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## AWESOME VEGAN RANCH DRESSING

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Preparation time: 3 min.

Yields 6 servings

### Ingredients:

- ◆ ½ cup soy milk (*Edensoy vanilla or regular flavour*)
- ◆ ½ cup tofu mayonnaise\*
- ◆ 1 teaspoon onion powder
- ◆ 1 teaspoon garlic powder
- ◆ 2-3 tablespoon red wine vinegar
- ◆ 1 tablespoon dried or fresh parsley (finely chopped)
- ◆ Salt and pepper to taste

### Directions:

Mix all ingredients in food processor. I use vanilla flavored soy milk. Sounds unusual, but tastes great. This recipe tastes totally like the regular Ranch dressings on shelves in supermarkets. Everybody loves it and they all want the recipe hearing that it is vegan and sooo much healthier for you. I use it on salads, brown rice, baked potatoes, steamed veggies and a little thicker (add a bit more tofu mayo) as a veggie dip for raw vegetables. For the vegetable dip I omit the red wine vinegar.

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## VEGAN GAIL'S HUMMUS

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Yields 8 servings

### Ingredients:

- ◆ 3 cloves of garlic
- ◆ 3 scallions
- ◆ A handful of parsley
- ◆ 38 ounce of chick peas (garbanzo beans)
- ◆ 6 tablespoons of tahini
- ◆ 6 tablespoons of lemon juice
- ◆ About 2 teaspoons cumin
- ◆ Cayenne to taste

### Directions:

Place sliced garlic, chopped parsley and scallions (no greens) into food processor and finely chop and add chickpeas; tahini; and lemon juice and blend. Add in cumin and cayenne to taste. Add more of any of these ingredients if needed, but chop garlic or scallions well before adding at this point. Hummus is a completely flexible dish, and takes additions well. You can add chopped chili peppers along with a heavy dose of garlic. Use as a dip for your fresh veggies

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### VEGAN MISO-DILL DRESSING

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Preparation time: 5 min.

Yield 4 servings

Ingredients:

- ◆ 1 tablespoon brown rice miso
- ◆ 2 tablespoon lemon juice
- ◆ 2 tablespoon olive oil
- ◆ 1 tablespoon dried dill weed
- ◆ 1 tablespoon tahini

Directions:

Combine ingredients in a small bowl blending well. The book says you can use 1 tsp soy sauce instead of miso, but I have never tried it. This dressing is very tangy. I use it on everything.

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### VEGAN OOOLALA SALAD DRESSING

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Preparation time: 1 min.

Yields 4 servings

Ingredients:

- ◆ ¼ cup extra virgin olive oil
- ◆ ¼ cup balsamic vinegar
- ◆ 1 tsp Herbes de Provence
- ◆ 1 teaspoon Dijon Mustard
- ◆ 1 clove garlic crushed
- ◆ Fresh ground pepper 2 taste

Directions:

Whisk all ingredients together; toss with green salad and voila! What is Herb de Provence? Herbs de Provence is the name of a mixture of herbs. The herbs are frequently used in the French kitchen (by the way, Most French recipes do not use this mix, for a good taste it is better to just use one or two herbs together. The Herbes de Provence mix consists of thyme, rosemary, oregano, basil. Start out by using one or two.

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### VEGAN TOMATO VINAIGRETTE

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Makes 2 servings

Ingredients:

- ◆ ½ cup chopped, peeled tomato
- ◆ 2 tablespoon white wine vinegar
- ◆ ½ teaspoon dried basil (or 1½ tsp fresh)
- ◆ ½ teaspoon dried thyme (or 1½ tsp fresh)
- ◆ ½ teaspoon Dijon mustard

Directions:

Chop in your favorite blending appliance. Keep refrigerated, lasts about 2 days. Serve on green salads.

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### APPLE CRAZE!

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Preparation time: 5 min.

Yields 1 serving

Ingredients:

- ◆ 4 tablespoons unsweetened applesauce
- ◆ 1 teaspoon lemon juice
- ◆ 1 teaspoon lime juice
- ◆ 1 teaspoon lemon water (*Lemon peels and boiling water*)
- ◆ 1 teaspoon minced green apple

Directions:

Put lemon peels in boiling water. While you are waiting mince the green apple. Pour the lemon water and minced apple into the blender. Pour the applesauce into the blender. Pour in the lime and lemon juice. Blend until smooth.

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### FRUIT FANTASY

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Preparation time: 10 min.

Yields 3 servings

Ingredients:

- ◆ 1 banana (not frozen)
- ◆ 1 apple
- ◆ 1 orange
- ◆ 2 handfuls grapes
- ◆ 3 strawberries (frozen)
- ◆ 8 ice cubes

Directions:

Wash, cut fruit and place in blender. Add ice and blend on high for 2-3 minutes. Makes a wonderfully refreshing whole fruit drink. I varied some fruits seasonally for different tastes. This was actually pretty good I did not put in the orange though and instead of using strawberries I used blueberries. *Yummy!* This fruit shake is really good. It's fast, easy, delicious and simple. If your fruits are fresh, it's even better. So far, it's my favorite breakfast shake! Go ahead, give it a try! Y'all will love it!

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### ISIS' SISSY GROOVY SMOOTHIE

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Yields 1 to 2 servings

Ingredients:

- ◆ 1 cup apple juice
- ◆ 2 bananas, halved
- ◆ 1/2 to 3/4 cup strawberries
- ◆ 1/4 cup soymilk

Directions:

Put all ingredients in blender. Blend for 30-40 seconds, or until desired consistency.

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### MANDEE'S SPRING SMOOTHIE

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Preparation time: 10 min

Yields 6 servings

Ingredients:

- ◆ ½ ripe cantaloupe
- ◆ 2 ripe kiwis
- ◆ 20 fresh strawberries
- ◆ 3 slices unsweetened pineapples
- ◆ 1/3 cup unsweetened pineapple juice
- ◆ 4 cubes ice

Directions:

Peel and cut all fruits into chunks and place into blender. Add juice and blend until smooth. Add ice and blend again. This is a great drink for a quick pick-me-up, or as a breakfast drink. You could also freeze it to make an ice treat for the children.

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### PURPLE MONSTROSITY FRUIT SMOOTHIE

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This is a great smoothie for breakfast - and sometimes dinner! You can substitute the orange juice with any mix of juices or even soy milk! The soy milk adds more of a milk shake quality than the juice does.

Prep Time: approx. 5 min.

Yields 4 to 6 servings

Ready in: approx. 5 min.

Ingredients:

- ◆ 2 frozen bananas, skins removed and cut in chunks
- ◆ ½ cup frozen blueberries
- ◆ 1 cup orange juice
- ◆ 1 teaspoon vanilla extract (optional)

Directions:

Place bananas, blueberries and juice in a blender, puree. Use vanilla to taste. Use more or less liquid depending on the thickness you want for your smoothie.

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### VEGGIE ENERGIZER

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Preparation time: 5 min.

Yields 2 servings

Ingredients:

- ◆ 1 cup cold bottled water
- ◆ 1 carrot, scrubbed clean and cut into large pieces
- ◆ 1 stalk celery, cut into large pieces
- ◆ ½ apple wash and leave skin on
- ◆ 1 inch piece of fresh ginger, peeled

Directions:

In a high-powered blender blend all ingredients until smooth.

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### WATERMELON-BERRY WONDER

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Preparation time: 5 min

Yields 1 serving

Ingredients:

- ◆ ½ cup seedless watermelon, chopped into chunks
- ◆ ¼ cup raspberries, blueberries or blackberries, frozen
- ◆ A splash of water
- ◆ 1 teaspoon lime juice
- ◆ 3 ice cubes

Directions:

Combine and blend in a blender until smooth!!! *Yummy!!!!!!* You can have this smoothie for breakfast all the time!!!

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# Rice & Potatoes

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## EASY SPICED BROWN RICE WITH CORN

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An easy-to-prepare rice dish with frozen corn kernels seasoned with cumin and cilantro.

Prep Time: approx. 5 min.

Ready in: approx. 1 hr., 5 min.

Cook Time: approx. 1 hr.

Yields 6 servings

Ingredients:

- ◆ 2 cups water
- ◆ 1 cup brown rice
- ◆ 1 tablespoon olive oil
- ◆ 1 cup frozen corn kernels
- ◆ ½ teaspoon dried cilantro
- ◆ ½ teaspoon cumin seed

Directions:

In a saucepan, mix the water, rice, olive oil and bring to a boil. Mix in the corn, cilantro, and cumin. Reduce heat, cover, and simmer 45 to 60 minutes, until the liquid has been absorbed.

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## OVEN BROWN RICE

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Prep Time: approx. 10 min.

Ready in: approx. 1 hr., 10 min.

Cook Time: approx. 1 hr.

Yields 8 servings

Ingredients:

- ◆ 1 cup brown rice
- ◆ 2 cups vegetable broth\*
- ◆ 1 teaspoon garlic powder
- ◆ 1 teaspoon onion powder

Directions:

Preheat oven to 350°F (175°C). In a 2-quart casserole dish, mix together rice, vegetable broth, garlic powder and onion powder. Bake uncovered in preheated oven for 60 minutes, until liquid is absorbed and rice is tender.

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## OVEN FRIES

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Prep Time: approx. 15 min.  
Cook Time: approx. 30 min.

Ready in: approx. 45 min.  
Yields 6 servings

Ingredients:

- ◆ 2½ pounds baking potatoes
- ◆ 1 pinch ground cayenne pepper
- ◆ 1 teaspoon olive oil

Directions:

Preheat oven to 450°F (230°C). Line a baking sheet with foil, and coat well with vegetable cooking spray. Scrub potatoes well and cut into ½ inch thick strips. In a large mixing bowl toss potatoes with oil and red pepper. Spread on baking sheet in one layer. Bake for 30 minutes. Serve immediately.

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### AMAZING BROWN RICE SALAD

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A delicious brown rice salad recipe I concocted myself. Everyone loves it. This dish is great to take to parties as a side dish.

Prep Time: approx. 15 min.  
Cook Time: approx. 1 hr.

Ready in: approx. 3 hr., 15 min.  
Yields 4 servings

Ingredients:

- ◆ 2 cups water
- ◆ 1 cup brown rice
- ◆ ¼ cup diced red onion
- ◆ ½ cup diced celery
- ◆ ¼ cup dried cranberries
- ◆ ½ cup balsamic vinaigrette salad dressing\*

Directions:

In a saucepan, bring water to a boil. Stir in rice, cover, and reduce heat to low. Simmer for 45 to 60 minutes, or until done. Transfer rice to a serving bowl, and stir in onion, celery, cranberries, and salad dressing. Cover, refrigerate, and serve cold.

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### BLACK BEAN AND CORN SALAD

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This bright, simple salad is a great main dish. Depending on your family's tastes, red peppers can be all sweet bell peppers, or can be a combination of sweet and hot peppers. This salad keeps well for several days.

Prep Time: approx. 15 min.  
Ready in: approx. 12 hrs., 15 min.

Yields 6 servings

Ingredients:

- ◆ ½ cup balsamic vinaigrette salad dressing\*
- ◆ ¼ teaspoon seasoned pepper
- ◆ ¼ teaspoon dried cilantro
- ◆ 1/8 teaspoon ground cayenne pepper
- ◆ ¼ teaspoon ground cumin
- ◆ 2 (15 ounce) cans black beans, rinsed and drained
- ◆ 2 (15 ounce) cans unsalted whole kernel corn, drained
- ◆ ½ cup chopped onion
- ◆ ½ cup chopped green onions
- ◆ ½ cup red bell pepper, chopped

Directions:

In a small bowl, mix together vinaigrette, seasoned pepper, cilantro, cayenne pepper, and cumin. Set dressing aside. In a large bowl, stir together beans, corn, onion, scallions, and red bell pepper. Toss with dressing. Cover, and refrigerate overnight. Toss again before serving.

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## BLACK BEAN AND RICE SALAD

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This dish is summery and lower in fat than many, yet it's surprisingly filling. It's also simple to prepare and uses common ingredients.

Prep Time: approx. 10 min.

Cook Time: approx. 10 min.

Ready in: approx. 20 min.

Yields 8 servings

### Ingredients:

- ◆ 2 tomatoes, chopped
- ◆ 1 large red bell pepper, chopped
- ◆ 2 jalapeno peppers, minced
- ◆ ¾ cup lemon juice
- ◆ 1¼ teaspoons dried cilantro
- ◆ ¼ teaspoon dried basil
- ◆ 1/8 teaspoon red pepper flakes
- ◆ 1 (15 ounce) can unsalted whole kernel corn; drain and reserve liquid
- ◆ 1 (15 ounce) can black beans; drain and reserve liquid
- ◆ 1 tablespoon olive oil
- ◆ ½ cup chopped onion
- ◆ ½ teaspoon minced garlic
- ◆ 1½ cups instant brown rice
- ◆ Salt and pepper to taste

### Directions:

In a large bowl, combine tomatoes, red bell pepper, jalapeno pepper, lemon juice, cilantro, basil, red pepper flakes, corn, and beans. Stir to combine the vegetables, then set aside. In a medium saucepan, heat olive oil at a medium-low heat. Add onions and sauté until they are translucent. Add garlic and sauté for another minute. Pour in rice and toss to coat. Add reserved liquid from the corn and beans, along with any additional liquid as directed on the rice box. Cook the rice to package specifications. Let the rice cool slightly. Combine the rice and vegetable mixture. Salt and pepper to taste and serve.

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## BROCCOLI AND GREEN BEANS

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Prep Time: 20 min.

Cook Time: 15 min.

Yields 4 servings

Ingredients:

- ◆ 8 cups broccoli florets (about 1½ pounds)
- ◆ ½ pound green beans
- ◆ 2 tablespoons cup extra-virgin olive oil
- ◆ 2 cloves garlic, sliced thin
- ◆ ½ teaspoon crushed red pepper flakes, plus more if desired
- ◆ Sea salt and freshly ground black pepper

Directions:

In a large pot, bring 6 quarts of salted water to a boil. Have ready a large bowl of ice water. Place broccoli into pot and cook for 2 minutes. You just want to parboil the broccoli at this point since you will sauté it later on. Using a spider strainer, remove broccoli from pot and shock it in a bowl of ice water. When broccoli is completely cool, place it in a colander and allow to drain. Refresh the bowl of ice water. Bring the water back to a boil. Add green beans and cook for 4 minutes. Like the broccoli, you just want to parboil the green beans. Remove green beans from pot with spider strainer and add to ice water. When green beans are completely cool, add them to the colander and allow to drain.

In a large sauté pan, heat olive oil. When almost smoking, add the garlic and sauté for about 45 seconds. When the garlic starts to brown, remove immediately and discard. Overcooking the garlic will impart a very bitter taste to the dish. Add the red pepper flakes, broccoli and green beans to the pan and cook for 5 minutes. Season with salt and pepper. Serve immediately.

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## BULGUR CHICKPEA SALAD

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Prep Time: approx. 20 min.  
Ready in: approx. 2 hrs., 40 min.

Yields 6 to 8 servings

Ingredients:

- ◆ 1 cup bulgur
- ◆ 2 cups boiling water
- ◆ ½ cup olive oil
- ◆ ½ cup fresh lemon juice
- ◆ Salt and pepper to taste
- ◆ 1 cup chopped green onions
- ◆ 1 (15 ounce) can garbanzo beans, drained
- ◆ 1 cup chopped fresh parsley
- ◆ 1 cup grated carrots

Directions:

In a heatproof bowl, pour boiling water over bulgur. Let stand 1 hour at room temperature. In a small bowl, beat together oil, lemon juice, salt, and pepper. Pour over bulgur; and mix with a fork. Place bulgur in the bottom of a nice glass serving bowl. Layer vegetables and garbanzo beans in this order on top of the bulgur: green onions, garbanzo beans, parsley, and carrots on top. Cover, and refrigerate. Toss salad just before serving.

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## ORANGE VINAIGRETTE BROWN RICE SALAD

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A healthful salad with a yummy orange juice tang!

Prep Time: approx. 10 min.  
Cook Time: approx. 50 min..

Ready in: approx. 1 hr., 50 min.  
Yields 4 servings

Ingredients:

- ◆ 1½ cups uncooked brown rice
- ◆ 3 cups water
- ◆ 2/3 cup orange juice
- ◆ 2 tablespoons olive oil
- ◆ 2 tablespoons balsamic vinegar
- ◆ 2 teaspoons orange zest
- ◆ 1½ cups spinach leaves, packed
- ◆ 2 large orange, peeled, sectioned, and cut into bite-size
- ◆ 1/3 cup slivered red onion

Directions:

In a large saucepan combine rice and water. Cook over high heat until mixture boils. Reduce heat to low, cover and cook for 45 to 60 minutes or until rice has absorbed all liquid. Meanwhile, in a small bowl whisk the orange juice, oil, balsamic vinegar, orange zest. Pour dressing over hot cooked rice and mix well. Cover and chill until cold. Just before serving stir the spinach leaves, oranges and onion into the rice mixture.

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### KALE AND ADZUKI BEANS

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Prep Time: approx. 15 min.  
Cook Time: approx. 50 min.

Ready in: approx. 1 hr., 5 min.  
Yields 6 servings

Ingredients:

- ◆ 1 cup uncooked adzuki beans
- ◆ 1 tablespoon olive oil
- ◆ 2 cloves garlic, peeled and crushed
- ◆ 6 cups roughly chopped kale
- ◆ 2 tablespoons water
- ◆ ¼ cup tamari
- ◆ 1 teaspoon ground cumin
- ◆ 1 teaspoon ground coriander

Directions:

Place adzuki beans in a medium saucepan with enough water to cover. Bring to a boil, reduce heat, and simmer 30 to 45 minutes, until tender. Heat olive oil in a medium skillet over medium heat, and sauté garlic about 1 minute. Mix in kale and 2 tablespoons water. Season with tamari, cumin, and coriander. Thoroughly blend in adzuki beans. Reduce heat to low, cover, and simmer about 20 minutes, until kale is tender.

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### PAN FRIED GREEN BEANS

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Prep Time: approx. 15 min.  
Cook Time: approx. 15 min.

Ready in: approx. 30 min.  
Yields 4 to 6 servings

Ingredients:

- ◆ 1½ pounds fresh green beans, trimmed and snapped
- ◆ Garlic powder to taste
- ◆ Onion powder to taste
- ◆ 3 tablespoons olive oil

Directions:

In a pot over medium-high heat, combine green beans, garlic powder, and onion powder. Cook, covered, until the beans begin to sweat. Remove lid and stir occasionally until beans are tender. When the beans and spices have begun to 'burn' on the bottom of the pan, which will lend a grilled flavor, stir in the olive oil and turn off heat. Cover, and let stand a few minutes. Scrape the bottom of the pan to incorporate the 'burnt' spices. Beans should have a dark, caramel color, but not black.

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## PORTUGUESE FAVAS

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Prep Time: 15 min.  
Cook Time: approx. 30 min.

Ready in: approx. 45 min.  
Makes 8 servings

Ingredients:

- ◆ 5 tablespoons olive oil
- ◆ 3 large onions, chopped
- ◆ 2 cloves garlic, minced
- ◆ 2 tablespoons red pepper flakes
- ◆ ¼ cup unsalted tomato sauce
- ◆ 2 cups hot water
- ◆ 3 tablespoons chopped fresh parsley
- ◆ 1/2 teaspoon black pepper
- ◆ 2 teaspoons paprika
- ◆ 2 (19 ounce) cans fava beans

Directions:

Heat oil in a large saucepan over medium heat. Sauté onion and garlic until golden brown. Stir in red pepper flakes, tomato sauce, hot water, parsley, pepper and paprika. Bring to a boil, reduce heat and simmer for 30 minutes. Gently stir in fava beans. Remove from heat and let stand for several minutes to allow flavors to meld.

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## SQUASH STEW

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Peeling the squash is quite tricky, but I have found that a carrot peeler is the most useful tool for this job.

Prep Time: approx. 30 min.  
Cook Time: approx. 1 hr., 30 min.

Ready in: approx. 2 hr.  
Makes 4 servings

Ingredients:

- ◆ 3 tablespoons olive oil
- ◆ 1 large white onion, diced
- ◆ 1 tablespoon ground cinnamon
- ◆ 2 tablespoons chili powder
- ◆ 4 cloves crushed garlic
- ◆ 1 tablespoon cumin seeds, toasted
- ◆ 2 tablespoons fresh lemon juice
- ◆ 4 large tomatoes - peeled, seeded, and coarsely chopped
- ◆ 1 medium acorn squash, peeled and diced
- ◆ 1 cup pinto beans, cooked or canned
- ◆ 1 cup water

Directions:

In a large heavy-bottomed pot, heat olive oil and sauté the onion for a few minutes. Add the cinnamon and chili powder and continue to sauté for another 2 minutes. Mix in the garlic and cumin seeds, sauté for 2 minutes more before adding lemon juice and the tomatoes. Mix thoroughly so the stew doesn't get too chunky. Stir the squash, pinto beans and water into the stew. Season with salt and pepper to taste. Let the stew simmer for 1 hour, or until squash is tender. Stirring occasionally throughout the cooking hour, and add more water if necessary. The finished stew should have a nice, thick texture.

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## VEGAN CHUNKY CHILI

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If you are entertaining mixed palettes, this meal will satisfy all tastes. A from-scratch chili that uses many different vegetables as well as beans, lentils and tofu to provide that 'full' feeling that chili with meat offers. Add fresh parsley and basil to taste, if desired. I prefer to let the chili sit overnight in the refrigerator before serving.

Prep Time: approx. 20 min.

Cook Time: approx. 4 hrs.

Ready in: approx. 16 hrs. 20 min.

Yields 10-12 servings

### Ingredients:

- ◆ ½ cup dry kidney beans, soaked overnight
- ◆ ½ cup dry white beans, soaked overnight
- ◆ ½ cup dry brown lentils, soaked overnight
- ◆ 6 cups chopped fresh tomatoes
- ◆ 6 cups water
- ◆ 1 cup chopped fresh mushrooms
- ◆ ½ cup chopped green bell pepper
- ◆ ½ cup chopped red bell pepper
- ◆ ½ cup fresh green beans
- ◆ ½ cup chopped celery
- ◆ ¼ onion, chopped
- ◆ ¼ red onion, chopped
- ◆ ¾ cup extra firm tofu, drained, crumbled
- ◆ Black pepper to taste
- ◆ Onion powder to taste
- ◆ Garlic powder to taste
- ◆ Chili powder to taste

### Directions:

Drain and rinse kidney beans, white beans and lentils. Combine in a large pot and cover with water; boil over medium-high to high heat for 1 hour, or until tender. Meanwhile, in a large saucepan over high heat, combine tomatoes and water; bring to a boil. Reduce heat to low and simmer, uncovered, for 1 hour, or until tomatoes are broken down. Stir the tomatoes into the beans and add mushrooms, green bell pepper, red bell pepper, green beans, celery, onions and tofu. Season with salt, pepper, onion powder, garlic powder and chili powder to taste and simmer for 2 to 3 hours, or until desired consistency is reached.

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## CABIN DINNER

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Prep Time: approx. 15 min.

Cook Time: approx. 1 hr.

Ready in: approx. 1 hr., 15 min.

Yields 6 servings

Ingredients:

- ◆ ¼ cup olive oil
- ◆ 4 cloves garlic, chopped
- ◆ 1 yellow onion, diced
- ◆ 1 red bell pepper, chopped
- ◆ 2 teaspoons chopped parsley
- ◆ 1 tablespoon chili powder
- ◆ 2 teaspoons ground cumin
- ◆ 2 teaspoons paprika
- ◆ 2 teaspoons ground turmeric
- ◆ 1½ (16 ounce) cans kidney beans, drained with liquid reserved
- ◆ 2 tablespoons unsalted tomato paste hot sauce to taste

Directions:

Heat oil in a Dutch oven over medium heat. Sauté garlic, onion, bell pepper, parsley, chili powder, cumin, paprika, turmeric, salt and pepper, until onions are tender. Stir in kidney beans and some of the reserved liquid until desired consistency. Stir in unsalted tomato paste and hot sauce. Reduce heat to low, cover and simmer for an hour, stirring occasionally. Add more bean liquid and/or water if necessary so that beans don't dry out.

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## DOLMAS (STUFFED GRAPE LEAVES)

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The spices may seem like a strange combination, but this is a wonderful, delicate traditional Turkish dish with a twist. Serve chilled, as is traditional, or warm, as desired. Squeeze fresh lemon juice over dolmas before serving.

Prep Time: approx. 30 min.

Cook Time: approx. 45 min.

Ready in: approx. 1 hr., 15 min.

Yields 8 servings

### Ingredients:

- ◆ 1 tablespoon olive oil
- ◆ 2 onions, minced
- ◆ 1½ cups uncooked brown rice
- ◆ 2 tablespoons unsalted tomato paste
- ◆ 2 tablespoons dried currants
- ◆ 2 tablespoons pine nuts
- ◆ 1 tablespoon ground cinnamon
- ◆ 1 tablespoon dried mint
- ◆ 1 tablespoon dried dill weed
- ◆ 1 teaspoon ground allspice
- ◆ 1 teaspoon ground cumin
- ◆ 1 (8 ounce) jar grape leaves, drained and rinsed

### Directions:

Heat oil in a medium saucepan over medium heat. Sauté onions until tender. Stir in rice and hot water to cover. Cover and simmer until rice is half cooked, about 20 minutes. Remove from heat and stir in unsalted tomato paste, currants, pine nuts, cinnamon, mint leaves, dill weed, allspice and cumin. Let mixture cool. Prepare a large pot by placing an inverted plate on the bottom; this protects the dolmas from direct heat when steaming. Rinse grape leaves in warm water; drain and cut off any stems. Place about 1 teaspoon of the cooled rice mixture in the center of a leaf. Fold in the sides and then roll into a cigar shape. Place in prepared pot. Repeat with remaining ingredients.

Pour in just enough warm water to reach the bottom of the first layer of dolmas. Cover and simmer over low heat for 30 to 45 minutes, or until rice is totally cooked. Check the water level often and add more as necessary.

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## EASY MARINATED VEGETABLES

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Serve these marinated vegetables as a salad or as an appetizer. Optional additions include: pitted Greek olives, thin slices of Maui or Walla Walla onions.

Yields 4 servings

Ingredients:

- ◆ 1½ cups broccoli florets
- ◆ 1½ cups cauliflower florets
- ◆ 1 green bell pepper, cut into 1-inch pieces
- ◆ 1 cucumber - peeled, seeded and chopped
- ◆ 1 carrot, coarsely chopped
- ◆ ¼ cup lemon herb marinade\*

Directions:

Bring a large pot of salted water to boil. Place the broccoli and cauliflower florets into the boiling water for one minute. Drain and rinse florets. Combine broccoli, cauliflower, bell pepper, cucumber, carrot and lemon herb marinade in a medium size-mixing bowl. Cover the bowl and refrigerate the vegetables for one hour.

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## LEMON HERB MARINADE

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Yields 2-3 cups

Ingredients:

- ◆ 1 tablespoon grated lemon peel
- ◆ 2 tablespoons chopped fresh basil
- ◆ 1 tablespoon chopped fresh thyme
- ◆ 1 tablespoon snipped fresh chives
- ◆ 1 tablespoon capers, chopped
- ◆ 2 tablespoon fresh lemon juice
- ◆ ½ cup extra virgin olive oil

NOTE: If dried herbs are used decrease amount by half

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## FRESH TASTING BLACK BEANS WITH RICE

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Prep Time: approx. 20 min.

Cook Time: approx. 5 min.

Ready in: approx. 25 min.

Yields 2 servings

Ingredients:

- ◆ ¾ cup uncooked brown rice
- ◆ 2 cups vegetable and herb broth \*
- ◆ 1 (15 ounce) can black beans; drain and reserve liquid
- ◆ 2 tablespoons lemon juice
- ◆ 1 tablespoon garlic powder
- ◆ 1½ teaspoons dried cilantro

Directions:

Bring a medium size pot of water to a boil; add rice. Bring back to a boil, and then reduce heat to simmer. Let rice simmer until done. Place beans and rice in a medium size saucepan. Heat over a medium heat, stirring frequently. Stir in reserved bean liquid as needed. Remove pan from heat and stir in lemon juice, garlic powder and cilantro. Let sit a moment, and stir in fresh oregano. Serve immediately.

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## GARBANZO STIR-FRY

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This garbanzo bean and veggie stir-fry is great because you can add as many or as few ingredients as you like.

Prep Time: approx. 15 min.

Cook Time: approx. 30 min.

Ready in: approx. 45 min.

Yields 4 servings

Ingredient:

- ◆ 2 tablespoons olive oil
- ◆ 1 tablespoon chopped fresh oregano
- ◆ 1 tablespoon chopped fresh basil
- ◆ 1 clove garlic, crushed
- ◆ Ground black pepper to taste
- ◆ 1 (15 ounce) can garbanzo beans, drained and rinsed
- ◆ 1 large zucchini, halved and sliced
- ◆ ½ cup sliced mushrooms
- ◆ 1 tablespoon chopped fresh cilantro
- ◆ 1 tomato, chopped

Directions:

Heat oil in a large skillet over medium heat. Stir in oregano, basil, garlic, and pepper. Add the garbanzo beans and zucchini, stirring well to coat with oil and herbs. Cook, covered, for 10 minutes, stirring occasionally. Stir in mushrooms and cilantro, and cook until tender, stirring occasionally. Place the chopped tomato on top of the mixture. Cover, and let the tomatoes steam for a few minutes, but don't let them get mushy. Serve immediately.

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## INSANELY EASY VEGETARIAN CHILI

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This chili is sooo easy to make. You can pretty much throw whatever you have into the pot and it'll be great. (I added some leftover salsa once.) It's very colorful, not to mention delicious.

Prep Time: approx. 25 min.

Cook time: 30 min.

Ready in: approx. 55 min.

Yields 8 servings

### Ingredients:

- ◆ 1 tablespoon olive oil
- ◆ 1 cup chopped onions
- ◆ ¾ cup chopped carrots
- ◆ 3 cloves garlic, minced
- ◆ 1 cup chopped green bell pepper
- ◆ 1 cup chopped red bell pepper
- ◆ ¾ cup chopped celery
- ◆ 1 tablespoon chili powder
- ◆ 1½ cups chopped fresh mushrooms
- ◆ 1 (28 ounce) can whole, unsalted, peeled tomatoes with liquid, chopped
- ◆ 1 (19 ounce) can kidney beans with liquid
- ◆ 1 (11 ounce) can whole unsalted kernel corn, undrained
- ◆ 1 tablespoon ground cumin
- ◆ 1½ teaspoons dried oregano
- ◆ 1½ teaspoons dried basil

### Directions:

Heat oil in a large saucepan over medium heat. Sauté onions, carrots, and garlic until tender. Stir in green pepper, red pepper, celery, and chili powder. Cook until vegetables are tender, about 6 minutes. Stir in mushrooms, and cook 4 minutes. Stir in tomatoes, kidney beans, and corn. Season with cumin, oregano, and basil. Bring to a boil, and reduce heat to medium. Cover, and simmer for 20 minutes, stirring occasionally.

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### ALLSPICE STRING BEANS

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These soft green beans are a great side to any meal.

Prep Time: approx. 10 min.

Ready in: approx. 30 min.

Cook Time: approx. 20 min.

Yields 4 servings

Ingredients:

- ◆ 1 tablespoon olive oil
- ◆ 2 cloves garlic, crushed
- ◆ 1 pound fresh green beans, trimmed and snapped
- ◆ ½ cup water
- ◆ 2 teaspoons ground allspice
- ◆ Salt and pepper to taste

Directions:

Heat oil in a medium saucepan over medium heat. Cook and stir garlic until lightly browned. Mix in green beans and water, and bring to a boil. Stir in allspice, salt, and pepper. Cover, and simmer 20 minutes, until green beans are soft.

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### AMERICAN-STYLE RED BEANS AND RICE

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Prep Time: approx. 5 min.

Ready in: approx. 35 min.

Cook Time: approx. 30 min.

Yields 4 servings

Ingredients:

- ◆ 1 tablespoon olive oil
- ◆ 1 (15 ounce) can kidney beans
- ◆ 1½ cups unsalted tomato sauce
- ◆ 4½ cups water, divided
- ◆ ½ teaspoon dried oregano
- ◆ ½ teaspoon dried basil
- ◆ 1 pinch dried thyme
- ◆ Salt and pepper to taste
- ◆ 5 teaspoons adobo seasoning, divided
- ◆ 2 cups uncooked brown rice

Directions:

In a large saucepan combine olive oil, kidney beans, tomato sauce, ½ cup water, oregano, basil, thyme, salt, pepper and 2 teaspoons adobo. Simmer on low heat. Meanwhile, bring 4 cups water to a boil. Add rice and stir. Reduce heat, cover and simmer until rice is cooked and all liquid is absorbed. Stir in remaining 3 teaspoons adobo. Serve beans over the rice.

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### BARLEY AND MUSHROOMS WITH BEANS

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Prep Time: approx. 15 min.

Cook Time: approx. 1 hr.

Ready in: approx. 1 hr., 15 min.

Yields 6 servings

Ingredients:

- ◆ 1 teaspoon olive oil
- ◆ 3 cups sliced fresh mushrooms
- ◆ 1 cup chopped onion
- ◆ ½ cup chopped celery
- ◆ 2 cloves garlic, minced
- ◆ ½ cup uncooked barley
- ◆ 3 cups water
- ◆ 1 (15.5 ounce) can white beans, drained

Directions:

Heat oil in a medium saucepan over medium heat, and stir in mushrooms, onion, celery, and garlic. Sauté until tender. Mix barley and water into the saucepan. Bring to a boil, cover, and reduce heat. Simmer 45 to 50 minutes, until barley is tender. Stir white beans into the barley mixture. Continue cooking about 5 minutes, until beans are heated.

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### ALLSPICE STRING BEANS

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These soft green beans are a great side to any meal.

Prep Time: approx. 10 min.

Cook Time: approx. 20 min.

Ready in: approx. 30 min.

Yields 4 servings

Ingredients:

- ◆ 1 tablespoon olive oil
- ◆ 2 cloves garlic, crushed
- ◆ 1 pound fresh green beans, trimmed and snapped
- ◆ ½ cup water
- ◆ 2 teaspoons ground allspice
- ◆ Salt and pepper to taste

Directions:

Heat oil in a medium saucepan over medium heat. Cook and stir garlic until lightly browned. Mix in green beans and water, and bring to a boil. Stir in allspice, salt, and pepper. Cover, and simmer 20 minutes, until green beans are soft.

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### AMERICAN-STYLE RED BEANS AND RICE

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Prep Time: approx. 5 min.  
Cook Time: approx. 30 min.

Ready in: approx. 35 min.  
Yields 4 servings

Ingredients:

- ◆ 1 tablespoon olive oil
- ◆ 1 (15 ounce) can kidney beans
- ◆ 1½ cups unsalted tomato sauce
- ◆ 4½ cups water, divided
- ◆ ½ teaspoon dried oregano
- ◆ ½ teaspoon dried basil
- ◆ 1 pinch dried thyme
- ◆ Salt and pepper to taste
- ◆ 5 teaspoons adobo seasoning, divided
- ◆ 2 cups uncooked brown rice

Directions:

In a large saucepan combine olive oil, kidney beans, tomato sauce, ½ cup water, oregano, basil, thyme, salt, pepper and 2 teaspoons adobo. Simmer on low heat. Meanwhile, bring 4 cups water to a boil. Add rice and stir. Reduce heat, cover and simmer until rice is cooked and all liquid is absorbed. Stir in remaining 3 teaspoons adobo. Serve beans over the rice.

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### BARLEY AND MUSHROOMS WITH BEANS

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Prep Time: approx. 15 min.  
Cook Time: approx. 1 hr.

Ready in: approx. 1 hr., 15 min.  
Yields 6 servings

Ingredients:

- ◆ 1 teaspoon olive oil
- ◆ 3 cups sliced fresh mushrooms
- ◆ 1 cup chopped onion
- ◆ ½ cup chopped celery
- ◆ 2 cloves garlic, minced
- ◆ ½ cup uncooked barley
- ◆ 3 cups water
- ◆ 1 (15.5 ounce) can white beans, drained

Directions:

Heat oil in a medium saucepan over medium heat, and stir in mushrooms, onion, celery, and garlic. Sauté until tender. Mix barley and water into the saucepan. Bring to a boil, cover, and reduce heat. Simmer 45 to 50 minutes, until barley is tender. Stir white beans into the barley mixture. Continue cooking about 5 minutes, until beans are heated.

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## BETROOT HUMMUS

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Beets are packed with nutrients. Start soaking chickpeas overnight.

Prep Time: approx. 25 min.

Cook Time: 1 hr., 20 min.

Ready in: approx. 13 hrs., 45 min.

Yields 8 servings

### Ingredients:

- ◆ 8 ounces chickpeas
- ◆ 1 large onion, chopped
- ◆ 1-pound beets
- ◆ ½ cup tahini
- ◆ 3 cloves garlic, crushed
- ◆ ¼ cup fresh lemon juice
- ◆ 1 tablespoon ground cumin
- ◆ ¼ cup olive oil

### Directions:

In a large bowl, cover chickpeas with cold water and soak overnight. Drain chickpeas and place in a large heavy saucepan add onion, cover with water and bring to a boil over medium heat. Cook for 1 hour, or until chickpeas are very soft. Drain, reserving 1 cup of cooking liquid. Allow to cool. Meanwhile, in a large saucepan cover beets with water and bring to a boil over medium heat. Cook until tender, drain and allow beets to cool before removing the skins and chopping. Puree beets in a food processor; add the chickpeas and onions, tahini, garlic, lemon juice and cumin. Process until smooth. Slowly, while the machine is running, pour in the reserved cooking liquid and olive oil. Continue to process until mixture is thoroughly combined. Drizzle with a little olive oil.

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## BRAISED TOFU

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Prep Time: approx. 10 min.

Cook Time: approx. 20 min.

Ready in: approx. 30 min.

Yields 4 servings

### Ingredients:

- ◆ 1 (14 ounce) package firm tofu
- ◆ 3 teaspoons olive oil, divided
- ◆ 1 (8 ounce) can water chestnuts, drained
- ◆ 3 ounces fresh shiitake mushrooms, stems removed
- ◆ 1½ cups snow peas, trimmed
- ◆ 1 cup water

### Directions:

Slice tofu block into 3 long slabs lengthwise. Wrap each slab in paper towels, and press to squeeze out excess water. Coat a large skillet with cooking spray, and then add 2teaspoons olive oil. Once the oil is hot, add the tofu slabs to the skillet. Fry for about 5 minutes on each side, or until delicately browned. Remove tofu from skillet, and slice into cubes. Add the remaining teaspoon olive oil to the skillet, and stir fry the water chestnuts, mushrooms and snow peas. Add water to the skillet along with the tofu. Cover, and cook over low heat for about 10 minutes.

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