

Cuban Black Beans with Rice

1 ½ c. Black Beans
4 ½ c. Water
Simmer in oil until tender:
1 bay leaf
1 c. sauteed onion
1 c. chopped green pepper
2 T. oil
Then add 1 tsp. salt
Sort, wash and soak beans. Cook beans until tender. Saute onion in oil over low heat. Don't brown. Add Chopped green pepper and simmer for 10-15 minutes. Add bay leaf and salt. Add to beans and let simmer until most of the water is absorbed and flavors are well blended. Serve hot over brown rice. Can garnish with green onion.

Karen Hackett

Linkett & Sauerkraut Casserole

1 can Linketts sliced
1 can mushroom soup
½ c. Vegenaïse
2 c. sauerkraut
4 cups diced boiled potatoes
½ tsp paprika
1 diced onion
½ tsp. Smokene or Bakon Yeast (optional)
2 T. oleo or butter
Drain sauerkraut and rinse. Put in pan, steam 8 minutes. Drain again. Fry onion in butter, add Linketts, fry a little longer. Mix all ingredients. Place in greased baking dish. Bake 375° for 40 minutes. Top with crushed potato chips if desired.

Karen Hackett

Cottage Cheese Patties

2 beaten eggs
1 c. Italian style bread crumbs
1 c. uncooked rolled oats
1 c. cottage cheese
1 grated medium onion
1 tsp. salt
1/3 tsp. chicken style seasoning
2 T. melted butter or oil
Mix all ingredients (except oil). Form into small to medium sized patties. Lightly coat skillet with oil & brown patties approx 20 minutes. May be frozen.

Carol Jaromin

Spaghetti Squash

1 spaghetti squash, halved lengthwise and seeded
1 T. vegetable oil
1 onion chopped
1 clove garlic, minced
1 ½ c. chopped tomatoes
3 T. sliced black olives
2 T. chopped fresh basil
Seasoned with Spike seasoning
Strands of baked spaghetti squash are tossed with sautéed vegetables, olives, and basil. Preheat oven to 350° F (175° C). Lightly grease a baking sheet. Place spaghetti squash cut sides down on the prepared baking sheet, and bake 30 min in the preheated oven, or until a sharp knife can be inserted with only a little resistance. Remove squash from oven, and set aside to cool enough to be easily handled. Meanwhile, heat oil in a skillet over medium heat. Saute onion in oil until tender. Add garlic, and sauté for 2-3 min. Stir in the tomatoes, and cook only until tomatoes are warm. Use a large spoon to scoop the stringy pulp from the squash, and place in a medium bowl. Toss with the sautéed vegetables, olives, and basil. Serve warm. Prep time: 15 min. Cook time: 30 min. Ready in 45 min. Serves 6.

Sandy

Thompson

Cabbage Salad Dressing

1 1/3 c. cashews
1 1/3 c. water
2 tsp. salt (celery)
1/4 c. Honey
1/2 c. lemon juice
1/4 c. Olive oil
1 Brick of Tofu (19 oz.)
2 tsp. Garlic powder
2 tsp. Onion powder
(Makes about 6 cups of dressing)
Blend well & Add to shredded cabbage.

Kathleen Henning's Coleslaw – recipe from Ardelle Olcott

Kale Greens

(An easy way to make greens taste delicious.)

1/4 c. water
12 c. kale, washed and coarsely chopped
1 c. chopped onion
1 T. garlic powder
1/3 c. nutritional yeast
1/4 c. Bragg Liquid Aminos
Heat the water in a large pot until it comes to a boil. Add the kale, onion, garlic powder, and nutritional yeast. Cover and let cook until the kale is soft and tender, about 15 minutes. Add Liquid Aminos to taste and mix thoroughly.

Dawn Hainey

Garam Masala Lentils & Potatoes

1 pound of brown lentils, rinsed and picked over
1 1/2 pounds all-purpose potatoes, peeled and cut into 3/4-inch pieces
2 onions, peeled and chopped
1 can(14.5 ounces) no-salt-added diced tomatoes
2 tsp. salt
1 1/2 tsp. garam masala seasoning
1/2 tsp. ground cumin
2 yellow or red peppers, cored, seeded and cut into 1-inch pieces
1/2 c. cilantro leaves, chopped
3/4 c. toasted slivered almonds
In a large saucepan, combine 4 cups water, lentils, potatoes, onions, diced tomatoes, salt, garam masala, cumin and pepper. Cover and bring to a boil over high heat. Reduce heat to medium-low and simmer, covered, for 35 minutes. Stir occasionally. Add yellow peppers and simmer an additional 5 minutes. Stir in cilantro and sprinkle almonds over top. Makes 6 servings (12 cups). Prep: 15 min. Cook: 40 min. Per serving: 475 cal; 10 g fat(1g sat); 27 g pro; 75 g Carb; 22 g fiber; 786 mg sodium; 0 mg chol.

Dawn Hainey

Recipes 092211

Banana Bread (vegan)

Blend in Blender or Food Processor:

1 Box Mori Nu tofu

7/8 c. oil

3 T. Stevita Spoonable Stevia

¼ c. water

1 T. butterscotch extract or 2 T. butterscotch
syrup

Combine in large mixing bowl with

4 c. mashed bananas

1 c. sugar

In separate bowl sift together:

4 c. unbleached flour

2 tsp. non aluminum baking powder

2 tsp. baking soda

1 ½ tsp. salt

Stir into flour mixture

4 c. whole wheat pastry flour

Combine dry ingredients with wet ingredients.

Stir well.

Spoon batter into 7 small (5 ¾" x 3") PAM
sprayed loaf pans.

Bake @ 350° for 45 minutes. Remove
from pans & cool on racks. *Dawn Hainey*