

Ray's Mexican Beans

2 c. dried pinto beans
1 6 oz. can tomato paste
1/2 - 1 packet taco seasoning mix

Sort and rinse beans. Place in crock-pot. Cover with water. Cook on low until soft but not mushy. Keep beans covered with water. When beans are cooked (8-10 hours), add tomato paste and taco seasoning. Continue cooking for 30 minutes more. Serve.

Oatmeal Raisin Cookies (vegan)

Cover 1 1/2 c. raisins with water. Microwave for 2 minutes and set aside so raisins can soften up.

In large bowl place 2 c. whole wheat pastry flour
Sift into whole wheat pastry flour:
2 c. unbleached all purpose flour
1 Tbsp. + 2 tsp. non-aluminum baking powder
1 tsp. salt
Add 4 c. quick oats

In blender combine:

1 box Mori Nu tofu
1 Tbsp. cinnamon
1 c. oil

Blend until smooth. Pour into a separate bowl.

Stir in 1 3/4 c. brown sugar

Add 3/4 c. soy milk

1 1/2 c. soaked raisins (drain, use leftover water for other purpose like cooking oatmeal or baking bread)

Pour dry ingredients into wet ingredients bowl. Stir well. Drop cookies onto PAM-sprayed cookie sheet. Flatten with back of spoon (dip spoon in water between cookies) . Bake at 375 degrees for 10-13 minutes (depending on your oven) Yield: 60 cookies 3/3/11 cost 5.7cents/cookie

Roasted Potatoes

Scrub and cut potatoes into chunks . Place in bowl. Drizzle small amount of oil over potatoes. Stir well to coat potato chunks. Sprinkle with Johnny's seasoned salt, granulated garlic, paprika, dried parsley. Stir to coat potatoes evenly. Place in baking pan. Bake at 425 degrees for 45-60 minutes, stirring occasionally. When potatoes are tender, remove from oven and serve.

Bolyard's Apple Salad

Apples, washed and cut into small chunks
chopped dates
chopped walnuts
vegenaise
vanilla

Quesadillas

1/2 cup chopped red bell pepper
1/2 cup chopped zucchini
1/2 cup chopped onion
1 can black beans
1/2 tsp. chili powder (to taste)
1/2 tsp. seasoning salt (to taste)
1 can corn drained
1 Tbsp. olive oil
Cooking spray
6 Whole wheat tortillas
1 1/4 cups shredded reduced - fat sharp cheddar cheese

In a large nonstick pan, cook red pepper, zucchini, onion, corn, black beans, seasoning salt, and chili pepper in olive oil over medium to medium high heat for about 7 minutes, or until just tender. Remove vegetables from pan. (I drained extra liquid from vegetables).

Coat the same pan with cooking spray, and place one tortilla in pan. Sprinkle 1/4 cup of cheese evenly over tortilla, and pour 3/4 cup of the vegetable mixture over the cheese. Sprinkle another 1/8 cup of cheese on the vegetables and top with a second tortilla. Cook until golden on both sides, for approximately 2-3 minutes per side. Remove quesadilla from pan and repeat with remaining ingredients. Cut each quesadilla into 8 triangles with a pizza cutter. Serve hot.

Ready in 30 minutes - Serves 6

Cabbage Salad Dressing

1 1/3 cup cashews
1 1/3 cup water
2 tsp. salt
1/4 cup honey
1/2 cup lemon juice
1/4 cup olive oil
1 Brick of tofu
2 tsp. garlic powder
2 tsp. onion powder

Blend Well

Garbanzo Spread

1 (15-oz.) can garbanzos, masked
1 sprinkle garlic salt
2 T. nutritional yeast flake
Sliced green pepper or green onion, chopped fine

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.

Quick Chili Rice Dinner

3/4 pound veggie burger
1/3 cup of chopped onions
1 Tbsp. chili powder
1/2 tsp. dry mustard
10 oz. pkg. of whole kernel corn
1 cup diced green (red or yellow) pepper
1 15oz. can of tomato sauce
1/2 cup water
1 cup of minute rice (or cooked brown rice)
1/2 cup shredded cheddar cheese

Brown veggie burger and onions in skillet. Add spices, corn, peppers, tomato sauce and water. Cover and bring to full boil, stirring occasionally. Stir in rice, reduce heat, cover and simmer for 5 minutes. Sprinkle with cheese.

Makes 4 servings

Broccoli and Rice Casserole

1 small onion, chopped
1/2 cup celery, chopped
1 package (10 ounces) frozen chopped broccoli thawed
1 TBSP butter or margarine
1 jar (8 ounces) process cheese spread
1 can (10-3/4 ounces) cream of mushroom soup, undiluted
1 can (5 ounces) evaporated milk
3 cups cooked rice

In large skillet over medium heat, sauté onion, celery and broccoli in butter for 3-5 minutes. Stir in cheese, soup and milk until smooth. Place rice in a greased 9 inch or bigger square baking dish. Pour cheese mixture over; do not stir. Bake, uncovered, at 325 degrees for 25-30 minutes or until hot and bubbly.

Yield: 8-10 servings.

Stir Fried Tofu & Noodles

Serves 30

1 lb. pkg. whole wheat pasta	1 red bell pepper
2 lbs. extra firm tofu	1 green bell pepper
1/4 c soy sauce	1/4 c chopped parsley
1/2 bottle Kraft Lite Asian Toasted Sesame Dressing	2 tsp. Thai seasoning
1 can mushrooms	2 tsp. garlic powder
1 onion	

Press tofu in paper towels for 30 minutes. Cover pasta according to directions. Sauté onions until translucent - stir fry peppers lightly. Pour Asian sauce into pasta and add to pasta. Saturate tofu in soy sauce until it is absorbed. Sprinkle garlic powder, Thai seasoning while soy sauce absorbs and transferring into pan while getting ready to stir fry - so that both sides are seasoned.

Aunt Louise's Casserole

1 med. onion, water sautéed
1 pkg. G. Washington broth
2 cans (4 c.) kidney beans
1 qt. tomatoes

1/2 c. uncooked rice
2 T. sweetener
Garlic salt
5 bay leaves

Mix all ingredients including bean juice together. Place bay leaves on top. Cover and bake at 375 for 60 minutes until set. Remove bay leaves before serving.

Mujudrah

3 c. lentils, uncooked
2 c. rice
1+ lg. onion, chopped

2 tsp. salt
2 clove garlic, minced
2 tsp. curry powder, or to taste

Cook lentils with garlic until almost done, about 45 minutes. Add onion and rice. Cook until thickness of oatmeal. Add salt and curry powder. Serve. Leftovers make excellent patties.