

HUMMUS

- 2 cups Cooked Garbanzo Beans
- 1/3 cup Garbanzo "juice"
- 1/4 cup Tahini
- 3 Tbsp Lemon Juice
- 3 cloves Garlic
- 1 Tbsp Olive Oil
- 2 tsp Onion Powder
- 1 tsp Salt



Mix together in food processor until smooth. Store in refrigerator.

Kathy P

BLACK BEAN HUMMUS

- 3-4 cloves Garlic
- 2 -15oz cans Black Beans, drained
- Juice from 1 Lemon
- 3 rounded Tbsp Tahini
- 1 1/2 tsp ground Cumin
- 1 tsp Salt
- 1/2 tsp Cayenne Pepper
- 1/2 tsp Paprika

Put into a blender or food processor and blend till smooth and well mixed. Then enjoy!

Di B

CHEATER BAKED BEANS

- 3 - 28oz cans Bush's Vegetarian Beans (drain slightly and place into a bean pot or casserole)
- 1/4 cup Molasses – you may use more or less – I go by color
- 3 Tbsp Catsup
- 1 1/2 Tbsp prepared Mustard
- 1/2 tsp Garlic powder
- 1/2 Onion, chopped and water sautéed in a covered bowl in the microwave for 4 minutes.

Mix together and cover with a lid. Microwave for 5 minutes—Stir, then Microwave for 5 minutes more.

Di B

LAVENDER BEANS –Fat FREE

- 2 – 28oz cans Bush's Vegetarian Beans, slightly drained
- 3-4 Granny Smith Apples, peeled, cored and chopped
- 1 cup Raisins
- 1/4 cup Molasses
- 1/4 cup Apple Cider Vinegar
- 1 tsp cooking Lavender
- 1/8 tsp Cayenne Pepper
- 1/8 tsp Salt (optional)



Mix together and cover with a lid, bake @350°F in a bean pot or a covered casserole dish for 2-4 hours. 0g fat

Di B

GARBANZO & BROWN RICE BURGERS

2 cups cooked Garbanzo beans, drained and rinsed
1 cup Cooked Brown Rice
½ cup Sweet Onion, minced
1 clove Garlic, minced
2 Tbsp Flat-leaf Parsley leaves, chopped
1 large Egg
1 Tbsp Olive Oil
Coarse Salt

Mash garbanzos and brown rice with a fork until a thick paste forms. Stir in onion, garlic and parley. Season with coarse salt. Whisk egg and stir into bean mixture. Form into four ½ inch thick patties. Heat olive oil in a large skillet over medium-high. Add patties and cook until golden brown. About 4 minutes per side. Serve as a hamburger replacement in a bun, or wrap in lettuce leaves.

Di B

TOFU QUICHE

½ cup raw Cashews, washed or toasted
½ cup Water
ADD:
¼ tsp Garlic powder
1½ tsp Salt
1 tsp Basil
2 Tbsp Cornstarch
½ pound Tofu
Blend all ingredients together.



Water sauté together:

½ cup Diced Carrots
½ cup Diced Green Pepper
½ cup Diced Red or Yellow Pepper
½ cup Diced Onion

Mix vegetables with tofu mixture. Add ½ cup sliced olives Stir gently. Pour into unbaked whole wheat pie shell. Bake @350°F 35-45 minutes. Let set 10-15 minutes before slicing and serving.

Dawn H

EASY 'BEEFY' LENTILS

Place in sprayed crock pot:
3 cups Lentils, washed
6 cups Water, boiling
2-3 Bay Leaves
1 Tbsp Garlic, minced
1 large Onion, chopped



Cook in crockpot on high 4-5 hours. 30 minutes before serving ADD:
3-4 Tbsp Chef Bonneau's Beef Style Seasoning
1-2 tsp Sovex or Marmite or Vegex
1 Tbsp Nutritional Yeast Flakes

Dawn H

PUMPKIN CRANBERRY BREAD (VEGAN)



In large bowl place:

- 29oz can Pumpkin
- ½ Cup Brown Sugar

Place in food processor and process until smooth:

- 1 box Mori Nu Tofu (any firmness)
- ¾ cup Oil
- 1 Tbsp + 1 tsp Pumpkin Pie Spice
- ½ cup Honey

Pour Tofu mixture over Pumpkin mixture and stir until smooth:

Stir in 1 cup soaked, drained, dried cranberries

In a separate bowl sift together:

- 3 cups Unbleached Flour
- 1 Tbsp Egg Replacer
- 1 Tbsp Baking Powder (non-aluminum)
- 1 tsp Baking Soda
- 1 tsp. Salt
- 2½ cups Whole Wheat Pastry Flour (stir in)
- ¾ cup Quick Oats

Mix dry ingredients into wet, stir well. Place in sprayed small loaf pans.

Yield: 6 small loaves

Bake @350°F for 55-60 minutes. Check with toothpick for doneness.

Dawn H

SOY CURL SPRED

- 4 cups Soy Curls, soaked in water
- 4 Tbsp Chicken Style Seasoning
- 1 cup Mayonnaise
- ½ tsp Salt
- 1 cup Celery, chopped
- 1 cup Onion, shredded



TO MAKE SPREAD:

Soak soy curls in water 15 minutes, drain off water and chop till small pieces in food processor using steel blade, add remaining ingredients stirring well.

RECIPE FOR CHICKEN STYLE SEASONING

- 2⅔ cups Nutritional Yeast
- 2 Tbsp Parsley, dried
- 2 Tbsp Onion Powder
- ¼ tsp Marjoram
- ½ tsp Garlic Powder
- 2 Tbsp Celery Salt
- 2 Tbsp Salt
- 2 Tbsp Turmeric
- ¼ tsp Savory

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

Kathleen H

AVOCADO CHOCOLATE MOUSSE



- ½ cup Semisweet Chocolate Chips, such as Ghiradelli
- 4 Avocados 8oz, very ripe, peeled, pitted
- ½ cup Agave Nectar
- ½ cup Unsweetened Cocoa Powder
- ⅓ cup Almond Milk
- 1 tsp Salt, fine
- Fresh Raspberries, for garnish

Place the chocolate chips in a small bowl. Place over a small saucepan of barely simmering water. Stir until the chocolate is melted and smooth, about 3 minutes. Set aside to cool slightly.

Place the melted chocolate, avocados, agave, cocoa powder, almond milk, vanilla and salt in a food processor. Blend until smooth and creamy, scraping the sides of the bowl as needed. Spoon into Glasses and refrigerate for at least 3 hours (can be prepared 1 day in advance). Garnish with fresh raspberries and serve.

Susan W

BBQ SOY CURLS



- Break dry Soy Curls into 2" to 2-1/2" pieces.
- Cover with cold water. Set aside.
- Sauté chopped onions and peppers until soft.
- Drain Soy Curls. Add to sautéed vegetables.
- Add your favorite BBQ sauce.
- Simmer until thickened. Serve

Kathy P