

## Green & Yellow Split Pea Soup

Sort & Rinse:

6 c. green & yellow split peas

Cover with water & cook till almost tender then add:

1 pkg. gluten free curry noodles

Add 2-3 Tbsp. chicken style seasoning

When noodles are soft, remove from stove and serve.

Kathleen H.



## Aunt Louise's Casserole

1 medium onion, water sautéed

½ c. uncooked rice

1 pkt. G. Washington broth

2 Tbsp. sweetener

2 cans (or 4 c. cooked) kidney beans

½ tsp. granulated garlic

1 qt. canned tomatoes

5 bay leaves

Mix all ingredients together except bay leaves (include bean "juice").

Place in sprayed baking dish. Scatter bay leaves on the top. Cover and bake @ 375 degrees for 45-60 minutes. Remove bay leaves before serving.

Kathy P.



## Baked Myacoba Beans

Cook beans till tender. Add onion, garlic and salt to taste.

Place in baking dish & bake @ 350 degrees for 45 minutes.

Karen H.



## Lima Bean Chowder

In a 3 ½- 7 qt. slow cooker place:

- 6 c. water
- 4 c. chopped celery
- 2 c. washed & drained dry lima beans
- 1 ½ c. chopped onion
- 2 Tbsp. olive oil

Cook on high 5 ½ - 6 hrs. or on low 8 ½ - 9 hrs.

When beans are done cooking, add 2 ½ tsp. salt and 1 c. diced tomatoes

Serve. May garnish with sliced green onion and fresh parsley.

Kathy P.



## Armenian Lentil Soup

- 1 ½ c. lentils
- 10 c. water
- ½ c. toasted brown rice
- 1 medium onion, diced
- 2 Tbsp. lemon juice
- 2 Tbsp. Bragg's liquid aminos
- 1 Tbsp. onion powder
- 1 tsp. garlic powder
- 1 tsp. dill weed
- 2 tsp. ground cumin
- 2 tsp. salt
- 1 Tbsp. chicken style seasoning
- 1 9-10 oz. pkg. chopped frozen spinach, thawed
- 15 oz. can diced tomatoes



Place first 10 ingredients in kettle (lentils through cumin). Bring to a boil, reduce heat, and simmer for 1 hour or until lentils are soft.

Add salt, chicken style seasoning, and spinach. Simmer 2-3 minutes. Add diced tomatoes and heat through. Serve.

Dawn H.

Adapted from 7 Secrets Cookbook

## Simple Butter

¾ c. coconut milk

½ c. water

2 Tbsp. yellow cornmeal

½ tsp. salt and ½ tsp. Molly McButter butter flavor sprinkles

1. Place all ingredients in a saucepan. Bring to a boil. Simmer 5 minutes.
2. Place in blender. Cover. Turn on low then increase to high. Blend for 2-3 minutes till super smooth.
3. Pour into container, cover and chill. It will be runny, but sets up as it cools.

Makes 1 cup. Keeps for about 10 days in the refrigerator.

Dawn H.

Adapted from 7 Secrets Cookbook



## Ida's Tapioca Dessert

1 46 ounce can pineapple juice

¾ c. small pearl tapioca

Place juice and tapioca in pan and let set for 30 minutes.

Cook till tapioca turns clear. Remove from heat and cool for 15 minutes. Add fruit of your choice. Chill.

If using bananas, add just before serving.

I used pineapple chunks, mandarin oranges, red grapes, sliced bananas, and shredded coconut.

Dawn H.



## Jayme's Sweet Summer Berry Dessert

Link:

<http://allrecipes.com/recipe/72509/jaymes-sweet-summer-berry-dessert/>

Sue W.



## Veggie Cutlets

2 c. soaked garbanzos or canned garbanzos

(If you use canned garbanzos, drain the liquid into a measuring cup and add water to equal 1 ½ c. If you use soaked garbanzos, just add 1 ½ c. water.)

2 Tbsp. chicken style seasoning if using canned garbanzos,

3 Tbsp. if using soaked garbanzos

2 Tbsp. nutritional yeast flakes

1 Tbsp. onion powder

1 tsp. garlic powder

2-3 Tbsp. Bragg's Liquid Aminos

Place garbanzos and 1 ½ c. liquid (water or water/garbanzo liquid) in blender. Add remaining ingredients and blend till smooth.

Pour into a bowl and add 2 c. vital wheat gluten

Stir till the dough becomes too thick to stir then knead dough with your hands. Knead for at least 2-3 minutes. Longer kneading yields a product that is more chewy and elastic while less kneading yields a final product that is more spongy and bread like.

Form into 2 oval loaves and place on a sprayed cookie sheet. Bake for 50 minutes @ 350 degrees. Cool on a rack. Product may be frozen @ this stage and finished @ later. To complete the cutlets, slice the loaves into thin slices and simmer in the following broth for 5 minutes:

### Broth

4 c. water

2 Tbsp. chicken style seasoning

2 Tbsp. Bragg's Liquid Aminos

Dissolve 1 ½ Tbsp. regular clear gel or cornstarch in ¼ c. cold water. Slowly add into the simmering cutlets, being careful to not break up the cutlets. When broth is thickened, serve.



Dawn H.      Adapted from 7 Secrets Cookbook