

VSG-4-5-18

Marinated Beets

- 4-5 beets cooked
 - 6 Tbs frozen orange juice
 - 2 Tbs horseradish
 - 3 Tbs rice vinegar
 - 1 Tbs dill
- Kay K.



Slaw

- 1 purple cabbage chopped
- Some pickled peppers

Sauce

- 1 pkg tofu
 - 1 lemon
 - 3 green onions
 - 3 cloves garlic
 - Fresh parsley, basil, dill to taste
- Kay K.



Vege "Chic'n" Soup

- 1 onion chopped fine
- 3 stalks of celery, chopped fine
- 2 lg. carrots, chopped fine
- 4 potatoes, cubed
- 1 carton low sodium vege broth
- 1-1/2 T McKay Chicken Seasoning
- 1 T onion powder
- 4 garlic cloves (crushed)
- 1 ea. 15 oz can:
 - Dark Kidney Beans
 - Great Northern Beans
 - "no salt added" diced tomatoes
- 1 pkg. Meal Starter chicken strips (Morning Star)
- 18 oz. pkg/ chopped spinach
- Medium head broccoli, cut into pieces
- 1-1/2 T Italian seasoning
- Water
- 2 rounded Tbsp corn starch – Dissolve corn starch in cold water. Add to soup.



Anita D.

Avocado Salad Dressing

1 Avocado
2 Tbsp Lemon Juice
1 Tbsp honey
½ tsp sea salt
½ c warm water
¼ tsp cumin
¼ tsp cilantro (dried)
Dash of garlic salt

Salad

Romaine Lettuce
Tomatoes
Cauliflower
Green onion
Celery
Carrots
Zucchini
Bacon Bits if desired

Mayocoba Beans

2 cups of Mayocoba beans
1 qt water
Sea salt
1 onion

Put into crock pot for 4-6 hrs..
Remove & Eat

Bacon bits if desired



Rice & Vegetables

4 cups Brown Rice
2 Cups Water
1 T Butter
2 t salt (could be less)

Pour the rice into the boiling water.
Wait until it is boiling with the rice.
Turn to low temperature, and cook for 45-50 minutes.
Drain extra water out of the rice.

Add:

1 can of mushroom soup
Mixed vegetables
½ cup nutritional yeast
Add cumin to taste
Add diced vegetarian meats of your choice.
This one has Loma Linda Fri Chick
Vegetarian beef strips
Steve F.



Southwest Taco Salad

1 bag southwest salad kit
1 pkg. Litalife veggie burger
Mexican crumbles
1 can corn
1 can chili beans or black beans
1 lime

Pour salad in bowl
Mix all ingredients together
Pour dressing on top. Squeeze juice from lime and mix

Teresa W.



Pineapple Casserole II

Ingredients

2 (20 ounce) cans pineapple chunks, juice reserved
1 cup white sugar
3 Tbs all-purpose flour
¼ lb. butter, melted
2 cups shredded cheddar cheese
25 buttery round crackers, crumbled



Directions:

Preheat oven to 350 degrees F, Butter or grease one 2 quart casserole dish.

In a mixing bowl, blend together 4 tablespoons reserved pineapple juice, sugar, flour and butter.

Add pineapple and cheese; mix well and pour into casserole dish. Bake for 20 minutes.

Reduce oven temperature to 300 degrees F, sprinkle top with cracker crumbs and bake for 20 more minutes.

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Sue W.

VEGAN LENTIL "STEAKS"

In food processor bowl place:

2 c. cooked lentils
1 c. dry bread crumbs
½ c. + 2 Tbsp. water
2 Tbsp. Bragg's liquid aminos or soy sauce
1 Tbsp. liquid smoke
1 c. vital wheat gluten



Pulse until ingredients are mixed together. Dump into a bowl and work with hands till all gluten is evenly distributed. Shape into "steaks", place on sprayed baking sheet and place in preheated oven (350 degrees). Bake 15 minutes. Turn "steaks" over and bake on 2nd side for an additional 15 minutes. Cool. While "steaks" are baking make Mushroom Gravy

MUSHROOM GRAVY

Place 1 Tbsp. olive oil and enough water or vegetable broth to lightly coat the entire bottom of skillet. When liquid is hot, add:

8 oz. sliced mushrooms (about 3 C.)

3 cloves chopped garlic

Cook till mushrooms cook down, then add 1 1/2 c. vegetable broth. When mixture is hot, add ½ tsp. dried thyme, ¼ tsp. dried sage and ¼ tsp. sweet basil. Stir, then add ½ c. vegetable broth in which 1 ½ Tbsp. cornstarch has been dissolved. Stir until mixture thickens.

Remove from heat. Pour gravy over “steaks” which have been placed in sprayed 9X13” pan. Bake in 350 degree oven for 20+ minutes till heated through. Serve. Recipe makes about 15 “steaks”

Dawn H.

CROCKPOT SCALLOPED POTATOES

¾ c. washed raw cashews

½ c. quick oats (can use regular or gluten free)

4 Tbsp. McKay’s chicken style seasoning

1 ½ Tbsp. onion powder

1 ½ Tbsp. granulated garlic

½ tsp. turmeric

3 Tbsp. Oil

3 Tbsp. Lemon juice

1 c. hot water



Blend till completely smooth, several minutes, Pour into 2 qt. pitcher.

Rinse blender with additional 2 ½ c. water. Stir sauce together.

Prepare 10 c. peeled, thinly sliced potatoes.

In no-stick sprayed 6 qt. crockpot, layer potatoes and pour sauce over each layer.

Depending on your crockpot, cook 3-3 ½ hours on high. Check doneness of potatoes by inserting knife into center of crockpot.

Dawn H.