

June 14, 2017

Scalloped Potatoes and Ham

INGREDIENTS

- 1/4 cup butter
 - 1/4 cup flour
 - 1 teaspoons salt
 - 1/2 teaspoon pepper
 - 2 cups milk
 - 2 cups ham, cooked & chopped
 - 2 oz. diced pimentos, drained
 - 1 cup finely chopped onion
 - 2 cups shredded Cheddar cheese
 - 2 pounds potatoes, peeled and thinly sliced
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DIRECTIONS

1. Melt butter in large sauce pan over low heat; blend in flour, salt, and pepper.
2. Cook, stirring constantly, for about 1 minute. Remove from heat gradually stir in milk.
3. Return to heat; cook until thickened and bubbly. Stir in pimentos.
4. Spoon ¼ cup white sauce into a greased 9x13x3-inch baking dish. Top with half each of potatoes, ham, onions, remaining sauce, and cheese. Repeat layers, using remaining potatoes, ham, onions and sauce.
5. Cover and bake at 350 degrees for 1 hour or until tender.
6. Sprinkle with remaining cheese and bake an additional 5 minutes.
7. Let stand for 20 minutes before serving.

Yield: 6 main dish servings.

Ratatouille

2 T. olive oil

2 tsp. minced garlic

1 chopped onion

1 large eggplant, cut into ½ inch pieces

4 medium zucchini, cut into ½ inch pieces (or 2 yellow + 2 zucchini)

1 red bell pepper, chopped into ½ inch pieces

1 (28 oz.) can crushed tomatoes

1 tsp. dried oregano

4 Tbsp. fresh basil, chopped

2 tsp. fresh parsley, chopped

1 ½ tsp. salt

1/8-1/4 tsp. ground coriander

Sauté onion and garlic in oil until tender. Add vegetables through red pepper and cook for 5 minutes. Add tomatoes and herbs and cook on low simmer, covered, for 45 minutes....or bake in 350° oven, covered tightly, for 45 minutes.

Yields about 8 cups ratatouille.

Cucumbers in Sour Cream

3 large cucumbers
1 (8 oz.) carton commercial sour cream
3 Tbsp. minced green onions
2 Tbsp. lemon juice
½ tsp. salt
¼ tsp. pepper

Peel cucumbers and thinly slice. Set aside.

Combine sour cream and remaining ingredients, stirring well. Stir cucumbers into sour cream mixture; cover and chill.

Yield: 6 servings.

April 5, 2017

French Spring Vegetable Soup

- 1/4 cup butter (or Earth Balance)
- 1 pound leeks, chopped
- 1 onion, chopped
- 2 quarts water
- 3 large potatoes, chopped
- 2 large carrots, chopped
- 1 bunch fresh asparagus, trimmed and cut into 1 inch pieces
- 1/3 cup uncooked long-grain white rice
- 4 teaspoons salt
- 1/2 pound fresh spinach
- 1 cup heavy cream (or heavy coconut milk)

Melt the butter in a large pot over medium heat. Stir in the leeks and onion, and cook until tender.

Pour water into the pot. Mix in potatoes, carrots, asparagus, and rice. Season with salt. Bring to a boil, reduce heat, and simmer 30 minutes, until vegetables and rice are tender.

Stir spinach and heavy cream into the soup mixture, and continue cooking about 5 minutes before serving.

Source: <http://allrecipes.com/recipe/50030/french-spring-soup/?prop26=healthybites&prop25=6389541887&prop27=2017-03-29&did=140815-20170329>

Black Bean Vegetable Soup

5 (15 oz.) cans black beans, divided, drained and rinsed
3 cups water
2 bay leaves
3 tbsp. olive oil
2 medium onions, finely diced
4 cloves garlic, minced
1 green bell pepper, seeded and finely diced
1 jalapeño, seeded and minced
1 stalk celery, finely diced
1 ½ tsp. ground cumin
2 tsp. dried oregano
1 tsp. dried thyme
1 Tbsp. white wine vinegar or sherry vinegar
2 tsp. sea salt, or to taste
Freshly ground pepper
3-4 cups vegetable stock

Combine 4 cans of drained, rinsed beans with 3 cups water and bay leaves. Bring to a boil; cover and reduce heat to a simmer; cook for 20-30 minutes.

Preheat a large, heavy-bottomed skillet over medium heat. Sauté the garlic in the oil until the garlic begins to sizzle, stir for 30 seconds, and add the onions and bell pepper. Stir and cook for 12 to 15 minutes, until the onions and peppers are very soft, then add the jalapeño, celery, and carrot. Cook for another 10 minutes, until the carrot has begun to soften, then remove from the heat.

Stir the sautéed vegetables, plus the cumin, oregano, thyme, and vegetable stock into the beans. Cover the pot, raise the heat to high, and bring to a boil. Lower the heat to medium-low, partially cover the pot and simmer for 35 to 40 minutes, until the carrot and celery are tender.

Combine the remaining can of drained beans with ½ cup of water in a blender and blend until smooth. Stir into soup and remove from heat. Allow to cool for about 10 minutes; stir in the vinegar and salt and pepper to taste.

The soup will be richer and more flavorful the next day.

Modified from *Veganomicon: the Ultimate Vegan Cookbook*.

March 29, 2017

Split Pea Soup

3 cups dry split peas
About 7 cups of water (more as needed)
1 bay leaf
2 tsp. salt
1 tsp. dry mustard
1 tsp. basil
1 tsp. thyme
1 tsp. marjoram
½ tsp. oregano
¼ tsp. savory
1/8 tsp. sage
1/8 tsp. tarragon
¼ tsp. ground coriander
2 cups minced onion
4 to 5 medium cloves garlic, crushed
3 stalks celery, minced
2 medium carrots, diced
1 small potato, diced
Splash of liquid smoke
Lots of freshly ground black pepper
3 to 4 Tbsp. red wine vinegar (to taste)

Place split peas, water, and next 11 ingredients in a kettle or Dutch oven. Bring to a boil, lower heat as much as possible, and simmer, partially covered, for about 20 minutes.

Add onion, garlic, celery, potato, and liquid smoke. Partially cover, and leave it to simmer gently for about 40 more minutes, with occasional stirring. If necessary, add some water.

Add black pepper and vinegar to taste.

Recipe modified from *Moosewood Cookbook*, by Mollie Katzen

Cream of Asparagus Soup

2 lbs. fresh asparagus
1 ½ Tbsp. Earth Balance or butter
2 cups chopped onion
1 ½ tsp. salt
3 Tbsp. flour
2 cups water
2 cups hot soy, almond or dairy milk
2 tsp. dill
½ tsp. tarragon
White pepper, to taste

Break off and discard the tough asparagus bottoms. Slice off the tips and set them aside. Chop the remaining stalks into 1-inch pieces.

Melt the Earth Balance in a medium-sized skillet. Add onions, asparagus stalks, and salt. Sauté for about 10 minutes over medium heat. When the onions are clear and soft, sprinkle in 2 tbsp. flour while stirring constantly. Continue to cook over the lowest possible heat, stirring frequently, another 5 to 8 minutes.

Add water, stirring constantly. Heat to a boil, then turn down to a simmer. After about 5 minutes, sprinkle in the remaining 1 tbsp. flour, mixing well. Cook another 8 to 10 minutes, stirring frequently.

Purée the soup with the milk, bit by bit, in a food processor or blender. Return the purée to a kettle or large saucepan and season with dill, tarragon, and white pepper.

Cut the reserved asparagus tips into small pieces, and steam them until just tender. Add these to the soup; heat very gently (don't cook or boil!) and serve immediately.

Recipe modified from *Moosewood Cookbook*, by Mollie Katzen

March 22, 2017

Curried Red Lentil Soup

2 pounds red lentils, washed
3 onions, chopped
2 small potatoes, peeled and cubed
2 carrots, diced
¼ cup curry spice
3 tsp. black pepper
1/3 cup olive oil
Juice of 4 lemons
3 tsp. salt

Saute onions in oil until soft. Add remaining ingredients except lemon juice and boil for 1 ½ hours. Cool. Add lemon juice and puree in food processor until liquefied. Reheat before serving and provide extra lemon quarters at the table.

Butternut Squash Soup

1 large butternut squash
Olive oil
Salt and pepper
1 large yellow onion
2 Tbsp. butter (or Earth Balance or olive oil)
3 ½ cups chicken or vegetable stock
½ cup whipping cream (or canned, full-fat coconut milk)
Sour cream for dolloping (optional)

Preheat oven to 400 degrees. Carefully cut the squash in half lengthwise, then scoop out the seeds and stringy stuff. Put a half-inch or so of water in a baking pan, and set the squash in it, cut side up; drizzle with olive oil, rubbing it around to coat, and sprinkle liberally with salt and pepper. Roast on middle rack of the oven for 45 minutes to an hour, until the flesh is soft. Let cool for about 20 minutes.

Chop the onion and saute in butter over medium heat in a large pot, sprinkling with a little salt and pepper. Remove from heat when the onion is soft.

Add the flesh of the butternut squash, scooping it out with a spoon; discard the skin.

Pour in enough stock to cover; bring to a boil, then reduce heat and simmer, stirring occasionally, for about 15 minutes.

Blend with an immersion blender or in batches until smooth. Stir in cream; taste and season with salt and pepper.

Garnish each bowl with a dollop pf sour cream, plus a little pepper over the top.

Israeli Couscous Salad

1 ½ cups Israeli couscous
3 cups water (or broth for additional flavor)
1 can chickpeas, drained and rinsed
1 red (or yellow or orange) pepper, diced
½ bunch green onions, sliced
1 cucumber, diced
8 oz. grape tomatoes, halved
¼ cup chopped fresh parsley
½ cup crumbled feta cheese
Salt and pepper (add/sub some Greek seasoning for some additional flavor)
1/4-1/3 cup olive oil
2-3 limes, juiced

Bring couscous and water to a boil; reduce heat and cover. Cook over low heat for 10 minutes. Drain and rinse couscous. Set aside.

Combine olive oil and lime juice. Pour over couscous and stir. Add remaining ingredients and adjust salt and pepper (and/or Greek seasoning) to taste.

March 15, 2017

Miso Soup with Garlicky Lentils, Kale and Mushrooms

Ingredients

- 1 1/2 tbsp coconut oil
- 2 cloves garlic
- 1 medium yellow onion
- 1 cup white mushrooms
- 3 cups vegetable broth
- 3 tsp miso paste
- 1 cup cooked lentils (canned works well: look for a BPA-free liner, and rinse/drain lentils well using a fine sieve)
- 2 cups kale

Preparation

1. Dice onions into ½-inch pieces and finely mince garlic.
2. Wash mushrooms and remove stems. Roughly chop into quarters.
3. In a large pot, heat oil over medium heat.
4. Add garlic and saute 30 seconds until fragrant.
5. Add onions and cook until softened, about 3 minutes.
6. Add mushrooms and cook until they start to release their juices, about 5 minutes.
7. Pour vegetable broth into the pot and bring to a boil.
8. Once boiling, reduce heat, stir in lentils and miso paste.
9. Cook together for 5 minutes, then add kale and cover to cook for 3 minutes more.
10. Once kale is wilted, remove from heat and serve.

January 11, 2017

Red Wine Beef Stew

- 4 pounds chuck roast, cut into 2-inch pieces
- 1 1/2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 3 tablespoons all-purpose flour
- 1 tablespoon olive oil
- 6 Tbsp. tomato paste
- 2 cups dry red wine, such as Pinot Noir or Syrah
- 4 cups low-sodium chicken broth
- 1 medium yellow onion, large dice
- 2 stalks celery, diced
- 4 cloves garlic, minced
- 2 bay leaves
- 2 tsp. dried thyme
- A couple of fresh rosemary springs
- 10 medium carrots (about 2 pounds), peeled and cut into 1-inch pieces
- 1 1/2 pounds baby white or red potatoes, halved
- 12 oz. sliced or quartered mushrooms

1. Preheat the oven to 325°F.
2. Season the meat with salt and pepper, place in a large bowl, and toss with the flour.
3. Heat the oil in a large Dutch oven or wide-bottomed pot with a tight-fitting lid over medium-high heat. Cook the meat, in batches, until well browned on all sides, 6 to 8 minutes, transferring the pieces to a plate as they are browned. Pour off and discard any drippings from the pot.
4. Add the tomato paste, wine, broth, onion, bay leaves, thyme, and 2 of the carrots (diced) and bring to a boil. Return the meat and any juices back to the pot (the meat should be barely submerged in liquid), cover, and transfer to the oven. Cook for 2 hours.
5. Add the potatoes, the remaining 8 carrots, and mushrooms to the pot, cover, and return to the oven. Cook until the meat and vegetables are fork-tender, about 1 hour more.

Seitan Portobello Stew

- 1 tbsp. olive oil
 - 1 (8 oz.) package seitan, cut into bite-sized pieces
 - 1 large onion, quartered and thickly sliced
 - 1 large portobello mushroom, cleaned, stem removed and diced
 - 4 cloves garlic, minced
 - 3 medium carrot, peeled, sliced on a bias, 1/2 inch thick
 - 1 cup red wine
 - 1 tsp. dried rosemary
 - 1 tsp. dried thyme
 - 1 tsp. sweet paprika
 - Fresh black pepper
 - 1 tsp. salt
 - 3 cups vegetable broth
 - 1 1/2 lbs. potatoes (any type), peeled, cut in 1 1/2 inch chunks
 - 1/4 cup all-purpose flour
 - 1/2 cup water
 - 2 tbsp. tomato paste
1. Preheat a 4 quart pot over medium high heat. Sauté seitan and set aside.
 2. Sauté onions, mushrooms and a pinch of salt in oil until translucent, 4 to 7 minutes. Add garlic, for about a minute, until fragrant.
 3. Add carrots, wine, rosemary (crushed in your fingers), thyme (crushed in your fingers), paprika, fresh black pepper and salt and bring to a boil. The liquid should reduce in about 3 minutes.
 4. Add vegetable broth, cover and bring to a boil. Now add the potatoes, lower heat and bring to a simmer. Let the potatoes cook just until fork tender, about 15 minutes.
 5. In a measuring cup, mix the flour into the water with a fork until no lumps are left. Slowly add the broth/flour to the pot, mixing well. Mix in the tomato paste. Let thicken for 5 minutes or so. Add the seitan and continue to cook. In about 5 more minutes it should be perfectly thick but still smooth.

Cream of Spinach Soup

Adapted from *Moosewood Cookbook*

1 large onion, chopped
2 medium potatoes, peeled and chopped
3 cups water
2 tsp. salt
1 lb. spinach, cleaned and stemmed
5 medium cloves garlic, peeled only (ok to use chopped)
2 Tbsp. butter or Earth Balance
3 Tbsp. flour
1 ½ cups hot milk or unsweetened, plain soy milk
White pepper and nutmeg to taste

Place onion, potatoes, water, and salt in a large saucepan. Bring to a boil, cover, and simmer until the potatoes are tender (about 20 minutes). Remove from heat, add spinach and garlic cloves, and set aside.

Melt the butter over low heat in a small saucepan. Whisk in flour, and keep whisking over low heat for 5 minutes. Drizzle in the milk. Continue to whisk and cook until smooth and thickened (about 5-8 minutes more).

Purée the vegetables in their cooking liquid, then stir in the white sauce (or just add the milk if you want to make a low fat version). Adjust the salt, and add white pepper and nutmeg to taste.

January 4, 2017

See October 3 for the Chicken and Wild Rice Casserole recipe.

New this week:

Carrot Soup with Ginger

2 tbsp. butter
1 onion, chopped
1 celery stalk, chopped
1 medium potato, chopped
2 lbs. carrots, peeled and chopped
2 tsp. minced fresh ginger root (or more to taste)
1 ½ quarts vegetable stock
7 tbsp. canned coconut milk (do not use low fat)
A good pinch of freshly grated nutmeg
Salt & freshly ground pepper

Melt the butter. Add the onion and celery and cook for about 5 minutes until soft. Stir in the potato, carrots, ginger and stock. Bring to a boil. Lower the heat to low, cover, and simmer for about 20 minutes. Pour the soup into a food processor or blender and process until it is smooth. Alternatively, use a vegetable mill or immersion blender to puree the soup. Return the soup to the pan. Stir in the cream and nutmeg and add salt and pepper to taste. Reheat slowly to serve.

Emerald Sesame Kale

The Whole Foods Market Cookbook

2 tsp. olive oil
1 tsp. toasted sesame oil
2 cloves garlic, minced (1 tsp.)
1 Tbsp. minced fresh ginger
2 bunches kale stems, washed, heavy stems removed, chopped
1 Tbsp. tamari or soy sauce
T Tbsp. sesame seeds

Heat the olive and sesame oils in a large sauté pan over medium heat. Add the garlic and ginger, and sauté for 1 minute, until garlic just begins to brown. Add the chopped kale, and sauté for 4 minutes, stirring frequently. Sprinkle some water over the kale if it begins to stick to the pan. Add the tamari and sesame seeds, and stir well to incorporate.

December 21, 2016

See September 21 for the Minestrone Soup recipe.

Recipe for *Baked Mostaccioli with Walnut Bolognese and Cashew Mozzarella* is unavailable to publish on our website, but it may be obtained in the cookbook *Blissful Basil* by Ashley Melillo.

New this week:

Baked Spaghetti

Ingredients

- 1 (16 ounce) package spaghetti
- 1 pound ground beef
- 1 onion, chopped
- 1 (32 ounce) jar meatless spaghetti sauce
- 1/2 teaspoon seasoned salt
- 2 eggs
- 1/3 cup grated Parmesan cheese
- 5 tablespoons butter, melted
- 2 cups small curd cottage cheese, divided
- 4 cups shredded mozzarella cheese, divided

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13-inch baking dish.
2. Bring a large pot of lightly salted water to a boil. Cook spaghetti in boiling water, stirring occasionally until cooked through but firm to the bite, about 12 minutes. Drain.
3. Heat a large skillet over medium heat; cook and stir beef and onion until meat is browned and onions are soft and translucent, about 7 minutes. Drain. Stir in spaghetti sauce and seasoned salt.
4. Whisk eggs, Parmesan cheese, and butter in a large bowl. Mix in spaghetti to egg mixture and toss to coat. Place half the spaghetti mixture into baking dish. Top with half the cottage cheese, mozzarella, and meat sauce. Repeat layers. Cover with aluminum foil.
5. Bake in preheated oven for 40 minutes. Remove foil and continue to bake until the cheese is melted and lightly browned, 20 to 25 minutes longer.

December 14, 2016

See September 14 for Divine Casserole recipe.

New this week:

Spinach-Apple Salad with Maple-Cider Vinaigrette

Ingredients

SUGARED CURRIED PECANS

1 (6-oz.) package pecan halves
2 tablespoons butter, melted
3 tablespoons sugar
1/4 teaspoon ground ginger
1/8 teaspoon curry powder
1/8 teaspoon kosher salt
1/8 teaspoon ground red pepper

MAPLE-CIDER VINAIGRETTE

1/3 cup cider vinegar
2 tablespoons pure maple syrup
1 tablespoon Dijon mustard
1/4 teaspoon kosher salt
1/4 teaspoon pepper
2/3 cup olive oil

SALAD

1 (10-oz.) package fresh baby spinach, thoroughly washed
1 Gala apple, thinly sliced
1 small red onion, thinly sliced
1 (4-oz.) package crumbled goat cheese

Preparation

1. Prepare Pecans: Preheat oven to 350°. Toss pecans in butter. Stir together sugar and next 4 ingredients in a bowl; add pecans, tossing to coat. Spread in a single layer in a nonstick aluminum foil-lined pan. Bake 10 to 13 minutes or until lightly browned and toasted. Cool in pan on a wire rack 20 minutes; separate pecans with a fork.

2. Prepare Vinaigrette: Whisk together cider vinegar and next 4 ingredients. Gradually whisk in oil until well blended.

3. Prepare Salad: Combine spinach and next 3 ingredients in a bowl. Drizzle with desired amount of Maple-Cider Vinaigrette; toss to coat. Sprinkle with pecans. Serve salad with any remaining vinaigrette.

Note: Pecans may be made up to 1 week ahead. Store in an airtight container. Vinaigrette may be made up to 3 days ahead. Cover and chill until ready to serve.

Lima Bean Soup

Tracey Glover, The Pure Vegan

2 quarts vegetable broth
2 cups dried lima beans
2 tsp. salt
A good handful of fresh parsley (or 2 Tbsp. dried parsley)
2 tsp. dried oregano
Handful of fresh dill weed
½ tsp. coarse ground black pepper
1 Tbsp. vegetable broth
5 green onions, chopped
1 celery rib, chopped
1 small garlic clove, minced
1 cup soy milk
1 ½ Tbsp. white or yellow miso paste

Soak beans overnight. Drain beans; place in a large pot and cover with 2 quarts broth. Bring to a boil and reduce heat. Cook on medium for 10 minutes. Add salt, parsley, oregano, dill and pepper. Simmer for about 1 ½ hours or until lima beans are very tender. Remove 2 cups of soup and puree in a blender (or if using hand blender, leave in pot and puree same amount). Return pureed beans to pot. Continue to simmer.

Sauté onions and celery in 1 tbsp. broth for 3 minutes. Add garlic and sauté for 1 more minute. Add sautéed vegetables to beans along with soy milk. Simmer for at least 15 more minutes.

When almost ready to serve, place miso in a small bowl. Add 1/3 cup of water and mix to form a smooth paste. Add this to the soup and mix well. Heat thoroughly for 1 or 2 minutes, but do not return to a boil.

Butternut Squash, Portobello, and Spinach Casserole with Vegan Sausage Serves 8-10

Ingredients

- 1 medium butternut squash (around 2.5 lbs), peeled and diced into 1" cubes
- 4 Tablespoons extra virgin olive oil, divided
- 2 links of vegan Field Roast brand sausage, Smoked Apple Sage flavor
- 3 leeks, white and pale green parts only, washed and cut into thin half-moon slices
- 2 large cloves of garlic, minced
- 1 8 oz package of Cremini mushrooms, thinly sliced
- 2 cups Portobello mushroom soup
- 1/2 cup vegetable stock
- 1 teaspoon white miso
- 2 Tablespoons nutritional yeast
- 1/4 cup finely chopped fresh sage
- 1 Tablespoon finely chopped fresh rosemary
- 1 9 oz bag of baby spinach
- Kosher salt and black pepper, to taste
- 3 cups cooked pearl barley (about 1 cup dry cooked per package directions)

Preparation

1. In a large bowl, toss the diced butternut squash with 2 Tablespoons of olive oil and a pinch of kosher salt and a few grinds of black pepper. Once combined, spread the squash out evenly on a large rimmed baking sheet lined with parchment paper. Place in 375° oven and bake for approximately 30 minutes, or until fork tender. Remove from oven and set aside. Leave oven on, but reduce heat to 350 degrees.
2. Remove Field Roast sausage links from packaging and place in a food processor. Pulse until the sausage resembles ground sausage.
3. In a large nonstick pan, heat 1 Tablespoon of olive oil over medium high heat. Add sausage and cook until sausage is browned and slightly crispy. Remove from pan and place on a paper towel lined plate. Set aside.
4. In the same nonstick pan, add an additional 1 Tablespoon of olive oil over medium high heat. Add the leeks and garlic and cook, stirring frequently, until leeks are tender, about 5-7 minutes. Add the sliced mushrooms, sage, and rosemary and cook an additional 3-4 minutes. Add the mushroom soup, vegetable stock, nutritional yeast, and miso. Stir until miso and nutritional yeast have dissolved into the liquid and everything is combined. Bring to a boil and then immediately reduce heat to low and simmer for 1-2 minutes. Add the fresh spinach and stir until spinach is completely wilted into mushroom mixture. Season to taste with salt and pepper, and remove from heat.
5. Grease a 9×13" oven safe casserole dish with nonstick spray. In the dish, gently combine the cooked butternut squash, browned ground sausage, cooked barley, and mushroom mixture with a rubber spatula. Once combined, spread the mixture evenly throughout the baking dish. Place in the oven and cook, uncovered, IN A 350 ° OVEN for 35-40 minutes, or until most of the liquid has evaporated and top is evenly golden brown. Remove from oven and Let sit for 10 minutes before serving.

December 7, 2016

See September 7 for King Ranch Casserole and Vegetable Korma Recipes.

New this week:

Lentil Barley Stew

¼ cup olive oil
¾ cup chopped celery
¾ cup chopped onion
1 cup chopped carrot
2 cloves fresh garlic, minced
6-8 cups water
¾ cup lentils
¾ cup barley
½ tsp. dried rosemary
½ tsp. dried oregano
½ tsp. black pepper
1 (28 oz.) can diced tomatoes
2 Tbsp. vegetable powdered broth

In a large soup pot, heat the olive oil over medium-high heat. Add the celery, onion, carrot and garlic and cook, stirring, for about 5 minutes. Add the water, lentils, barley, rosemary, oregano and pepper. Cover and bring to a boil, then reduce the heat and simmer for 45 minutes. Add the tomatoes and vegetable broth powder, and simmer for 15 minutes, stirring occasionally. Serve hot.

Serves 6.

November 30, 2016

Entirely Adequate Award-Winning Chili

David Holloway, Mobile Press Register

5 pounds lean ground beef	Tony Chachere's, to taste
1 package chili seasoning mix	3 tsp. (or more) ground cayenne pepper
1 large onion, chopped	2 heaping Tbsp. Tone's beef base soup starter
1 large bell pepper, chopped	2 Tbsp. sugar
3-4 ribs celery, chopped	1 (14.5 oz.) can navy beans, drained
2 Tbsp. chopped garlic	1 (14.5 oz.) can red beans, drained
2 (14.5 oz.) cans diced tomatoes, with juice	1 (14.5 oz.) can black beans, drained
1 (28 oz.) can crushed tomatoes	Sharp cheddar cheese, shredded (garnish)
1 (12 oz.) can beer	Sour cream (garnish)
¼ cup ground chili powder	
3 Tbsp. ground cumin	

In a large Dutch oven or 8-10 quart pot, brown ground beef and drain excess grease. Add prepackaged chili seasoning mix and continue to simmer. Stir occasionally.

In separate skillet, sauté onion, bell pepper and celery in a little olive oil, being careful not to burn. Sauté until onions are clear.

Add garlic and cook for another minute or so, until it becomes fragrant.

Add vegetables to the meat mixture and combine. Add both cans of tomatoes, beer and seasonings and bring to a slow boil.

Reduce heat and simmer, stirring often, for about 2 hours. The longer it cooks, the better it will be.

Add beans an hour before serving. Serve over rice or corn chips. Sprinkle cheese or sour cream on top.

Note: If you are feeling especially spice you can add a few chopped and seeded jalapenos when you add the other veggies. A couple ought to be plenty.

Black Bean Chili

3 (15 oz.) cans black beans
1 large sweet, chopped
1 (12 oz.) package meatless burger crumbles
2 Tbsp. vegetable oil
4 tsp. chili powder
1 tsp. cumin
½ tsp. pepper
¼ tsp. salt
2 cups vegetable broth
2 (14.5 oz.) petite diced tomatoes with jalapenos

Rinse and drain 2 cans black beans. (Do not drain 3rd can.)

Sauté chopped onion and burger crumbles in hot oil in a large Dutch oven over medium heat for 6 minutes. Stir in chili powder and next 3 ingredients; sauté 1 minute. Stir in drained and undrained beans, broth and tomatoes. Bring to a boil over medium-high heat; cover, reduce heat to low, and simmer 10 minutes. Serve chili with desired toppings.

November 16, 2016

Betty Foster's Chicken Gumbo

1 (4-5 pound) chicken
1 cup vegetable oil
1 ½ cups flour
1 stick oleo
1 ½ large onion, chopped
3 ribs celery, chopped
1 medium bell pepper, chopped
2 Tbsp. minced garlic
2 (16 oz.) cans diced tomatoes
1 ½ lb. sliced okra
3 bay leaves

Boil chicken (either whole or in pieces) in 4 quarts water until done. Remove chicken from water (reserving water) and let cool. Remove chicken from bones; set aside.

Make a roux with vegetable oil and flour (the darker the better...aim for medium chocolate color).

Sauté onion, celery, bell pepper and garlic in oleo for about 10 minutes. Add roux, sautéed veggies, and de-boned chicken to reserved broth. Stir in tomatoes, okra, bay leaves and Creole seasoning. Add salt and pepper to taste.

Bring to a boil and let simmer, uncovered, for 50-60 minutes. Add water or broth if too thick. Serve over rice. Makes 5-6 quarts.

Serious Vegetarian Gumbo

Modified from: What would Cathy eat?

½ cup safflower oil
½ cup white whole wheat flour
3 medium onions, chopped (about 3 cups)
3 stalks celery, chopped (about 2 cups)
3 medium green peppers, chopped (about 3 cups)
3 portobello mushroom caps, gills scraped off, chopped (about 2 cups)
3 large cloves garlic, minced
½ cup dry sherry
4 cups chicken-style vegetable broth
1 tablespoon vegetarian Worcestershire sauce
3 bay leaves
1 teaspoon dried thyme
1 teaspoon dried oregano leaves
¼ - ½ teaspoon cayenne pepper, or more to taste
1 teaspoon salt
¼ teaspoon smoked paprika, or a bit more to taste
1 16-ounce package chicken-style seitan

Preheat the oven to 350. Combine the oil and flour in a large ovenproof Dutch oven. Bake for 1¼ - 1½ hours, or until the roux is very dark, stirring twice.

Add the onion, peppers, celery, mushrooms and garlic and cook on the stove over medium heat for about 7 minutes. Add the sherry and cook for one minute, then add the vegetable broth, Worcestershire sauce, herbs and spices.

Simmer, uncovered, for 30 minutes. If the gumbo seems too thick, add water as you see fit (you can leave the gumbo on the thicker side if you're not serving the filé powder on the side).

Add the seitan to the pot and simmer for 8-10 minutes. Remove the bay leaves. Serve over brown rice, and pass the file powder (if using) and Tabasco.

Vegan Potato Salad

Modified (slightly) from Vegan Dawlin, by Barbara Ganucheau

4 pounds red potatoes
Salt
3 Tbsp. liquid crab boil
1 lemon, quartered
1 ½ cups vegan mayo (ex. Vegemaise or Just Mayo)
1 Tbsp. nutritional yeast
1/8 tsp. Kala Namak (optional)
1 tsp. Dijon mustard
Salt & pepper to taste
1 small red onion, minced
4 tender stalks celery, with leaves, chopped
¼ cup chopped fresh parsley
½ cup dill relish
1 Tbsp. sweet pickle relish or ½ tbsp. agave syrup

Place washed potatoes in a large pot and cover with water. Salt potato water until it tastes like the sea. Add crab boil and lemon. Boil for 10 minutes (or until tender), then remove from heat and let potatoes soak for at least 20 minutes. Drain, discarding lemon. Cool, then cut potatoes into chunks. In a large bowl, combine vegan mayo and next 9 ingredients. Add potatoes and combine. Adjust salt. Refrigerate to blend flavors.

Spinach Salad

Dressing:

- ½ cup sugar
- 1 Tbsp. poppy seeds
- 2 Tbsp. sesame seeds
- 1 ½ tsp. dried minced onion
- ¼ tsp. paprika
- ¼ cup cider vinegar
- ¼ cup wine vinegar
- ½ cup vegetable oil

Whisk (or use blender) dressing ingredients together.

Salad:

- 1 lb. fresh spinach, torn into bite-size pieces
- ¾ cup sliced almonds
- 1 pint sliced fresh strawberries or 1 (16 oz.) can mandarin oranges

Pour dressing over combined salad ingredients and serve.

November 9, 2016

Basic Meat Loaf

Southern Living

- 1 ½ pounds ground beef
- 1 (8 oz.) can tomato sauce, divided
- 1 cup soft breadcrumbs
- 2 eggs, slightly beaten
- 2 Tbsp. dried minced onion flakes
- ¾ tsp. salt
- ¼ tsp. pepper
- 2 tsp. dried parsley flakes
- 1 tsp. Worcestershire sauce

Combine ground beef, ½ can tomato sauce, and next 5 ingredients; mix well. Shape meat mixture into a loaf. Place on rack of a lightly greased broiler pan. Bake at 350° for 1 hour. Combine remaining tomato sauce and last 2 ingredients; stir well. Pour over meat loaf, and bake an additional 5 minutes. Yield: 6 servings.

Macaroni & Cheese

Toasted Bread Crumbs:

- 1 cup fresh bread crumbs from French or Italian bread
- Pinch of salt
- 1 ½ Tbsp. melted butter

Macaroni and Cheese

- Salt
- ½ pound elbow macaroni
- 4 Tbsp. butter
- 2 large eggs
- 1 can (12 oz.) evaporated milk, heated to warm, divided
- ¼ tsp. hot red pepper sauce
- Ground black pepper
- 1 tsp. dry mustard, dissolved in 1 tsp. water
- 10-12 ounces (3 cups) mild Cheddar, American or Monterey Jack cheese

1. Heat oven to 350°F and set a 1 ½-quart heatproof dish in the oven to warm.
2. Bread crumbs: mix bread crumb ingredients together in a small baking pan; set aside.
3. Macaroni: Bring 2 quarts water to a boil in a large soup kettle. Add 1-1/2 tsp. salt and macaroni; cook until almost tender, but still a little firm to the bite. Drain and transfer to preheated dish and stir in butter to melt.
4. Meanwhile, mix eggs, 1 cup evaporated milk, pepper sauce, ½ tsp. salt, ¼ tsp. pepper and mustard mixture in a small bowl.
5. Pour egg mixture over noodles, along with three-fourths of the cheese; stir until thoroughly combined and cheese starts to melt.
6. Place bread crumbs in oven to toast until golden brown, 10 to 15 minutes. Remove from oven and set aside. Place pan of macaroni and cheese in oven and bake for 5 minutes. Remove from oven; thoroughly stir macaroni mixture, adding a little remaining milk and cheese. Return to oven and cook 5 minutes longer. Remove macaroni pan from oven and stir thoroughly so that macaroni and cheese cooks evenly, adding additional cheese and milk if mixture does not look moist and creamy. Return to oven for a total of 20 minutes, removing pan from oven once more to stir in remaining milk and cheese. Serve immediately, sprinkled with bread crumbs.

The Ultimate Vegetable Lentil Loaf

Loaf

- 1 cup dry lentils (use green/brown)
- 2 1/2 cups water or vegetable broth
- 3 tablespoons flaxseed meal (ground flaxseeds)
- 1/3 cup water (6 tablespoons)
- 2 tablespoons olive oil **or** steam saute using 1/4 cup water
- 3 garlic cloves, minced
- 1 small onion, finely diced
- 1 small red bell pepper, finely diced
- 1 carrot, finely diced or grated
- 1 celery stalk, finely diced
- 3/4 cup oats (I used GF oats)
- 1/2 cup oat flour or finely ground oats (any flour of choice will work here too)
- 1 heaping teaspoon dried thyme
- 1/2 heaping teaspoon cumin
- 1/2 teaspoon each garlic powder & onion powder...for good measure!
- 1/4 – 1/2 teaspoon ground chipotle pepper, optional
- cracked pepper & sea salt to taste

Glaze

- 3 tablespoons organic ketchup
- 1 tablespoon balsamic vinegar
- 1 tablespoon pure maple syrup

Rinse lentils. In large pot add 2 1/2 cups water with lentils. Bring to a boil, reduce heat, cover and simmer for about 40 minutes, stirring occasionally. It's ok if they get mushy, we are going to roughly puree 3/4 of the mixture when cooled. Once done, remove lid and set aside to cool (do not drain), they will thicken a bit upon standing, about 15 minutes is good.

Preheat oven to 350 degrees.

In small bowl combine flaxseed meal and 1/3 cup water, set aside for at least 10 minutes, preferably in the refrigerator. This will act as a binder and will thicken nicely upon sitting.

Prepare vegetables. In saute pan heat oil or water over medium heat. Saute garlic, onion, bell pepper, carrots and celery for about 5 minutes. Add spices mixing well to incorporate. Set aside to cool.

Using an immersion blender or food processor, blend 3/4 of the lentil mixture. Alternately, you can mash the lentils with a potato masher or fork.

Combine sauteed vegetables with the lentils, oats, oat flour and flax egg, mix well. Taste, adding salt and pepper as needed, or any other herb or spice you might like. Place mixture into a loaf pan lined with parchment paper, leaving it overlapping for easy removal later. Press down firmly filling in along the edges too.

Prepare your glaze by combining all ingredients in a small bowl, mix until incorporated. I recommend making each tablespoon heaping so you have plenty of this great sauce on top. Spread over top of loaf and bake in oven for about 45 – 50 minutes. Let cool a bit before slicing.

Serves 8.

Notes:

I do not recommend reheating the entire loaf at once. It will most likely become too dry, as the heat will take too long to reach the center. I recommend cutting slices and reheating. If you need, you can make your lentil loaf the day before and store uncooked until ready to heat, bring to room temperature and heat according to instructions above.

Mac 'N Shews (vegan)

1 lb small pasta like shells, macaroni or chiocciole

1 1/2 cups cashews, soaked (see recipe note)

4 cups broth, divided

4 tablespoons olive oil, divided

4 cloves garlic, minced

1 small onion, diced

2 cups sauerkraut

1/3 cup all purpose flour

1/2 teaspoon turmeric

Several dashes fresh black pepper

2 tablespoons nutritional yeast (optional)

1/2 teaspoon salt

1 tablespoon fresh lemon juice

First boil salted water for the pasta. Cook pasta and drain. In the meantime, prepare the rest of the recipe.

Place the soaked cashews and 2 cups of the vegetable broth in a food processor and blend until smooth, scraping the sides of the food processor with a spatula occasionally to make sure you get everything. This could take 5 minutes.

In the meantime, preheat a large pan (preferably cast iron) over medium heat. Saute the onions and garlic and a pinch of salt in a tablespoon of the oil, until onions are softened.

Drain the sauerkraut in a sieve, pushing it into the sieve to remove as much moisture as possible. Add to the pan just to heat through, a minute or two.

Transfer sauerkraut mixture to the food processor with the cashew mixture. Once again, puree until relatively smooth. There will be some texture, just make sure it's not chunky.

Wipe out the pan that you sauteed the onions in and preheat it over medium heat once again. Add 3 tablespoons of oil, along with the flour. It should become a gooey clump. You're now making a roux! Add a little bit more olive oil if necessary. Toast the roux for about 15 minutes, until it smells toasty and turns a medium brown. Stir practically the whole time so that it cooks evenly.

Now stream in remaining 2 cups of broth, whisking constantly so that it doesn't clump. Whisk until thick and smooth, about 2 minutes.

Stream in the cashew sauerkraut mixture, and whisk until well incorporated. Add the turmeric, black pepper, nutritional yeast if using, salt and fresh lemon juice. Heat through and stir occasionally, allowing the mixture to thicken.

Preheat oven to 350 F and lightly grease an 11 x 13 casserole with olive oil.

Add the cooked pasta back to the pasta pot and pour in the sauce. Taste for salt and pepper. Mix to coat, then transfer to the casserole dish. Cover casserole with tin foil and bake for 20 minutes. Remove tin foil and bake an additional 5 minutes. Serve hot!

Recipe notes:

~You really need to blend the beejeezus out of the cashews and sauerkraut. Although it won't be completely creamy until after it's cooked, it should still be relatively smooth, with absolutely no chunks, when it comes out of the food processor.

~Make sure that the roux is cooked and toasty before streaming in the veggie broth. It really makes a difference in the final flavor, so get your roux a really beautiful gravy color.

~To soak cashews, just place them in a bowl and submerge with water. Soak for at least an hour, preferably two, or up to overnight.

November 2, 2016

Scalloped Potatoes and Ham

Prep 20 minutes

Cook 1 hr 30 minutes

Servings: 8

INGREDIENTS

- 1/2 cup butter
 - 1/2 cup flour
 - 2 teaspoons salt
 - 1/2 teaspoon pepper
 - 3 cups milk
 - 3 cups ham, cooked
 - 1 large green pepper, chopped
 - 1 large onion, chopped
 - 1/2 cup cheddar cheese, shredded
 - 5 cups potatoes, pared and sliced
-

DIRECTIONS

8. Melt butter in large sauce pan over low heat; blend in flour, salt, and pepper.
9. Cook, stirring constantly, for about 1 minute. Remove from heat gradually stir in milk.
10. Return to heat; cook until thickened and bubbly.
11. Fold in ham, onion, green pepper and cheese. Pour over potatoes in a large bowl.
12. Stir gently then move into a buttered 13X9-inch baking dish; cover with foil.
13. Bake at 350 degrees for 30 minutes.
14. Uncover and continue to bake for 1 hour.
15. Let stand for 10 minutes before serving.

Chana Dal

Tracey Glover, The Pure Vegan

4 Tbsp. olive oil
1 yellow onion, chopped
½ tsp. mustard seeds
¼ tsp. cinnamon
2 tsp. cumin
2 tsp. coriander
2 tsp. turmeric
1 small dried pepper (less if you want it fairly mild)
1 Tbsp. freshly grated ginger
4-5 cloves freshly minced garlic
2 cups chana dal (found at ethnic groceries like Bombay Bazaar or Food Pak)
1 large carrot, chopped
½ tsp. sea salt
8 cups vegetable broth (more as needed)
1 bay leaf
1 Tbsp. olive oil

Heat olive oil over medium heat. Add onion and cook until golden brown. Add mustard seeds and cook until they pop (watch out!). Add cinnamon, cumin, coriander and turmeric. Sauté about 2 minutes, being careful not to burn spices. Add ginger and garlic and sauté another 2-3 minutes. Stir until golden (won't take long!). Add chana dal, and stir to coat with oil. Add carrot and sauté another 2 minutes. Add broth, sea salt, and bay leaf. Bring to a boil, cover, and reduce heat to high simmer. Cook, stirring occasionally, until beans are soft, about 40 minutes, adding more water if necessary so that beans can cook as long as they need to without drying out. When beans are soft, remove bay leaf and then mash or blend about half of the beans. Serve over your favorite grain like brown basmati rice.

October 26, 2016

Almond Cheese Filling for Pasta Shells

Almond Cheese (makes about 2 cups):

Ingredients

- 1.5 cups raw almonds
- 1/4 cup nutritional yeast
- 2 cloves garlic
- Lemon juice-this is what gives you the kick-be generous. [I used 2 Tbsp + 1 tsp]
- Salt-to taste
- 1.5 cups water

Preparation

1. Soak almonds in 2 cups very hot water for 2 hours. Drain.
2. Skin almonds (or start by using skinned almonds...buy at Publix in the produce section).
3. Add the almond kernels & 1.5 cups water into a food processor. Make a smooth paste.
4. Add the other ingredients to the food processor and process until smooth (if you need extra water-add 1 Tbsp at a time)
5. Transfer to a colander lined with a cheesecloth and squeeze down starting from the open end.
6. Now, wrap an elastic band on the open end (tight) and keep a container underneath to collect juices [The creamy cheese milk can be added to salads or to my cheesy hummus. I love it]
7. Leave it overnight refrigerated.
8. Next day you will find a big mass of almond cheese inside the cheese cloth.

Complete filling by sautéing chopped onions (1 medium, or to taste) and garlic until soft, then add fresh spinach (5-9 oz., more or less as you like) and cook until wilted. Combine with prepared almond cheese and fill cooked pasta shells. Cover with your choice of marinara sauce and bake until hot. This amount will fill 24-30 shells.

Classic Chicken Tetrazzini

Southern Living

Ingredients

12-oz. package vermicelli
1/2 cup butter
1/2 cup all-purpose flour
4 cups milk
1/2 cup dry white wine
2 tablespoons chicken bouillon granules
1 teaspoon seasoned pepper
2 cups freshly grated Parmesan cheese, divided
4 cups diced cooked chicken
1 (6-oz.) jar sliced mushrooms, drained
3/4 cup slivered almonds

Preparation

1. Preheat oven to 350°. Prepare pasta according to package directions.
2. Meanwhile, melt butter in a Dutch oven over low heat; whisk in flour until smooth. Cook 1 minute, whisking constantly. Gradually whisk in milk and wine; cook over medium heat, whisking constantly, 8 to 10 minutes or until mixture is thickened and bubbly. Whisk in bouillon granules, seasoned pepper, and 1 cup Parmesan cheese.
3. Remove from heat; stir in diced cooked chicken, sliced mushrooms, and hot cooked pasta.
4. Spoon mixture into a lightly greased 13- x 9-inch baking dish; sprinkle with slivered almonds and remaining 1 cup Parmesan cheese.
5. Bake at 350° for 35 minutes or until bubbly.

Yield: Makes 8 to 10 servings

Total time: 55 Minutes

October 19, 2016

Creole Red Beans & Rice

Southern Living, modified

1 pound dried red beans
¼ pound bacon
3 cups chopped onion
1 bunch green onions, chopped
1 cup chopped fresh parsley
1 cup chopped green pepper
2 cloves garlic, pressed
1 teaspoon black pepper
1 teaspoon salt (or to taste, depending on how salty your bacon is)
1 tablespoon Worcestershire sauce
1 (8 ounce) can tomato sauce
¼ teaspoon dried whole oregano
¼ teaspoon dried whole thyme
1-2 pounds smoked sausage (Conecuh!), cut into bite-size pieces
Hot cooked rice

Sort and wash beans; place in a large Dutch oven. Cover with water 2 inches above beans; let soak 8 hours. Drain. Cover beans with water, and add bacon; bring to a boil. Cover, reduce heat, and simmer over low heat 45 minutes. Add remaining ingredients except sausage and rice; cover and cook over low heat 1 hour, stirring occasionally. Add sausage; cook, uncovered, over low heat 45 minutes, stirring occasionally. Serve over rice. Yield: 8 servings.

October 12, 2016

Veggie Pot Pie (vegan)

Tracey Glover, The Pure Vegan

3 stalks organic celery, chopped
½ an onion, chopped
3 carrots, chopped
4 cups organic greens like collards or kale, stalks removed, chopped
1 cup seitan or tofu, cut into bite-sized chunks
3 Tbsp. Earth Balance (vegan margarine)
2-3 cloves garlic, minced
½ Tbsp. dried basil
½ Tbsp. dried oregano
1 tsp. salt
1 tsp. pepper
¾ cup flour (whole wheat or white whole wheat)
2 cups vegetable broth
1 Tbsp. tamari or soy sauce
1 cup plain organic soy milk (or other nut milk)
¾ cup frozen peas or edamame (optional)
2 whole wheat pie crusts (deep dish is best...this makes a lot of filling)

1. Sauté celery, onions, carrots, greens and tofu or seitan on vegan butter for about 10 minutes, or until veggies are soft and tofu has started to brown.
2. Add the garlic and sauté another minute or two, being careful not to burn it.
3. Add herbs, salt and pepper and stir well.
4. Add flour, stirring constantly for 1 minute.
5. Add broth, tamari and milk to mixture while stirring constantly.
6. Cook over medium heat until bubbly, then stir in the peas or edamame.
7. Pour into vegan whole wheat crust and top with 2nd unbaked crust.
8. Bake at 375°F for 45 minutes, or until crust is browning and filling is bubbling out the sides.

October 5, 2016

Chicken and Wild Rice Casserole

Southern Living

- 1 (2.25-oz.) package sliced almonds
- 2 (6.2-oz.) boxes fast-cooking long-grain and wild rice mix
- 1/4 cup butter
- 4 celery ribs, chopped
- 2 medium onions, chopped
- 5 cups chopped cooked chicken
- 2 (10 3/4-oz.) cans cream of mushroom soup
- 2 (8-oz.) cans chopped water chestnuts, drained
- 1 (8-oz.) container sour cream
- 1 cup milk
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 4 cups (16 oz.) shredded Cheddar cheese, divided
- 2 cups soft, fresh breadcrumbs

1. Preheat oven to 350°. Bake almonds in a single layer in a shallow pan 4 to 6 minutes or until toasted and fragrant, stirring halfway through.
2. Prepare rice mixes according to package directions.
3. Meanwhile, melt butter in a large skillet over medium heat; add celery and onions. Sauté 10 minutes or until tender. Stir in chicken, next 6 ingredients, rice, and 3 cups cheese. Spoon mixture into a lightly greased 15- x 10-inch baking dish or 2 (11- x 7-inch) baking dishes. Top with breadcrumbs.
4. Bake at 350° for 35 minutes. Sprinkle with remaining 1 cup cheese, and top with toasted almonds. Bake 5 minutes.

To Make Ahead: Prepare as directed in Steps 2 and 3. Cover with aluminum foil, and freeze up to 1 month. Remove from freezer, and let stand at room temperature 1 hour. Toast almonds as directed in Step 1. Bake casserole, covered, at 350° for 30 minutes. Uncover and bake 55 minutes to 1 hour and 15 minutes or until thoroughly heated. Sprinkle with 1 cup (4 oz.) shredded Cheddar cheese and toasted almonds. Bake 5 more minutes.

Shrimp-and-Wild Rice Casserole: Substitute 2 lb. peeled and deveined, medium-size raw shrimp (4 1/50 count) for chicken; 2 cups (8 oz.) shredded Monterey Jack cheese and 2 cups grated Parmesan cheese for Cheddar cheese; and 1 cup dry white wine for milk.

Mushroom Tofu Stroganoff

The Whole Foods Cookbook

Ingredients

- 1 Lb. Extra Firm Tofu, cut into 1 inch cubes
- ½ Cup of Italian Herb Vinaigrette
- 2 Tbsp Olive Oil
- ½ Large Onion, chopped
- ¾ Cup Burgundy Wine
- 1 Lb. White Mushrooms, sliced ¼" thick
- 2 Large Portobello Mushrooms, diced
- ½ cup of Oat, Soy or Regular milk
- 3 Tbsp Tamari
- 1 tsp. Freshly Ground Pepper
- 2 Bay Leaves
- 1 tsp Dried Thyme or 1 Tbsp Fresh, Chopped

Instructions

1. Preheat oven to 450
2. Marinate the tofu for 30 minutes in the salad dressing
3. Remove the tofu from the marinade and add to a roasting pan
4. Place in oven and roast for 20 minutes until they are lightly browned, remove from oven
5. In a large saute pan, heat olive oil over medium to low heat
6. Add the onion and cook slowly until it's nicely browned for about 20 to 25 minutes
7. Deglaze the pan with the wine as the onion cooks to prevent to onion for burning or getting too brown.
8. Add the white mushrooms and the portobello mushrooms and saute for one to two minutes, until mushrooms are limp.
9. Add the milk, tamari, pepper, bay leaves, and thyme
10. Simmer for 10 more minutes allowing the mixture to thicken slightly
11. Add the Tofu and heat through
12. Remove Bay Leaves, and serve

Note: I found that I had to add some cornstarch to get the sauce to thicken.

Coconut Macaroons (vegan)

1 cup sugar
½ cup non-dairy milk
2 tbsp. brown rice syrup or agave
2 tsp. vanilla extract
1 tsp. salt
3 cups shredded, unsweetened coconut
¾ cup all-purpose flour

Preheat oven to 350°F. In a medium bowl, mix the sugar, non-dairy milk, brown rice syrup, vanilla extract and salt. Mix in the shredded coconut. Add the flour to the bowl and mix with a spoon until well incorporated. At this point the dough will be so thick that you'll probably need to mix it with your hands. Form the mixture onto 1-inch balls and place them on a lightly oiled or parchment paper lined cookie sheet. It's important to note that these macaroons don't flatten during baking. So if you prefer your macaroons as balls, leave them on the baking sheet in ball form. If you prefer them flat, make sure to flatten them accordingly before baking. Bake the macaroons to perfection (13-17 minutes).

September 21, 2016

Minestrone

1 Tbsp. olive oil
1 cup onion, diced
1 cup carrot, large dice
1 cup celery, large dice
2 cloves garlic, minced
1 (15 oz.) can diced tomatoes, undrained
1 (15 oz.) can red kidney beans, undrained
1 (15 oz.) can Great Northern beans, undrained
1 (8 oz.) can tomato sauce
½ lb. fresh green beans, trimmed and cut in 1-inch lengths
2 cups vegetable broth
1 Tbsp. white vinegar
1 tsp. dried oregano
1 tsp. dried basil
½ tsp. black pepper
½ tsp. dried thyme
Large handful of fresh spinach

Heat olive oil in large pot on medium heat. Saute onion, carrot, celery and garlic for 10 minutes. Add next ingredients through thyme, and simmer for 1 hour. Add fresh spinach and cook for 5 more minutes, until wilted. Serve hot.

September 14, 2016

Divine Casserole

1 pound egg noodles
2 pounds ground round
24 oz. tomato sauce
1 Tbsp. Worcestershire sauce
2 cups cream-style cottage cheese
8 oz. cream cheese
8 oz. sour cream
1 cup thinly sliced green onions
Shredded cheese for top

Preheat oven to 350°F.

Boil and drain noodles.

Brown and drain meat. Add tomato sauce and Worcestershire sauce to meat and simmer 20 minutes.

Mix cottage cheese, cream cheese, sour cream and green onions.

Spray casserole dish with oil and layer noodles, cheese mixture and meat mixture. Top with shredded cheese and bake for 30-45 minutes.

Freezes well.

September 7, 2016

King Ranch Chicken Casserole

Ingredients

- 4 cups cooked, shredded chicken
- 6 tablespoons butter
- 2 cloves garlic, minced
- 6 tablespoons flour
- 2 cups milk
- 2 cups chicken broth or stock, *divided*
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- 1 teaspoon chili powder
- Salt & freshly ground pepper
- 12 corn tortillas, quartered
- 8 ounces grated cheddar or Colby Jack cheese
- 1 (10-ounce) can Rotel, drained
- 1 jalapeño, seeds & membranes removed and finely diced, optional

Instructions

1. Adjust rack to center position of oven. Preheat oven to 350°F. Lightly spray a 9- by 13-inch baking dish with cooking spray.
2. Make the white sauce by melting butter in a medium saucepan over low heat. Add the garlic to the pot and saute until fragrant and light golden brown, about 1 minute. Stir in the flour and whisk continuously for 1 minute. Slowly and gradually whisk in milk and **1 cup** chicken stock. Increase heat to medium and stir continuously for several minutes until sauce is smooth and thickened. Remove pot from the heat and stir in cumin, garlic powder, and chili powder. Add salt and freshly ground black pepper, to taste.
3. Evenly scatter half of the shredded chicken in the bottom of the baking dish. Dollop half of the sauce on top of the chicken and use the back of a spoon to spread it in an even layer. Arrange half of the corn tortilla quarters on top, overlapping slightly and tearing in half to fill in any gaps, if necessary. Sprinkle half of the grated cheese on top. Drizzle the entire surface with 1/2 cup of the remaining chicken broth, including corners and edges. Repeat layers of chicken, sauce, tortillas, cheese, and final 1/2 cup broth. Evenly sprinkle Rotel and diced jalapeños (if using) over top of the casserole.
4. Cover with foil and bake for 15 minutes. Remove foil and bake for an additional 30 minutes, until hot and bubbly.

Notes

You may use leftover chicken or cook it fresh by poaching, baking, grilling, cooking in the slow cooker, etc. I typically cook 4 (medium-sized) frozen chicken breasts for this recipe.

Alternatively, a rotisserie chicken torn into chunks yields about 4 cups.

If you can't find Rotel, you may use a regular can of diced tomatoes plus a small (4-ounce) can of diced green chiles in its place. Or you can use an equivalent amount of fresh diced tomatoes and green chiles.

Source: www.fiveearthhome.com

Vegetarian Korma

½ Tbsp. vegetable oil
1 small onion, diced
1 tsp. fresh ginger root, minced
4 cloves garlic, minced
2 potatoes, cubed
4 carrots, cubed
1 fresh jalapeno, seeded and diced
3 Tbsp. ground unsalted cashew nuts
1 (8 oz.) can tomato sauce
2 tsp. salt
1 ½ Tbsp. curry powder
1 cup frozen green peas or edamame
½ green bell pepper
½ red bell pepper
13 oz. coconut milk
14-16 oz. block of pressed cubed, baked extra firm tofu (optional)

Directions

1. Parboil cubed potatoes and carrots ... for about 5-10 minutes or until barely tender. Drain.
2. Heat the oil in a skillet over medium heat. Stir in the onion, and cook until tender. Mix in ginger and garlic, and continue cooking 1 minute. Mix potatoes, carrots, jalapeno, cashews, and tomato sauce. Season with salt and curry powder. Cook and stir 10 minutes, or until potatoes are tender.
3. Stir peas, green bell pepper, red bell pepper, coconut milk, and optional tofu into the skillet. Reduce heat to low, cover, and simmer 10 minutes.
4. Serve over rice.