
- 1/8 tsp sage
- 3 Tbsp soy sauce
- 1¼ cup liquid

Drain mushrooms, save liquid. Add water to make 1¼ cup liquid. Mix oats, mushrooms, onion, liquid and seasonings. Add flour if needed drop by spoonfuls on sprayed baking sheet. Bake for 15 minutes at 350°F, then turn over and bake another 10 minutes. Cover with gravy and bake 30 to 40 minutes at 350°F



Kathy P

CUBAN BLACK BEANS

- 3 cups black beans
- 3 Tbsp olive oil
- 3 cups green pepper, chopped
- 2 bay leaves
- 1½ tsp salt
- 2 cups onion, chopped
- 2 to 3 garlic cloves, minced
- 1 tsp cumin
- 3 tsp onion powder

Cook black beans in 8 cups of water until tender. May need more water. Sauté in the oil, onion, pepper and garlic. When the beans are tender add the vegetables and all remaining ingredients. Simmer for 30 minutes more to blend the flavors.

Dawn H

FOUR BEAN PASTA SALAD

1 can green beans (or some fresh, steamed green beans)
1 can cut wax beans
1 can red kidney beans (sometimes I use black beans instead, or both red kidney beans and black beans which makes a Five Bean Salad 😊)
1 small can garbanzo beans (I use a regular sized can)
1 medium chopped onion (I use a red onion, sliced very thin then cut in half or quarters)
¾ cup sugar
1 tsp salt
½ cup salad oil (I use olive or grape seed oil)
2/3 cup vinegar (I use rice vinegar or organic vinegar or whatever vinegar I have)

The above is for just a four bean salad, to make the pasta salad part add:

Cooked rotini pasta (or whatever shaped pasta you like) (I use rice or whole wheat pasta—about half a 12 oz package)

I also add:

Broccoli florets – (lots if you like broccoli like I do)

Carrots—sliced happy or grated—however you like them

Whatever else is fresh from the garden and would make it colorful and tasty (i.e. yellow crookneck squash)

Directions

Mix the salad dressing (sugar, salt, oil, vinegar)

Drain and rinse the beans. Mix everything together.

Marinate for 24 hours, stir occasionally.

I add some LiteHouse Freeze Dried Salad Herb Seasoning (which has parsley, red onion, chives, shallots, garlic, dill) but you can leave it as is or season to your taste.

**** NOTE:** When I use five kinds of beans and add lots of fresh veggies, I make 1½ times the dressing so it's: 1½ cup sugar, 1½ tsp salt, ¾ cup salad oil, 1 cup vinegar.

Mary B



RESOURCES

Natural Remedies—A Manual Phyllis Austin, Agatha Thrash, M.D.,
Calvin Thrash, M.D., Family Health Publications 8777 E, Musgrove
Hwy, Sunfield, MI 48890

Home Remedies Agatha Thrash, M.D., Calvin Thrash, M.D.,
Thrash Publications Rt. 1, Box 273, Seale, Alabama 36875

<http://www.charcoalremedies.com>

Activated Charcoal David Cooney, Ph.D., Teach Services, Inc. 254
Donovan Road, Brushton, New York 12916

Charcoal Remedies. Com John Dinsley, Remnant Publications, 649
East Chicago Road, Coldwater, MI 49036

Rx: Charcoal Family Health Publications, LLC, 8777 Musgrove Hwy,
Sunfield, MI 48890

Charcoal Powder—

Multivita.com \$16.44 for 1 lb.

Charcoal capsules—

Arlington Health Foods 100 ct. \$10.99

Arlington Pharmacy 36 ct. \$10.99

Fred Meyer 100 ct. \$11.49

Azure Standard 100 ct. NS097 \$7.55

Charcoal Tablets—

Arlington Pharmacy 100 tablets \$18.00