

# **TCs Recipes: SIMPLE MEAL IDEAS FOR HEALTH; FREE FROM ANIMAL PRODUCTS**

(Note for our Breakfast items see “Bountiful Breakfasts”)

## **Meal Planning:**

It is best to have one lighter meal and one main meal. Indeed many have found that 2 meals a day are better than 3. Ideally the main meal should be at mid-day and a lighter meal, if any, in the evening. For many though, this is next to impossible due to work schedules.

If you must have a large meal in the evening, make sure it is at least 4-5 hours before bedtime and don't eat before bed!

Always decide if your meal will be vegetable based or fruit based; it is always best to avoid mixing them. Many use two fruit and grain based meals and the main meal as a vegetable based meal.

## **Light meal:**

Raw fruit or raw vegetable salad.

Some raw nuts or seeds

Or

Fresh vegetable soup

Whole Grain Melba toast or CrispBread.

## **Main Meal:**

Large Green Salad

Baked Potato or Yam

Or Whole Grain serving i.e. Brown Rice

Two steamed veggies

An Entree

Single dish meals are good also: a casserole with grains and veggies or a fruit pudding with whole grains, fruits and nuts or seeds makes a balanced and delicious meal.

We urge all cooks to seek for simplicity in cooking, fewer dishes at a meal and fewer ingredients in the dishes. The simpler food is prepared, the more nutritious it is to the body.

Too many vegan and vegetarian cooks feel that it is good to put piles of different ingredients into a product to make it more nutritious and actually it sets up conflict in the stomach and the end result is less nutrition.

## **SOUPS & SALADS**

### **How to Build a Salad**

Start with deep green leaf lettuce. Make sure it is washed well and completely drained. This can be accomplished by washing and loosely roll in a towel or using a salad spinner. Then place in the refrigerator still rolled in the towel for a half hour or so to chill while you prepare the rest of the vegetables. Use a clean dish towel to dry or store food like spinach or lettuce.

While the lettuce is crisping in the refrigerator, clean and prepare the rest of the vegetables. After the vegetables have been prepared, you are ready to build your salad. The first thing you do is tear your crisped lettuce into small, bite sized pieces... and fill salad bowl half full with the lettuce. Next, add in layers the following vegetables...

Small broccoli florets.

Small cauliflower florets.

Finely diced celery.

Finely diced red and/or green peppers.

Finely chopped sweet onion (if desired).

Top salad with grated carrots

There is no end to where your creativity can take you... have fun and enjoy your own creations! And don't be afraid to try new or unusual vegetables in your salads, like raw asparagus, raw corn off the cob, raw cubed summer squash, raw grated sweet potato, cucumbers, etc. Also, you can add sunflower seeds to your salads or sprinkle with grated raw almonds. Now add your salad dressing and enjoy! Your salads do not have to be boring nor bland! The variety and combinations are endless. Serve with your favorite dressing but not with the Super Market dressings which are full of sugar and preservatives. Most Health Food stores carry a nice line of salad dressings or you can create your own.

### **Avocado/Tomato Dressing**

Blend in a blender, 1 medium or 2 small ripe tomatoes with one ripe avocado adding a teaspoon Nutritional or Enga-Vita Yeast for flavor enhancement. You can also add celery to thicken if desired. Then add your favorite herbs for additional flavor.

#### **Avocado Tip:**

Avocados are usually hard when purchased. They are not ripe until they give slightly to the touch. Sometimes it takes a little experience to determine just when an avocado is ripe. Once ripe, they remain in usable condition at room temperature only for a couple days, but can be kept in the refrigerator for up to a week.

### **Blended Salad**

One of the ways to fix a salad is to blend it into a course or fine cold soup. This method of preparing salads is used at the Shangri-La Health Resort in Florida for people who had difficulty chewing. But it is a delicious variation of salad preparation for anyone. This salad does require a blender. Here is how it is made: Gather all the ingredients together before you begin...

1 medium tomato

1/4 of a cucumber

1 ripe avocado

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1/4 cup broccoli & cauliflower florets  
2 cups leaf lettuce or spinach  
1 stalk of celery  
1 tsp. Nutritional Yeast  
1/2 tsp. Parsley Patch All Purpose Seasoning

Blend tomato, cucumber, avocado, Nutritional Yeast & seasoning to make the dressing. Then add remainder of ingredients except for celery. As you push the veggies down into the blades with the celery stalk, quickly turn the blender on and off until all veggies are in the dressing. Then continue turning the blender on & off until desired consistency is reached. If the dressing is too dry, a little distilled water may be added. (If you turn your blender on and leave it on instead of pulsing it on and off rapidly, your salads will be too fine.)

### **Mixed Greens with Apples**

1 cup of spinach  
1 large Granny Smith apple  
1 cup of kale  
1 cup of leaf lettuce  
1 cup of Swiss chard or other greens of choice

Tear greens into bite-sized pieces. Peel and dice apple into small pieces. Mix well. Top with Poppy Seed Dressing (see below).

### **Poppy Seed Dressing**

4 Tblsp. fresh lemon juice  
4 Tblsp. fresh orange juice  
1/2 cup soaked almonds  
2 Tblsp. green onion  
1/2 tsp. paprika  
2 Tblsp. poppy seeds

Place almonds in a bowl, cover with distilled water, and soak overnight. Drain and place all ingredients in blender except poppy seeds. Blend until desired consistency is reached, adding distilled water if needed. Stir poppy seeds in by hand before serving.

### **Fresh Fruit Salad**

8 dates, cut into small pieces  
3 bananas, sliced  
2 apples (Granny Smith), diced  
1 pear, diced  
3/4 C raisins, organic  
3/4 C apple juice, organic

Prepare all fruits and combine with apple juice. Stir, cover and chill before serving.

### **Raw Carrot Soup**

2 C hot vegetable soup stock or distilled water  
1/2 C cashews (raw, unsalted)  
1 C fresh parsley or 1 TBS. dried  
2-3 TBS. Nutritional Yeast  
1/4 C finely chopped scallions, green onions or chives  
1 C shredded carrot

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Blend first four ingredients, add carrots. Pulse blender to chop carrots to desired consistency. Pour into bowls, garnish with green onions before serving. A garden salad and soup make a wonderful meal.

### **Fresh Vegetable Platter**

Cut equal amounts of the following fresh, raw vegetables into serving pieces:

Red, green & yellow peppers

Celery sticks

Carrot sticks

Broccoli

Cauliflower

Arrange attractively on a platter and serve with an avocado-tomato dressing or the Salsa or Almond Dip recipes below.

### **Salsa**

1 C chopped tomatoes (peeled if desired)

2 T dehydrated minced sweet onion

1/2 C minced red bell pepper

1/2 C minced green bell pepper

1/2 C corn, if desired

1/2 C cucumber or celery

1-2 T extra virgin olive oil

1 T minced cilantro

1 t basil

1 t oregano

For a creamy texture, combine half of the tomatoes, red pepper, celery and onion in blender. Blend until smooth. Mix this in with the remaining ingredients, chill and serve.

### **Almond Dip**

Blend until smooth:

1 C almonds, raw and unsalted

1 C water, distilled

2 T dehydrated minced onion

1/2 t paprika

1 garlic clove, minced

1 T lemon juice

1 T parsley

Add slowly, while blender is running:

1/4 C extra virgin olive oil

Optional: 2 T sesame seeds or nutritional yeast for a cheesy taste.

Another option is to add additional seasonings, such as Parsley Patch All-purpose Seasoning or Nutritional Yeast

### **Borscht**

4 quarts water

2 cups pinto beans, cooked

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2 potatoes, cubed  
2 carrots, sliced  
3 stalks celery, chopped  
1/2 bunch parsley, chopped  
3 cloves garlic, chopped  
1 large beet, sliced julienne  
Sea-Salt and nutritional Yeast to taste.

1 bay leaf  
1 cup peas  
1 can stewed tomatoes  
2 1/2 cups cabbage, packed

Combine all ingredients except peas, tomatoes and cabbage. Bring to a boil, then cook over low heat 30 minutes. Add remaining ingredients and cook until done (approx. 10 minutes).

### **Cool Rice Salad**

6 cups cooked brown rice, cooled  
4 green onions, sliced  
3/4 cup cucumber, cut in small pieces  
1/2 - 3/4 cup peas, frozen, uncooked  
3 tablespoons fresh parsley, finely minced  
2 small tomatoes, diced  
3 cloves garlic, chopped  
3/4 cup celery, diced

Mix ingredients with Soy Mayonnaise, or the following dressing:

1/4 cup lemon juice  
1/2 cup olive oil  
pinch cayenne pepper

Top salad with 1/2 cup toasted slivered almonds as a garnish.

### **Corn Chowder**

3 1/2 quarts water  
1 1/2 quarts potatoes, peeled and diced  
2 cups onion, chopped  
2 cups celery, chopped  
4 1/2 quarts whole kernel corn  
2 tablespoons onion powder  
1 tablespoon garlic powder  
Sea-Salt and nutritional Yeast to taste.

Combine 1/2 gallon water, 1 1/2 quarts whole kernel corn, and all other ingredients. Cook until tender. Then blend 1 1/2 quarts water with 3/4 gallon corn in a blender. Add to rest of mixture. Bring to a boil.

Top salad with 1/2 cup toasted slivered almonds as a garnish.

### **Wilted Spinach Salad**

- 1 red onion, slivered
- 2 cloves garlic, chopped
- 3 tablespoons olive oil

Sauté onion, garlic and olive oil. Pour over 1 bunch fresh spinach.

### **Carrot Blush**

- 4 carrots
- beet with greens
- 5 - 6 leaves of Romaine or other leaf lettuce
- 3 - 4 leaves of spinach

Scrub organic carrots or peel the carrots if they are not organic. Clean and cut beet into slender wedges, and wash & dry lettuce and spinach leaves. Juice half of the carrots, and the beet, then you may use the remaining carrots to help push the lettuce and spinach through the juicer.

### **Shades of Green Salad**

- 1 bunch Romaine or other leaf lettuce
- 1/2 bunch of spinach
- 1 diced avocado (optional)
- 1/2 cup diced celery
- 1/2 cup diced cucumber
- 1/2 cup of thawed frozen peas
- 1/4 cup sunflower seeds (optional)

Wash and dry greens, remove stems from spinach and tear greens into bite-size pieces. Add other ingredients, mix well and serve with Lemon/Parsley Dressing.

## **PASTAS**

### **Macaroni 'n Cheese**

- 1 cup macaroni noodles (whole wheat, sesame or any other)
- 1 cup water
- 1 cup cashews, rinsed
- 3 teaspoons lemon juice
- 1 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1 4-ounce jar pimientos
- 1/2 - 3/4 teaspoon sea salt
- 1 1/2 cups bread crumbs, soft

Blend until smooth 1 cup water and the remaining ingredients (except noodles and bread crumbs). Place cooked, drained and rinsed macaroni in flat casserole dish. Pour sauce over macaroni. Cover and bake 20 minutes at 350°. Uncover and top with soft bread crumbs or cubes. Bake for another 15 minutes. Serves 6-8.

## **Fettuccine Alfredo**

3 cups water  
1/2 cup cashews, blanched  
6 tablespoons soy parmesan cheese  
1 teaspoon sea salt  
2 tablespoons flour or cornstarch  
1/2 teaspoon garlic powder  
1 onion, minced  
6 cloves garlic, minced

Blend 1/2 cup water with cashews until smooth. Add the remaining water and ingredients, except onion and garlic. Sauté onion and garlic until soft. Then add to cream sauce and heat until thickened stirring with a whisk.

Steam until crisp tender:

broccoli  
cauliflower  
red bell pepper  
carrots  
zucchini

Cook 1 pound package of fettuccine or pasta of your choice; Put veggies over pasta, then pour on cream sauce.

## **Eggplant Parmesan**

1 eggplant or large zucchini (3-4" diameter)  
1 cup Soya Kaas Mozzarella cheese  
2 tablespoons soy parmesan cheese  
3 cups Italian Sauce

Mix together in a shallow container:

1 1/2 cups bread crumbs  
1/2 cup whole wheat pastry flour  
1 teaspoon onion powder  
1/2 teaspoon garlic powder  
1/2 teaspoon sea salt

In a separate shallow container, mix:

1/2 cup egg replacer  
3/4 cup water

Peel and slice eggplant in 1/2" slices. If doing zucchini, do not peel. Steam until tender. Do not overcook. Dip slices first in egg replacer mixture (both sides), then in bread crumb mixture. Brown on both sides in skillet. Pour some Italian sauce in bottom of casserole dish. Place browned slices in dish overlapping, if necessary. Spoon on more sauce, sprinkle with mozzarella cheese and parmesan cheese. Put in oven for about 10 minutes or until cheese melts.

## "Chicken" Cacciatore

1 8-ounce package *Heartline* Chicken-like Fillet  
1 large onion, chopped  
1 bell pepper, chopped  
2 cloves garlic, minced  
1 15-ounce can tomato sauce  
1 teaspoon sea salt  
1/4 teaspoon thyme  
1 teaspoon oregano  
1/8 teaspoon cayenne  
olive oil

Add 1 cup of water to each cup of *Heartline* (enough water to completely cover). Boil *Heartline* for 10 minutes or more to desired texture. In a frying pan, sauté bell pepper and onion in olive oil. Add *Heartline* Chicken, tomato sauce and seasonings. Simmer 1-20 minutes. Serve over brown rice.

## Italian Sauce

1 onion, chopped  
3 cloves garlic, minced  
3 tablespoons fresh parsley, chopped  
6 cups crushed tomatoes in pureé  
1 1/2 cups tomato paste  
1 1/2 teaspoons sea salt  
1 tablespoon basil  
1/2 tablespoon oregano  
4 tablespoons honey

Sauté onion, garlic and parsley until limp. Add all remaining ingredients and simmer for 1/2 hour, stirring frequently.

## Vegetable Lasagna

1 onion, chopped  
1 bell pepper, chopped  
2 zucchini, quartered and sliced  
1 pound firm tofu  
2 1/2 cups mozzarella soy cheese  
9 lasagna noodles, cooked  
4 cups (approx.) Italian Sauce  
2 teaspoons basil  
2 tablespoons soy parmesan cheese  
1/2 teaspoon sea salt  
1 teaspoon garlic powder  
2 tablespoons honey

Sauté onion and bell pepper over low heat until onion is translucent. Add zucchini. Cook until all vegetables are done. In another pan, crumble tofu and sauté in a little olive oil. Sprinkle with garlic powder, honey, basil, parmesan, and salt. In a bowl, mix tofu, veggies and cheese. In a casserole dish,

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spread some sauce on bottom, then layer noodles, 1/2 of the tofu veggie mixture. Repeat procedure ending with noodles, sauce, and top with cheese. Bake for 35 minutes at 350°.

### **Manicotti**

- 1 box manicotti noodles
- 1 pound firm tofu
- 1 package of Soya Kaas Mozzarella Cheese
- 3-4 cups Italian Sauce
- 1 tablespoon dried parsley
- 1 teaspoon garlic powder
- 1/2 teaspoon sea salt

Cook manicotti noodles according to directions on package. Mix tofu with dried parsley, garlic powder, 1/2 cup Italian sauce, and 1 cup mozzarella cheese. Stuff noodles with tofu mixture. Spread some sauce on bottom of casserole dish. Layer stuffed manicotti noodles in dish. Pour sauce over top of noodles, then cover with rest of grated cheese. Bake for 20 minutes 350°.

### **Mushroom Spinach Strata**

Cook the following cornmeal mixture the night before or in the morning and let it firm in the refrigerator. Leave cornmeal to firm in the pot it is cooked in.

Bring 8 cups water to a boil and add:

- 2 cups coarse cornmeal
  - 1 teaspoon sea salt
  - 2 teaspoons onion powder
  - 1 teaspoon garlic powder
  - 2 teaspoons basil
- Simmer 20 minutes.

Sauté:

- 1 onion, chopped
- 3 cloves garlic, chopped
- 16-ounces fresh mushrooms, sliced
- Sea-Salt and nutritional Yeast to taste.
- 5 tablespoons soy parmesan cheese
- 2 teaspoons basil

Steam:

- 3 bunches fresh spinach

Squeeze water from spinach and chop. Transfer to a bowl and add mushroom mixture. Pour some Italian sauce in a casserole dish. Loosen cornmeal from pot by going around the edge with a knife. Invert pot onto a cutting board so cornmeal slides out. Cut cornmeal into 1/8" - 1/4" thick slices. Put a layer on top of sauce. Next, layer 1/2 of the vegetable mixture and 3/4 cup soy mozzarella cheese, 1 cup sauce, layer of cornmeal, remaining veggies, cheese, sauce, cornmeal, sauce, and cheese.. Bake for 30 minutes at 350°.

## **Pizza**

Sauce:

- 2 cups tomato sauce
- 1 1/2 cups tomato paste
- 1 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoons basil
- 1/2 teaspoons oregano

Combine all ingredients in a saucepan and simmer over low heat about 15 minutes to blend flavors.

Helpful Hint

Use the above sauce as a pizza sauce, as a sandwich spread, or as a catsup substitute. Will keep in refrigerator for several weeks.

Crust (by hand):

- 1 1/2 teaspoons active dry yeast
- 1 1/2 cups hot water
- 2 tablespoons honey
- 3 3/4 cups whole wheat flour (may use 1/2 unbleached flour)
- 1 teaspoon sea salt
- 2 tablespoons olive oil

Mix the yeast and honey in the hot water (110°). Let stand 10 minutes. Stir in salt, oil and flour, 1 cup at a time. Mix well. Knead dough in bowl about 50 times. Let rise 1 hour. Roll out onto pizza pan. Poke holes in crust to let air escape, and prebake 10 minutes at 400°. Top with sauce, soy cheese, vegetables. Bake 25-30 minutes at 350°.

## **Tempéh Cacciatore**

- 1 medium onion, slivered
- 1/2 cup green bell pepper, chopped
- 2 tablespoons olive oil
- 1 clove garlic, minced
- 1 cup fresh mushrooms, sliced
- 2 1/2 cups tomatoes, peeled and chopped, or
- 1 15-ounce can whole tomatoes, chopped
- 1 bay leaf
- 1/2 teaspoon oregano
- 1 teaspoon basil
- 8 ounces tempeh, cubed
- Sea-Salt and nutritional Yeast to taste.
- 1/2 cup tomato juice
- 4 cups brown rice, cooked

Sauté onion and bell pepper in 1 tablespoon olive oil over low heat until onion is translucent. Then stir in garlic and mushrooms, and cook another 5 minutes or so. Add tomatoes, juice, bay leaf, oregano and basil. Bring to a boil. Reduce heat and simmer for 10 minutes.

In another small skillet or wok, sauté tempeh in remaining tablespoon of oil, stirring frequently, until it browns slightly. Transfer tempeh to sauce, add Bragg's, and simmer over low heat for at least half an hour. Remove and discard bay leaf. Serve tempeh mixture over rice or spaghetti. Serves 4.

## CASSEROLES & ENTREES

### Cabbage Rolls

- 1 medium onion, finely chopped
- 3 cloves garlic, minced
- 1 tablespoon olive oil
- 1 medium carrot, diced
- 1 large stalk celery, diced
- 12-14 cabbage leaves
- 1/4 cup water
- 3 cups cooked brown rice
- 2 tablespoons Nutritional Yeast
- 1/4 cup filberts or almonds, toasted and chopped
- 1 cup soy cheese, shredded (optional)
- 1/3 soy parmesan cheese (optional)
- 1 pound fresh mushrooms, sliced (optional)

Sauté onion and garlic in oil for 2-3 minutes. (Optional: add shredded soy cheese. You can also add 1 pound fresh sliced mushrooms. Sauté with onion and garlic.) Add carrot and celery. Sauté briefly, then add water. Bring to boil and cover. Cook over low heat for 3 minutes, then stir in rice, Nutritional Yeast and nuts. Wash cabbage leaves carefully, and steam in a large pot for about 5 minutes.

Preheat oven to 350°, place 1/3 cup of filling on each leaf. Roll the leaf around it lengthwise into a fat little pocket, tucking in the sides as you roll. Place the rolls in a baking dish, pour marinara sauce over, and bake covered for 30 minutes. Uncover and continue baking for another 10-15 minutes.

### Cashew Lentile Loaf

- 1 cup lentile
- 3 cup water
- 1/2 cup onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 2/3 cup carrots, chopped
- 1/3 cup celery, chopped
- 2 tablespoons egg replacer, mixed with 2 tablespoons water
- 2 tablespoons whole wheat pastry flour
- 3/4 cup raw cashews, chopped
- 1 teaspoon dried thyme

Cook lentils in water until soft. Cool and set aside. Sauté onion and garlic until onion is translucent. Add carrots and celery. Simmer covered 10-15 minutes or until carrots are tender. Allow to cool. Preheat oven to 350°. Mix together lentils, vegetable mixture and remaining ingredients in a large bowl. Spoon into an oiled loaf pan. Bake 45 minutes or until firm. Serve Country Style Gravy over top.

### **Cashew Rice Casserole**

- 1 1/2 cups cashews, ground
- 1 large onion, chopped and steamed
- 1 1/2 cups bread crumbs
- 1 cup cooked brown rice
- 1 1/2 teaspoons garlic powder
- 1/2 teaspoon sea salt
- 3 tablespoons parsley, minced
- 1/2 teaspoon sage
- 1/4 teaspoon thyme
- 1 4-ounce can mushroom pieces
- 1/2 cup celery, chopped
- 1 cup soy, rice, or nut milk

Mix all ingredients thoroughly and let stand 10 minutes. Consistency should be fairly thick. You may need to add more liquid or bread crumbs depending upon the texture. Place in a baking dish that has been lightly oiled or sprayed. Bake 40-50 minutes at 350°. Serve Country Style Gravy over top.

### **Enchilada Casserole**

- 2 cans (16 oz.) kidney beans, undrained
- 1/2 cup chopped red onion or scallion
- 1 tablespoon chili powder
- 1 teaspoon garlic, minced
- 1 teaspoon cumin
- 1 dozen corn tortillas
- 1 can (11 oz.) whole kernel corn, undrained
- 1 can (4 oz.) chopped green chiles
- 2 tablespoons chopped cilantro
- 1 can (14 1/2 oz.) chopped Mexican stewed tomatoes, undrained
- 1 recipe Cashew Pimiento Chese

In a bowl mash kidney beans, onions, and seasonings. In a casserole dish, layer 4 corn tortillas, 1/2 of the beans, 1/3 of the cheese, 4 more tortillas, all tomatoes, remaining cheese. Cover with foil and bake at 350° for 35-40 minutes. Serve with soy Sour Cream, chopped green onions, or chives and sliced olives.

### **Harvest Nut Loaf**

- 2 1/2 cups celery, chopped
- 3 medium onions, chopped
- 3/4 cup walnuts, chopped
- 3/4 cup pecan or sunflower meal
- 1 1/2 teaspoons sea salt
- 2 - 2 1/2 cups soy or rice milk
- 1 1/4 teaspoon sweet basil
- 1/2 teaspoon sage
- 3 cups bread crumbs

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Steam celery and onions. Combine remaining ingredients, folding in bread crumbs last. Place in loaf pan sprayed with non-stick spray, and bake for 1 1/4 hours at 350°. Loaf may have to be covered with foil near the end of baking if top begins to get too brown. Tastes good served with Country Style Gravy.

### **Layered Dinner**

6 potatoes, sliced  
1 large onions, sliced  
2 carrots, sliced  
1 green pepper, sliced  
1 zucchini, sliced  
1 cup corn, frozen or fresh  
1 cup green peas, frozen or fresh  
1/2 teaspoon sage  
3 cups bread crumbs

Optional vegetables: mushrooms, broccoli, green beans, etc.

### **Sauce**

3 cups tomato sauce  
Sea-Salt and nutritional Yeast to taste.

1 teaspoon ground thyme  
1 teaspoon basil  
2 teaspoons chili powder  
1/8 teaspoon sage  
2 tablespoons parsley flakes

Layer vegetables in a large casserole dish in order given. Use optional vegetables as desired. Mix ingredients of sauce together. Pour sauce over vegetables. Bake covered at 350° for about 1 1/2 hours.

### **Peasant's Pie**

#### **Topping**

4 medium potatoes, cooked and mashed  
Mash potatoes with about 1/4 cup or so of soy milk

#### **Sauce**

2 cups Country Gravy, or  
Mushroom Gravy, or  
Italian Sauce

#### **Filling**

1 onion, coarsely chopped  
3 carrots, thinly sliced  
1 green pepper  
1/2 pound broccoli, cut into florets

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1/4 pound green beans, cut into 1-inch pieces  
1 bunch spinach, torn into bite-sized pieces

Steam vegetables (except spinach) about 15 minutes, until crisp-tender. Remove from heat. Stir in spinach and 2 cups gravy. Spoon this filling into a 9" x 12" baking dish. Sprinkle with a small amount of paprika. Bake 30 minutes at 350°.

### **Helpful Hints**

Add 1/2 pound Brussel sprouts when they are available. Use favorite vegetables for filling, cut into bite-sized pieces. Use about 8 cups of chopped vegetables. If prepared ahead, add 15 minutes to your baking time. Use leftover vegetables, added to others after they have been steamed.

### **Polenta**

3 cups water  
1 1/2 teaspoons sea salt  
1 small potato, diced small  
1 cup polenta flour  
1 cup cold water

Bring to a boil in large sauce pan first 3 ingredients. Gradually stir in a mixture of 1 cup cold water, 1 cup polenta. Continue boiling on medium heat stirring constantly until mixture thickens. Lower heat, cover, cook slowly for 10 minutes or more until done. Stir a few times while cooking. Good plain or with your favorite sauce and vegetables on top or broiled the next day.

### **Stuffed Grape Leaves**

1/4 cup olive oil  
1/4 cup pine nuts  
2 large onions, chopped  
1/2 bunch parsley, chopped  
2 cups cooked brown rice  
2 tablespoons water  
4 teaspoons dill weed  
1/2 teaspoon sea salt  
1/8 teaspoon cayenne pepper  
1 tablespoon fresh lemon juice  
40 small grape leaves or 1 jar

Heat oil in a wide frying pan over medium heat. Add nuts and cook, stirring until golden. Remove nuts and set aside. Add onions and cook, stirring frequently, until golden brown. Add parsley and cook for 2 minutes. Remove pan from heat and stir in rice, dill, salt, cayenne and lemon juice. Stir gently to blend. Drain grape leaves and rinse with cold water. Drain again. Spread leaves, veined side up, on a flat surface. Cut off stems. Place 1 tablespoon of filling near stem end, fold sides in and roll up. Arrange filled leaves, seam side down, in a single layer, in a baking pan. Sprinkle with water and bake covered at 350° for 25 minutes.

### **Sunshine Loaf**

2 cups raw carrots, grated  
1 1/2 - 2 cups brown rice, cooked  
1/2 cup natural peanut butter

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1 cup soy, rice, or nut milk  
1/2 cup coarse bread crumbs  
1/4 teaspoon sage  
1/2 teaspoon sea salt or to taste  
1 tablespoon onion powder  
1/2 cup onions, steamed

Dilute peanut butter with milk. Mix nut butter with rice. Add carrots and remaining ingredients, using crumbled bread as necessary to make a thick consistency. Put into baking dish. Bake 45-55 minutes at 350°. Serve with your favorite gravy.

### **Tofu Chicken**

1 pound firm tofu  
1/4 - 1/2 cup brewer's yeast  
Sea-Salt and nutritional Yeast to taste.

1/4 teaspoon garlic powder  
1/2 teaspoon onion powder

Break tofu into large chunks. If you are making sandwiches cut into strips 1/4" thick. Brown in a non-stick pan. Remove from pan and place in a bowl. Squirt tofu with Nutritional Yeast and sprinkle on rest of the ingredients, stirring to coat tofu evenly. Eat as is with rice and vegetables, make into sandwiches, or fill pita bread. You may eat this warm or cold.

### **Tofu Turkey Roast**

5 pounds firm tofu, crumbled fine  
Sea-Salt and nutritional Yeast to taste.

2 teaspoons sage  
12 - 16 cups stuffing (about 2 packages)

Mix all ingredients together except stuffing. Line an 11 3/4" colander with cheese cloth. Transfer tofu into colander. Press tofu evenly around all sides and bottom. Fold edges of cheese cloth over it. Place a bowl over the surface of the tofu and weigh it down with a heavy object to press the liquid from the tofu -- about one hour. Prepare your favorite stuffing recipe and set aside. After tofu has set 1 hour, hollow out tofu turkey within one inch thickness. Set hollowed out tofu aside. Pack in stuffing and cover with remaining tofu. Pat down so that surfaces are firm and flat.

Place an oiled baking sheet on top of colander then flip turkey over. Remove cheese cloth. Baste with toasted sesame oil and Nutritional Yeast. Cover with foil and bake at 400° for 1 hour. Remove foil, baste again and return to oven to bake for approximately 1 more hour or until golden brown. Serve with your favorite gravy.

### **Vegetable Casserole**

1/2 pound green beans, fresh  
1 medium eggplant, unpeeled, cut into 1" cubes  
2 large onions, cut into 1" cubes  
3 medium carrots, cut into 3/4" slices on a slant  
1 large red or green bell pepper, seeded and cut into 1" squares  
2 large stalks celery, cut into 1/2" slices

## TC's Recipes

2 large potatoes, peeled and cut into 1 1/2" cubes  
1 16-ounce can pear-shaped tomatoes  
1/4 cup olive oil  
1/2 cup tomato paste  
2 teaspoons sea salt  
1 1/2 teaspoons basil  
1/4 teaspoon cayenne pepper  
3 small zucchini, cut into 1/2" slices  
2 teaspoons honey

Snap ends of beans and cut into 2" lengths. Combine with eggplant, onions, carrots, celery, bell pepper and potatoes in a large casserole. Chop tomatoes and add to casserole, along with olive oil, tomato paste, salt, basil, cayenne and honey. Stir gently. Cover casserole and bake at 350° for 1 1/2 hours or until vegetables are almost tender, removing lid and basting vegetables with juices about every 30 minutes. Remove casserole from oven and gently mix in zucchini. Return to oven and bake, uncovered, for another 20-30 minutes or until vegetables are tender.

### **Vegetarian Potpie**

#### **Dough:**

2 unbleached flour  
1/2 cup whole wheat pastry flour  
1/2 cup baby oats (coarsely chopped in food processor)  
1 1/2 teaspoons sea salt  
3/4 cup olive oil  
2/3 cup soy milk

#### **Filling:**

2 medium carrots, diced  
2 stalks celery, diced  
1 large onion, chopped  
2-3 medium potatoes, diced  
1/2 cup peas  
2 tablespoons whole wheat pastry flour  
1 cup water  
1 tablespoon olive oil  
12 tablespoons baby oats  
Sea-Salt and nutritional Yeast to taste.

2 bay leaves

Steam carrots, potatoes and celery until tender. Add peas and set aside. Sauté onion in oil until soft and transparent. Stir in flour and oats. Add water, seasonings and bay leaves. Heat until mixture has thickened, stirring constantly. Stir in vegetables. Remove bay leaves. Preheat oven to 350°. Roll out the dough to 1/8-inch thick. Cut into desired shapes. Put some filling in the middle and fold in half. Crimp edges. Place on a non-stick cookie sheet. Or if using a pie dish, roll out half the dough and place in bottom of dish. Spoon in filling. Roll out remaining dough and place on top. Crimp edges and make slits on top. Bake for about 45-50 minutes at 350°, until the edges are slightly brown.

## Walnut Loaf

2 cups bread crumbs  
2 cups cooked brown rice  
1 cup walnuts, chopped  
1 cup rice or soy milk  
1/2 teaspoon sea salt  
Sea-Salt and nutritional Yeast to taste.

1 onion, finely chopped  
1 tablespoon parsley, chopped

Mix first 4 ingredients. Add remaining ingredients and mix well. Put into casserole dish and bake for 1 hour at 350°. Serve with gravy.

## Zucchini Potato Casserole

1 1/2 cups bulgur wheat  
3 cups water  
6 cups zucchini, sliced  
3 cups red potatoes, sliced  
1 onion, chopped  
1 pound firm tofu, crumbled  
1 1/2 cups Soya Kaas Cheese, shredded (Cheddar and Jalapeno)  
1 cup tomato paste or Italian sauce  
2 tablespoons fresh parsley, chopped  
1 teaspoon basil  
1 teaspoon oregano  
1/2 teaspoon thyme  
1 teaspoon garlic powder  
Sea-Salt and nutritional Yeast to taste.

pinch of cayenne

Over low heat, cook bulgur wheat in water about 15 minutes. Steam onion and potatoes until almost done. Add zucchini and seasonings. Cook until tender. In a separate bowl, combine bulgur wheat, tomato paste and parsley. Press into the bottom of a casserole dish. Next, combine tofu and 1/2 of the cheese. Spread on the top of bulgur mixture. When vegetables are done, put them on next. Top with remaining cheese. Bake at 350° for 30 minutes.

## Country Style Gravy

3 cups water  
1/2 cup cashews  
2 tablespoons cornstarch  
2 teaspoons onion powder  
1/2 teaspoon garlic powder  
Sea-Salt and nutritional Yeast to taste.

1 tablespoon fresh parsley, chopped

Blend 1/2 cup water with cashews until smooth. Add the rest of the ingredients, except parsley. Pour into saucepan and stir while cooking until thickened.

## CHINESE

### Cashew Chow Mein

1 onion, chopped  
3 stalks celery, chopped  
2 cups mushrooms  
1 cup firm tofu, cubed  
3 cups cooked whole grain flat noodles (Udon noodles work well)  
1 cup cashews, rinsed and roasted  
2 tablespoons onion powder  
2 cups mushroom gravy  
2 teaspoons sea salt  
1 teaspoon garlic powder  
2 tablespoons honey

Sauté onion, celery and mushrooms in 3 tablespoons olive oil and 3 tablespoons water. Add tofu. Add remaining ingredients and pour into casserole dish. Bake for 25 minutes at 350°. Serve with brown rice.

### Egg Rolls

1 onion, chopped  
2 cloves garlic, minced  
2 cups bean sprouts  
2 cups shredded cabbage  
1 cup carrots, grated  
1 sweet potato, grated  
2 tablespoons onion powder  
Sea-Salt and nutritional Yeast to taste.

12-15 corn tortillas

Sauté onion and garlic until limp. Add the rest of ingredients and cook until tender. Do not overcook. Fill soft and warm tortillas with mixture. Place seam side down in baking dish. Put in 350° oven to warm. Sweet and Sour Sauce may be used on top.

### Quick Mushroom Gravy

1/2 cup canned mushrooms  
2 tablespoons unbleached white or whole wheat pastry flour  
Sea-Salt and nutritional Yeast to taste.

1/2 cup water

1 1/2 cups soy milk

1 teaspoon dry parsley flakes

Blend all ingredients briefly until mushrooms are cut into pieces, not smooth. Pour into saucepan and cook over low heat until thickened. Stir constantly.

### Stir Fry Vegetables

1 red onion, sliced into half rings  
3 zucchini, sliced

## TC's Recipes

1 bell pepper, chopped  
3 carrots, sliced  
2 tablespoons olive oil (optional)  
2 1/2 teaspoons garlic powder  
Sea-Salt and nutritional Yeast to taste.

Other vegetables of your choice

Sauté onion and carrots 2-3 minutes in oil or water in fry pan or wok. Add remaining vegetables. Stir around and add seasonings. Cook until tender.

### **Tofu and Vegetables Sweet & Sour**

Sauce:

1 cup tomato sauce  
1 cup unsweetened pineapple juice  
1/4 cup honey  
1/2 teaspoon sea salt  
Sea-Salt and nutritional Yeast to taste.

3 tablespoons lemon juice  
1/4 cup crushed pineapple  
1 1/2 tablespoons cornstarch

Combine all ingredients except cornstarch, and bring to a boil. Mix cornstarch with a little water and add to mixture. Heat until thickened, stirring constantly with a whisk.

Tofu:

1 pound firm tofu  
2 tablespoons olive oil  
Sea-Salt and nutritional Yeast to taste.

1 teaspoon garlic powder  
1-2 tablespoons honey

Cut tofu into cubes and put on a cookie sheet. Sprinkle tofu with olive oil, seasoning, garlic powder, and honey. Bake at 350° for 20 minutes until edges are browned. Add tofu to vegetables. Spoon over brown rice. Top with sauce.

Vegetables:

3 stalks celery, sliced  
3 carrots, sliced  
1 onion, chopped  
1 bell pepper, chopped  
2 zucchini, sliced  
1 can water chestnuts  
1 can bamboo shoots  
Sea-Salt and nutritional Yeast to taste.

1/2 teaspoon garlic powder

## TC's Recipes

Sauté celery, onion, carrots and bell pepper in small amount of water. Add zucchini, water chestnuts and bamboo shoots. Sauté with seasoning and garlic powder until vegetables are done.

### **Vegetable Chow Mein**

1 onion, chopped  
1 1/2 cups mushrooms, sliced  
3 cups cabbage, chopped  
1 cup sugar peas  
Sea-Salt and nutritional Yeast to taste.

3 garlic cloves, chopped  
2 tablespoons toasted sesame oil  
1/2 pound spaghetti noodles

Cook noodles according to directions on package. When they are done rinse and set aside. While noodles are cooking start vegetables. Sauté onion, mushrooms and garlic a few minutes in water. Add sugar peas, cabbage, seasoning and sesame oil until tender. Put noodles in separate fry pan with the following sauce. Cook on medium heat for 3 minutes, then mix with vegetables.

Sauce:

1/4 cup toasted sesame oil  
Sea-Salt and nutritional Yeast to taste.

3 teaspoons lemon juice  
2-3 tablespoons honey or rice syrup

## **MEXICAN**

### **Black Bean Chili Burritos**

1 large onion, chopped  
2 cups dry black beans  
1 large bell pepper  
3 cloves garlic, minced  
1/3 cup cilantro, chopped  
1 teaspoon chili powder  
2 teaspoons cumin  
2 15-ounce cans Mexican stewed tomatoes or 3 1/2 cups fresh tomatoes  
1 tablespoon honey  
1 teaspoon sea salt  
Soya Kaas Cheese Tempeh, cubed (optional)  
cooked brown rice  
olives  
tortillas

Soak beans overnight. The next morning change water and cook beans with sea salt until tender, about 2 hours. Drain water from beans. Sauté onion and bell pepper, honey and seasonings. Add tomatoes and cilantro. Mash down tomatoes. Add beans and mash down. (Potato masher works well.) Fill tortillas with chili, Soya Kaas Cheese, tempeh, and rice. Eat as is, or top with salsa, shredded lettuce, soy sour cream, guacamole, soy cheese, and olives. Also tastes great as a dip with tortilla chips, or in taco salad.

## **Bulgar Mexicana**

1 medium onion, chopped  
1 cup bulgar wheat  
1 large stalk celery, thinly sliced  
1/2 green or red bell pepper, seeded and sliced  
1 teaspoon chili powder  
3/4 teaspoon ground cumin  
2 1/4 cups vegetable stock  
dash of sea salt  
dash of cayenne pepper

Sauté onion and bulgar in a little olive oil, stirring occasionally, until onion is soft and bulgar is golden (7 to 8 min.) Stir in celery, bell pepper, chili powder, cumin, and cook for 2 minutes. Pour in stock and bring to a boil. Reduce heat to low; cover and simmer until all liquid is absorbed (about 20 min.). Season to taste with salt and cayenne. To serve, mound bulgar mixture on a platter or individual plates. At the table, offer condiments. Condiments: Prepare 1 cup each -- shredded soy cheddar cheese, alfalfa sprouts, 1/3 cup each -- sliced green onions, sunflower seeds, 2 tomatoes (diced), soy sour cream, salsa and chips.

## **Enchilada Sauce**

2 cups crushed tomatoes in puree, or  
2 cups tomato sauce  
2 cups water  
1/4 cup flour, or  
2 tablespoons cornstarch  
2 tablespoons veg. chicken seasoning  
2 teaspoons chili powder  
1 teaspoon garlic powder  
1 teaspoon onion powder  
1/2 teaspoon cumin

Blend all ingredients (except tomatoes) in a blender. Pour blended mix into a saucepan, and add tomatoes. Heat until thickened, stirring constantly with a whisk.

## **Enchiladas**

1 pkg. whole wheat or corn tortillas  
2 cups brown rice, cooked  
6 cups pinto beans, cooked and mashed  
1 cup olives  
2 cups Soya Kaas Cheese  
1 1/2 cups salsa  
1 teaspoon garlic powder  
2 teaspoons sea salt  
1 tablespoon Grandma's Chili seasoning  
2 teaspoons cumin  
Enchilada Sauce

## TC's Recipes

Mix all ingredients (to taste). Fill tortillas. Pour some enchilada sauce on bottom of casserole dish. Lay filled tortillas seam side down. Top with sauce and cheese. Bake until hot (20-30 minutes) at 350°.

### **Fresh Salsa**

5 large tomatoes chopped  
1/2 large onion, chopped  
1 - 2 jalapeno chili, take seeds out and mince  
2 garlic cloves, minced  
1/2 cup cilantro, chopped  
1/4 teaspoon sea salt  
juice of 1/2 to 1 lime  
Enchilada Sauce

Mix all ingredients together in a bowl. Ready to eat or you may chill it first.

### **Garden Tacos**

2 cups cooked brown rice  
1 cup cooked lentils  
1 onion, chopped  
1 cup celery, chopped  
1 bell pepper, chopped  
2 cups zucchini, quartered and sliced  
1 15-ounce can Mexican stewed tomatoes  
3 cloves garlic, minced  
2 tablespoons chili seasoning

Sauté all vegetables and garlic until tender. Add rice, lentils and seasonings. Simmer until flavors are absorbed. Fill corn tortillas with mixture and add your favorite toppings: lettuce, salsa, avocado, onion, etc.

### **Green Enchiladas**

1 tablespoon olive oil  
1/4 teaspoon sea salt  
2 large onions, chopped  
12 corn tortillas  
3 cups soy cheese, shredded  
1 cup soy sour cream  
1 pkg. cream of mushroom soup  
1 10-ounce package frozen chopped spinach, thawed  
2 green onions (including tops) sliced  
1 4-ounce can diced green chili peppers

Heat the oil (or use water) in a frying pan over medium heat. Add onions and cook until soft (about 5 minutes). Stir in salt, then set pan aside. Across the middle of each tortilla, sprinkle 2 tablespoons cooked onion and shredded cheese. Roll to enclose. Place tortillas, seam side down, in a greased, shallow 9 x 13 inch baking pan.

#### **Sauce:**

Squeeze spinach to remove excess moisture. In a blender or food processor, puree spinach, green

onions, chili peppers, soup and sour cream until smooth. Pour mixture over tortillas. Sprinkle remaining cheese over all. Bake uncovered at 350° for 30 minutes, or until hot and bubbly.

## **Mexican Tofu Casserole**

1 onion  
2 pounds firm tofu  
Sea-Salt and nutritional Yeast to taste.

2 teaspoons cumin  
1 teaspoons turmeric  
1/2 can Ortega chilies  
1 3.8 -ounce can sliced black olives  
1 28-ounce can tomato sauce  
corn tortilla chips  
Soya Kaas Cheese, shredded

Sauté onion in small amount of olive oil. Crumble in tofu. Add seasonings and blend well. Add olives and chilies. Pour a portion of tomato sauce into glass casserole dish. Crumble chips on next. Layer 1/4 of tofu mixture on next. Pour more sauce, chips and tofu. Continue layering. Top with shredded soy cheese. Bake 35 minutes at 350°.

## **Baked Beans**

6 cups cooked white beans  
3 cups tomatoes, canned  
1/4 cup molasses  
1/4 cup honey  
1/2 cup dates  
2 cloves garlic, pressed  
1 onion, sliced

Blend dates with 1/2 cup water in a blender. Mix all remaining ingredients and salt to taste. Pour into a casserole dish. Put onion on top of beans. Bake at 400° for 1-2 hours or until beans have absorbed most of the moisture. (Do not overbake, since beans will absorb more moisture as they stand.)

## **Ceci Beans**

### **(Garbanzo beans Italian Style)**

1 15-ounce can garbanzo beans, drained  
2 tablespoons fresh parsley, minced  
3-4 cloves garlic, minced  
1 tablespoon olive oil  
1 teaspoon lemon juice (optional)  
salt to taste

Mix all ingredients in a bowl. Best served chilled.

## **Chili**

1 cup onion, chopped  
1/2 cup celery, diced

## TC's Recipes

1/2 cup green pepper, diced  
1/2 cup bulgur wheat  
2 cups water  
2 medium carrots, chopped  
1/2 teaspoon cumin  
1 tablespoon Grandma's Chili Seasoning  
1 15-ounce can tomato sauce  
1 1/2 quarts tomatoes, fresh or canned  
3 cups cooked kidney beans  
1/2 teaspoon garlic powder  
1/2 teaspoon sweet basil  
salt to taste

Sauté onion, celery and green pepper in 1/4 cup water for 10 minutes. Blend carrots with 2 cups water and 2 cups tomatoes in a blender. Combine all ingredients and cook slowly for 20-30 minutes, stirring often. If it is too thick, add more water to obtain desired consistency. Serve with corn bread or other whole grain bread and a salad. For a big pot of chili, double the recipe.

## VEGETABLES

### Rice Sticks with Vegetables

1 pkg. rice sticks  
1 bunch green onions, sliced  
2-3 carrots, sliced  
1/2 bunch broccoli, cut in florets (peel stem and slice)  
1/2 cup peas  
Sea-Salt and nutritional Yeast to taste.  
1/2 teaspoon garlic powder

Soak rice sticks in hot water. Sauté onions, carrots, and broccoli in water or a small amount of olive oil. Season with seasoning and garlic powder. When vegetables are done, add peas. Transfer to a bowl. In the same pan, add 2 cups water and remaining 3/4 cup of Bragg's. Bring to boil and add rice sticks. Cook rice sticks until all moisture is absorbed, toasting frequently. If rice sticks are not done, add more water and Bragg's. When tender, toss with vegetables. (Add more garlic and Seasoning if more flavor is desired.)

### Stuffed Peppers

8 large bell peppers, stemmed and cored  
1 onion, diced  
1/2 cup celery, chopped  
1/4 cup water  
2 cups tomato sauce (1 cup for topping)  
3 cups cooked brown rice  
1/4 teaspoon garlic powder  
1 teaspoon thyme  
1 teaspoon sage  
1/2 teaspoon basil

Cook onions, celery and mushrooms in water for about 15 minutes, until tender. Mix in 1 cup tomato sauce, rice, and seasonings. Pack mixture into prepared raw green peppers. Place in baking dish. Pour remaining 1 cup tomato sauce over peppers. Add 1 1/2 cups water to bottom of baking dish to prevent peppers from drying out. Cover and bake at 375° for 45 minutes. Uncover and bake for 15 minutes longer. Serves 8.

### **Threesome Beans**

1 cup dried white beans  
1/2 cup dried kidney beans  
1/2 cup dried lima beans  
4 tablespoons onion, chopped  
2 tablespoons pure maple syrup  
2 teaspoons sea salt

Combine all beans and soak 12 hours. Parboil a few minutes. Pour off water and rinse. Put onions in bottom of casserole dish, then add beans and remaining ingredients. Cover with boiling water at least 2 inches above beans. Bake 4 hours at 350°.

### **Vegetable and Tofu Kebabs**

1 pound firm tofu  
1 small head broccoli cut into florets  
1 yellow crook neck squash, cubed  
1 zucchini, cut in rounds  
1 large red onion, cut into crescents  
1 red bell pepper, cut into large pieces  
Sea-Salt and nutritional Yeast to taste.

1/4 cup lemon juice  
2 tablespoons sesame oil  
1 tablespoon hot sesame oil  
2-4 tablespoons honey  
1 teaspoon garlic powder

Steam broccoli, bell peppers, and onion about 5 minutes. Add squash and zucchini and continue steaming another 5-7 minutes (just until crisp-tender. Do not overcook).

Preheat oven to 375°. Cut tofu into 1 inch cubes and place on greased baking sheet. Squirt with some Bragg's. Bake about 20 minutes until light brown. Cool to room temperature.

In a large bowl, combine Bragg's, lemon juice, oils, honey, and garlic. Add tofu and vegetables; marinate 1-2 hours. Thread marinated tofu and vegetables onto skewers\* and broil or grill 5-7 minutes. Turn occasionally basting with remaining marinade. I serve these over a bed of rice. Serves 4.

\*If using wooden skewers, soak them in water for at least 30 minutes before assembling kebabs. Soaking will prevent the skewers from burning while grilling.

### **Zesty Tomato Relish**

3 large tomatoes, chopped\*  
2 zucchini, quartered and sliced  
1/4 teaspoon celery salt

## TC's Recipes

1 small onion, minced  
1 tablespoon lemon juice  
1/2 teaspoon sea salt  
5 dates, chopped  
1/2 teaspoon sweet basil leaves  
2 tablespoons sesame oil  
1 tablespoon hot sesame oil  
2-4 tablespoons honey  
1 teaspoon garlic powder

Combine all ingredients and simmer 30 minutes. For delicious main dish, serve over brown rice, or over pasta with toasted almond slices.

\*You may use 1 can stewed tomatoes or you can use 1 can Mexican stewed tomatoes for a zippy topping over pasta.

### ***POTATOES***

#### **Candied Yams**

5 yams, baked  
1/2 - 3/4 cup honey or pure maple syrup  
2 tablespoons olive oil

Peel and slice cold yams (after baking) into a baking dish. Alternate with honey or syrup, in layers. Sprinkle with oil. Bake in 350° oven until warmed through and slightly browned, or longer if you like them sticky.

#### **Country Potatoes**

5 potatoes (red or russet)  
1/2 teaspoon garlic powder  
1 1/2 teaspoon onion powder  
3/4 teaspoon sea salt  
1/2 teaspoon paprika  
olive oil

Cut potatoes into big chunks. Boil or steam until tender, but not falling apart. Remove from the water. Heat a skillet with a little oil and add potatoes. Stir in seasonings. Brown 5-7 minutes.

#### **Golden Potatoes Italiáno**

7 medium potatoes, small cubes, unpeeled  
4 medium carrots, diced  
1 large onion, chopped  
4 tablespoons parsley, minced  
4 tablespoons olive oil  
1 1/2 cups water  
salt to taste  
pinch of saffron (optional)

## TC's Recipes

Brown onion in oil. Add all remaining ingredients. Let cook over low flame - stirring occasionally until tender. Serve with tossed green salad.

### **Italian Potatoes**

7 russet potatoes, cubed and steamed  
1 red bell pepper, cut in strips  
1 onion, cut in 1/2 rings  
4 garlic cloves, minced  
1/2 cup fresh basil, chopped  
1 can Italian stewed tomatoes  
Sea-Salt and nutritional Yeast to taste.

4 tablespoons soy parmesan cheese

Sauté garlic, onion, and bell pepper until tender. Add tomatoes, Bragg's, salt, and parmesan cheese. Simmer 10 minutes. Add potatoes and basil, simmer another 5-10 minutes. Remove to serving dish and sprinkle with more cheese.

### **New Potatoes and Peas**

7 red potatoes  
3/4 cup peas, steamed  
Country Gravy  
3 tablespoons parsley, chopped

Scrub potatoes, cut into cubes and steam. Mix with tenderized peas and country gravy. Add parsley.

### **Oven Roasted Potatoes**

10 potatoes (red or russet), cut into chunks or wedges  
1 onion, cut into 1/2 rings  
Sea-Salt and nutritional Yeast to taste.

1/4 cup olive oil  
10 garlic cloves, leave whole with skin on  
1 teaspoon garlic powder  
1 teaspoon onion powder

Pour a little olive oil on the bottom of a casserol dish. Put in potato chunks, onion, and garlic. Cover with Bragg's, olive oil, garlic powder, onion powder, and salt. Bake at 350° until tender, checking and turning potatoes every so often, adding more seasonings if needed. Squeeze cooked garlic from skins to eat.

\* Steamed carrots and celery may be added also.

### **Potato Salad**

5 pounds russet potatoes  
1/2 small red onion, chopped  
4 stalks celery, chopped  
1 cup olives, sliced  
1/4 cup parsley, chopped

## TC's Recipes

Soy Mayonnaise according to taste and consistency  
2 tablespoons lemon juice  
sea salt to taste

Boil potatoes until tender. Rinse with cold water and cover with water. Place potatoes in refrigerator to cool. With a knife, peel off skins (or leave skins on) and cut into pieces. Add the rest of the ingredients just as you would regular potato salad. Add salt to taste. Chill.

Soy Dressing, Mayo, or Dip

3/4 cup water  
1/2 cup Soyagen or Solait (sol7eacute;)

3/4 cup olive oil  
1 1/2 teaspoon onion powder  
1/2 teaspoon garlic powder  
1 teaspoon sea salt  
1/2 teaspoon dill  
1/2 teaspoon basil  
3 tablespoons fresh parsley  
pinch thyme  
2 teaspoons fructose  
2 tablespoons lemon juice

(For Soy Mayo, delete dill, basil, parsley, and fructose.)

Put all ingredients in a blender (except oil and lemon juice) and whiz. While blender is still going, slowly add oil (*for dressing, less oil may be used*) and lemon juice. Refrigerate.

### Potatoes Au Gratin

6-8 potatoes, boiled and sliced  
1 onion, chopped and sautéed  
1 pkg. Soya Kaas Cheddar Cheese  
1 1/2 cups soft tofu  
1/4 cup soy or rice milk  
2 tablespoons lemon juice according to taste and consistency  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder

Blend tofu, soy milk, lemon juice, garlic powder and onion powder in a blender. (Use enough soy milk to get a sour cream consistency.) Layer potatoes, sprinkle onion, tofu mixture, and then Soya Kaas Cheese. Continue layering until potatoes are used up. End with the cheese on top. You may need to add more soy milk on top to moisten. Bake at 350° for 30 minutes.

### Quinoa Potato Croquettes

2 cups potatoes, mashed with skins on  
2 cups Quinoa, cooked  
2 egg replacers  
1/2 cup onion, chopped

## TC's Recipes

1/2 teaspoon sea salt  
1/2 teaspoon cumin  
1/2 teaspoon oregano  
1/4 cup parsley, chopped

Combine all ingredients, mix well, form into 1" balls, and brown. Serve with Country Style Gravy

### **Scalloped Potatoes**

5 potatoes  
1 onion, cut into rings  
2-3 tablespoons whole wheat pastry flour  
3 tablespoons olive oil  
1/2 teaspoon sea salt  
Country Gravy  
1/2 teaspoon oregano  
1/4 cup parsley, chopped

Scrub potatoes. Slice thinly, then place layers of potatoes and onion rings alternately in pan until pan is full. (Sprinkle flour and salt between layers.) Cover with diluted Country Gravy. Spread on a little oil. Bake at 425° until tender, about 1 hour.

### **Sweet Potato Casserole**

4 cups sweet potatoes, mashed  
1/2 cup hot soy milk  
1/4 cup honey or pure maple syrup  
1 tablespoon olive oil  
1/2 teaspoon sea salt  
1/2 cup natural peanut butter

Add milk, oil and salt to sweet potatoes. Combine peanut butter and honey, and spread on the bottom of a greased baking dish. Top with the sweet potato mixture. Bake 30 minutes at 375°. Garnish with fresh parsley.

### **Hint for dressing up your baked potatoes:**

Try topping your baked potatoes with any of the following veggies that have been sautéed in a small amount of extra virgin olive oil, or lightly steamed: chopped green pepper, chopped red pepper, finely chopped broccoli, finely chopped cauliflower, chopped celery or chopped onion. Add Nutritional Yeast and Parsley Patch All-purpose Seasoning for a wonderful taste treat. It will delight your taste buds!

## **ENTREES**

### **Tofu Meat Balls**

1 large onion, finely chopped  
1 large carrot, grated  
1 green pepper, finely chopped  
1 1/2 teaspoons basil  
juice of one lemon  
1/4 cup tahini

## TC's Recipes

3 cloves garlic, minced  
1/4 teaspoon oregano  
1 1/4 cups bread crumbs  
3/4 cups walnuts, finely chopped  
1/4 cup fresh parsley, chopped  
Sea-Salt and nutritional Yeast to taste.

1 pound firm tofu

Sauté the vegetables and basil until tender, approximately 10 minutes. In a large bowl, add bread crumbs, walnuts and remaining ingredients. Mash the tofu and add it to the bowl, along with the sautéed vegetables. Stir well. (The mixture should be firm enough to form into 1 1/2" balls.) Place on an oiled baking sheet. Bake at 350° for 20-30 minutes. Top with Italian Sauce.

### **Zucchini Patties**

1 onion, diced  
2 cups zucchini, grated  
1 cup bread crumbs  
3/4 cup flour  
Sea-Salt and nutritional Yeast to taste.

Sauté onion in small amount of water. Mix all ingredients in a bowl and then form into patties. Brown in oven on both sides. Serve plain, or with gravy.

### **Sunflower Seed Patties**

1 cup raw wheat germ  
4 cups raw sunflower seeds, ground  
1 cup celery, diced  
2 cloves garlic, diced  
1/2 cup onion, minced  
1 teaspoon sea salt  
1/2 cup parsley, minced  
1 tablespoon Italian seasoning  
1 tablespoon olive oil  
1 small can tomato paste

Mix all ingredients and form into patties. Bake at 350° for 10-20 minutes on each side. Serve these on a bun like a hamburger, or pour gravy over them.

### **Potato Burgers**

1 large potato, peeled and diced  
1 cup cooked brown rice  
1/4 cup bread crumbs (almond rice bread, Italian or whole wheat)  
1 1/2 tablespoons soy Parmesan cheese  
1/2 onion, minced  
Sea-Salt and nutritional Yeast to taste.

2 tablespoons parsley, chopped

## TC's Recipes

Cook potato until tender. Combine remaining ingredients in a medium bowl. Drain potato and mash with a fork. Add the rest of the ingredients, and mix well. Form into patties. Brown on each side. Serve with Country Style Gravy.

### **Nut Patties**

1 1/2 pound Brazil nuts or pecans, ground  
1 cup soft bread crumbs, packed  
1 egg replacer  
1/4 cup onion, chopped fine  
2 tablespoons parsley, chopped fine  
1 1/4 teaspoon sea salt  
1 cup soy or rice milk

Mix ingredients together. Let stand 10 minutes. If mixture seems too thin, add some potato flour. Form into patties and bake at 350° for approximately 15-20 minutes. Then turn over and bake about 10-15 minutes more. Cover with gravy or Italian Sauce.

### **Mushroom Burgers**

1 pound finely chopped mushrooms  
1/2 cup ground, toasted sunflower seeds  
1 cup cooked lentils  
1 1/2 cups finely ground oatmeal  
1/2 cup tomato-vegetable juice  
1 teaspoon egg replacer  
1/4 cup protein powder (optional)  
1/3 cup onion, chopped  
1/3 cup celery, chopped  
Sea-Salt and nutritional Yeast to taste.

2 teaspoons carob powder (optional)  
cayenne to taste

Use a food processor to grind the ingredients, but be careful not to puree everything. Let this sit for 20 minutes. Preheat oven to 350°. Form six 5-inch by 3/4-inch patties and place on a lightly oiled cookie sheet. Bake for 20-30 minutes.

### **Lentil Rice Patties**

2 cups cooked brown rice  
1 cup cooked lentils  
1 cup bread crumbs, packed  
1/4 cup flour  
1 cup onion, chopped  
2 egg replacer  
2 cloves garlic, minced  
1 teaspoon sea salt  
1/2 teaspoon basil

Sauté onion and garlic. Add all the ingredients in a bowl, and mix. Form into patties. Bake at 350° until both sides are brown, or brown in a small amount of olive oil. These are good to make ahead of time

and lay them in a casserole dish with some Italian Sauce covering them. A tasty addition to this dish is to top with Cashew Pimiento Slicing Cheese.

### **Italian Rice Balls**

3 cups cooked brown rice  
1 cup Soya Kaas Mozzarella Cheese  
2 cups whole wheat bread crumbs (reserve 1 cup to roll balls in)  
1/2 teaspoon basil  
1/2 teaspoon oregano  
6 teaspoons egg replacer mixed with  
8 tablespoons water  
2 tablespoons fresh parsley, chopped  
1 teaspoon sea salt  
1 teaspoon garlic powder

Mix all ingredients. (If rice is hot, you do not need egg replacer.) Form into balls. Roll in bread crumbs. Brown in a little olive oil, or bake in 350° oven until brown.

### **Falafels with Tahini Sauce**

3 cups canned garbanzo beans  
1/4 cup liquid from garbanzo beans  
1/4 cup bread crumbs  
1 small onion, finely chopped  
2 garlic cloves, minced  
4 tablespoons fresh parsley, chopped  
1/4 cup sesame seeds  
1/4 tablespoon dried basil  
1/4 teaspoon dried oregano  
1 teaspoon cumin  
1 teaspoon chili powder  
1/8 cup lemon juice  
2 3/4 cups cracker crumbs or bread crumbs

Puree garbanzo beans and liquid until smooth in blender. Transfer to large bowl and add all other ingredients except cracker crumbs or wheat germ. Mix well. Stir in enough cracker crumbs or wheat germ until it holds together. roll mixture into 11 2-inch balls. Place on a cookie sheet and bake at 350° for 10-15 minutes per side or until lightly browned with a crispy, dry, cracked exterior. Be careful not to let the falafels dry out too much. The inside should be moist. Put the following fixings into pita bread with tahini sauce: lettuce, tomato, onion, cucumber and avocado. Option: add fresh, chopped cilantro.

## **WHOLE GRAINS**

### **Cracked Wheat/Millet Bread**

2 cups hot water  
1/4 cup honey  
2 tablespoons yeast

## TC's Recipes

Whiz honey and hot water in blender. Add yeast. Whiz for a couple of seconds, then let stand for approximately 15 minutes. (I let it rise until it almost reaches the top of the blender.)

Pour into Bosch Machine/Food Processor bowl, then add:

2 tablespoons sea salt

2 cups applesauce, or

2/3 cup olive oil

Mix briefly, then add:

1 1/2 cups unbleached white flour

1 1/2 cups whole wheat flour

Mix on speed #1 until flour is pasty, then stop. Then add:

5 cups hot water

2 cups unbleached white flour

2 cups whole wheat flour

Mix on #1 until flour is absorbed, then continue mixing while adding:

1/2 cup vital wheat gluten flour

1/2 cup millet

1 cup cracked wheat

1/2 cup wheat germ

1 cup baby oats

3/4 cup oat bran

Then, 1 cup at a time, alternating, add:

about 3 cups whole wheat flour

about 2 cups unbleached white flour

Continue mixing until dough starts cleaning sides of bowl. Cover with lid and run for 10 minutes. Oil hands and counter top (don't use flour). Form into loaves and put into pans. Set in warm oven or on oven door. cover with thin, warm damp towel. Let it rise for 15-20 minutes. Turn oven to 350°, take off towel and bake for 45 minutes. Remove loaves from oven and brush tops lightly with oil. When almost cool place in plastic bags. This will help keep outside of bread soft.

### **Roasted Garlic and Orzo Pilaf**

8-12 large cloves garlic

1 tablespoon olive oil

1/2 cup orzo (Italian baby pasta)

1/2 cup long grain brown rice

2 cups water, mixed with

Sea-Salt and nutritional Yeast to taste.

1/4 cup green onions, sliced

1 tablespoon fresh parsley, chopped

In a medium saucepan bring water and seasoning to a boil. Add rice. Peel and quarter garlic cloves. In a small skillet cook garlic in olive oil over medium heat until light brown. Add orzo and cook until light brown. (Do not let the garlic burn or it will become bitter.) Stir orzo and garlic into rice. Continue

cooking for 15-20 minutes or until orzo and rice are tender and broth is absorbed. Stir green onions and parsley into the pilaf.

### **Risotto with Mushrooms**

2 tablespoons olive oil  
1 onion, chopped  
4 cloves garlic, chopped  
1/2 pound fresh mushrooms, sliced  
Sea-Salt and nutritional Yeast to taste.  
  
2 cups short grain brown rice (arborio or pearl)  
4 1/2 cups water  
1 teaspoon basil  
3 tablespoons soy parmesan cheese  
1 1/2 - 2 cups tomato sauce or Italian Sauce

In a saucepan, sauté onion, garlic, and mushrooms about 5 minutes. Add rice and stir 3-4 minutes. Pour in water, basil, and seasoning. Bring to a boil on high heat stirring often. Reduce heat. Simmer, uncovered, until rice is tender and most of the liquid is absorbed, about 25-30 minutes. Stir occasionally, and more often as mixture thickens. Remove from heat. Mix in soy parmesan cheese and tomato sauce.

### **Oriental Rice**

4 cups cooked brown rice  
3-4 tablespoons olive oil  
1 2-ounce jar pimientos  
1/2 cup bell pepper, chopped  
1/2 cup slivered almonds  
1 bunch green onions, sliced  
Sea-Salt and nutritional Yeast to taste.

1 small can water chestnuts, sliced

Toss, then place in casserole dish and bake at 350° for 30-35 minutes.

### **Confetti Rice**

1 cup basmati or long grain brown rice  
1 cup carrot, shredded  
1 onion, finely chopped  
1 teaspoon garlic, minced  
3 tablespoons olive oil  
2 1/2 cups water  
Sea-Salt and nutritional Yeast to taste.

1/2 cup fresh parsley, chopped

Cook onion, garlic, and carrot for 5 minutes. Stir in rice and brown slightly. Add water, seasoning, and parsley. Cover and cook 35-45 minutes.

## California Casserole

2 tablespoons olive oil  
1 cup onion, chopped  
4 cups cooked rice  
2 cups soy sour cream  
1 cup tofu, crumbled  
1 large bay leaf, crumbled  
1/2 teaspoon sea salt  
dash cayenne pepper  
12 oz. can Ortega whole green chilies (washed, drained and seeds removed)  
2 cup soy cheddar cheese, grated  
fresh parsley

In a large skillet, sauté onion in olive oil for 5 minutes. Remove from heat and stir in rice, sour cream, tofu, bay leaf, and salt. In a 13x9 pan, spread 1/2 of the rice mixture, 1/2 of the soy cheese, lay chilies on top opened out flat. Repeat with rice and cheese. Sprinkle with parsley. Bake at 350° for 20-25 minutes.

## SAUCES, SPREADS AND TOPPINGS

### Garlic Butter

1 cup water  
1 cup warm corn meal mush\*  
1/2 cup cashews or almonds, raw  
1 tablespoon yeast flakes  
1 tablespoon onion powder  
2 teaspoons sea salt (if mush is unsalted)  
1/4 cup sesame seeds  
1/2 teaspoon marjoram  
1/2 teaspoon dill weed

Liquefy all ingredients, except sesame seeds, marjoram and dill weed, until smooth (about 2 minutes). Briefly whiz in sesame seeds and herbs. Spread thickly on bread slices, and broil until crusty and beginning to brown. Yields 2 1/2 cups.

\* For a smoother corn meal mush, soak corn meal overnight in its cooking water before cooking.

### Baba Ghanoush

1 eggplant - Bake at 350° for 45 min. Cool for 45 min.  
1 fresh lemon  
4 cloves garlic, minced  
1 tablespoon tahini  
sea salt to taste

Scoop inside of eggplant from the skin. Put in a bowl with other ingredients. Mash with a potato masher. Spread on your favorite bread.

### **Cashew Pimiento Cheese**

1 cup cashews  
1 cup water  
1/2 teaspoon sea salt  
1/2 teaspoon garlic powder  
1 4-ounce jar pimientos  
3/4 teaspoon onion powder  
3 teaspoons lemon juice

Blend cashews and water until smooth. Put in a pan and cook, stirring constantly until it gets thick. (If this will be used in another cooked recipe such as lasagna, do not cook in pan.) Return to blender and blend the rest of the ingredients.

\* Add Ortega chilies for Nachos.

### **Cashew Ranch Dressing**

1 cup cashews  
1 cup water  
1/2 teaspoon sea salt  
1/4 teaspoon garlic powder  
Sea-Salt and nutritional Yeast to taste.

1 teaspoon onion powder  
3 tablespoons lemon juice  
1 teaspoon fructose

Blend cashews and water until creamy. Add seasonings and lemon juice. Chill.

### **Corn Butter**

2 tablespoons Emes Unflavored Gelatin  
1/4 cup cold water  
1 cup boiling water  
1 cup corn meal mush\*  
3/4 teaspoon sea salt  
3/4 teaspoon lemon juice  
1 teaspoon raw carrot, grated  
1/4 cup cashews

Soak gelatin in cold water for several minutes. (This can be done in a liquefier.) Pour the boiling water over gelatin, and whiz to dissolve. Add remaining ingredients and liquefy thoroughly, until smooth as cream. Pour into a shallow container, cover and refrigerate. Yields 2 1/2 cups.

\* For a smoother corn meal mush, soak corn meal overnight in its cooking water before cooking.

### **Creamy Cucumber Dressing**

Blend thoroughly:  
3/4 cup Soy Sour Cream or Soy Mayonnaise  
1/2 cucumber

2 tablespoons onion  
1 tablespoon bell pepper, chopped

### **Herbed Almond & Garlic Spread**

1 cup bread, almond rice bread or whole wheat bread  
1/2 cup blanched almonds  
1/4 cup olive oil  
1/4 cup fresh basil\*, parsley, or cilantro  
2 tablespoons garlic, minced  
1/4 - 1/2 teaspoon sea salt  
1/8 - 1/4 cup water for a smooth spread  
1/4 cup lemon juice

Blend bread and garlic in food processor or blender. Place in bowl and sprinkle w/lemon juice. Place almonds in food processor and grind. Add lemon soaked bread crumbs and process well. Add oil, herb, and salt. Add water for a smooth spread.

\* Our favorite is basil. It's great on whole wheat French bread served along with spaghetti or lasagna.

### **Hummus**

2 cups cooked garbanzo beans\*  
1-2 cloves garlic  
1 tablespoon parsley, chopped  
1-2 tablespoons lemon juice (to taste)  
sea salt to taste

Blend garbanzos with barely enough bean broth to make blender turn. Add lemon juice and salt. Blend again. Stir in parsley. Dip with pita bread or serve as a spread on bread.

\* Canned garbanzos may be used.

### **Honey Butter**

1 tablespoon Emes Unflavored Gelatin  
1/4 cup cold water  
3/4 cup boiling water  
1/2 cup honey  
1/2 cup cashews or almonds  
1/2 cup corn meal mush\*  
3/4 teaspoon sea salt  
1 tablespoon lemon juice

Soak gelatin in cold water for several minutes. (This can be done in a liquefier.) Pour the boiling water over gelatin, and whiz to dissolve. Add remaining ingredients and liquefy thoroughly, until smooth as cream. Pour into a shallow container, cover and refrigerate. Yields 2 cups.

\* For a smoother corn meal mush, soak corn meal overnight in its cooking water before cooking.

### **Margarine a la Millet**

1 tablespoon Emes Unflavored Gelatin  
1/2 cup cold water  
1 cup cooked HOT millet, packed  
1/4 cup cashews  
1/2 tablespoon carrots, peeled and cooked  
1/2 teaspoon sea salt

In a saucepan, bring 2 cups water to a boil. Add 1/2 cup millet and cover. Turn down to low heat and cook about 50 minutes. Be sure to keep the lid on tight, or millet will not be light and fluffy.

In another saucepan, stir gelatin into cold water. Let stand for 5 minutes. Cook until gelatin is dissolved, and liquid is clear. Whiz cashews and 1/2 of the gelatin mixture until smooth. Add hot millet, carrots and salt. Whiz at low speed, increasing to high speed, until super smooth. Blend in the remaining 1/2 of the gelatin mix on low speed. Pour into containers and chill. Keeps 1 week. Yields 1 1/2 cups.

### **Mustard**

3/4 cup lemon juice  
1/4 cup soy flour  
2 teaspoons turmeric  
1/2 teaspoon sea salt

Place all ingredients in blender and whiz. Pour into a saucepan and heat until thick, stirring constantly.

Return to blender and add:

2 teaspoons garlic cloves  
1/3 cup olive oil (slowly)

### **Parmesan Cheese Substitute**

1 cup sesame seeds, lightly toasted  
1/4 cup yeast flakes  
1/2 teaspoon onion powder  
1/4 teaspoon garlic powder  
1/2 teaspoon sea salt

Put all ingredients in a dry liquefier. Mill until seeds are milled, and ingredients are combined. Yields 1 1/4 cups. Great sprinkled on a fresh green salad.

### **Peananzo Spread**

1 15-ounce can garbanzos, drained (save juice)  
2/3 cup garbanzo juice  
1/3 cup peanut butter  
1/4 teaspoon lemon juice  
1 1/2 tablespoons tomato paste  
1/4 teaspoon onion powder  
2/3 cup black olives, chopped

Blend all ingredients except olives and peanut butter. Add olives and peanut butter and mix well. Scoop into bowl. Makes 1 1/2 cups spread. Delicious topped with sprouts and sweet onion on crackers, or used as sandwich filling.

### **Pimiento Dip Spread**

1 cup cashews  
1 small jar pimientos  
1/2 cup water (use part of liquid from pimientos)  
2 small green onions (or onion powder)  
1/2 teaspoon sea salt  
lemon juice

Blend all ingredients well in blender for 2 minutes (until smooth). Stir in small amount of fresh lemon juice (to taste). Delicious on avocado, cucumbers, tomato and cabbage. Good spread for sandwiches or crackers.

### **Pimiento Slicing Cheese**

1 cup cold water  
6 tablespoons Emes unflavored gelatin  
1 cup boiling water  
1 1/2 cup cashews  
3 tablespoons brewers yeast  
2 1/2 teaspoons sea salt  
2 teaspoons onion powder  
1/2 teaspoon garlic powder  
2 tablespoons lemon juice  
1 4-ounce jar pimientos  
1 teaspoon paprika

Soak gelatin in cold water in blender. Add boiling water and whiz briefly to dissolve. Let stand to cool a little. Add remaining ingredients and whiz. Pour into container and refrigerate until firm. You can slice or grate this cheese. Ortega chilies are also very good in this recipe.

### **7 Layer Bean Dip**

(1) refried beans (Rosarita Vegetarian or cook your own)  
(2) guacamole  
(3) Soy Sour Cream  
(4) green onions, chopped  
(5) salsa  
(6) black olives, chopped  
(7) Soya Kaas American cheddar and Jalepeño

Layer in a dish, in order given, getting a little smaller in diameter with each layer. Refrigerate. Don't forget the chips for dipping!

### **Soy Dressing, Mayo, or Dip**

3/4 cup water  
1/2 cup Soyagen or Solait (sol7eacute;)

## TC's Recipes

3/4 cup olive oil  
1 1/2 teaspoon onion powder  
1/2 teaspoon garlic powder  
1 teaspoon sea salt  
1/2 teaspoon dill  
1/2 teaspoon basil  
3 tablespoons fresh parsley  
pinch thyme  
2 teaspoons fructose  
2 tablespoons lemon juice

(For Soy Mayo, delete dill, basil, parsley, and fructose.)

Put all ingredients in a blender (except oil and lemon juice) and whiz. While blender is still going, slowly add oil (*for dressing, less oil may be used*) and lemon juice. Refrigerate.

### **Soy Sour Cream**

8 ounces soft tofu  
1 tablespoon honey  
1 tablespoon lemon juice  
1/4 teaspoon sea salt

Put all ingredients in blender and liquefy. May use in recipes that call for sour cream.

### **Tahini**

1 cup sesame butter  
1 cup water  
2 tablespoons lemon juice  
3 cloves garlic, minced  
1/2 teaspoon sea salt

Stir all ingredients together in a bowl. Use in falafels or as a spread in sandwiches. May be used as a dressing - just thin down with more water.

### **1000 Island Dressing**

1 Soy Dressing recipe, and add:  
1/4 cup sweet relish (vinegar free)  
1/4 cup tomato paste

### **Tomato Dressing**

Blend thoroughly:  
1/2 cup tomato puree  
1/4 cup olive oil  
1/4 cup lemon juice  
2 cloves garlic  
1/2 onion, chopped  
1 tablespoon honey

## TC's Recipes

- 1 teaspoon sea salt
- 1 tablespoon fructose

### **Guacamole Dip**

- 2 very ripe avocados
- 2 Tbsp. onion, chopped fine
- 1 clove garlic, minced
- 1/2 red pepper, cut fine
- 1/2 green pepper, cut fine
- 1 medium ripe tomato, peeled and chopped
- 2 stalks celery, chopped fine
- 1 Tbsp. lime or lemon juice

Halve the avocados, remove pits and scoop flesh into a glass container. Mash with a fork and blend in remaining ingredients. Serve as quickly as possible. Serve w/ fresh veggies.

### **Avocado Dressing**

- 1 ripe avocado
- 1 lemon, juiced

Mash the avocado until smooth, add the lemon juice until a creamy consistency is obtained.

To Serve: Place leaf lettuce on a plate, spread with avocado mixture, top with raw sweet corn salad (see recipe above right).

### **No-oil Lemon/Parsley Dressing**

- 3/4 cup distilled water
- 2 Tbsp. arrow root powder
- juice of 1 lemon
- 1 cup parsley
- 1 tsp. Nutritional Yeast
- 1/4 tsp marjoram
- 2 tsp. bell pepper
- dash of cayenne pepper

Combine distilled water and arrow root powder in a blender and process to combine. Pour into a sauce pan and heat until thickened, remove from heat and cool slightly. Pour into blender with other ingredients and process until parsley is chopped fine. Pour into a jar and refrigerate. The dressing will thicken more as it cools.

## **DESERTS**

### **Frozen Raw Birthday Cake**

**submitted by Gracie Gordon**

- 1 Bunt Cake Pan
- 16 oz. of dried organic figs, soaked overnight in distilled water\*
- 16 oz. of dried pitted organic dates, soaked overnight in distilled water\*
- 12 oz. bag of organic almonds
- 2 big bunches fully ripe bananas (organic if possible)

\* Soak fruit in separate bowls. The water level for soaking is about half full. Do not cover the dried fruits completely.

## TC's Recipes

Remove stems from soaked figs, puree figs and set aside. Puree dates put in separate bowl, chop almonds in food processor or blender and set aside in its own container. Peel and puree the bananas in a blender or food processor.

### To Build the Cake

Place almonds in the bottom of the mold; 2nd layer, pureed figs; 3rd layer almonds; 4th layer pureed bananas, almonds, dates, almond, figs or whatever order you desire. Almonds should be the first layer and end with dates or figs the last layer. Cover and freeze overnight.

### To Serve

Remove from the freezer, place upside down on a plate and allow to sit a few minutes until thawed enough to release from the pan. Can be carefully set in warm water just long enough to release the cake, being very careful not to get water in the cake.

This cake has so many possibilities. Use strawberries and blueberries for a beautiful, healthy 4th of July cake. Any of your favorite fruits can be used to make a new family tradition!

## **Fruit Bars**

1 cup oat flour  
1 ripe banana, mashed  
3 cups rolled oats  
1 cup apple juice  
1 cup unsweetened coconut  
2 cups chopped dates  
1/2 cup chopped almonds  
20 oz. can unsweetened crushed pineapple

Use the S blade of your food processor or blender to make oat flour out of a cup of rolled oats. Mix with all remaining ingredients except dates and pineapple. Use more apple juice to hold the mixture together, if needed. Press 1/2 of the mixture into a 9 x 12" glass baking pan. Chop pineapple and dates in food processor until the pieces are small. Place in a saucepan and cook until thickened. Spread over the bottom crust. Top with remaining oat mixture and bake at 350 degrees for 30-40 min. These make nice treats in a lunch box.

## **Hazards of Coffee and Tea**

### WARNING

Read this before you drink your next cup of coffee or tea!

### HEART ATTACK

An extensive study by Dr. Hershel Jick of the Boston University Medical Center indicates that those people who drink 1 to 5 cups of coffee per day are likely to have a 60% greater risk of heart attacks. Those people drinking 6 or more cups per day appear to have a 120% greater risk than do those who abstain.

The American Physical Fitness Research Institute reports: "A positive correlation has been found between coffee intake and blood cholesterol levels in coronary patients."

### CANCER

## TC's Recipes

According to scientists from the Department of Epidemiology, and Kresge Center of Environmental Health at Harvard University, "About 25% of the bladder cancer in men, and about 49% of the bladder cancer in women could be due to coffee drinking."

### BIRTH DEFECTS

National syndicated columnist Jack Anderson reported that "A University of Illinois team found that too much caffeine could cause birth complications. Of the 16 pregnant women who drank 6 to 8 cups of coffee per day, all but one had nasty consequences." "In addition," he wrote, "another team of scientists, this one at the University of Washington, has come up with corroborative findings."

### CAFFEINE IS IN COFFEE AND TEA

Coffee contains 100 to 150 milligrams of caffeine per cup, and commercial tea has about 90 milligrams per cup. Besides caffeine, tea also contains tannic acid, which is used in the hardening of leather.

### DECAFFEINATED COFFEE IS NOT THE ANSWER

Methylene chloride is the substance used to decaffeinate coffee. It introduces the same carbon-to-chloride bond into the body that is characteristic of many toxic insecticides.

### WHAT ABOUT SODAS?

Many sodas also have caffeine added to them to give the drinker a "lift". The amount of caffeine contained in sodas is between 60 mg to 120 mg per 12 ounces. In addition to caffeine, sodas contain huge amounts of refined sugars--up to 12 teaspoons of sugar in just 12 ounces of soda! "Sugar-free" sodas are no better, as they contain the chemical aspartame, which is linked to migraine headaches, seizures and even cancer.

## TRY ONE OF THESE COFFEE SUBSTITUTES

Postum

Cafix

Pero

Roma

Breakfast Cup

Nature's Sunshine Herbal Beverage (ingredients: roasted barley, rye, malt, chicory and freeze dried beet root)

## TC's Seasoning Secrets:

Sadly, through the years, vegetarian and vegan cooks have tried too hard to make their food taste like rich meaty dishes—when that is the very types of foods we were told to avoid! We were never instructed by God to make 'Image of the Beast' foods, so we could follow health-reform and not miss anything the world has on its plate. Rather we were told to return to enjoying the simple fruits, vegetables, nuts and grains, prepared in as simple a manner as possible. Just because a diet is 'vegan' or 'vegetarian', does not mean it is healthful; some tables present much rich and unhealthy, gluttonous food, which defeats the whole purpose of Hygienic Health Reform.

Seasoning like 'Chickenlike Seasoning; Beeflike Seasoning; most soy-sauces and Bragg's Aminos are not healthful at all as they contain excite-toxins and free MSG that is deleterious in many ways.

## TC's Recipes

Here is a secret for having tasty but healthy food-seasonings. You need to have a good food drier with fairly fine screen. Then you purchase organic celery, and other things like leeks, collard and other types of greens and whatever suites your fancy. Wash thoroughly and cut up fairly fine. Place the item in your food dryer and dry until very dry. Watch out for stems because if they are still bendy they contain moisture that will spoil your product.

When dry, you can whiz on a blender or food processor to make the powder. Then store in glass jar with tight lid. I keep on hand celery powder, Dulse powder, leafy Green powder, Leeks (I don't always powder these but have them chopped and dry so as to make yummy leek soup!) Then when seasoning a dish you are making, you can grab a pinch of this or that and these powders made from organic vegetables are far tastier than the commercial seasonings.

If you can grow or obtain fresh herbs you can do them up as well and your food will have a freshness that will surprise you.

Nutritional Yeast powder is very good as a seasoning and does not have the harmful effects of Bragg's Aminos.

Sundried tomatoes, chopped or blended up in some of the recipes' water are also a real asset to flavoring soups, stews, and roasts.

Look for the real and experiment and move away from the commercial MSG bombs! (Note many of these MSG bombs will even say 'no MSG' right on the labels—but they lie!)

### **TC's Secret Irish Leek Soup**

Take ½ cup dried chopped organic Leeks

Place in a scant cup of water and add 2 cups of diced, peeled potatoes and simmer until potatoes are soft. To this add ½ tablespoon of Engivita Yeast or other nutritional yeast powder; 1 tablespoon olive oil; and whiz with a hand blender. Then add 1 cup of unsweetened soy milk and stir. If soup is too thick add more milk. When consistency is as you wish, then add sea salt to taste and serve piping hot. For extra green leek soup you can add a tablespoon of dried leafy greens and 1 tablespoon of dried celery powder when cooking the potatoes and leeks.

### **Conclusion:**

READ LABELS--Remember to read labels on the foods you buy. We hope you will come to realize that the "food is food" concept is out! Buy foods with the purest ingredients, free from refined sugars, free from hydrogenated oils, chemicals and preservatives. If the ingredient list looks like a formula for a toxic waste dump—then don't buy it! When you must use oil in your cooking--use only a high grade olive oil.

EAT A VARIETY--Always eat a variety of foods. Rotate different foods daily. This will assure you all your daily requirement of nutrients. You should not change your diet drastically unless you are willing to follow sound principles and guidelines.