

September 10, 2015 VSG Recipes

Salad Macaroni (Vegan)

- 16 oz Salad macaroni
- 1/8 tsp Garlic salt
- 1/8 tsp Sea salt
- 1/8 tsp Onion pwr
- 1/3 cup chopped Dill pickles
- 1/3 cup sliced Green onion
- 1/4 cup Diced celery
- 1 can (4.25 oz) Chopped olives
- 1/2 - 3/4 cup Vegenaize



Cook macaroni according to package.

Stir all ingredients together.

Allow flavors time to meld in refrigerator before serving.

Karen H.

Lentil Stew

- Dice one onion
 - 1 Cup of Lentils (dry)
 - 3 cups of Vegetable broth
 - 1 can Diced tomatoes
 - 1 tsp Tumeric
 - 1 tsp Cumin
 - (May add 1 cup Carrots & 1 cup Potatoes)
- Bring to boil for 1 hour in covered pot.



Kathleen H

Soy Curl Spread

- 4 cups Soy Curls, soaked in water
- 4 Tbsp Chicken Style Seasoning
- 1 cup Vegenaize
- 1/2 tsp Garlic powder
- 1 cup Celery, chopped
- 1 cup Onion, shredded
- Diced Fresh Garlic



To Make Spread:

Soak soy curls in water 15 minutes, drain off water and chop/shred until small pieces in food processor using steel blade, add remaining ingredients stirring well. Mix & eat. Kathleen H.

Recipe for Chicken Style Seasoning

- 2 2/3 cups Nutritional Yeast
- 2 Tbsp Parsley, dried
- 2 Tbsp Onion Powder
- 1/4 tsp Marjoram
- 1/2 tsp Garlic Powder
- 2 Tbsp Celery Salt
- 2 Tbsp Salt
- 2 Tbsp Tumeric
- 1/4 tsp Savory

Blend all ingredients in food processor except parsley, then add parsley

Kathleen H.

Apple & Rhubarb with Oat Clusters

3 large sweet apples, cut into pieces
1/4 cup raisins/sultanas
3 cups rhubarb stalk- cut into approx 1 inch cubes
1 cinnamon stick
3 whole cloves
1/2 cup water - optional
3/4 cup applesauce (unsweetened)
2 Tbsp Agave Nectar

Oat Clusters

2 cups rolled oats
1/2 cup applesauce (unsweetened)
1/3 tsp cinnamon

Preheat oven to 350°F. Prepare cluster mix by combining rolled oats, apple sauce and cinnamon together and mix well. Spread cluster mixture on foil sprayed with vegetable spray on a baking tray and bake in the oven for 20 minutes or until dry, golden and crispy (stirring occasionally).

In saucepan, combine apple, raisins/sultanas, rhubarb, cinnamon stick and cloves. Bring to a boil on the stove top. Once boiling, turn heat down and simmer, stirring occasionally for 10 minutes or until fruit is soft. To serve, remove cinnamon stick & cloves from apple and rhubarb mix, and pour into a serving dish. Top with cluster mix and serve immediately. You can also serve it cold.



Karen H.

Coconut-Pecan Sweet Potatoes (slow cooker)

Prep: 15 min Cook: 4 hrs Makes 12 servings - 2/3 cup each

1/2 cup chopped Pecans
1/2 cup flaked Coconut
1/3 cup Sugar
1/3 cup packed Brown Sugar
1/2 tsp Ground Cinnamon
1/4 tsp Salt
1/4 cup reduced-fat Butter, melted
4 lbs Sweet Potatoes (about 6 medium), peeled & cut into 1 inch pieces
1/2 tsp Coconut Extract
1/2 tsp Vanilla Extract

1) In a small bowl, combine the first 6 ingredients; Stir in melted butter. Place sweet potatoes in a 5 qt slow cooker coated with cooking spray. Sprinkle with pecan mixture.

2) Cook potatoes, covered, on low 4-4½ hours or until tender. Stir in extracts. Note: I used Land O'Lakes light stick butter.

Per serving: 211 cal., 7 gm fat (3 gm saturated fat), 5 mg Chol, 103 mg sodium, 37 gm carbs, 3 gm fiber, 2 gm protein. Cheryl F.



Honey-Sweetened Fruit Preserves



4 cups Berries, raspberries, strawberries, or blueberries - fresh or frozen crushed.

- 1 cup whole cranberries, fresh or frozen, crushed
- 1-1½ cups Honey, depending on desired sweetness
- 1 Tbsp Lemon juice, fresh or bottled
- 1 tsp Cinnamon, if desired

Sterilize jars/caps in boiling water, ½min

Directions: Bring berries to a boil, reduce heat, simmer 20 minutes, stirring often. Crush berries with wooden spoon to release pectin in cranberries. Stir often to prevent scorching. When somewhat thickened, turn off heat and add lemon juice - also cinnamon if desired. Stir well. Cool. When cool ladle into jars and add caps. Freeze. Keep out 1 jar and store in refrigerator to enjoy. Virginia & Russell D.

Nut Loaf

- 8 oz Chopped Mixed nuts
- 1 Onion, chopped
- 1 clove of Garlic, minced
- 1 Red Pepper, chopped
- 1/2 cup Broccoli, finely chopped
- 1 stick of Celery, chopped
- 1 grated Carrot
- 1 cup Mushrooms, finely chopped
- 2 oz Sprouted wheat breadcrumbs**(recipe to follow)
- 1 oz regular, Unbleached Whole Wheat flour
- 5 oz Vegetable stock
- 1 tsp Thyme
- 1 tsp Oregano
- Salt & Pepper to taste
- 1 Tbsp Olive or Coconut Oil



Preparation:

Preheat oven to 375°F. Heat oil in a pan & saute' the onion for a few minutes. Add pepper, celery and mushrooms and saute' for 2 more minutes. Add the garlic and grated carrot and fry for one more minute. Remove from the heat, add flour and stir. Add vegetable stock, nuts, breadcrumbs, thyme, oregano, and a little salt and pepper. Grease the inside of a loaf tin with olive oil or olive oil spray. Put the mixture into the tin, pressing it down with a spoon. Bake for around 35 minutes. Slice into 1/2 in-thick slices and serve with a large raw vegetable salad. **Sprouted Wheat breadcrumbs: Toast two slices of Ezekiel or other sprouted wheat bread to medium brown. Place in Short Cup and pulse 2-3 times in a NutriBullet until just broken up. Vera F.

Crockpot Spaghetti Sauce

Saute' in 1 Tbsp olive oil 1 large onion, chopped and 10 cloves fresh garlic, finely minced

Place in "sprayed" crockpot:

8 cups diced Tomatoes

Prepared onion/garlic

1 Bay Leaves

1 tsp. Sweet Basil

1/2 tsp Oregano

1/2 Tbsp dried Parsley

3/4-1 tsp Salt

1 Tbsp granulated onion

1 tsp granulated Garlic

15 oz Tomato Sauce

6 oz Tomato Paste

Cook on low for 7-8 hours

Remove Bay leaves

Add tomato juice or V-8 juice to make sauce the consistency you like. I added 2 cups.

Optional: 2 Tbsp Honey (honey "balances" the acid of the tomatoes)

This recipe makes a large amount, but the sauce freezes well. Make one time and serve multiple times.

Dawn H.



Veggies Patties

Combine in large mixing bowl:

1 medium Onion, chopped fine

6 cup grated Zucchini

In blender, blend until smooth:

1 cup Water

1 small Onion

1/2 cup raw Cashews

1 tsp Sage

1/2 tsp Thyme

1 Tbsp Potato meal or flour

Add 1 cup walnuts or pecans pulse blender to chop nuts

Pour blender contents over veggies.

Add: 1 cup cooked Brown Rice

1 cup Bread crumbs

2 cups Quick Oats

1 cup grated Carrots

1 Cup grated Potatoes

2 tsp Vege-salt or seasoned salt

1/2 tsp granulated Garlic

2 tsp Vegex, so vex, or marmite

2 tsp Sweet Basil

1 Tbsp Egg replacer

Stir well. Let sit 10 minutes. Stir again. Shape into patties and place on sprayed baking sheet. Bake for 30 minutes. Turn patties over and bake an additional 20 minutes. Yield 36 using a #24 scoop. These patties freeze well.

Dawn H.



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Vegan Pesto

4 Tbsp walnuts - microwave 1 minute, stir, microwave 1 min., stir

Add: 4 Tbsp Pine nuts - Microwave 30 seconds, stir, microwave 30 seconds, stir - then cool.

Process nuts.

Add: 4 cups washed basil leaves

1/4 cup Olive oil

3 Tbsp Minced Garlic

2 tsp Lemon Juice

3/4 tsp Salt

2 Tbsp Nutritional Yeast

3/4 tsp. Fruit Fresh



Dawn H.