

VSG 3-16-2017

Amazing Mac 'N Cheese Sauce

1/2 cup gluten free flour . (any kind, your choice)
1/2 cup nutritional yeast flakes
1 tsp salt
1/4 tsp onion powder
1/4 tsp garlic powder
1/4 tsp paprika
2 cups soy milk or milk of choice
1/4 cup olive oil
1/2 tsp dry mustard

Put in pan and heat stirring with whisk
add Vegan Gourmet cheddar cheese
cook until all is melted
pour over package of cooked gluten free macaroni noodles.

Lentil Sandwich Slices

Grind ¼ c. uncooked dry lentils in a dry blender till lentils are ground fine.

Pour lentils into a mixing bowl, then place in blender:

¼ tsp. garlic powder	¼ tsp. cumin
Pinch-1/8 tsp. chili powder	¼ tsp. seasoned salt
1 ½ tsp. onion powder	2 Tbsp. cornstarch
2 Tbsp. peanut butter	1 Tbsp. Bragg's liquid aminos or soy sauce
1 ½ c. tomato juice	



Blend together then pour over ground lentils. Rinse out blender with ½ c. hot water

Stir all ingredients together then pour into sprayed cans. Steam for 2 hours & 15 minutes. Take out of steamer and put on cooling rack. Cool for an hour, run a knife around inside edge and slide contents out of can. Refrigerate. May be served hot or cold.

Chunky Tomato Soup

In a microwavable container place:

$\frac{3}{4}$ c. washed raw cashews

1 onion, cut into chunks

$\frac{1}{2}$ c. hot water



Microwave for 3 minutes. Cool slightly, then place in blender and blend for 2 $\frac{1}{2}$ minutes till very smooth. Add:

1 tsp. salt

$\frac{1}{2}$ tsp. granulated garlic

$\frac{1}{2}$ tsp. oregano

6 oz. can tomato paste

$\frac{1}{2}$ c. hot water

Blend briefly, then add 1 qt. canned tomatoes. Pulse blender on & off a few times to break tomatoes into small pieces. If desired, may add 14.5 oz. can petite diced tomatoes. Heat till hot, but do not boil. Serve.

Dawn H.

Macaroni Salad (vegan)

16 oz. salad macaroni

$\frac{1}{8}$ tsp. garlic salt

$\frac{1}{8}$ tsp. sea salt

$\frac{1}{8}$ tsp. onion powder

$\frac{1}{3}$ c. chopped dill pickles

$\frac{1}{3}$ c. sliced green onions

$\frac{1}{4}$ c. diced celery

1 can (4.25 oz.) chopped olives

$\frac{1}{2}$ - $\frac{3}{4}$ c. veganaise

Cook macaroni according to package directions.

Stir all ingredients together.

Allow flavors time to meld in refrigerator before serving.

Karen H.

Gluten Free Macaroni & Cheese

1 pkg. Heartland gluten free elbow macaroni

5 pkg. organic mac & cheese seasoning

1 brick soy cheese

Cook macaroni according to pkg. directions.

Drain. Add seasoning and shredded soy cheese. Stir. Serve.

Kathleen H.



Squash & Lentil Stew

Heat 3 Tbsp. olive oil in a large stockpot over medium heat. Add 3 peeled & diced carrots, 2 ribs sliced celery, 1 medium diced onion and cook 5 minutes. Add 5 ½ c. butternut squash pieces and season with 2 Tbsp. chili powder and ½ tsp. ground cumin. Cook 1 minute. Stir in 1 can (14.5 oz.) low-sodium vegetable broth, 1 can (14.5 oz.) diced tomatoes, ½ c. water and 1 ½ c. lentils. Cover and simmer over medium-low heat for 40 minutes, stirring occasionally. Uncover and stir in ¾ tsp. salt. Simmer uncovered for 10 minutes. Stir in 1/3 c. chopped cilantro leaves and serve.

Sue W.

Tomato Gravy

Blend well, heat and simmer till thickened.

1 c. water

2 tsp. onion powder

2 T. soy sauce

2 T. cornstarch

1.2 tsp. salt

½ c. clean raw cashews

½ tsp. garlic powder

After cashews are thoroughly pulverized, add 1 c. tomato sauce (or home canned tomatoes, blended) + ½ c. additional water to gravy in saucepan. Cook until thick. If gravy is too thick, add a little more water.

Kathy P.



Lentil Loaf

2 c. cooked lentils (fairly dry)

1 c. ground pecans

2 eggs

1 can evaporated milk

½ c. oil

1 ½ c. cracker crumbs

1 tsp. Italian seasoning

1 ground onion

½ tsp. salt

Stir all ingredients together. Place in sprayed 9X13" pan. Bake @ 350 degrees for 45-60 minutes.

Kathy P.