

Cashew Burger Loaf

1 cup Raw cashews, ground fine
 1 Can Vegetarian Burger
 (or 2 cups frozen burger)
 1 med-large Onion, finely chopped
 ½ cup Celery, finely chopped
 1 cup Bread crumbs
 1 Tbsp. Dry parsley flakes

**In blender blend until smooth:**

¼ cup Raw cashews
 ¾ cup Water
 1 pkt G.W.Broth, rich brown
 2 Tbsp. Chicken style seasoning
 1 tsp. Sage or poultry seasoning
 ½ tsp. Granulated garlic
 3 Tbsp. Reg. clear jel

Pour blended mixture over nut – burger ingredients.

Combine well.

Place in PAM - sprayed loaf pans. Pack mixture in well.

Bake @ 350° for 45-60 minutes. Remove from oven. Let sit 10 mins.
 before removing from pan(s) and serving. Dawn Hailey

Pumpkin Ice Cream

Combine well:

29 oz. Can pumpkin
 13.5 oz. Coconut milk
 13.5 oz. Soy Milk
 ⅔ cup Honey
 2 tsp. Pumpkin pie spice
 ½ tsp. Salt

Pour into ice cube trays and freeze. Run through champion Juicer.
 Serve immediately. Dawn Hailey

Cocoa Coconut Balls

Process in food processor:

4 Tbsp. Natural peanut butter
 4 Tbsp. Coconut butter
 4 Tbsp. cocoa powder
 1 Very ripe banana



Honey to taste if desired (I used 2 Tbsp.)

Place in bowl and chill in frig. or freezer until it firms up. Shape in
 balls. Roll in coconut. Dawn Hailey

Carrot, Rice, Peanut Butter Loaf

Single recipe serves 4-6

- 1 cup Soy milk
- ½ cup Peanut butter
- 1 med. Onion
- ½ tsp. Salt
- ¼ tsp. Rubbed sage
- ½ tsp. Dried Basil
- ½ tsp. Dried Oregano
- ½ cup Whole wheat bread crumbs
- 2 cups Grated carrots
- 1 cup Cooked Rice



Sauté chopped Onion in 1 Tbsp. olive oil (or to eliminate oil place in 2-3 Tbsp. water and braise until clear)

Whisk soy milk and peanut butter together to break down the peanut butter. Add remaining ingredients gently stirring with each addition. Place in pre-sprayed bread loaf pan or 9X9 glass dish and bake @ 350° for 50-60 minutes. (Depending on how crispy you want the outer edges, You can also cover with tin foil for part of the baking time to protect the top from getting too dried out.)

Serve warm with Fresh Tomato Sauce. (Sliced cold makes a wonderful sandwich for later!!)

Doug Sharp

(Mediterranean Lentil Salad)



Fresh Tomato Sauce

12 Roma Tomatoes (peeled in hot water bath and seeded) set aside.

Sauté 1 Onion with 4-5 Garlic cloves in 2 Tbsp. Olive Oil

Add 1 Green bell pepper (chopped), 1 Red bell pepper (chopped) and 2 finely sliced Carrots

Simmer until cooked through.

Place tomatoes in blender and liquefy until smooth. Add to Sautéed onion mixture. Season to taste – I added onion, garlic salt and about ½ tsp. of red pepper flakes (for some “heat”) you could add spaghetti sauce packet for a more Italian sauce. Once heated through, liquefy the tomato/onion mixture in 2 batches and return to frying pan. Add 6 oz. tomato paste and 2 Tbsp. brown sugar. The sauce will have a yellow color – so if you want it to be red...you might want to add some food coloring. I don’t care about colors – after all I am putting it on a carrot loaf! Ladle generously on your individual servings of the loaf (left). Makes about 1 quart

Doug Sharp

Mediterranean Lentil Salad

Recipe makes 8 servings

- | | |
|-------------------------|----------------------------|
| 1 cup Dry brown lentils | 2 Tbsp. Lemon juice |
| 1 cup Diced carrots | ½ cup Diced celery |
| 1 cup Red onion, diced | ¼ cup Chopped parsley |
| 2 cloves Garlic, minced | 1 tsp. Salt |
| 1 Bay leaf | ¼ tsp. Ground black pepper |
| ½ tsp. Dried thyme | ¼ cup Olive oil |

In a saucepan combine lentils, carrots, onion, garlic, bay leaf, and thyme. Add enough water to cover by 1 inch. Bring to boil, reduce heat and simmer uncovered for 15 to 20 minutes or until lentils are tender but not mushy. Drain lentils and vegetables and remove bay leaf. Add olive oil, lemon juice, celery, parsley, salt and pepper. Toss to mix and serve at room temperature.

Susan Williamson

Coleslaw

- 1 cup Peanuts
- 1 cup Water - blend both together
- 1 tsp. Salt
- 3 Tbsp. Applesauce
- ½ Cup Lemon juice
- 1 Brick Tofu
- 1 tsp. Garlic powder
- 1 tsp. Onion powder



Mix together well with 3# of coleslaw mix and serve.

Kathleen Henning

Trader Joe's Cornbread Mix

Ingredients used instead of what was listed on box.

Use egg replacer for eggs, Applesauce for oil, soy milk for milk and added 1 brick soft tofu.

Kathleen Henning



Nutty Harvest Loaf

- 2 cups Chopped onions
- 3 cups Chopped celery
- 1 lb. Extra-firm, water-packed tofu
- ½ cup Reduced-fat mayonnaise or Veganaise
- ¼ cup Reduced-sodium soy sauce

- 1½ tsp. Sage
- 1 tsp. Onion powder
- 4½ cups Prepared herb stuffing
- ⅔ cups Chopped walnuts
- ⅔ cups Chopped pecans
(Karen used Almonds)
- Extra virgin olive oil for sautéing



Sauté onions and celery in oil. Drain and mash tofu. In bowl, stir all other ingredients together. Pour into 9X13 glass baking dish. Cover and bake at 350° for 30 minutes.

Karen Hackett

Fresh Cranberry Relish

- 1 12 oz. bag fresh cranberries
- 1 lg. Orange
- 1 10oz. bag/box frozen raspberries (with or without sugar), partially thawed
- 1 20oz. can crushed pineapple in juice
- ½ cup sugar (optional)



1. Pour cranberries into food processor.
2. Using sharp knife or zester, carefully cut zest (bright orange part of orange skin) off the orange and place in food processor. Peel off and off and discard bitter white pith. If necessary, remove seeds. Place orange segments into food processor with cranberries and zest.
3. Pulse food processor several times until cranberries and zest are coarsely chopped. Add partially thawed raspberries, then pulse several more times until cranberries are finely chopped. Stir in pineapple. Add sugar to taste.

Karen Hackett

Lentil and Spinach Soup

- 2 Tbsp. Olive oil
- 1 lg. Onion, chopped
- 2 cloves Garlic, minced
- 2 cups Uncooked lentils
- 4 cups Vegetable broth
- 4 cups Water
- 1 sprig (2-3 inches) fresh rosemary
- 1 (7-oz.) package baby spinach, roughly chopped
- 2 lg. Tomatoes, chopped
- ½ tsp. Black pepper



Heat oil in large pot over medium heat. Add onion and garlic; cook until onion is soft, about 5 minutes, stirring often.

Add lentils, broth, water, rosemary, and bring to a boil. Reduce heat and simmer uncovered until lentils are tender, about 20 minutes.

Add spinach and tomatoes, and simmer for 10 minutes. Remove rosemary sprig. Stir in pepper.

Billie Lauby

Three-Bean Casserole

- Cooking spray
- 2 med. Stalks celery, sliced (1 cup)
- 1 med. Onion, chopped (1/2 cup)
- 1 lg. Clove garlic, finely chopped
- 2 cups Frozen sausage-style soy-protein crumbles (from 12 oz. package)
- 2 cans (21 oz. each) baked beans (any variety)
- 1 can (15.5 oz.) Lima or butter beans drained



- 1 can (15 oz.) dark red kidney beans, drained
- 1 can (8 oz.) tomato sauce
- 1 Tbsp. Ground mustard
- 2 Tbsp. Honey or packed brown sugar
- 1 Tbsp. White or cider vinegar
- ¼ tsp. Red pepper sauce

Pre-heat oven to 400°. Generously spray 10 inch skillet with cooking spray. Add celery, onion and garlic; spray vegetables with cooking spray. Cook vegetables over medium heat 8 to 10 minutes, stirring occasionally, until crisp-tender.

In ungreased 3 quart casserole, mix vegetable mixture and remaining ingredients.

Bake uncovered about 45 minutes, stirring once, until hot and bubbly.

Slow Cooker Directions: Substitute ½ cup ketchup for the tomato sauce; decrease honey to 1 Tbsp. Generously spray 10 inch skillet with cooking spray. Add celery, onion and garlic; spray vegetables with cooking spray. Cook vegetables over medium heat 8 to 10 minutes, stirring occasionally, until crisp-tender. In 3 ½ -to 4 quart slow cooker, mix vegetable mixture and remaining ingredients. Cover; cook on High heat setting 2 hours to 2 hours 30 minutes to blend flavors.

Billie Lauby

Tofu Sour Cream

16oz. Tofu
 ¼ cup Water
 3 Tbsp. Lemon juice
 ½ tsp. Onion powder
 1 tsp. Salt (celery)
 1 Tbsp. Chives

Blend – add chives last. Makes about 2 cups Kathleen Henning

Nut Bread

(Be sure to toast whichever kind of nuts you choose for this basic bread before folding them into the batter. Toasting brings out their flavor.)

2 cups All-purpose flour
 1 cup Sugar
 1 Tbsp. Baking powder
 ½ tsp. Salt
 1 Egg, beaten
 1 cup Milk
 ¼ cup Cooking oil
 ¾ cup chopped almonds, pecans, or walnuts, toasted

1. Preheat oven to 350°. Grease the bottom and ½ inch up the sides of an 8x4x2 inch loaf pan; set aside. In a large bowl stir together flour, sugar, baking powder, and salt. Make a well in center of flour mixture; set aside.

2. In a medium bowl combine the egg, milk, and oil. Add egg mixture all at once to flour mixture. Stir just until moistened (batter should be lumpy.) Fold in nuts, spoon batter into prepared pan.

3. Bake for 50 to 55 minutes or until a wooden toothpick inserted near center comes out clean. Cool in pan on a wire rack for 10 minutes. Remove from pan. Cool completely on wire rack. Wrap and store overnight before slicing. (see: Cranberry Nut Bread)

Cranberry Nut Bread

Grease the bottom and ½ inch up the sides of a 9x5x3 inch loaf pan; set aside. Prepare as at left, except add 2 tsp. finely shredded orange peel to flour mixture. Substitute orange juice for the milk and fold 1 cup coarsely chopped cranberries into batter along with nuts.

Sonja Clemènts

