

Lisa's Cookbook

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Pie - Pecan (without corn syrup)
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Sunny Cincinnati Spice Blend

Turkey Gravy

Vanilla

Bread & Grains

Bread

Beer Bread

Directions Stir together dry ingredients, then stir in beer (by hand). Place in greased and floured loaf pan.

Bake at 350 for 1 hour.

Notes

Rye bread:

1 1/2 cups rye flour and 1 1/2 cups whole wheat

2 † caraway seeds

Dill bread:

2 † dill weed

2 cups	flour (whole wheat)
1 cup	oats
3 1/2 †	baking powder
1/2 †	salt
1 T	sugar or honey
12 oz can	beer

Bread Biscuits

Directions Heat the milk for 1 minute in the microwave on high and then add in the apple cider vinegar. Let sit for a few minutes then add the olive oil. Dissolve the yeast in warm water. Stir together the dry ingredients. Add all ingredients together and mix well (with dough whisk).

Chill in fridge for 3 hours or more (overnight is OK).

Roll out biscuits on floured surface (about 1/2" thick). Cut with 2 1/4" biscuit cutter (2nd largest). Dredge bottom in a little flour. Put onto ungreased cookie sheets.

Bake at 450 for 15 minutes.

Notes Based on the Sour Cream Biscuits recipe (page 270) of the Laurel's Kitchen Bread Book.

Wet Ingredients

1 1/4 c	milk
2 T	ground flax (or 1 egg and no olive oil)
1 T	apple cider vinegar
2 T	olive oil

Yeast

2 t	active dry yeast
1/4 cup	warm water

Dry Ingredients

3 cups	whole wheat flour
1/2 t	salt
1/2 t	baking soda
1 1/2 t	baking powder

Bread

Corn Muffins

Directions Preheat oven to 425. Mix dry ingredients, add egg, milk, oil. Mix by hand until smooth. Bake in greased muffin tins for about 25 minutes.

Notes Based on a recipe from the back of the Clabber Girl Baking Powder Box.

1 cup	yellow cornmeal
1 cup	flour (whole wheat)
1/4 cup	sugar
1/2 t	salt
4 t	baking powder
2	eggs (or 1T egg replace + 1/4 cup water or olive oil)
1 1/2 cups	milk
1/4 cup	oil (olive oil)

Bread

Corn Muffins with Oats

Directions Lightly grease 12 muffin tins or 8-9" inch square baking pan.

Heat milk for 1 minute in microwave and add vinegar and oil.

Combine dry ingredients. Add wet ingredients, stir with dough whisk. Add extras and stir again. Put in muffin tins (about 1/4 cup each).

Bake muffins at 425 about 25 minutes until light brown (pan takes 20-25 minutes).

Notes This recipe is from a Quaker Oat's ad in Better Homes and Gardens.

Wet ingredients

1 1/4 cups	milk
1/4 cup	olive oil
1 t	vinegar (apple cider)

Dry ingredients

1/2 cup	whole wheat flour
1 cup	cornmeal
1 T	baking powder
1/4 t	salt
1 T	sugar
1 cup	oats
2	eggs (or 2 T ground flax + 6 T water)

Extras

1/2 cup	frozen corn, thawed (optional)
2 T	chopped onion or 1 t dry minced onion (optional)

Bread Cornbread

Directions Microwave milk for 1 minute and add vinegar. Let sit til curdles. Add in oil & honey. Mix together dry ingredients. Add the butter milk mixture and 2 eggs. Combine.

Turn into greased and floured 8x8 pan and bake 45 minutes at 350.

Can double and cook in 9x13 pan (same baking time).

Notes From The Laurel's Kitchen Bread Book, p 329.

Wet ingredients

2 cups	milk
2 T	apple cider vinegar
3 T	olive oil
2 T	honey
2	eggs, beaten with fork (or 2 T flax meal with 6 T water)

Dry ingredients

1 3/4 cups	cornmeal
1 cup	flour (whole wheat)
3/4 t	salt
1 t	baking powder
1/2 t	baking soda

Bread

Focaccia

Directions Stir together dry ingredients with dough whisk. Add in wet ingredients and stir well with dough whisk. Let sit covered for 7-9 hours at room temperature.

Combine topping ingredients at least a few hours before ready to bake.

Transfer dough to 9x13 pan lined with parchment paper. Spread out evenly. Poke holes in dough with oiled fingers. Drizzle on the topping.

(~ 4:45 to eat at 6) Bake at 400 for 35-40 minutes until nicely browned on top. Let sit at least 15 minutes before cut.

Notes Based on a recipe found on the internet during covid.

Dry ingredients

1 cup	oats (or flour)
3 cups	flour (whole wheat)
1 T	yeast
2 †	salt

Wet ingredients

1 T	olive oil
2 cups	water (cool, not warm)

Topping

3 T	olive oil
1 T+	rosemary, crushed
1/4 †	salt (or sprinkle salt flakes or crystals on top)
1/2 †	dried garlic

Bread

Gluten Free Bread

Directions Add sugar and yeast to water. Let sit about 5 minutes.

Mix flour ingredients in stainless bowl with dough whisk. Add yeast mixture and mix with dough whisk. Cover (for a few hours (at least 30 minutes). Dough will be very sticky and wet!

~4:15 PM Preheat oven to 450 with dutch oven in it.

Form bread dough into round on parchment paper. After oven preheated immediately put in dough on parchment paper. Bake 30 minutes.

Reduce heat to 375. Remove lid. Bake additional 20-25 minutes.

Immediately put onto cooling rack and cool 30 minutes or more.

~6 PM Ready to eat! Slice. Put remaining bread on cooling rack till thoroughly cool (or bottom will get soggy).

Notes Based on a recipe found on the internet for my brother who has celiac disease.

Yeast mixture

2 cups	water, warm but not hot (about 100 degrees)
2 T	sugar
2 t	yeast

Flour mixture

2 cups	gluten free flour
1 cup	oats
1 t	salt
2 t	baking powder

Grain Grits

Directions Mix all ingredients in 4 quart pan. Bring to a boil, cover and simmer for 15-20 minutes. Stir occasionally and adjust heat as needed to keep to a low simmer.

Notes Based on a recipe on a bag of grits we got in South Carolina on vacation from CharlestonSpecialtyFoods.com

1 1/2 cup	grits
1 t	salt
6 cups	water
~2 T	olive oil

Bread

No-Knead Bread

Directions Night before: In 8qt stainless bowl combine flour, oats, yeast and salt. Add water and stir with dough whisk until blended. Dough is very shaggy and sticky! Cover (silicon lid) and let rest until next day (in microwave to keep warm).

~2 PM - sprinkle on flavorings plus about 2 spoonfuls of flour. Stir with bread dough whisk. Cover (prop up lid just a little so some air gets in). Let rest (in microwave).

~4:30 PM Preheat oven to 450 with dutch oven in it.

Form bread dough into round on parchment paper (use bread dough scraper to get dough out of bowl). After oven preheated put dough and parchment paper in dutch oven. Bake 35 minutes.

Reduce heat to 375. Remove lid. Bake additional 25 minutes.

Immediately put onto cooling rack and cool 15 minutes or more.

~6 PM Ready to eat! Slice. Put remaining bread on cooling rack till thoroughly cool (or bottom will get soggy).

Notes This is my personal variation of the incredible "No-Knead" bread recipe published in 2006 in the New York Times by Mark Bittman based on a recipe from Jim Lahey of the Sullivan Street Bakery. I use a 3qt Lodge dutch oven with a porcelain interior (replaced knob with a metal La Crueset knob that could be purchased separately).

1 cup	oats (or can use whole wheat flour)
2 cups	whole wheat flour
1/4 t	yeast
1 1/4 t	salt
1 3/4 cups	water

Flavorings

Italian	~15 slices dried tomato - cut up, 1 t basil, 1 t oregano
Nut	1/3 cup walnuts, 1/3 cup pecans - chopped
Dill	2 t dill weed, 1 t dill seeds
Raisin	1/4 cup walnuts, 1/4 cup pecans - chopped, 1 cup raisins, 1 t cinnamon
Choc/Cherry	1/2 cup pecans - chopped, 1/2 cup dried cherries, 1/2 cup chocolate chips

Grain Quinoa

Directions Rinse quinoa in fine strainer. Add water. Bring to boil. Cover and cook at simmer for 15 minutes. Remove from heat and let sit covered for 5 minutes.

1 1/2 cup	quinoa
3 cups	water

Breakfast

Breakfast French Toast - baked

Directions Preheat oven to 425. Grease and flour 8x8 pan.

Whisk together eggs and milk for at least a minute (or mix in blender). Add in remaining wet ingredients.

Stir together dry ingredients. Whisk (or blend) with wet.

Bake for 25 minutes until golden brown.

Let sit a few minutes. Serve with syrup.

Notes Based on fooddoodles.com/whole-wheat-dutch-baby

Wet ingredients

4	eggs
1/2 cup	milk, warmed (not hot)
1 †	vanilla

Dry ingredients

1/2 cup	whole wheat flour
1 T	sugar
1/4 †	salt
1/2 †	baking soda
1 †	cinnamon

Breakfast Granola

Directions In 8 qt bowl: combine wet ingredients. Then add dry ingredients and mix well.

Spread in 2 ungreased 9x13 stainless pans.

Bake for 1 hour at 250. Stir and reduce heat to 200. Bake another hour. Remove from oven and return all to 8 qt bowl. Add dried fruit and oats. Mix well. Put into quart ball jars. Makes 3 1/2 quarts.

Notes

Wet ingredients

1/4 c	canola oil
1/4 c	honey
1/4 c	maple syrup
1/2 t	salt
1 1/2 t	vanilla

Dry ingredients

1 c	sunflower seeds
1 c	pumpkin seeds
1/2 c	almonds, sliced
5 c	oats (uncooked) - add last after stir above

Add after baked

1 1/4 c	raisins
1 c	date pieces
1 c	oats (uncooked)

Breakfast Muesli

Directions Combine all ingredients (3 quart bowl) and refrigerate for at least 1 hour before serving.

Notes This recipe is from Sonja and William Conner's *The New American Diet* (pp. 242).

2 cups	oats (uncooked)
1 †	cinnamon
1/4 †	salt
1/2 cup	chopped dates (or raisins)
1/2 cup	sliced almonds or walnuts
2 cups	milk (can use 1 cup of yogurt and 1 cup milk)
1 †	vanilla
~4	large apples, chopped

Breakfast Pancakes

Directions Mix together ingredients. Add more milk if necessary to get a thinner batter for thinner pancakes. Preheat griddle (to test, sprinkle with a few drops of water -- griddle is ready if bubbles skitter around). Put burner on med-high to preheat then closer to medium after first batch. Cook pancakes till puffed and dry around the edges (will not turn easily if undercooked).

Makes 8-10 pancakes (1/4 cup batter each).

Notes From Betty Crocker's Cookbook 1986, p 30.

On our stove use Scan Pan. Round pan keep heat at med or slightly below. Square pan keep heat below medium by 3/4 of a mark.

1 cup	whole wheat flour
1 †	cinnamon
1 T	sugar
3 †	baking powder
1/8 †	salt
1 1/8 cups	soy milk
1	egg (or 1 1/2 † Egg Replacer plus 2T soy milk)
1 †	vanilla
2 T	canola oil
1/3 cup	pecans (chopped)
1/3 cup	walnuts (chopped)

Dips

Dip

Dill Dip

Directions Mix together all ingredients and chill.

Notes

1/2 cup	sour cream or yogurt
1/2 cup	mayonnaise (or yogurt +2T olive oil)
1	clove garlic, pressed (or 1/2 t dried garlic)
1 t	dill weed
1/4 t	salt
1/4 t	dill seeds
1 t	vegit
	fresh dill (optional)

Dip

Guacamole

Directions Scoop out avocados (by hand) and mash. Mix all ingredients. Chill.

Notes Recipe from my sister. If making for only 2 people reduce to 3 avocados.

5	ripe avocados, mashed
2 T	lemon juice (1/4 -1/2 lemon)
1/4 †	cayenne pepper
1/2 †	salt
1/4 †	chili powder
1-2 cloves	garlic, pressed
1-2	tomatoes, chopped fine
	cilantro, chopped

Salad

Salad

Asian Coleslaw

Directions Stir together sauce then add shredded cabbage. Mix well.

Notes Developed this recipe to try and mimic Northstar café.

If really large head 1.5 x recipe

1/2 head	cabbage, chopped
2	carrots, shredded
Sauce	
1 T	sugar
3 T	apple cider vinegar
2 T	olive oil
2 T	peanut butter
2 T	soy sauce
1/2 t	garlic, dried
1/2 t	ginger
1/2 t	chili paste
1 T	sesame seed favoring oil

Salad

Bean-Corn-Tomato Salad

Directions Mix dressing then mix all ingredients. Refrigerate at least 1-2 hours.

Notes Made up when had fresh sweet corn

2 ears	sweet corn (or 2 cups frozen, thawed)
2 cups	black beans
1	green pepper, chopped
20+	juliette tomatoes, cut in pieces
1/2	red onion, chopped fine

Dressing

1/4 t	pepper
1/2 t	salt
1/4 t	cayenne pepper
1/2 t	dried garlic
1 t	sugar
1 t	basil, dried
Handful	fresh basil cut in pieces
1/3 cup	vinegar (red wine)
3 T	olive oil

Salad

Chili Bean Salad

Directions Drain and rinse all beans. Combine ingredients at top. Mix together dressing (ingredients at bottom). Pour dressing over salad, mix well and chill 6 hours (or longer).

Notes This recipe is from Sonja and William Connor's *The New American Diet System* (page 300).

16 oz can	kidney beans
16 oz can	pinto beans
16 oz can	garbanzo beans
2 cups	frozen corn, thawed
1/2 cup	green onions, chopped (or onions)
1/4 cup	parsley or cilantro, chopped
1 cup	celery, sliced
1-2	diced green chilies
1	green pepper, chopped

Dressing

1/2 cup	olive oil
1/4 cup	vinegar
2 cloves	garlic, minced
1 t	chili powder
1 t	oregano
1/2 t	cumin
1/2 t	pepper
1 t	salt (if use unsalted beans)
1/4 t	cayenne pepper (or Indian chili pepper)

Salad

Coleslaw with mayonnaise

Directions Mix together dressing in stainless bowl. Add all veggies. Stir well and chill several hours before serving.

Notes

Dressing

3/4 cup	mayonnaise
2 T	apple cider vinegar
1 T	sugar
1/4 †	salt
1/4 †	pepper
1/4 †	celery seeds
1 †	onion, dried
1 †	dry mustard powder
1 †	turmeric
1/8 †	cayenne pepper

Veggies

1/2 - 1 head	cabbage chopped
1-2	carrots, grated

Salad

Coleslaw with mustard

Directions Combine the dressing ingredients and microwave until boils (2-2 1/2 minutes). Let cool. Pour over the cabbage and carrots and toss to mix. Cover and refrigerate before serving.

Notes Add smoky Tabasco sauce to each serving to taste.

Dressing

3 T	sugar
2 T	olive oil
3/4 cup	apple cider vinegar
3 T	prepared mustard
1/4 t	pepper
1/8 t	salt
1 t	dry mustard powder
1 t	turmeric

Slaw

1/2 head	cabbage, chopped
1	carrot, grated

Salad

Cucumber-Onion-Tomato Salad

Directions Stir dressing together. Add in all veggies. Let chill a few hours before serving.

Notes

Dressing

3 T	olive oil (does not need to be filipo berio)
1/3 cup	balsamic vinegar
2-3 cloves	garlic, pressed
1/4 t	salt
1/4 t	pepper
1 t	basil (dried)
1 t	sugar
1/8 t	cayenne pepper

Veggies

1-2 large	cucumber, cut into small pieces
1 medium	red onion, cut into pieces
3 medium	tomatoes, cut into small pieces
handful	fresh basil (optional)

Salad

Honey Mustard Dressing with Soy Sauce

Directions Combine all ingredients in jar and shake well.

Notes

1/4 t	ginger
1 t	Dijon mustard
1 T	honey
1 T	sesame oil
1 T	soy sauce
1/3 c	olive oil
1/3 c	apple cider vinegar

Salad

Kidney Beans with Peas and Pasta

Directions Cook pasta, drain, chill in cold water. Drain. Mix together beans, pasta and peas.
Mix all other ingredients together and then add to beans/pasta/peas.

Notes This recipe is from Jeff Smith's *The Frugal Gourmet* .

2 cups	kidney beans, cooked
2 cups	dry pasta, cooked
2 cups	frozen green peas
1/4 cup	olive oil
2 cloves	garlic, pressed
2 T	apple cider vinegar
2 T	lemon juice
1/2 t	salt
1/2 t	pepper
1 t	oregano
2 t	sugar
2 T	parsley, chopped

Salad

Pasta-Tuna/Salmon Salad

Directions Cook and drain pasta. Add all ingredients. Chill before serving.

Notes

Can use 2 1/4 oz can chopped black olives (drained) instead of red pepper.

1 1/2 cups	pasta (elbow), cooked and drained
2 cans (6 oz)	tuna OR salmon, drained
1	red pepper, chopped
3 stalks	celery, chopped
1/2	onion, chopped
1/3 cup	mayonnaise
1 1/2 †	Dijon mustard
1/4 †	pepper

Salad

Spicy Peanut Noodles

Directions Cook pasta according to directions. Heat oil and crushed pepper flakes in microwave for 1 minute on medium to bring out flavor. Add honey, soy sauce and salt. Add to pasta. Add remaining ingredients. Cover and refrigerate for at least four hours.

Notes This recipe is from Sonja and William Conner's The New American Diet System (pp. 329).

2 T	sesame oil
1 1/2 t	crushed red peppers
2 T	honey
3 T	soy sauce
2 T	parsley or cilantro, chopped (optional)
1 cup	peanuts, chopped
1 bunch	green onions, chopped
3 T	sesame seeds
12 oz	cooked rotini (or fettuccine or other) pasta (about 4 cups pre-cooked)

Salad

Three Bean Salad

Directions Mix dressing then mix all ingredients. Refrigerate at least 1-2 hours.

Notes Recipe based on one from my mother.

1 lb can	green beans, drained (or 2 cups frozen, thawed)
1 lb can	yellow wax beans, drained
2 cups	kidney beans
2 stalks	celery, chopped
1	green pepper, chopped
1	red pepper, chopped
1/2	red onion, chopped fine

Dressing

2 T	sugar
1 t	salt
1/4 t	garlic, dried
1/4 t	onion, dried
1/2 t	pepper
1/8 t	cayenne pepper
2/3 cup	vinegar (red wine)
1/3 cup	olive oil

Salad

Three Bean Salad 2

Directions Mix dressing then mix all ingredients. Refrigerate at least 1-2 hours.

Notes Recipe based on <https://www.thekitchn.com/three-bean-salad-recipe-23660427>

12 oz	green beans (frozen and thawed)
2 cups	garbanzo or white beans
2 cups	kidney beans
2 stalks	celery, chopped
1/2	red onion, chopped fine

Dressing

1/2 t	pepper
1 t	salt
1 t	honey
2 t	Dijon mustard
Handful	parsley, chopped (or 1T dried)
1/4 cup	vinegar (apple cider)
1/4 cup	olive oil

Salad

Vinegar-Oil-Mustard Dressing

Directions In beaker, stir mustard and oil. Add all other ingredients. Stir again. Shake before using.

Notes Loosely based on something I saw on the internet

1/2 cup	oil (olive)
1 T	Dijon mustard
1/2 cup	red wine vinegar
1/4 t	salt
1/8 t	pepper

Salad

Waldorf Salad

Directions Toss cut apples with lemon juice. Add other ingredients. Stir together dressing.
Mix all together and chill a few hours.

Notes Based on a recipe from our friend Susan Smith.

5+	apples, cut in small pieces (to fill a 3 quart bowl over half full)
1/2	lemon, juice
2-3 stalks	celery, cut in small pieces
1/2 cup	raisins
1/2 cup	walnuts, chopped
20-30	seedless grapes, cut in half

Dressing

1 T	apple cider vinegar
1 T	sugar
1/2 cup	mayonnaise
1/4 t	salt (optional)

Indian

Indian Carrot Pilaf

Directions Cook the rice as you normally would. In a separate saucepan, heat the oil, then add the bay leaves and grated carrots. Cook for 30 seconds. Add the almonds and raisins and stir well. Add the cooked rice and mix well.

Notes This recipe is from a cooking class taken at Upper Arlington's Evening Education classes taught by Sunita. Absolutely excellent, especially when served as a base under the Chana Dal.

2 cups	uncooked rice (long grained brown is best)
2-4 T	oil (olive)
2-3	bay leaves
2	carrots, grated
1/4 cup	slivered almonds
1/4 cup	raisins

Indian

Chana Dal (Yellow or Green Split Peas)

Directions Soak the split peas for a couple of hours first (that lets them cook faster below). Cook the peas in the same water, on medium heat until the peas are soft (about 20 minutes).

In a separate saucepan, heat the oil and then add the cumin seeds. When the seeds begin to split, add the onions, cooking them until 'done' (for about 3-4 minutes). Add the garlic and tomatoes and cook for a couple more minutes. Add the green chilies, salt, ginger, turmeric powder, and Indian chili powder and stir well. Add the peas and the water they cooked in and mix well. Let it cook for one minute. Garnish with the cilantro if desired just before serving.

Notes This recipe is from a cooking class taken at Upper Arlington's Evening Education classes taught by Sunita. Absolutely excellent, especially when served over the carrot pilaf.

2 cups	split peas, yellow or green
4 cups	water
1/4 - 1/2 cup	olive oil (and/or water)
1 t	cumin seeds
2	onions, chopped
2-4 cloves	garlic, pressed
2	tomatoes, chopped (or 15 oz can with juice)
2	fresh green chilies, chopped (optional)
1 t	salt
1/2 t	turmeric powder
1/2 t	Indian chili powder
1 t	ginger, grated (or dry powder)
	cilantro, chopped

Indian Kidney Beans

Directions Cook onion till light brown in color. This is called "caramelizing". It takes about 10-15 minutes. You may need to add a bit of water to keep the onions from sticking.

When the onions are light brown, add the spices and stir. Add tomatoes and their juice. Cook another 2-3 minutes, stirring well. Add the beans and water and cook on low heat for 5 more minutes. Excellent served over rice.

Notes This recipe came from an Indian cooking class in Upper Arlington. Indian chili powder can be found in Indian grocery stores. The degree of spiciness depends on the amount of Indian chili powder you add. The suggested 1 teaspoon amount gives the taste 'a good kick'.

1/4 - 1/2 cup	olive oil (or substitute part water)
1 large	onion (chopped)
1/2 t	Indian chili powder (or cayenne pepper), up to 1 t for really spicy
1/2 t	cumin powder
1/2 t	turmeric powder
2 cups	tomatoes, diced (14 1/2 oz can with juice)
1/2 t	salt
1/2-1 cup	water
2 cups	Kidney beans

Indian Roti (unleavened 'pocket' bread)

Directions In a bowl, mix flour, salt, and water. Knead the dough until it is pliable. Let the dough stand for 10 minutes. Divide dough into 12 equal parts (don't need to divide it all up at start). Make a ball out of each 1/12th piece; flatten the ball in palm of hand. Preheat cast uncoiled cast iron griddle on medium heat, until thoroughly hot - ideally, use the traditional Indian roti griddle called a 'tava'. Griddle is properly hot when you drop a pinch of dry flour on it and it will brown. Roll each flattened ball into a circle of about 5-8 inches in diameter. Dust the dough with flour before and during this rolling out process. Put a roti on the tava and turn it over after 1 minute. Turn the roti a second time after another minute. The roti should have developed a few darker brown spots during this process; not a lot though.

The BUBBLE STEP - Method #1 - Then, while the roti is still in the tava, press it very gently with a rolled-up dish cloth in any specific spot. Do not press hard. The purpose of pressing very gently with the cloth is to encourage a bubble to form where you press as you let up on the spot.

The BUBBLE STEP - Method #2 - When you start to heat the tava, turn another burner on high at the same time. Place a cake cooling rack over it. After a roti has spent the two minutes in the tava as outlined in the first paragraph above, remove it with a pair of tongs and gently place it on the cooling rack over the high-heat burner. Constantly, but slowly, move the roti around to prevent it from burning. I turn the roti after it "puffs".

Notes Sometimes the roti do not develop bubbles much or at all. I don't know why. Even when they don't, they are still delicious. The dough will keep in a sealed container in the fridge for up to 3-4 days before using. Use Durham flour obtained at an Indian grocery store or regular whole wheat flour. 1 cup makes 8-10 rotis. 2 cups worth will feed 4-5 people when served with Chana Dal or other Indian dish.

2 cup	flour, whole wheat
1/2 t	salt
1 T	oil (olive)
3/4 cup	water

Indian Sweet Potato Dal

Directions Sauté onions in olive oil until done (~5 minutes). Add garlic. Cook a minute. Then add spices. Cook and stir briefly. Add lentils, water and Vegit. Bring to simmer and cook 15 minutes covered.

Add sweet potatoes, salt, pepper and coconut milk. Bring back to simmer and cook 25-30 minutes covered (until sweet potatoes done).

Notes Based on www.tastingtable.com/cook/recipes/vegan-sweet-potato-dal-recipe

Base

~1/4 cup	olive oil
1	onion, chopped
4 cloves	garlic, crushed

Spices

1 †	ginger
1/4 †	cayenne pepper
2 †	curry powder

Lentils and stock

2 cups	water
1 cup	lentils, rinsed
1 T	vegit

Sweet Potatoes

2-3	sweet potatoes cut into ~1/2 inch pieces
1 †	salt
1/2 †	pepper
1 13.5 ounce can	coconut milk (lite)
1 †	cilantro dry (or handful fresh)

Italian

Italian

Angel Hair Pasta with Tomatoes and Basil

Directions While pasta is cooking, dice tomatoes and onions. When pasta is cooked, pour it into a strainer.

Combine onion, garlic and olive oil in pasta cooking pot and cook until soft (about 2 minutes). Remove from heat and add remaining ingredients, then return drained pasta to pot. Gently toss ingredients together.

Serve with walnuts and feta or parmesan cheese.

Notes Tomatoes and basil **MUST** be fresh. I usually use whole wheat angel hair pasta (cooked for 6 minutes). This is from *The Slim Gourmet* in the Columbus Dispatch (passed on to me by Leslie Blankenship).

8 oz	angel hair pasta, cooked and drained
1/4 cup	olive oil (or wine)
1	small onion, very finely chopped (or 2 T minced green onion)
4	cloves, garlic- pressed
4 cups	tomatoes, diced (must be FRESH)
1/2 †	salt
1/2 †	pepper
1/8 †	cayenne pepper
1/4 cup	basil, chopped (must be FRESH)

Italian Eggplant Linguine

Directions Sauté onion, carrots and garlic in olive oil until the onion is transparent. Add tomatoes and spices and bring to a simmering boil. Cook and stir occasionally for about 30 minutes.

In another skillet sauté the diced eggplant in olive oil and wine until the eggplant just becomes soft (about 15 minutes).

Add the eggplant to the larger skillet. Simmer gently for 10 minutes more. Serve over cooked linguine.

Notes This recipe is from my mother (originally from a recipe in the Cincinnati Enquirer, I believe.)

1/4 - 1/2 cup	olive oil and/or wine
1	tennis ball sized onion, chopped very fine
2	carrots, chopped very fine
3-4 cloves	garlic, pressed
6 cups	tomatoes, chopped
10+	dried tomato slices, chopped
1 T	oregano
1/2 t	pepper
1 t	salt
1/8 t	cayenne pepper
1/4 - 1/2 cup	olive oil and/or wine
1-3	eggplant, unpeeled but diced
1 lb	linguine

Italian Pesto

Directions Blend together everything except the nuts. Blend as little as possible. Add the nuts and blend about 10 second. Pesto should contain small pieces of leaves and the nuts should be just broken up, not pulverized. Remember that pesto was traditionally made by hand and you don't want modern appliances to give it a baby-food consistency.

Serve over warm pasta (I like penne) with parmesan or romano cheese.

Notes From Ericka.

2-4 cloves	garlic
2 cups	basil, firmly packed
1/3 cup	olive oil
up to 1/4 cup	water
	juice of lemon + zest from 1/2 of rind
1/4 t	salt
1/8 t	pepper
1/2 cup	pumpkin seeds

Italian Pizza (Crust and Topping)

Directions Dissolve yeast and sugar in warm water. Let stand 5 minutes. Mix together dry ingredients in separate bowl. Add dry ingredients and wet ingredients to yeast mixture. Stir well (using dough whisk). Let rest at least 15 minutes (several hours is better). Roll pizza dough onto floured surface. Transfer to parchment paper on pizza peel. Mix topping bottom layer ingredients together in bowl and spread on pizza dough. Mix topping top layer and sprinkle evenly on top.

Preheat oven to 450. Bake for 25 minutes with parchment paper directly on oven rack. Use pizza "peel" to get pizza in and out of the oven.

Notes

Crust (yeast)

2 1/4 t	yeast (or 1 pkg)
1 cup	warm water (lukewarm but NOT hot)
1 1/2 t	sugar

Crust (dry ingredients)

2 cups	flour
1 cup	oats
1/2 t	salt
1 t	oregano
1 t	basil
1/2 t	rosemary (crush in mortar and pestle)

Crust (wet ingredients)

2 T	olive oil
1/2 cup	water (warm)

Topping/Sauce (bottom layer)

1	red pepper, chopped (frozen is fine)
15-20	Kalamata olives, chopped
1	fresh tomato (chopped) and/or ~10 dried tomato pieces (cut up)
	fresh basil leaves (cut up) - optional

Topping (top layer)

1	small onion, chopped fine
5-10	mushrooms, chopped fine
1/2 pkg	tofu, cut into small pieces
	sprinkling of mozzarella cheese

Italian Pizza Sauce

Directions Mix together olive oil, garlic and spices. Stir in tomato paste then slowly stir in water. Let sit for several hours to let flavors blend. No cooking necessary, just spread on dough.

Notes Makes enough for 2 pizzas. It freezes very well! This recipe came from my sister who got it from the web (the website said it is used by many pizzerias). You can change the ratio of water to tomato paste to suit your taste. The original was 6 oz tomato paste to 1 1/2 cups water.

1/3 cup	olive oil
4 cloves	garlic, pressed
1/4 t	salt
1/4 t	pepper
1 t	crushed red pepper (optional)
1/2 T	oregano
1/2 T	basil
1/2 t	rosemary, crushed
12 oz	tomato paste
1 cup	water

Italian Polenta

Directions Combine corn meal, salt, pepper and cold water. Gradually pour this mixture into the boiling water, stirring constantly. Bring this new mixture to a boil, stirring frequently along the way. If desired, add beans, (if use canned beans rinse and drain them first). Reduce heat to 'low' and cover. Cook on low for 5-10 minutes, stirring occasionally.

Serve topped with warm spaghetti sauce.

Notes This recipe is from Carol Schenck.

1 cup	yellow corn meal
1/2 t	salt
1/4 t	pepper
1 cup	cold water
3 cup	boiling water
2 cups	Garbanzos or Great Northern beans (opt)

Italian

Ratatouille (Mediterranean Vegetable Stew)

Directions Heat olive oil and wine in large, heavy cooking pot. Crush in the garlic. Add bay leaf and onion. Sauté over med heat until onion begins to turn transparent. Add all of the remaining spices and stir. Then add all of the veggies and the tomato paste. Continue cooking on med heat for 20-30 minutes or until it tastes tender enough for you.

Serve over spaghetti with walnuts. Sprinkle with feta or parmesan cheese.

Notes This was adapted from the ratatouille recipe in the Moosewood Cookbook. (page 119).

1/4 - 1/2 cup	olive oil
1/4 - 1/2 cup	wine
4 cloves	crushed garlic
1	bay leaf
1-2	onion, chopped
1/2 †	salt
1 †	basil
1 †	marjoram
1/2 †	oregano
1/8 †	ground rosemary
2	bell peppers, chopped
1/2 †	black pepper
1/8 †	cayenne pepper
1-2	zucchini, cubed.(or summer squash)
1-2 small	eggplant
2 cups	tomatoes, in chunks
~10	dried tomato slices, cut in pieces
	freshly chopped parsley
	fresh basil (handful, chopped)

Italian Spaghetti Sauce

Directions Sauté onion, green pepper, celery, mushrooms and garlic in olive oil or wine. Add all other ingredients. Simmer for a while (30 minutes - 1 hour).

Notes Use for spaghetti, lasagna, etc. Freezes very well. Good served with walnuts.

1/4 - 1/2 cup	olive oil and/or wine
2	med. onions, chopped
3	cloves garlic, minced
1	green pepper, chopped
10-15	mushrooms, chopped (optional)
1-2 stalks	celery, chopped
6 cups	tomatoes, cut up
3 oz	tomato paste (1/2 small can)
1/4-1/3 cup	dried tomatoes, cut up
1 †	salt
1 †	pepper
1 T	oregano
1 T	Italian seasonings
1/8 †	cayenne pepper
1 T	parsley, chopped

Italian Spicy Tomato Sauce

Directions Sautée garlic ingredients together for a few minutes. Add tomato ingredients. Simmer for 20-30 minutes, stirring occasionally without lid. Add basil leaves and simmer another minute or so.

Notes Serve over pasta with walnuts. Add in sautéed greens (swiss chard or beet greens) and top with cheese.

Garlic ingredients

1/4 cup	olive oil
4-8 cloves	garlic, crushed
1 †	crushed red pepper

Tomato ingredients

8 cups	tomatoes, chopped (frozen are fine)
20+	dried tomatoes, chopped
1/2 - 1 †	salt
1/2 †	pepper
2 †	basil, dried
1/4 †	cayenne pepper

Basil

handful	basil leaves, roughly chopped (optional)
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Italian Spinach Lasagna

Directions Preheat oven to 375. Oil casserole dishes with olive oil (sides and bottom). I use an oval 9x12 (feeds 8 people) and square 8x8 (feeds 4 people) - both are about 3 1/2" deep.

Mix together ricotta and spinach.

Make 2 layers in the casserole dishes. For each layer:

1. Sauce
2. Noodles - cover as completely as possible, breaking noodles into pieces as needed

3. Ricotta/spinach mixture - spread evenly

4. Sprinkle parmesan and romano cheese

5. Sprinkle on mozzarella

Bake at 375 covered for 35 minutes. Uncover and bake 15 minutes more. Let stand for 15 minutes (or more).

Notes Be sure not to cook the noodles!

~15	lasagna noodles (uncooked!), whole wheat or white
2 15 oz containers	Ricotta cheese (fat-free or low-fat)
8 oz	Mozzarella cheese, shredded (regular, not low-fat)
2 10 oz boxes	frozen chopped spinach (thawed)
1/2 cup or so	Romano cheese (grated)
1/2 cup or so	Parmesan cheese (grated)
	spaghetti sauce (full recipe leaves about 1 cup left)

Italian Swiss Chard Italian Style

Directions Wash chard but do not dry. Cut stems into 1 inch pieces and leaves into 2-3 inch sections.

In a wok or large saucepan, sauté garlic and crushed red pepper in oil over medium heat for a minute or so but do not allow to brown. Add tomatoes, salt and pepper and chard stems, lower heat and simmer about 10 minutes, uncovered, stirring periodically. Then add leaves and dried tomatoes. Cover and simmer up to 10 more minutes.

Notes From the farmer at the Worthington Farmer's Market where we first bought Swiss Chard.

Serve over pasta with walnuts and romano or feta cheese.

2 T - 1/4 cup	olive oil and/or wine
2-4 cloves	garlic, pressed
1/2 t	crushed red pepper
4	tomatoes, chopped
1/4 t	salt
1/4 t	pepper
1/8 t	cayenne pepper
1 bunch	swiss chard (about 1 lb)
10-20	dried tomato pieces, cut up

Soup

Soup

Black Bean Soup

Directions In a soup pot, sauté the onions, garlic and cayenne in the oil for about 5 minutes, stirring frequently until the onions are translucent. Add the water, cumin, salt, tomatoes and black beans. Bring to a boil; reduce the heat to low and cover. Simmer for 30 minutes, stirring occasionally to prevent sticking. Stir in the cilantro and remove the soup from the heat.

Notes From April 2001 Nutrition Action -- reprinted from the New American Diet Cookbook.

1/4 - 1/2 cup	olive oil
1 or 2	onions, chopped
3 cloves	garlic, pressed
1/2 †	cayenne pepper
1 †	cumin
1 †	salt
4 cups	tomatoes, cut up
20+	dried tomato pieces, cut up
4 cups	cooked black beans
2 cups	water (or more as needed)
1/4 cup	cilantro, chopped (fresh)

Soup

French Market Bean Soup

Directions In large pot (8 quart) - combine beans, water, bay leaves and salt. Bring to boil and boil gently for 2-2 1/2 hours. Add all other ingredients. Boil gently about 1 hour more.

Notes You can make your own mixed beans by combining equal parts (1 cup) of: kidney/red beans, black beans, lentils, split green peas, split yellow peas, navy beans, pinto beans, red lentils and black eyed peas.

5 cups	water
2 cup	mixed beans
2	bay leaves
1-2 t	salt
1 T	Vegit (mixed spices)
3	cloves of garlic pressed
4 cups	chopped tomatoes
2-3	onions, chopped
3	carrots, chopped
2	stalks celery, chopped
1/2 t	pepper
1 t	thyme
2 t	basil
1 t	oregano
1/2 t	cayenne pepper
1 t	liquid smoke
1/4 -1/2 cup	olive oil
4-8 cups	okra (fresh or frozen), cut up
	water to cover plus some (~ 4 cups)

Soup

Gazpacho

Directions Cut veggies into fairly big pieces. Put everything in blender except about 3 cups of tomatoes. Blend using the Vitamix tamper but do not puree. Pour into a bowl. Blend the rest of the tomatoes and add to the bowl. Stir well and chill before serving.

Notes Flavor develops more over time. Makes 2 quarts

3 cloves	garlic, chopped into a few pieces each
1	pepper (red or green), cored and seeded
1/2	red onion
1	cucumber, not peeled
1/4 cup	olive oil
1/4 cup	red wine vinegar
1/2 †	salt
1/2 †	pepper
1 †	basil, dried
1/8 †	cayenne pepper
handful	basil

Tomatoes

4 cups	tomatoes (generous)
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Soup

Lentil Soup

Directions Stove: Sauté onions, carrots, celery and green pepper in a little olive oil or water. Mix flour and mix together. Add all remaining ingredients. Bring to a boil. Simmer about 30 minutes. Mix flour and wine - add, stir and cook another 10 minutes.

Notes Based on a recipe from an old cookbook.

1/4 - 1/2 cup	oil (olive) and/or water
1 1/2 cup	onions, chopped
1 cup	celery, chopped
1 cup	carrots, chopped
1	green pepper, chopped
16 oz can	tomatoes, chopped (undrained)
1	potato, chopped (optional)
1 1/2 cup	lentils, rinsed
6 cups	water
1 - 2 t	salt (use less if salted tomatoes)
1/2 t	pepper
2 t	thyme
2 t	sage
1/8 t	cayenne pepper
1 T	Vegit (mixed spices)
1/4 cup	flour
1/2 cup	red wine

Soup

Lentil-Greens Soup

Directions Use large (8+ quart) pot for fresh greens. Sauté onions and garlic in oil. Stir in water, salt, pepper and lentils. Heat (med-hi) to boiling; reduce heat. Cover and simmer 30-45 minutes. Stir in greens and vinegar. Cook about 5 more minutes, 10-15 minutes for fresh greens.

Notes This recipe is from Betty Crocker's Cookbook (pp. 313).

1/4 - 1/2 cup	olive oil
3	onions, chopped
1-3	beets, chopped (optional, works well with beet greens)
4 cloves	garlic, pressed
5 cups	water
2 cups	lentils (rinsed)
1 1/2 t	salt
1 t	pepper
~2-6 cups	greens (beet greens, swiss chard, spinach) - or 16 oz frozen spinach, thawed
1 T	apple cider vinegar

Soup

Navy Bean Soup

Directions Sauté veggies in oil (about 5 minutes) in pressure cooker. Add remaining ingredients, cover and lock the pressure cooker. Bring to pressure at medium heat (about 25 minutes) and cook for 20 minutes at pressure. Mash some beans with hand masher.

Notes

1/4 cup	olive oil
1	onion, chopped
1	carrot, chopped
1 stalk	celery, chopped
3 cloves	garlic, pressed
2 1/2 cups	great northern beans (rinsed and soaked overnight)
2 †	oregano
1 1/2 †	salt
1/2 †	pepper
1 T	vegit
1	bay leaf
1 †	liquid smoke
6 cups	water

Soup

Potato Leek Soup

Directions Wash leeks thoroughly and cut up into small rounds. Cook leeks in olive oil over medium heat until leeks are limp. Add potatoes and water and bring to a boil. Boil uncovered for 30 minutes until potatoes are thoroughly cooked. (They should fall apart when prodded with a fork.)

Add the milk, salt and pepper. Mash some of the potato chunks to thicken soup if desired.

Notes This recipe is from Sonja and William Conner's *The New American Diet* (pp. 262). Goes well with dill bread.

1/4 - 1/2 cup	olive oil and/or water
4	leeks, cut in small rounds (both white and green part)
4 cups	potatoes, chopped
5 cups	water
1 cup	milk (or 2T soy flour+ 1 cup water)
1 †	salt
3/4 †	pepper
1/8 †	cayenne pepper

Optional

1/2 pkg	tofu, chopped up
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Soup

Red Lentil Soup

Directions In a large pot (8 quart), heat oil over medium heat. Add onions, garlic, carrots and cook, stirring often until onions are softened, about 5 minutes. Stir in cumin, coriander, turmeric and cayenne. Add lentils and water. Bring to a boil, reduce heat and simmer, for about 15 minutes. Add tomatoes, potatoes, salt and pepper and simmer until vegetables are tender, about 20 minutes.

Notes Freezes very well. From Vegetarian Times, October 98, p 64 - third place winner from Anne D'Urso-Rose.

1/4-1/2 cup	olive oil
2	onions, chopped
2 cloves	garlic, minced
1 cup	carrots, chopped
1 T	cumin, ground
2 t	coriander, ground
1/2 t	turmeric
1/4 t	cayenne pepper
2 cups	red lentils, rinsed
8 cups	water
1 1/2 cups	potatoes, chopped (with skin)
1 - 2 t	salt
1/2 t	pepper
4 cups	tomatoes, chopped (frozen are fine)
10-20	dried tomatoes, cut up

Soup

Split Pea Soup

Directions In pressure cooker - combine all ingredients in order listed. Do not stir.
Cook at pressure 10 minutes. Keep heat at medium or below.

Notes This recipe is from Sonja and William Conner's *The New American Diet* (pp. 264).
Particularly good with corn muffins.

1/4 - 1/2 cup	olive oil
1 cup	onion, chopped
2 cups	carrots, chopped
1 cup	celery, chopped
4 cloves	garlic, pressed
2	bay leaves
1-2 t	salt
2 t	thyme
1/2 t	pepper
1 t	liquid smoke
1 3/4 cups	split peas (uncooked)
6 cups	water

Soup

Tomato Soup

Directions Sauté onions, celery and carrots in a little water or olive oil until tender (about 5-10 minutes). Add all other ingredients. Bring to a boil, reduce heat, simmer about 5 minutes.

Notes This recipe is from Sonja and William Conner's *The New American Diet System* (pp. 309). It tastes particularly good when you're sick. Vegit is a combination of spices and can be found in just about any health food store.

1/4 - 1/2 cup	olive oil and/or water
1	onion, chopped
2 stalks	celery, with leaves, chopped
1	carrot, chopped
29 oz can	crushed tomatoes
29 oz	water
1 †	salt
1/2 †	pepper
1 T	Vegit
1 †	basil
1/2 †	oregano

Soup

Two Potato Soup

Directions Sauté onions, celery and carrots in water or olive oil until tender (about 5 minutes). Add all other ingredients. Bring to a boil, reduce heat, simmer about 20 minutes - till potatoes are soft.

Notes Do NOT freeze (the potatoes end up a very strange texture). This recipe is very loosely based on one from Vegetarian Times. It tastes particularly good when you're sick. Vegit is a combination of spices and can be found in just about any health food store.

1/4-1/2 cup	olive oil and/or water
1	onion, chopped
2	stalks celery, with leaves, chopped
2	carrots, chopped
1-2	sweet potatoes, diced small
4-5	white potatoes, diced small
2 †	salt
1/2 †	pepper
1/8 †	cayenne pepper
1 1/2 T	Vegit
	water (to cover plus about 2 inches)

Optional

1/2 pkg	tofu, cut up
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Vegetarian

Vegetarian Algerian Spiced Lentil Stew

Directions Put the lentils in a saucepan with the turmeric and half of the onion. Pour boiling water over to cover, bring to boil and then simmer for 15 minutes until the lentils are almost cooked and most of the water is gone.

While the lentils are cooking, heat the oil in a saucepan large enough to take the lentils later on and sauté the other half of the onion for about 5 minutes. Add the garlic and spices and stir round to cook for 1-2 minutes. Add the tomatoes.

When the lentils are ready, spoon them into the fried ingredients and stir well to mix. Add cilantro. Simmer for 2-3 minutes.

Notes From the "World in Your Kitchen 2001 Calendar".
Serve hot with pita bread and yogurt.

2 cups	red lentils (~ 1/2 lb)
	water to cover (about 2 1/2 cups)
1 t	turmeric
1	onion, chopped
1/4 - 1/2 cup	olive oil
2 cloves	garlic, pressed
1 t	ground cumin
1 t	ground ginger
1/4 t	cinnamon
1/4 t	indian chili powder (or cayenne pepper)
1/2 t	salt
1/4 t	pepper
2 cups	tomatoes, chopped (or 1 can)
2 T	fresh cilantro, chopped (optional)

Vegetarian Baked Beans

Directions Rinse beans and soak in water over night (or bring to boil and let sit a few hours).
Drain.

Sauté onions, garlic and mushrooms in olive oil in pressure cooker without lid. Add all ingredients except vinegar, brown sugar and mustard. Cover and bring to pressure (when top starts jiggling). Cook at pressure 30 minutes (just below medium heat). Run pan under water to release pressure.

Add vinegar, sugar and mustard let sit about 15 minutes.

Notes

2 cups	dry great northern beans
1/4 cup	olive oil
2-3	onions, chopped
4 cloves	garlic, pressed
2-3 cups	mushrooms cut in pieces
2 cups	tomatoes (diced)
3 cups	water
20	dried tomatoes, cut up into pieces
3 oz	tomato paste (1/2 can)
1 †	dry mustard
1 †	turmeric
1/4 †	cayenne pepper
1 †	salt
1/2 †	pepper
1 †	liquid smoke
2 T	molasses (black strap)
2 T	sugar
1 T	apple cider vinegar
1 T	prepared mustard

Vegetarian Bean loaf

Directions In 9" corningware, heat beans and water in microwave for 1 minute.
Mash with hand masher. Add rest of ingredients except oats and stir well.
Add oats and stir again.

Let sit for 1 hour or more. Microwave (covered) on high 14 minutes, cook uncovered for 1 minute and let set 5 minutes.

Notes Loosely based on a meatloaf recipe from a Microwave cookbook.

2 cups	black beans (cooked)
1 cup	water
1/2 t	pepper
1/8 t	cayenne pepper
2	eggs (2 T ground flax + 1/4 cup water)
1/4 cup	olive oil
1 T	mustard
1 T	Worcestershire
1/2 cup	catsup
1	onion, chopped fine
1 cup	oats

Vegetarian Black Bean Chili Pot Pie

Directions Prepare filling: sauté onion and pepper until soft (about 5 minutes). Add garlic and cook about 2 minutes. Add spices and stir. Then add remaining filling ingredients. Bring to a boil, stirring occasionally and simmer about 10 minutes.

Topping: Mix dry ingredients. Add water and oil and stir until blended. Let stand about 2 minutes (it will be thin).

Pour filling into large corning ware (or 2 round blue casseroles). Pour topping batter on top and spread evenly. Bake 25-30 minutes at 400 until topping is cooked through and chili is bubbly. Let stand at least 10 minutes before serving.

Notes From Vegetarian Times (January 2001, page 54).

Filling

1/4 cup	olive oil
1 large	onion, chopped
1	green pepper, chopped
2 cloves	garlic, pressed
1 T	cumin
1 T	chili powder
1 1/2 t	coriander
1 t	unsweetened cocoa powder
1 1/2 t	salt
1 t	oregano
1 t	sugar
1/2 t	cayenne pepper
1/2 t	pepper
4 cups	black beans (cooked)
1 1/2 cups	frozen corn
4 cups	tomatoes, chopped
3 oz	tomato paste + ~10 dried tomatoes
1/2 - 1 cup	water (less if using frozen veggies)

Cornbread Topping

1/2 cup	flour (whole wheat)
2/3 cup	yellow cornmeal
1 T	sugar
2 t	baking powder
1/2 t	salt
1 cup	water
2 T	olive oil

Vegetarian Black Eyed Peas

Directions Soak peas in water overnight (or at least for several hours). Drain.
Sauté red pepper flakes, onion, garlic and celery. Add remaining ingredients
(except cilantro). Bring to simmer. Cover and cook 45 minutes or so. Add cilantro.

Or instead of simmering, cook in pressure cooker at pressure for 10 minutes.

Notes From N. Bernard's "Foods that Fight Pain" p 287

1 1/2 cups	dry black eyed peas (soaked overnight)
1/4 - 1/2 cup	olive oil
1 †	red pepper flakes
2	onions, chopped
4	cloves garlic, pressed
2-3	stalks celery, chopped
1/2 cup	brown rice (uncooked)
1 †	salt
1/8 †	cayenne pepper
4 cups	water
	cilantro, chopped (optional)

Vegetarian Cashew "cheese"

Directions Put cashews and water quart ball jar. Heat until boils in microwave (about 3.5 minutes). Let sit at least 5 minutes.

Blend all in Vitamix until very smooth.

Great as dip corn chips or sauce over veggies.

Notes Based on recipe from Nora Cooks blog <https://www.noracooks.com/vegan-mac-and-cheese-recipe/>

Soaked cashews

1 1/2 cups raw cashews

1 1/4 cups water

Everything else

1/2 lemon, juice

1/3 cup nutritional yeast

1/4 t turmeric

1/2 t garlic powder

1 t salt

1/8 t cayenne

Vegetarian Chickpea and Greens Stew

Directions In large pot (big enough to hold the greens until they shrink down): Sauté carrots, onion, garlic and greens stems in olive oil. Stir in red pepper flakes, tomatoes, salt and pepper. Simmer for about 15-20 minutes. Stir in the greens. Simmer (10 minutes for Swiss Chard, 15 minutes for Beet Greens) until tender. Add in chickpeas and basil and simmer about 3 minutes.

Notes

1/4 cup	olive oil
1	onion, diced
1	large carrot, chopped
	stems from greens, cut up
8	cloves garlic, minced
1 †	red pepper flakes
2 cups	tomatoes, diced (frozen is fine - add 10-20 dried tomatoes)
1/4 †	pepper
1/2 †	salt
large bunch	greens (swiss chard or beet greens), cut into pieces
2 cups	chickpeas, cooked
small bunch	basil, cut up

Vegetarian Chili

Directions Stove: Sauté onions and other veggies in olive oil. Add all other ingredients (except quinoa). Bring to a simmer, add quinoa, reduce heat and simmer for 1 1/2 to 2 hours.

Notes

1/4 - 1/2 cup	olive oil
2	onions, chopped
1	green pepper, chopped
2	stalks celery, chopped
2-4 cloves	garlic, pressed
4 cups	water
3 T	chili powder
1 1/2 t	salt
1 t	pepper
4 cups	chopped tomatoes
1/4-1/2 t	cayenne pepper
3 oz. (1/2 can)	tomato paste
2 cups	kidney bean (precooked)
2 cups	pinto beans (precooked), or can use all kidney beans
15-20	dried tomato pieces, cut up
1/2 cup	quinoa

Vegetarian Cincinnati Chili

Directions For vegetarian version: Sauté onions and garlic in olive oil. Add all other ingredients. Bring to a boil, reduce heat, simmer for about 1 1/2 hours.

Notes This recipe came from an old fundraising cookbook from Guardian Angels (a church in Cincinnati). The contributor said it was from the original Empress chili store in Cincinnati. I did reduce the salt in the original recipe from 1 T to 2 t. SoSoya is a sodium and fat free meat substitute. It's not easy to find but worth it! We order ours online at www.so-soya.com.
For original MEAT version: use 2 LB ground meat (turkey or beef) and 1 qt. water. Omit olive oil. Crumble RAW meat into COLD water. Add all ingredients and bring to a boil; cover and simmer 3 or more hours.
For lentil version use 2 cups lentils rinsed and 8 cups water. Serve over spaghetti.

1/4 - 1/2 cup	olive oil
2	large onions, chopped
1	clove garlic, minced
6 cups	water
2 cups	SoSoya (ground)
3	bay leaves
1/2 t	cumin (ground)
1/2 t	cayenne pepper
1 t	cinnamon
1 t	salt
2 t	black pepper
1 1/2 T	ground allspice
2 T	chili powder
1 t	Worcestershire
6 oz can	tomato paste + ~10-20 dried tomatoes, chopped

Vegetarian Garbanzo Goulash

Directions Cook macaroni according to package directions.

Sauté onions in oil with crush red pepper until tender. Add beans and tomatoes with juice. Add remaining ingredients and simmer for 5-10 minutes. Add macaroni and let sit without heat for about 5-10 minutes.

Notes This recipe is based on one from Sonja and William Conner's *The New American Diet* (pp. 292).

1/4 - 1/2 cup	olive oil and/or water
1	onion, chopped
1 †	crush red pepper
4 cups	tomatoes, chopped
4 cups	garbanzos (cooked)
1 1/2 †	salt
1 †	pepper
1/8 †	cayenne pepper
1 T	cumin (ground)
2 T	parsley, chopped (or 1 T dried)
3 oz	tomato paste + ~10 pieces dried tomato slices cut up
12 oz	water
4 cups	uncooked macaroni, cooked

Vegetarian Gravy

Directions In 4 quart pan, cook mushrooms in oil. Stir in flour and spices. Gradually stir in milk. Stir constantly over medium heat and bring to a simmer. Continue to stir constantly while it simmers at a low boil for 3 minutes. Remove from heat. Let sit to thicken for at least 10 minutes.

Serve over biscuits, stuffing, etc.

Notes Reheats well so can make a day ahead of time if desired.

1/3 cup	olive oil
1/2 lb	mushrooms
1/2 cup	flour
1 T	vegit
2 t	thyme
2 t	sage
1 t	rosemary (crush with mortar and pestle)
1 -2 t	salt
1/2 t	pepper
1/8 t	cayenne pepper
6 cups	milk

Optional

1/2 pkg	tofu (optional)
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Vegetarian Hummus

Directions Combine all ingredients in blender in order listed. Blend until smooth, adding water if necessary.

Notes Ideal Vita-Mix speed 6.5-7

2-4	cloves garlic
1/4 cup	tahini (sesame seed butter)
1/2	lemon juice (~2T)
1/2 †	salt (if use unsalted beans)
1 †	cumin
2 cups	garbanzos (cooked)
1/4 cup	olive oil
1/4 cup	mixed olive oil and water (about half and half of each)
up to 1/4 cup	water (as needed to blend OK)

Vegetarian Jambalaya

Directions Sauté the veggies. Add the tomatoes and cook, stirring often, over medium heat about 5 more minutes. Add remaining ingredients and cook as would for rice (if using brown rice, cover and cook for 45 minutes).

Notes Freezing and thawing tofu gives it a better texture for this recipe. Good with corn muffins and "sausage". Based on a recipe from the September 1995 Vegetarian Times, p25-26.

1/4-1/2 cup	olive oil and/or wine
1	onion, chopped
3-4 cloves	garlic, pressed
2 stalks	celery, chopped
1	green pepper, chopped
1	red pepper, chopped
1/2 lb	mushrooms, chopped
2 cups	tomatoes, chopped
1 t	liquid smoke
2	large bay leaves
2 t	thyme
1 t	salt
1/2 t	pepper
1/2 t	cayenne pepper
1 T	vegit
1 lb	tofu, cut up
1 1/2 cups	brown rice (uncooked)
3 cups	water

Vegetarian Moroccan Lentils

Directions Stove: Sauté onions in olive oil. Add water, lentils, bay leaves and salt. Bring to boil, cover and simmer 10-20 minutes till liquid is almost absorbed. Add rest of ingredients. Simmer uncovered, stirring occasionally, for 20 minutes.

Notes This recipe came from my sister (who got it from a roommate). Serve over rice.

	olive oil
1	large onion, chopped
3 1/2 cups	water
2 cups	lentils (rinsed)
1 -2 t	salt
2	bay leaves
4 cups	tomatoes
1 t	cayenne pepper
4	cloves garlic, minced
1/4 - 1/2 cup	olive oil
1/2 cup	fresh parsley, chopped (or 1-2 T dry)

Vegetarian Pasta with Zucchini

Directions Cook pasta al dente (penne, spirals, etc.)
Sauté onions, garlic, zucchini and yellow squash in olive oil until done (about 10 minutes). Add salt and chili pepper as it's cooking. Add garbanzos and cooked pasta and heat about 5 more minutes.

Notes Developed this recipe while Fred was on an elimination diet where he couldn't have wheat. Works well with brown rice pasta.

2 cups	Pasta, uncooked (any shape you like)
1/4 - 1/2 cup	Olive oil
2	onions, chopped
4	cloves garlic, pressed
2	zucchini, chopped
2	yellow squash, chopped
1 †	salt
1 †	crushed red chili pepper
1/8 †	cayenne pepper
2 cups	garbanzos (cooked)

Vegetarian Pot Pie

Directions Filling: sauté vegetables in oil/wine for a few minutes. Sprinkle flour over veggie. Add milk and water, while stirring. Add all other ingredients except peas and cook until filling is thickened (about 10 minutes). Add peas and put into casseroles.

Crust: use biscuit recipe. Cut into biscuits and place on top of filling.

Bake uncovered at 400 for 30 minutes (until bubbling and biscuits are browned).

Notes Use 2 round blue casseroles (or large oval and small round corning ware). From Vegetarian Times, Mar 98, p44.

Filling

1/4-1/2 cup	olive oil and/or wine
2	onions, chopped
2 stalks	celery, chopped
2	carrots, chopped
1	red pepper, chopped
1	potato, chopped fine (with skin)
1 lb	tofu, chopped
1 cup	green beans (frozen)
1/3 cup	flour (whole wheat)
1 cup	milk (2 T soy flour + 1 cup water)
1-2 cups	stock (or 1T vegit + 1-2 cups water)
1 1/2 †	salt
1 †	thyme
1/2 †	sage
1/2 †	pepper
1/8 †	cayenne pepper
2 T	parsley (fresh or dried)
1 cup	peas (frozen, thawed)

Vegetarian

Potatoes with green & white beans

Directions Boil potatoes for about 15 minutes in large pot.

In large stainless bowl, mix together dressing. When the potatoes are done lift them out of the water with a strainer and put them in the bowl. Stir well. Return the water to boil and cook the green bean for about 7 minutes.

Drain the green beans and add them along with the white beans to the bowl. Stir well. Serve warm, room temp or chilled.

Notes

Potatoes

~ 5 cups red potatoes (about 1 1/2 pounds), cut into 1/2 inch pieces

Dressing

3 T apple cider vinegar
1/3 cup olive oil
1 t salt
1/2 t pepper
1/2 t garlic, dried
1 t basil (dried)
1/2 red onion, chopped
handful fresh basil, chopped

Beans

~ 5 cups green beans (about 1 pound), snapped in half
2 cups white beans

Vegetarian Red Beans and Rice

Directions Soak beans overnight. Drain. Combine all ingredients except Worcestershire and cilantro. Bring to boil, reduce heat and simmer for about 2 hours. After 1 hour add 1 1/2 cups rice and 3 cups water. Add Worcestershire and cilantro.

Notes Good with Stewed Okra and Tomatoes.

2 1/2 cups	red beans (rinsed)
7 cups	water
1 1/2 t	salt
2	bay leaves
2 cups	onion, chopped
1 1/2 cups	celery, chopped
4	cloves garlic, minced
1 t	cayenne pepper
1/2 t	pepper
1 t	liquid smoke
1/4 - 1/2 cup	olive oil (optional)

1 1/2 cups	rice (brown)
3 cups	water

1 T	Worcestershire sauce
1/4 cup	cilantro, chopped

Vegetarian Red Pepper Pasta

Directions Sauté onions, garlic and carrots in oil/wine. Add the tomatoes and spices and simmer for 20-30 minutes.

Cook peppers in separate pot with olive oil. Cover and cook about 15 minutes. Then add to sauce. Simmer another 5 minutes or so.

Serve hot over pasta (linguine is good) with walnuts and feta or Romano cheese.

Notes Loosely based on Nutrition Action Newsletter, July/August 1995, p 14. Originally from Jane Brody's *Good Food Book*.

Sauce

1/4 - 1/2 cup	olive oil
4 cloves	garlic
1-2	onions, chopped
2	carrots, chopped
4 cups	tomatoes, chopped
1 1/2 t	salt
1/2 t	pepper
1 T	oregano
1/8 t	cayenne pepper
handful	fresh basil chopped (or 2 t dry)

Peppers

4-5	red peppers, cut in chunks
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Vegetarian Refried Beans

Directions Soak beans overnight. Rinse and drain.

Sauté veggies in oil in pressure cooker. Add the pinto beans and water, then spices. Stir well. Put on lid and bring to pressure over medium heat. Cook for 20 minutes at pressure.

Mash with a hand masher 'til you like the consistency.

Notes Based on Refried Beans recipe in "Vegan Pressure Cooking" by JL Fields.

Beans

2 1/2 cups pinto beans

Veggies

~1/4 cup olive oil
1 onion, chopped
4 cloves garlic, pressed

Spices & Water

3 1/2 cups water
1 T veget
1 T chili powder
1 † cumin
1/4 † cayenne pepper
1 † salt

Vegetarian Sloppy Joes

Directions Sauté veggies in olive oil. Add all other ingredients. Cook for about 15 minutes.

Notes Great way to use tomatoes and peppers from the garden.

1/4 cup	olive oil
1	onion, chopped
2	peppers, chopped (green or red)
2 cups	tomatoes, chopped
2 cups	pinto beans, cooked
1 cup	water
1 T	chili powder
1 T	mustard (prepared)
1 T	Worcestershire sauce
1/4 t	pepper
1/8 t	cayenne pepper
1 t	salt
3 oz	canned tomato paste

Vegetarian Stew

Directions Sauté veggies. Add remaining ingredients except for wine and flour. Bring to a boil, cover and simmer for about 20-30 minutes, stirring occasionally. Mix flour with wine then add it to the stew. Bring to a boil and then simmer uncovered for about 10 minutes.

Notes

1/4 - 1/2 cup	olive oil
1-2	onions, chopped in fairly large pieces
2	peppers (one red, one green), chopped
2 stalks	celery, cut in 1/2 inch pieces
3 large	turnips, cut in fairly large pieces
2 cups	carrots, cut in 1/2 inch pieces
2-3 medium	gold potatoes, cut in fairly large pieces
1/2 - 1 lb	mushrooms, cut in half
3 cups	water
1 T	Vegit
1	bay leaf
1 †	paprika
1 1/2 - 2 †	salt
1/2 †	pepper
1/8 †	cayenne pepper (optional)
1 pkg	tofu, cut up
3 T	flour
1/2 cup	red wine (120 ml wine)

Vegetarian Stir-fry

Directions Mix sauce and add in tofu. This can be done ahead of time (actually it's best if it sits for a while). Heat oil in wok. Cook "Onions Plus" for about 5 minutes (cover and stir occasionally). Add "Main Veggie". Cook 5-10 minutes. Cover and stir occasionally. Add sauce and cook a few minutes until bubbly.

Notes Serve over brown rice. Top with nuts (cashews or almonds).

Sauce

1/2 cup	Tamari (or soy) sauce
1/4 cup	apple cider vinegar
1 T	cornstarch
1 T	sesame seed seasoning oil
1 †	ginger
1/2 †	chili paste
1/2 pkg	tofu (frozen and thawed is fine)

Onions Plus

1/4 cup	olive oil
1	onion, chopped
4+	cloves garlic, minced (add some to sauce)
1 †	crushed red peppers
1	carrot, chopped
1	red or green pepper, chopped (optional)

Main veggie

4 cups or so	veggies, chopped
5-10	mushrooms, cut up

Vegetarian Stuffed Peppers

Directions Sauté veggies. Add remaining ingredients and cook for a bit. Remove tops of peppers and stuff.

Bake at 350 in greased (with olive oil), covered casserole for 45 minutes. Remove cover and bake additional 15 minutes.

Notes Green peppers taste better than red peppers.

Veggies

1/4 cup	olive oil
1	onion, chopped
1 stalk	celery, chopped
4 cloves	garlic, pressed
4 cups	tomatoes, chopped

Spices, etc.

1/2 t	crushed red pepper
2 t	italian seasoning
1 t	oregano
1 t	salt
1/2 t	pepper
1/8 t	cayenne pepper
2 cups	black beans
1 1/2 cups	brown rice (already cooked)
1/2 cup	oats
2 t	parsley, dried (or handful fresh)
1 t	basil, dried (or handful fresh)
3 oz.	tomato paste
3 oz	water

Peppers

5-6	large green peppers
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Vegetarian Stuffing

Directions Sauté veggies in olive oil. Mix together all ingredients. Bake at 325 or 350 for 30 minutes (covered).

To make croutons: cut 1 loaf of thin sliced bread into cubes. Bake 2 hours @ 200. Stir half way through. Let sit in oven overnight.

Notes Needs gravy. Prefer biscuits with gravy to stuffing.

1/4-1/2 c	olive oil
2-3	onions, chopped
3	stalks celery, chopped
1/2 - 1 lb	mushrooms, cut up
~ 5 cups	croutons
2 T	Vegit
1 T	sage
1 T	thyme
1 t	salt
1/2 t	pepper
1 t	rosemary, ground up
1 t	marjoram
1/8 t	cayenne pepper
1 - 2 cups	raisins
1 cup	pecans
1 - 1 1/2 cups	water
1/2 pkg	tofu, cut up (optional)

Vegetarian Thai Noodles

Directions Heat water for noodles. Cook noodles al dente.

In wok, heat oil and garlic. Cook about 30 seconds then add carrots and any broccoli stalks. Cook for 5 minutes (stir occasionally, keep lid on when not stirring). Add broccoli. Cook another 5 minutes. Add sauce and tofu. Cook another 5 minutes. Add cooked noodles. Cook another few minutes.

Notes Loosely based on a recipe that my sister found in the "The Gazette, Montreal, 5/15/2003 by Karen Turnbull"

8 oz pasta (spiral noodles), slightly undercooked

3 cloves garlic, pressed

2 carrots, sliced

1 bunch broccoli, chop up some of the stems that are reasonably tender

Sauce

1/2 cup water

1/4 cup vinegar (apple cider)

1/4 cup soy sauce

1/4 cup peanut butter

1 T sugar

1 T sesame seed seasoning oil

1 t Vegit

1 t ginger (dry or fresh grated)

1 t chili paste

1/2 lb tofu, cut in cubes

handful peanuts

1/4 cup fresh cilantro chopped (optional, add with noodles)

Vegetarian Veggie Pate

Directions Blend in Vitamix in order listed.

Pour into oiled 9x9 corning ware. Cook uncovered at 350 for 45 minutes.

Best made the day before and refrigerated.

Notes Based on <http://andthenidothedishes.blogspot.com/2012/01/veggie-pate-recipe.html>

It tries to recreate the veggie pate we loved from La Commensal. Of course, it's been so long since we've had the real thing, who knows? But it's by far the best veggie pate recipe I've found.

Blend in Vitamix

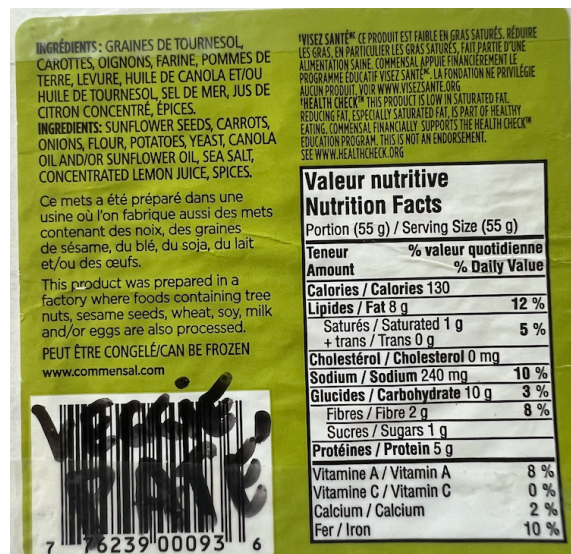
2 T	olive oil
2 cloves	garlic, pressed
1/2	lemon juice
1/4 cup	tamari

Cut up into about 1-2" pieces, add and blend

1	onion
1	carrot
1	potato (large, russet)
1	stalk celery

Add and blend

1/2 cup	whole wheat flour
1/3 - 1/2 cup	nutritional yeast (1/3 cup if powder, 1/2 cup if flakes)
1/2 cup	sunflower seeds (raw)
2 †	sage
2 †	thyme
2 †	Vegit
1/2 †	salt
1/4 †	pepper



Vegetarian Winter Chili

Directions Sauté onion, garlic, celery and pepper. Stir in tomatoes, beans, corn, water, rice and seasonings. Bring to a boil. Cover, reduce heat and cook about 45 minutes. Let stand for 10 minutes before serving.

Notes From Vegetarian Times, February 1997, p 42.

1/4-1/2 cup	olive oil and/or wine
2	onions, chopped
3-4 cloves	garlic, pressed
2	stalks celery, chopped
1	green pepper, chopped
4 cups	tomatoes, chopped
2 cups	kidney beans, cooked
2 cups	pinto beans, cooked
1 1/2 cups	corn, frozen
2 1/2 cups	water
1 cup	brown rice, uncooked
2 T	chili powder
1 T	oregano
1 1/2 t	cumin, ground
1/2 t	cayenne pepper
1 1/2 t	salt
1/2 t	pepper
1 t	vegit

Vegetables

Vegetables

Kale and Sweet Potatoes

Directions Steam the sweet potatoes until tender. 15 minutes or more.

Prepare the kale by washing VERY well and then removing stems and cutting up (like pieces for a salad).

Heat the oil in a large pot on medium heat. Add the cumin seeds, garlic and red pepper flakes. Stir for a few seconds then add the curry powder and stir. Add all of the kale and stir until the kale wilts (about 2 minutes). Add water, salt and peppers. Stir. Cover and cook on low heat until kale is tender - about 8 minutes.

Stir in the sweet potatoes and soy sauce.

Notes Based on a recipe from "Moosewood Cooking for Health" p 305. Goes well with spoon bread. First tried Nov 2011.

Sweet Potatoes

4 cups sweet potatoes, cut in about 1/2 inch pieces

Kale

~2T olive oil
1 † cumin seeds
1/4 † red pepper flakes
~ 5 cloves garlic, pressed
1 † curry powder
~8 cups kale, chopped with stems removed (one large "bunch")
2 T water
1/4 † salt
1/8 † cayenne pepper
1/2 † pepper

Combined

1 T soy sauce

Vegetables

Lemon Potatoes

Directions Combine dressing ingredients and mix thoroughly. Put potatoes in large greased casserole. Pour dressing over potatoes and stir well.

Bake at 375 for 1 hour in a covered casserole. Uncover, stir and bake another 30 minutes. Stir (until any remaining liquid is absorbed).

Notes Based on "Greek Oven Potatoes with Lemon Juice" from "Best of the Best from Ohio"

Good with 1/2 beets (cut beets into very small pieces).

Dressing

1 †	vegit
1 †	dried dill
1 †	salt
1/2 †	pepper
2 T	oregano (dried)
1/4 cup	olive oil
3 cloves	crushed garlic
1 cup	water
1/2 cup	lemon juice (one large lemon)
	lemon zest from 1/2 lemon (optional)

Potatoes

gold potatoes, cut into ~2" pieces - to fill casserole
can use 1/2 beets, cuts into small pieces, ~1/2"

Vegetables

Mashed Potatoes

Directions In pressure cooker, put olive oil in 4 quart pressure cooker, add onions, then fill to top "fill" line with potatoes. Add water. Set heat to med and bring to pressure (about 20 minutes). Cook for 3 minutes (after pressure is obtained, when rocker starts to rock). Add 1 T soy flour, salt and pepper. Mash with hand masher.

Notes

1/4-1/2 cup	olive oil (in bottom of pressure cooker)
1-2	onions, chopped
approx. 4 lb	gold potatoes with skin, cubed (to fill line of pressure cooker)
1 3/4 cups	water
1-2 †	salt
1/2 †	pepper
1 T	soy flour

Vegetables

Roasted fajita veggies

Directions Mix together spices. Put veggies and olive oil in a large bowl. Mix well. Add spices. Mix well.

Put in two greased 9x13 pans.

Bake at 425 for 25 minutes or until veggies are soft with a crisp edge. Great with refried beans!

Notes Based on a recipe from the Nora Cooks blog. <https://www.noracooks.com/sheet-pan-cauliflower-fajitas/#wprm-recipe-container-381>

Veggies

1 large head	cauliflower, cut into bite sized pieces
1-2	peppers, red or green or mix, cut into bite sized pieces
1	onion, cut into slices
1-2	carrots, cut into bite sized pieces
10 or so	mushrooms, cut into bite sized pieces
2-4 T	olive oil

Spices

1 T	chili powder
1 †	cumin
1/2 †	paprika
1/4 †	garlic powder
1/2 †	dried onion flakes
1/2 †	salt
1/8 †	cayenne

Vegetables

Scalloped Potatoes

Directions Mix together flour, curry powder, salt, pepper and parsley (including soy flour). In lightly oiled casserole, place layer of potatoes, sprinkle with flour mixture, then place layer of onions. Sprinkling each layer with flour mixture, alternate potatoes and onions till all are used.

Pour liquid over potatoes.

Cover and bake at 350 for 1 hour. Remove cover and bake another half hour to brown at 375.

Notes This recipe is from The American Heart Association Cookbook (pp. 334). "Kitchen King" curry powder is particularly good in this. I use a 9x12x3 oval corning wear dish.

5 T	flour (whole wheat)
1 1/2 T	curry powder
3/4 t	pepper
1 1/2 t	salt
1 1/2 T	parsley, chopped
6 cups	potatoes, thinly sliced
2	onion, thinly sliced
1/3 cup	olive oil (optional)
2 1/4 cups	milk (or 5 T soy flour plus 2 1/4 cups water)

Vegetables

Stewed Okra and Tomatoes

Directions Cook onion in oil in saucepan over moderate heat until lightly browned (~5 minutes). Add garlic and cook ~30 seconds. Add remaining ingredients and cook until okra is tender and mixture thickens, about 10-15 minutes. Stir occasionally to prevent sticking.

Notes From www.justvegetablerecipes.com/veg-0051705.html.

1/4 cup	olive oil
1	onion, chopped
2-3 cloves	garlic, pressed
24 oz	okra (frozen OK)
2 cups	tomatoes (frozen or canned OK)
1 †	salt
1/2 †	pepper
1/8 †	cayenne pepper

Vegetables

Sweet Potatoes

Directions Toss sweet potato pieces in olive oil and sprinkle with a little salt.

Bake at 375 in covered dutch oven for 20 minutes. Stir. Cook 20 more minutes. Stop then even if they seem a little hard (they will continue to cook a bit even after they are out of the oven).

Notes

1-4 sweet potatoes, cut into 1-2" pieces (skin on)
 olive oil
 salt

Desserts

Desserts

Apple-Peanut Butter Dip

Directions Stir all ingredients together in $\frac{1}{2}$ pint ball jar

Notes Based on a recipe from The Conscious Plant Kitchen I saw on the internet in 2022.

1/8 cup	oil (canola)
1/8 cup	maple syrup
1/16 t	salt
1/3 cup	peanut butter

Desserts

Banana Nut Bread

Directions Cream sugar, oil, eggs (or egg liquid), bananas and vanilla. Next add flour mixed with salt and soda. Stir in nuts.

Bake at 325 for 1 hour in greased and floured loaf pan. (Can bake as two smaller loaves in glass pans for 45 minutes).

Notes This recipe is derived from one from Betty Barlow. Can bake in 9x13 pan for 30 minutes at 325. Or 4 mini-loaf (2.5x5) aluminum pans (3/4 cup batter in each) for 40 minutes at 325.

1/4 cup	oil (canola)
1/4 cup	sugar
2	eggs (2 T ground flax + 6 T water)
3-4	bananas, mashed
2 cups	flour (whole wheat)
1 †	baking soda
1 †	salt
2 †	vanilla
3/4 cup	walnuts (or pecans), chopped

Desserts

Biscotti

Directions Stir together dry ingredients (in 8 qt stainless bowl). Add wet ingredients and mix with electric mixer. Add in nuts. Divide dough in half on floured surface. Roll into logs then dredge in flour. Cut into 1/2-1" slices and place upright on 2 cookie sheets.

Bake at 350 for 20 minutes. Cool 10 minutes outside of oven. Run spatula under pieces to loosen. Bake at 325 for 15 minutes. Turn off oven and let sit in oven until cool (at least 1/2 hour).

Notes

For almond version:
omit cocoa and carob powder
reduce sugar (1/2 cup)
add 1 t almond extract
substitute Amaretto for Kalua and almonds for walnuts
add 1/4 cup dates finely chopped with nuts

Dry Ingredients

1 cup	flour (whole wheat)
2 cups	oats
2/3 cup	sugar
1/3 cup	cocoa
1 T	carob powder
1/2 t	baking powder
1/2 t	baking soda
1/2 t	salt
2	eggs (or 2 T flax plus 6 T water)

Wet Ingredients

1 t	vanilla
1 t	molasses
1/4 cup	kalua
1/2 t	vinegar
1/4 -1/2 cup	milk (after first 1/4 cup add 2T at time till dough holds together)

Nuts +

2/3 cups	walnuts, coarsely chopped (optionally toast them)
3 T	cacao nibs (optional)

Desserts

Brownies

Directions Mix flax with water in beaker, heat about 30 seconds in microwave, stir again and let sit.

Stir together dry ingredients in large bowl.

Add wet ingredients and flax/water mixture to dry ingredients. Stir with dough whisk. Add nuts and chips. Stir well and put in pan.

Bake at 350 for 45 minutes in a greased and floured 8x8 pan.
Will set up as cools. Best when completely chilled (next day).

Notes Based on Vegan Brownies Recipe from Nora Cooks blog.
[Http://www.noracooks.com/vegan-brownies-recipe](http://www.noracooks.com/vegan-brownies-recipe)

Flax

3 T	Flax, ground
1/2 cup	water

Dry Ingredients

3/4 cup	flour (whole wheat)
3/4 cup	cocoa powder (can use 1/2 carob)
1/2 t	salt
1 - 1 1/4 cup	sugar (1 cup if use 1/2 carob)

Wet Ingredients

1/3 cup	oil (canola)
1 T	molasses
1 t	vanilla

Nuts and Chips

3/4 cup	walnuts, chopped
1/2 cup	chocolate chips (can use part carob chips)

Desserts

Brownies - Fudge

Directions Melt the chocolate in the oil in the microwave (stir every 30 seconds or so). Cool. Stir together the salt, carob powder and flour. Beat together the eggs, vanilla and sugar for several minutes. Stir in the chocolate gently. Then add the flour mixture, stirring only until blended. Stir in the walnuts.

Spread evenly in a greased and floured 9x13 pan and bake at 375 for 35 minutes. Cool. Frost with fudge icing. Best to let sit overnight before eating.

Notes Based on "The Best Brownies" recipe from The Fannie Farmer Cookbook (p 628).

Chocolate

6 ounces	baking chocolate (unsweetened - I like dagoba organic)
1/2 cup	canola oil

Flour mixture

1 1/2 cups	flour (whole wheat)
1/4 t	salt
1 T	carob powder

Sugar and eggs

4	eggs
2 3/4 cups	sugar
1 T	vanilla

Nuts

1 1/2 cups	walnuts, chopped
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Desserts

Cake - Banana

Directions Preheat oven to 350. Grease and flour a 9x13 pan.

Combine flour, sugar, baking powder, baking soda and salt. Add applesauce and banana; blend at low speed of an electric mixer until combined. Add milk, eggs and vanilla; beat 2 minutes on medium. Add chocolate chips and stir. Turn batter into pan. Bake for 30 minutes or until done.

Notes This recipe is derived from the January 1993 Vegetarian Times (page 24).

Cake

1 1/2 cups	flour
1 cup	oats
3/4 cup	sugar
1 1/2 t	baking powder
1 t	baking soda
1/2 t	salt
2 t	vanilla
1/4 cup	canola oil
1 1/4 cups	bananas, mashed (~ 2 medium)
2/3 cups	milk + 1 t apple cider vinegar
2	eggs (or 2 T flax meal plus 6T water)
1 cup	chocolate chips

Desserts

Cake - Carob with Walnuts

Directions Preheat oven to 375. Combine dry ingredients. Add wet ingredients and mix well with dough whisk. Add 1/2 of walnuts and stir. Pour into pan. Cover surface with other half of chopped walnuts.

Bake 32 minutes or until inserted toothpick comes out clean in greased and floured 8x8 pan.

Notes From the National Gourmet Institute for Food and Health via Vegetarian Times, September 1996 p 10.

Can double and bake in 9x13 pan for 40 minutes.

Dry ingredients

1 cup	flour (whole wheat)
1/2 cup	oats
3 T	carob powder
1/2 t	salt
1 T	baking powder

Wet ingredients

1/3 cup	oil (canola)
2/3 cup	maple syrup
1 t	vanilla
1/3 cup	milk
1 t	vinegar
2	eggs (2 T flax meal with 6 T water)

Walnuts

3/4 cup	walnuts, chopped
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Desserts

Cake - Chocolate

Directions Put milk in beaker and heat 40 seconds in microwave. Stir in vinegar and let sit. Stir together dry ingredients. Add milk and wet ingredients and mix with hand mixer. Add boiling water and mix. Batter is very runny (don't worry)!

Bake 40 minutes at 350 in greased and floured 9x13 pan. Use deeper 9x13 with stainless lid.

Ice after cool. Particularly good with carob icing.

Notes Based on recipe from Nora Cooks blog. <https://www.noracooks.com/vegan-chocolate-cake/#wprm-recipe-container-2914>

Milk

1 cup	milk (soy)
1 T	vinegar (apple cider)

Dry Ingredients

2 cups	flour (whole wheat)
1 1/2 cups	sugar
3/4 cup	cocoa powder
2 t	baking powder
1 1/2 t	baking soda
1/2 t	salt

Wet Ingredients

1/2 cup	oil (canola)
2/3 cup	applesauce, unsweetened
1 t	vanilla extract

Boiling Water

1 cup	water, boiling
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Desserts

Cake - Chocolate Cupcakes

Directions Pre-heat oven to 375. Line muffin cups (12) with paper bake cups. Stir together flour, sugar, cocoa, baking soda and salt. Add water, oil, vinegar and vanilla. Hand beat with spoon just until batter is smooth and ingredients are well blended. Use ~ 1/4 cup batter per cupcake. Bake 16-18 minutes or until wooden pick inserted in center comes out clean.

Frosting: beat peanut butter, powdered sugar and cocoa with vanilla and milk. Add milk very gradually.

Notes From the back of a Hershey's Cocoa box (I substituted peanut butter for margarine). If use chocolate chips no need to frost. Can double recipe and bake in 9x13 pan - beat 3 minutes on medium - bake at 350 for 35 minutes.

Cupcakes

1 1/2 cups	flour (whole wheat)
1/2 cup	sugar
1/4 cup	cocoa
1 t	baking soda
1/2 teaspoon	salt
1 cup	water
1/4 cup	oil (canola)
1 T	vinegar
1 t	vanilla
1/2 - 1 cup	semi-sweet chocolate chips (optional)

Frosting (optional)

3 T	peanut butter
1 1/3 cup	powdered sugar
1/4 cup	cocoa
1 t	vanilla
1/4 t	salt (if unsalted peanut butter)
2-3 T	milk (or milk)

Desserts

Cake - Chocolate Syrup

Directions Heat milk in microwave on high for 1 minute and stir in flax meal and vinegar. Stir together dry ingredients in 8 quart stainless bowl. Add wet ingredients and mix with electric mixer. Stir in nuts and chips. Bake at 350 in a greased and floured 9x13 pan. Bake 40 minutes (toothpick should come out clean).

Syrup: stir together cocoa, carob and sugar in 2 cup pyrex. Slowly stir in water until very well mixed. Microwave on high for 1 1/2 minutes, stirring every 30 seconds. Continue to microwave another 20-30 seconds till boils (watch carefully so it doesn't boil over). Add vanilla. While cake and syrup are still warm, poke holes in cake with toothpick (or metal pick). Carefully and slowly pour syrup on top and spread around with a spoon.

Notes Based on "Intensely chocolate bundt cake" from "have your cake and vegan too".

Dry Ingredients

1 1/4 cups	whole wheat flour
1 cup	oats
1/2 cup	cocoa powder (half carob)
1 1/2 cups	sugar
1 †	baking powder
1/2 †	baking soda
1/4 †	salt

Wet Ingredients

1 1/2 cups	milk
1 T	flax meal (added to milk)
1 †	vinegar (added to milk)
1/2 cup	canola oil
1 †	vanilla extract

Chips & Nuts

1/2 cup	chocolate chips (half carob)
1/2 cup	walnuts, chopped

Syrup

1/4 cup	cocoa
1/4 cup	carob (or cocoa)
1/2 cup	sugar
1/2 cup	water
1/2 †	vanilla extract

Desserts

Cake - Hot Fudge Pudding

Directions Mix together flour, salt, baking powder, sugar and cocoa. Stir in milk, vanilla and oil and then nuts. Spread in 9 inch round blue corning ware.

Prepare topping: Combine cocoa and brown sugar and sprinkle over batter. Pour the hot water over entire batter and topping.

Bake at 350 uncovered for 45 minutes. During baking the cake rises to the top and the sauce settles to the bottom!

Notes This recipe is from Sonja and William Conner's The New American Diet (pp. 354).

Carob can be used instead of cocoa. Or for 1/2 of cocoa.

1 cup	flour (whole wheat)
1/2 t	salt
2 t	baking powder
1/2 cup	sugar
1 T	cocoa
1 T	carob (or cocoa)
1/2 cup	milk
1/4 cup	oil
1 1/2 t	vanilla
1/2 cup	walnuts, chopped (or slivered almonds)
1/2 cup	cocoa (use part carob - about 2 T)
3/4 cup	sugar
1 3/4 cup	HOT water

Desserts

Cake - Oatmeal

Directions In 8 qt bowl: pour boiling water over oats and let sit for 10 minutes. Add the wet ingredients and stir well.

Stir together the dry ingredients in a separate bowl and then stir into the oat mixture. Add in nuts and stir again.

Bake at 350 in a greased and floured pan for 35 minutes or until tests done.

Notes Cinnamon version from Floyd. He used to make it with cream cheese icing. He got it from Mary (Fred's sister)

Oatmeal

1 cup oats
1 1/2 cups boiling water

Wet ingredients

1 1/4 cups sugar
1 T molasses
1/2 cup canola oil
1 t vanilla
1 t apple cider vinegar
2 eggs (2T flax meal with 6T water)

Dry ingredients

1 1/3 cups flour (whole wheat)
1 t baking soda
1 t baking powder
1/4 t salt
Flavor (pick one)
- 1 T cocoa and 1 T carob
- 1 T cinnamon

Nuts

3/4 cup walnuts, chopped

Desserts

Cake - Oatrage

Directions In large mixing bowl stir together dry ingredients and then mix all ingredients except chocolate chips and nuts. Mix with dough whisk. Stir in chocolate chips and nuts.

Spread batter into a greased 8 inch square microwave-safe baking dish and cover with lid.

Cook on HIGH for 3 minutes. Rotate dish 1/4 turn. Cook on HIGH for 3 minutes longer. Remove lid when finished cooking.

Notes Based on a recipe on the back of Nestle Toll House chocolate chips.

1 1/2 cups	oats
1/2 cup	flour
1/2 cup	sugar
2	eggs (2 T flax meal and 6 T water mixed together)
1 T	carob
1/4 t	salt
1/2 cup	applesauce
1/4 cup	canola oil
1 t	vanilla
1/2 cup	chocolate chips (can use 1/2 carob chips)
1 cup	walnuts, chopped

Desserts

Cake - Pineapple-Raisin Upside-Down

Directions In a 10-inch oven-proof skillet (or 10 inch corning ware - something that you can bake the cake in), mix 1/4 cup applesauce with the brown sugar. Spread out the mixture. Arrange well drained pineapple slices on top. Sprinkle 1/2 cup raisins on top.

Mix 1/4 cup applesauce with 3/4 cup sugar. Beat in the eggs, vanilla and shredded carrots. In a separate bowl, combine the dry ingredients. Beat in the dry ingredients and the pineapple juice. Fold in 1/2 cup raisins. Pour batter carefully over pineapple slices.

Bake at 350 for 40-45 minutes. Let stand about 5 minutes before inverting onto serving platter.

Notes This recipe is from Dole - it was printed in the food ads.

20 oz can	sliced pineapple (in own juice)
1/4 cup	applesauce or canola oil
1/2 cup	brown sugar
1/2 cup	raisins
1/4 cup	applesauce or canola oil
3/4 cup	sugar
2	eggs (or 1 T egg replacer + 1/4 cup water)
1 t	vanilla
1 cup	carrots, shredded (in food processor or grater)
1 1/2 cup	flour, whole wheat
1/2 t	baking powder
1/2 t	cinnamon
1/2 t	salt
1/4 t	ginger
1/2 cup	pineapple juice
1/2 cup	raisins

Desserts

Cake - Tunnel of Fudge

Directions Heat oven to 350°F. Grease and flour 9x13 pan. In large bowl, combine wet ingredients and beat well. Mix dry ingredients (except nuts). Blend in dry ingredients and then nuts until well blended. Spoon batter into greased and floured pan; spread evenly.

Bake at 350°F. for 55 minutes.

Notes You can find the original version at www.nordicware.com or www.pillsbury.com. This was a Pillsbury Bake-Off contest winner in 1966 and is credited with popularizing the bundt pan.

Wet ingredients

2 1/4 c	sugar
1/2 c	canola oil
1 cup	applesauce
6 eggs	6T flax with 1 1/2 cups water (stirred together)
2 t	vanilla

Dry ingredients

1 1/2 c	flour (whole wheat)
3/4 cup	oats
1 t	salt
3/4 cup	cocoa & carob powder (half and half)

Nuts

2 cups	walnuts, chopped
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Desserts

Chocolate-Peanut Butter Spread

Directions Stir dry ingredient together in $\frac{1}{2}$ pint ball jar. Add wet ingredients. Stir again.

Notes Based on apple-peanut butter dip to try and mimic Nutella. Great on graham crackers.

Dry ingredients

1 T	carob powder
1 T	cocoa powder
1/16 t	salt
2 T	sugar

Wet ingredients

1 T	oil (canola)
2 T	milk
1/3 cup	peanut butter

Desserts

Chocolate Nut Bark

Directions Microwave chocolate chips in 2 cup pyrex for 1 1/2 minutes. Stir and add in salt and nuts. Stir. Spread on parchment paper on a dish. Refrigerate until set (about an hour or so). Break up using a knife.

Notes Based on recipe from Eating Well. Can use any kind of nuts.

3/4 cup	Chocolate chips
3/4 cup	unsalted peanuts
1/4 t	salt

Desserts

Chocolate Sauce

Directions Put margarine and chocolate in 3 quart saucepan and stir over low heat until the chocolate is melted. Remove from heat and stir in rest of ingredients except vanilla. Beat by hand until smooth and return to heat, cook, stirring often for about 5 minutes. Remove and cool a bit then add vanilla.

Notes Based on recipe from Fannie Farmer cookbook, p 703.

Heat in pan

2 T	margarine or butter (earth balance)
2 ounces	unsweetened chocolate (2 squares dagoba)
1 cup	sugar
1/8 t	salt
1 T	corn syrup (optional)
1/2 cup	milk or water (soy milk)

After cool

1 T	vanilla
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Desserts

Chocolate Syrup

Directions In 4 quart saucepan, stir together dry ingredients. Crush out lumps with spoon. GRADUALLY stir in wet ingredients. Bring to boil over medium heat, stirring constantly (5-10 minutes). Cook for 3 minutes at low boil, stirring constantly. Remove from heat. Stir in vanilla.

Notes Makes 1 1/2 quarts.

Dry Ingredients

1/2 cup	cocoa powder
3/4 cups	sugar
1/8 t	salt
2 T + 1 t	cornstarch

Wet Ingredients

1 T	corn syrup (organic)
2 cups	water

After cooked

1 t	vanilla
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Desserts

Coffeecake - Fruit

Directions Combine batter ingredients (dry ingredients first - stir together, then add liquid ingredients). Combine well with dough whisk. Spread into a greased and floured 8x8 pan. Spread fruit evenly over batter. Mix together topping ingredients until crumb-like. Spread over fruit.

Bake at 375 for 50 minutes. Up the temperature to 400 and bake 10 minutes more.

Notes Can double recipe and use 9x12 pan.
Can make cake chocolate by adding 1/8 cup cocoa and 1/8 cup sugar

Batter - dry

3/4 cups	ww flour
1/4 cup	oats
1/4 cup	sugar
2 †	baking powder
1 †	cinnamon (apple only!)
1/4 †	salt

Batter - wet

1	egg (or 1 T flax meal and 3 T water stirred together)
1/4 cup	canola oil
1 †	vanilla
1/2 †	almond extract (cherries only!)
1/4 cup	milk (use any juice as part of this), increase to 3/8 cup if fruit very dry
1 †	vinegar

Fruit

2 1/2 cups	fruit, cut up (strawberries, apricot, peach, etc.)
	For apples: chop finely and add 1/2 cup cranberries, 1 T sugar, 1/2 † allspice then microwave 4-5 minutes til apples soft

Topping

1/2 cup	walnuts, chopped
1/4 cup	ww flour
1/4 cup	oats
1/4 cup	sugar
1/4 cup	canola oil

Desserts

Cookies - Chocolate Snaps

Directions Beat together oil, sugar, egg, molasses and vanilla. Stir together dry ingredients then beat them into wet ingredients. Chill dough for several hours!

Preheat oven to 350.

Scoop dough into 1 1/4" balls (smaller ball maker) then roll ball in sugar.

Bake for 15 minutes (cookies will spread and the tops will crack).

Makes 3 trays 13/sheet plus an extra 4-6 cookies.

Notes Based on "Ginger Snaps" recipe from the Fannie Farmer Cookbook 1990 (p 623) combined with "Chocolate Crinkle Cookies" from NoraCooks.com

3/4 c	canola oil
1 c	sugar (plus extra to roll the cookies in)
2	eggs (2 T ground flax + 5 T water)
1 T	molasses
1 t	vanilla
1 1/2 c	flour (whole wheat)
1/2 c	cocoa powder
2 t	baking soda
1/2 t	salt

Desserts

Cookies - Ginger Snaps

Directions Beat together oil, sugar, egg, molasses and vanilla. Stir together dry ingredients then beat them into wet ingredients. Chill dough for several hours!

Preheat oven to 350.

Scoop dough into 1 1/4" balls (smaller ball maker) then roll ball in sugar.

Bake for 13-15 minutes (cookies will spread and the tops will crack).

Notes Based on a recipe from the Fannie Farmer Cookbook 1990 (p 623).

3/4 c	canola oil
1 c	sugar (plus extra to roll the cookies in)
1	egg (1 T ground flax + 3 T water)
1/4 c	molasses
1 t	vanilla
2 c	flour (whole wheat)
2 t	baking soda
1/2 t	salt
1 T	ginger
1 t	cinnamon

Desserts

Cookies - Gingerbread

Directions Combine shortening, sugar, egg, molasses and hot water. Stir together dry ingredients (can sift 1 cup flour with spices if you like). Gradually add dry ingredients to wet ingredients. Chill dough at least 8 hours, then roll, cut out and bake 5 to 7 minutes at 375 degrees F.

Notes From my sister who got it from my mother.

1/4 cup	shortening (margarine)
1 1/4 cups	sugar
1	egg, beaten (or 1 T ground flax + 3T water)
1/2 cup	hot water
1 cup	dark molasses (Karo or other)

Dry ingredients

1 †	ground cloves
1 1/2 †	baking soda
1 †	salt
3 †	cinnamon
1 † (or more)	ginger
5 1/2 cups	flour

Desserts

Cookies - No-Bake

In a 3-4 qt saucepan, combine oil, cocoa, sugar, salt and milk. Measure out peanut butter and oats. Bring ingredients in saucepan to a low boil and stir constantly at low boil for 3 minutes.

Remove from heat and **quickly** stir in peanut butter, oatmeal and vanilla. Drop from a teaspoon onto waxed paper and allow to cool. Makes about 3 dozen.

1/4 cup	oil (canola)
1 1/2 cup	sugar
1/3 cup	cocoa
1/2 cup	milk
1/4 t	salt (if unsalted peanut butter)
1/2 cup	peanut butter
3 cups	oats (uncooked)
2 t	vanilla

Desserts

Cookies - Oatmeal with Chocolate Chips

Directions Preheat oven to 380. Bake 15 minutes.

Mix together wet ingredients. Beat in flour mixture. Mix in oats, chocolate chips and nuts. Place teaspoonfuls onto ungreased cookie sheets using larger Oxo cookie scoop (1.5 T dough).

Scooping details: Every 2-3 scoops, very briefly dunk part of the scoop in a smallest Corelle bowl/dish filled $\sim\frac{2}{3}$ with water.

The part to quickly dunk is $\frac{1}{3}$ of the scoop's hemisphere - the rightmost third when holding scoop in hand with interior of the hemisphere facing you.

After filling tray w 18 cookies, flatten the hemispheres of dough on the cookie sheet by using the back of a regular sized eating spoon to slightly press down on top of the hemisphere of dough. Press outward, starting at the center/top of the dome. Press until mostly flattened but still rather thick. Every so often, dunk the back side of the spoon in water - this will keep the spoon from sticking to the dough.

Notes Makes 4 trays of 18 cookies/tray.

Wet ingredients

1 1/3 cups	sugar (can use 1/2 brown sugar)
1 cup	oil (canola)
1 cup	applesauce
4	eggs (1/4 cup ground Flax + 3/4 cups water)
1 T	vanilla

Flour mixture

3 cups	flour (whole wheat)
2 T	carob powder
2 t	baking soda
1 t	salt
6 cups	oats
2 cups	chocolate/carob chips (about 20% carob chips)
1 cup	walnuts, chopped

Desserts

Fruit Crisp

Directions Preheat oven to 375. Prepare fruit as though for a pie (in 1-2" pieces). Mix filling in baking dish. Bake, covered, 35 minutes for "hard" fruit (apples), 25 minutes for rhubarb and less for "soft" fruit (15 minutes for cherries, 5 minutes for peaches). Mix topping with fork or pastry knife. Stir a few spoonfuls of the topping into the fruit. Spread rest on top of filling. Bake at 425, uncovered, for about 15 minutes until brown and bubbly.

Notes Use 9" round (blue) casserole baking dish.

Sour cherries 3 1/2 cups unpitted yields 2 1/2 cups which is good for crisp.

Filling

6-8 cups	fruit (raw, cut up) - 6-7 cups apples plus 1 1/2 cups cranberries, rhubarb, peaches, etc.
1/4 - 1/2 cup	sugar (less for sweeter fruits)
1 †	cinnamon
0-1/2 cup	water (none if fruit was frozen!)

Topping

1/4 cup	flour (whole wheat)
1 1/4 cup	oats
1 †	cinnamon
1 †	allspice (omit for peaches and cherries)
1/4 †	salt
1/4 cup	sugar
1/4 cup	oil (canola)
1 †	vanilla
1/2 †	almond extract (cherries only!)

Desserts

Icing

Directions Make confectioners' sugar in Vitamix - use DRY blades. Put in ingredients in order listed then blend on variable at low speed and go to top speed then blend at High for 30 seconds. Let sit at least 15 minutes and repeat blending.

Method - pick one

- Using dough whisk by hand (use ~4 quart bowl): Melt margarine - 20 seconds in microwave in custard cup. Put sugar in bowl and make crater in center. Slowly add in liquid ingredients. Start with 2 T milk. Add more if needed.
- Using mixer: In an 8qt bowl, cream the margarine, vanilla and 1 T of milk along with some of the confectioners' sugar with electric mixer. Slowly beat in the remaining confectioners' sugar, adding additional milk gradually as needed to get right consistency.

Notes From The Fannie Farmer Cookbook, p 598.

Confectioners' sugar with flavor

3/4 cup sugar (in bottom)
1 T cornstarch
1/8 † salt

Flavor (pick one)

- Chocolate - 1/4 cup cocoa
- Carob - 1T cocoa and 3 T carob powder (total 1/4 cup)
- Cinnamon - 1 † cinnamon
- Vanilla - nothing

3/4 cup sugar (on top of the above)

Liquids

1/3 cup margarine (Earth Balance)
1/2-1 T vanilla (for vanilla icing use 1T)
~2-4 T milk (chocolate and carob always need at least 3T, cinnamon needs 2T)

Desserts

Icing - Fudge

Directions Stir together all of the ingredients except the vanilla in a 4 quart sauce-pan. Bring to a rolling boil and cook, stirring constantly for 2-3 minutes. Cool. Add the vanilla and beat by hand.

The icing takes 2-3 hours to set up.

Notes From the Fannie Farmer Cookbook (page 599)

2 ounces	baking chocolate (unsweetened), cut into pieces
1 1/2 cups	sugar
1/2 cup	milk
1/4 cup	margarine (earth balance)
1 T	corn syrup
1/8 t	salt
1 t	vanilla

Desserts

Oat Bars

Directions Grease and flour an 8x8 pan. Mix the dry ingredients. Add the wet ingredients. Mix well with dough whisk - it will be sticky and thick.

Spread half of the mixture in the pan. Next spread on the middle layer. Then put on the remaining half of the mixture.

Bake at 325 for 55 minutes.

Notes This recipe is derived from one from Roger and Carol Schenck. You can use lots of different things for the "middle layer" - 3/4 cup apple butter or fresh blueberries. Can double and make in 9x13 pan.

Dry Ingredients

1 cup	flour
1 t	baking soda
1/2 t	salt
3/4 cup	sugar
2 cups	oats

Wet Ingredients

1/4 cup	canola oil
1/2 cup	applesauce
1 T	molasses
1 t	vanilla

Middle layer

3/4 cup	chocolate chips (or apple butter, fruit, etc.)
1/2 cups	walnuts, chopped

Desserts

Osties

Directions Mix ostie wafer ingredients together - adding water a little at a time so get a smooth paste. Place the closed ostie iron over medium flame until hot, turning over occasionally. Water should sizzle. Lightly oil using olive oil and paper towel. Fill "center" of iron with batter. Cook 45 seconds on side one, flip and cook to 1 min 30 seconds total time. Should be able to pull off easily with spatula or fork. Need to oil iron periodically (after every few osties).

Cook honey and syrup together over medium heat. Fill to make a "sandwich" with two wafers.

Notes Recipes based loosely on ostie recipes found on internet. Use ostie iron inherited from my grandmother.

1 cup flour makes ~16 wafers. 2 cups nuts enough for ~ 6 sandwiches.

Wafers

1 cup	flour
1 cup	water
1 T	olive oil (optional)

Filling

2 cups	walnuts, chopped (not too fine)
1/2 cup	honey

Desserts

Pie - Lemon Meringue

Directions Combine sweetened condensed milk, lemon juice and zest, blend in egg yolks. Turn into cooled crust.

Beat egg whites with cream of tartar until soft peaks form. Gradually beat in sugar until stiff peaks form when beater is raised. Spread over filling being careful to seal to edge of crust.

Bake in slow 325 F oven for 12-15 minutes until meringue is golden brown. Cool.

Notes This is my mother's famous lemon meringue pie recipe. She got it from the Eagle Brand recipe book "The Dessert Lover's Handbook, 1973" p 5.

1 pre-baked 9" pie crust

1 can Sweetened condensed milk

1/2 cup fresh squeezed lemon juice (from 2+ lemons)

1 t (or more) lemon zest

3 egg yolks

Meringue

3 egg whites

1/4 t cream of tartar

6 T sugar

Desserts

Pie - Pecan

Directions Preheat oven to 350.

Slightly beat eggs with fork. Stir in all ingredients except pecans until blended.
Stir in pecans. Pour into pie crust.

Bake 50-55 minutes or until knife inserted halfway between center and edge comes out clean.

Notes This is the classic pecan pie recipe from Karo (www.karosyrup.com).

See pecan pie w/o corn syrup recipe as alternative.

3	eggs, slightly beaten
3/4 cup	sugar
1 cup	Karo syrup (light or dark, I usually use light)
2 T	canola (or melted butter or margarine)
1/4 t	salt
1 t	vanilla
1 1/4 cups	pecans (chop about 3/4 cup of these)
1	9 inch pie crust (unbaked)

Desserts

Pie - Pecan (without corn syrup)

Directions Preheat oven to 375. Put pie crust in pie plate.

Melt earth balance and set aside. Stir together dry ingredients. Add in wet ingredients and mix well, then earth balance, then pecans. Pour into crust and bake 47 minutes. Will set up as it cools. Make day before and refrigerate.

Notes Based on a recipe from King Arthur flour's website (Old-Fashioned Pecan Pie).

Prefer to make in deep dish fire king pie plate with lid.

Use no roll pie crust. Press in up sides and crimp up near top. Will have some left over crust. Put in 2 custard cups. Filling is more than need for main pie - put in custard cups (about 1/3 cup each).

Cook 15 minutes with lid on then 35-40 minutes without lid. Cook custard cups about 30 minutes total.

Melt

1/2 cup margarine or butter (earth balance), melted

Dry Ingredients

1/4 cup flour (whole wheat)

1/2 t salt

Wet Ingredients

2 cups sugar

1/8 cup (2T) molasses

6 T milk

3 eggs, beaten

2 t vinegar (apple cider)

2 t vanilla

Pecans

1 1/2 cups pecans (1 cup diced, 1/2 cup whole)

Desserts

Pie - Pumpkin

Directions Vegan alternative in () - it's more of a custard. Great with topping from fruit crisp and no crust.

Combine all ingredients in order. Pour into 9" pie crust.

Bake at 425 for 15 minutes. Reduce temperature to 350 and bake an additional 35-45 minutes until knife inserted in center comes out clean. (Vegan - knife will not come out clean - takes ~40 minutes. Will set up as cools.)

Notes From Libby's pumpkin pie can (spices are 1.5x). I created the vegan alternative in 2023.

2	eggs, beaten (2 T ground flax, 2 T cornstarch, 1/4 cup water stirred together)
15 oz can	pumpkin
3/4 cup	sugar
1/2 t	salt
1 1/2 t	cinnamon
3/4 t	ginger
3/8 t	cloves
12 oz	evaporated milk (1 1/2 cups cashew or other milk)

Topping (alternative to crust, especially good with vegan alternative)

1 1/2 cup	oats
1/4 cup	pecan, chopped (optional)
1 t	cinnamon
1/4 t	salt
2 T	sugar
1/4 cup	oil (canola)
1 t	vanilla

Desserts

Pie Crust

Directions Makes 2 8-10" pie crusts.

Sift or stir flour and salt together. Cut in shortening with pastry cutter till pieces are the size of small peas. Sprinkle 1T water over part of mixture. Gently toss with fork - push to side of bowl. Repeat till all is moistened. Form into 2 balls. Flatten one ball at a time on lightly floured surface. Roll from center till about 1/8" thick and right size for pie pan.

If bake crust separately prick bottoms and sides with fork. Bake 10-12 minutes at 450 till golden brown.

Notes This recipe is from my Mom.

2 cups	flour
1 t	salt
2/3 cups + 2 T	Shortening (Crisco)
5-7 T	very cold water

Desserts

Pie Crust (no roll)

Directions Stir together dry ingredients. Mix together wet ingredients. Add the wet ingredients to the dry and mix with dough whisk or fork. Pat into pie plate, crimp the edge.

Make one 9" crust.

Notes Based on a recipe from King Arthur flour's website.

Dry Ingredients

1 3/4 cups	white flour
1/4 cup	whole wheat flour
1/2 †	salt
1/2 †	baking powder

Wet Ingredients

1/2 cup	olive (or canola) oil (I use Fillipo Berio olive oil)
1/4 cup	cold milk

Desserts

Popcorn - Kettle corn

Directions Heat oil on medium (#6) with 3 popcorn kernels in pot on stove (5.5 quart Cuisinart with glass lid). Quickly add popcorn and then sugar. Move pan side to side and occasionally up and down until popping slows. Transfer to bowl (8 quart), salt and stir.

Notes Based on recipe from Dave.

Larger amount is 1/4 cup oil, 1/2 cup popcorn, 1/4 cup sugar.

3 T avocado oil

1/3 cup popcorn

3 T sugar

salt

Desserts

Popcorn with Peanut Butter

Directions Hot air pop popcorn (8 quart bowl).

Topping: In beaker, stir together all ingredients and microwave 30 seconds (or until boils).

Stir topping into popcorn.

Notes Loosely based on "Peanut Butter Caramel Popcorn" recipe on karosyrup.com.

Popcorn

6 T (generous) popcorn

Topping

2 T sugar
1 T olive oil
1/8 t salt (if unsalted peanut butter)
1/4 cup peanut butter

Desserts

Pops - chocolate

Directions In a 4 cup pyrex measuring add sugar, cocoa and salt. Whisk or stir well. Be sure to get all of the lumps out at this stage! VERY slowly whisk in vanilla and coconut milk. Pour into pop molds and freeze overnight.
Be sure to stand the molds upright to freeze! Twist the mold to push up the pop when eating.

Notes Does not work well with other milks. Makes 5 pops.

2 T	sugar
3 T	cocoa powder
1/16 t	salt
1 t	vanilla
1 can	light coconut milk

Desserts

Pops - mango

Directions In a 8 cup pyrex measuring cup add sugar, mango and vanilla. Whisk or stir well.
Whisk in coconut milk. Pour into pop molds and freeze overnight.
Be sure to stand the molds upright to freeze! Twist the mold to push up the pop when eating.

Notes Does not work well with other milks. Makes 11 pops.

2 T	sugar
~2 cups	mango pulp (1/2 can)
2 t	vanilla
1 can	light coconut milk

Desserts

pudding - Chia Seed

Directions Measure milk into 1 pint ball jar. Add remaining ingredients and stir well. Let settle a few minutes and stir again.

Cover and refrigerate. Let sit overnight.

Great with fruit or flavoring of your choice.

Notes Based on Chia Pudding recipe at <https://feelgoodfoodie.net/recipe/3-ingredient-chia-pudding/#wprm-recipe-container-5591>

10 ounces	milk
1/4 cup	chia seeds
1/8 cup	date pieces
1 †	vanilla

Desserts

pudding - Chocolate

Directions Mix together sugar, cornstarch, cocoa and salt. Gradually stir in milk.

On stove: Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 3 minutes. Remove from heat.

In microwave: Cook 3 minutes on high. Then 2-4 more minutes stirring every minute. Thickens up as cools.

Stir in oil and vanilla. Pour into four 1/2 pint ball jars with lids and refrigerate.

Notes From Betty Crocker Cookbook, p 141.

1/3 cup	sugar (1/2 cup if not soy milk)
1/3 cup	cocoa
3 T	cornstarch
1/8 t	salt
2 2/3 cups	milk
2 T	oil (canola)
1 t	vanilla

Desserts

Rice Krispie Treats

Directions Microwave marshmallows in LARGE glass (corningware) container for 2 minutes on high. Stir in peanut butter. Microwave on high for 1 1/2 - 2 minutes more. Quickly stir in vanilla and then Rice Krispies.

Spread in lightly greased 9x13 pan. Use waxed paper to press into place. Cut into squares (usually easiest if you do this before it cools. Sometimes it helps to grease the knife).

Notes This recipe is from the back of the Rice Krispie box (more or less).

10 oz	marshmallows
1/2 cup	peanut butter (or 3T melted margarine)
1 t	vanilla
6 cups	Rice Krispies

Miscellaneous

Miscellaneous Applesauce

Directions Put cut up apples to top line in 4 quart pressure cooker. Add spices, stir. Add water, stir. Cover and bring to pressure over medium heat. Cook at pressure for 3 minutes.

Can replace most of apples with rhubarb. Add sugar to taste after cooks (about 1/4 - 1/2 cup sugar).

Makes about 3 pints.

Notes Based on Easy Applesauce recipe from "Vegan Pressure Cooking" by JL Fields.

~10 cups	apples with skins, cut in pieces
1/4 †	allspice (ground)
1 1/2 †	cinnamon (ground)
1 cup	water

Miscellaneous

Cashew milk

Directions Measure 1 cup water in 1 quart ball jar and add salt and cashews. Heat in microwave til boiling (about 2.5 minutes). Let sit several hours (or at least 5 minutes).

Blend on high at least 1 minute. Do not use tamper. Pour back into jar and add water to top of ball jar. Chill.

Boil together

2/3 cup cashews

1 cup water

1/16 t salt

After blend, add water

~ 3 cups water

Miscellaneous Cranberry Sauce

Directions Bring water and sugar to boil. Add cranberries and return to a boil. Reduce heat and simmer gently for 10 minutes stirring occasionally. Do not cover. Refrigerate.

Notes Make 6 cups for biscuits and gravy.

One small package:

1 cup	water
3/4 cup	sugar
3 cups (12 oz pkg)	whole cranberries (frozen are fine)

One large package:

2 2/3 cups	water
2 cups	sugar
8 cups	whole cranberries (frozen are fine)

Simmer for 20 minutes (instead of 10). Makes about 2 1/2 quarts.

Miscellaneous Cream Cheese with herbs

Directions Let cream cheese sit out to soften. Add all ingredients. Mix with fork. Chill a few hours before serving.

Notes

1 pkg	cream cheese (regular or vegan)
1/2 †	garlic, dried
1 †	onion, dried
1 †	chives, dried

Miscellaneous

Flax as Egg Substitute

Directions Mix ground flaxseed and water. Let set for 5 minutes.

1 T flax/water mixture = 1 egg

Notes According to Bob's Red Mill package, 1 T ground flaxseed meal has 35 calories, 2.5 g fat (1.5g polyunsaturated, .5g monounsaturated), 1.5g fiber and 1.5g protein.

For each egg substitute

1 T	flaxseed meal
3 T	water

Miscellaneous Hummingbird Nectar

Directions Mix in 1 quart ball jar. *STIR!* Microwave 5 minutes. Stir. Continue to microwave (about 30-45 seconds more) until boils. Stop when reaches full boil.
Watch after 5 minutes so does not boil over!!

Cool and store in fridge.

Notes Keep ratio of sugar to water 1 to 4. Do NOT add red dye! Organic sugar has iron.

If only need a little nectar can make up small amount to use right away without boiling.
1/4 cup sugar to 1 cup water more than fills our feeder.

2/3 cup	sugar (must NOT be organic!)
2 2/3 cups	water (this is 4 x 2/3 cups)

Miscellaneous Jigglers from Juice

Directions Put cold fruit juice in 8x8 pan (or whatever container you want to use for the jigglers).

Sprinkle gelatin over cold juice and let stand at least one minute.

Boil juice with sugar. Stir and add to cold juice/gelatin mix. Stir VERY well.

Refrigerate 3 or more hours. Cut into 1" squares.

Notes Also known as "Knox Blox". Can double and put in 9 x 13 pan. Use any juice you like.

1/2 cup	cold juice (apple works well)
2 envelopes	unflavored gelatin (each envelope is 1/4 ounce)

1 1/2 cups	juice, boiling
1 T	sugar (optional)

Miscellaneous

Kefir

Directions Do four 1-qt jars at same time.

FILL each jar to within 3/16-1/4" of top edge. This will use almost all of the milk in a gallon milk carton. Do not fill farther because the milk will boil over too much during heating.

HEAT in microwave until a foam over is reached ~ 25-30 minutes. Watch starting ~27 minutes. Each jar should foam over its edge.

COOL jars on trivet to between 77 and 73F. Screw lid on loosely before starting cooling phase. With a Chinook fan on HIGH at about 3" from jars, takes 1h 58m with room temp of 67F. If room temp is 79F, takes about 3h 30m PLUS 45 min in refrigerator. See Fred's google spreadsheet file "Kefir" for time to cool because cooling time varies with room temperature.

ADD packet of kefir powder to milk, one jar at a time. Into a small beaker/cup put 1/2 to 2/3 cup milk. Pour in the powder and dissolve well with a small whisk. Stir that mixture back into the qt jar.

Put all jars into proofer set at 81F. Remove 30 hours later. Refrigerate.

Notes

When first start making Kefir - until sure of timings: VERIFY temp of milk of heated milk, using a cooking thermometer is 180-185F for top inch and 160-165F at just above the bottom. Note: a slight "skin" may form on top. That's fine - do not remove it. If target temps not reached, heat longer. Try 2 additional minutes.

1 gallon	whole milk (3.5% organic)
1 packet per jar	kefir starter (Yogourmet)

Miscellaneous

Lemonade with basil and mint

Directions In the bottom of a glass muddle together basil and mint. Add the lemon juice, sugar and vanilla. Stir very well. Add in ice and mineral water.

Notes Based on a recipe from my sister-in-law Beth who got it from The Plant Paradox Cookbook.

Muddle together

2-3 basil leaves
2-3 peppermint leaves

Stir in

1 lemon juice (from 1/4 lemon)
1/2 † sugar (or sweetener of your choice)
1/2 † vanilla

Mineral water and ice

1 can Lime LaCroix (or 1 1/2 cups sparkling mineral water)
ice

Miscellaneous Peanut Butter

Directions Put peanuts in VitaMix first, and then oil on top of peanuts. When measuring each cupful of peanuts, shake and tap the nuts down, pressing gently with hand on top of cup, filling to level - no more, no less. After adding the oil (pouring it all around, not just in one spot), start VitaMix at lowest variable speed (#1) and immediately increase speed to highest (#10) then flip the switch to high. Blend on high for 50-60 seconds, tamping down very rapidly and forcefully that *WHOLE* time. Tamp equally among the center and the 4 corners. After ~30 secs, the mass will slowly start to turn to butter, getting a bit less thick toward the end of the period.

Notes Fills one peanut butter jar (one pint). Usually make 4 jars at a time. Refrigerate.

3 3/16 cups	dry roasted peanuts, packed down
1 T - 2 T	canola oil (2T for nuts.com peanuts)

Miscellaneous

Soy Yogurt

Directions Turn on cooker to 110. Fill 4 one quart ball jars to the "bend" (just above 24 ounce mark). Heat 2 jars at a time in the microwave for 6 1/2 minutes (in the microwave on the wire shelves cook 1 minute then 6 more for a total of 7 minutes). Stir. Using long handled 1/3 cup measurer, put 1/3 cup yogurt starter in 2 cup pyrex. Stir some hot milk into the starter (about 2/3 cup) then add back into jar and stir well.

Cook in yogurt maker at 110 for 1 hr 30 min. Let sit for 1 hour after turning off the yogurt maker (do not remove jars from yogurt maker). Chill overnight.

Notes Once yogurt separates it has cooked too long and will be very bitter. Soy yogurt takes much less time to incubate than regular milk. Unsweetened soy milk won't set well. Silk brand plain soy milk with lowfat Stoneybrook plain yogurt seems to work best for us. Does NOT work with nut or other milks.

Notes for Fred

- set up cooker to the left of sink. Be sure the little "tray" is in the middle supporting the wire shelf.

- turn on cooker

To the right of sink lay out

- one drying rack with 4 quart ball jars on it

- get out 4 ball jar lids

- get out 1/3 cup long handled measurer

- one iced tea spoon

- set spoon and 1/3 cup measurer on small plate

- get out 2 cup pyrex

- get out yogurt starter (do not remove foil under lid)

- fill 2 mason jars to just above 24 oz mark. Heat for 1 minute in microwave on wire shelves. Then 6 minutes more.

- fill another 2 mason jars and cook 6 1/2 minutes with turntable on.

~24 ounces soy milk - plain NOT unsweetened

1/3 cup yogurt starter (organic cow's milk)

Miscellaneous Sunny Cincinnati Spice Blend

Directions Stir together all ingredients.

Notes Great on eggs. Our take off on Penzy's Sunny Paris spice mix.

3 T	Dried onion
3 T	Dried garlic
3 T	Chives, dried
2 t	Basil
1/2 t	Tarragon
1/2 t	Dill weed

Miscellaneous Turkey Gravy

Directions Stir together flour, salt and pepper. Slowly whisk in water. Slowly whisk in turkey drippings/broth. Stirring constantly: bring to a boil and let simmer at boil for 3 min. Remove from heat and let sit at least 10 minutes to thicken.

Notes

1/2 cup	flour
1/4 t	salt
1/4 t	pepper
1/2 cup	water
4 cup	turkey drippings/broth

Miscellaneous

Vanilla

Directions Put vodka and vanilla beans in pint ball jar with lid. Shake once/week for 14 weeks.
Reuse beans in new batch and add one new fresh bean.

Notes

1 cup	vodka
2 or more	vanilla beans, cut into small pieces