

### Vegetable Hot Pot

- 3 cans pinto beans
- 1 can artichoke hearts quartered
- 2 tomatoes chopped
- 2- 14 oz. cans tomato sauce
- 1 T basil
- 1 T thyme
- ½ tsp parsley
- 2 tsp summer savory



Simmer to incorporate flavors, and serve.

**Kathleen H.**

### Black Bean and Avocado Salad

- 4 cups cooked black beans
- 4 cups corn kernels ½ cup red onion, thinly sliced
- ¼ cup finely chopped cilantro/coriander
- 1 lime, juiced
- 1 lemon, juiced 2 large avocados, cubed



1. In large bowl, combine black beans, corn kernels, red onion, cilantro, lime and lemon juice plus the avocado. Toss gently to combine.
2. Serve chilled.

Prep time: 15 minutes

Serves 10-12

**Karen H.**

### **Garbanzo -Rice Patties**

- 1 ½ c. soaked garbanzo beans
- ¾ c. water
- 1 ½ c. cooked rice
- 3 T. Nutritional yeast flakes
- 1/3 c. chopped Brazil nuts
- ½ tsp. onion powder
- 1 tsp. salt
- 1/8 tsp. garlic powder

Blend garbanzos in water until fine. Put in Bowl.  
Add other ingredients and mix. Drop from tablespoon  
or scoop onto lightly-oiled baking sheet. Cover.  
**Bake** at 350 degrees for 10 minutes. Turn and cover.  
Bake 10 minutes, reduce heat and cook an additional  
5 minutes. Serve plain or with sour cream or tomato  
sauce.

Yield 4 (2-patty) servings each containing 323 calories,  
11.9 grams protein and 18.3 grams fat.

**Dawn H.**

### **Golden Gravy**

Blend, heat and simmer until done.

- 1 c. water
- ½ tsp. salt
- 2 T. soy sauce
- 2 T. cornstarch
- 2 tsp. onion powder
- ½ c. cashews
- ½ tsp. garlic powder
- ½ tsp Kitchen Bouquet



After cashews are blended well, add 1 ½ cups more water.  
Whiz. After gravy is cooked you may have to add a little water  
if it is too thick.

¼ cup contains 36 calories and 2.4 grams fat. Regular brown  
gravy (1/4 cup) contains 164 calories and 14 grams fat.

**Dawn H.**

### **“BeanBoozled” Sandwich Slices (Unnamed Entrée)**

In blender place:

- 1 c. cooked navy beans
- ¾ c. tomato juice
- ¼ c. picante sauce
- 1 ½ tsp. granulated garlic or garlic powder
- 1 tsp. seasoned salt
- ¾ tsp. liquid smoke seasoning
- 3 Tbsp. Bragg’s liquid aminos
- 1 large onion, cut in chunks

Blend till onions & beans are in small pieces

In a mixing bowl combine:

- 1 ¼ c. vital wheat gluten
- ¾ c. bread crumbs
- 1/3 c. nutritional yeast flakes

Pour blender contents over dry ingredients. Stir well. Place mixture into well sprayed cans.  
Steam for 2 hours. Cool for 15 minutes. Remove from cans and continue cooling on rack. Slice  
and use for sandwiches.



**Dawn H.**

### Oven Roasted Potatoes



Scrub then wedge potatoes. Place on a sprayed baking sheet. Spray each wedge with no-stick spray. Sprinkle with granulated garlic, seasoned salt, and paprika. Bake @ 425 degrees till potatoes are soft (about 35-45 minutes)

**Dawn H.**

### Oven Roasted Butternut Squash



Wash, peel, and cut into chunks 1 butternut squash. Place chunks in bowl. Drizzle with a little olive oil and sprinkle with a little salt. Stir. Bake on sprayed baking sheet @ 425 degrees till squash chunks are tender when pierced with a fork.

**Dawn H.**