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Ambrosia

Part of the L.I.V.E., Life In Vital Eating Series.

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What's for Breakfast, Lunch, and Dinner?

Corn Meal Pancakes

1 cup whole wheat flour
1 cup corn meal
1 2/3 cup water
1 tsp salt
1 Tbsp honey
¼ cup oil
1 Tbsp Rumford baking powder

Mix all ingredients together, adding baking powder last. Cook pancakes on a nonstick griddle or lightly oiled skillet until golden on each side.

Fruit Sauce

4 cups diced fresh or frozen fruit (any kind)
12 oz can frozen concentrated apple or white grape juice
1 cup water
3 Tbsp potato starch OR ¼ cup Clear Jel OR 1/3 cup cornstarch dissolved in ½ cup water

Place fruit, juice, and water in a saucepan. Place over high heat until mixture begins to boil. Remove from heat and stir in dissolved starch. Return to heat and stir until it just begins to boil and becomes thick. Makes six cups.

(From Seven Secrets Cookbook, Neva & Jim Brackett, 2006)

Cream Topping

1 pkg. Mori-Nu firm or extra firm tofu
4 Tbsp canola oil
2 Tbsp sugar
1 tsp lemon juice
1/8 tsp salt
2 tsp vanilla
2 tsp instant clear (opt)

Blend all until smooth and creamy. Chill for at least 2 hours before serving. Keeps 3-4 days in refrigerator. Can freeze leftovers. Will be runny when thawed. You can re-blend and add instant clear to firm if desired.

“Sausage” Gravy

2 cups water
½ cup raw cashews
1 cup water
1/3 cup flour (unbleached white, golden white or whole wheat)
1 tsp salt
1 tsp chicken style seasoning
½ tsp beef style seasoning
1 tsp Bragg’s liquid aminos
1 Tbsp nutritional yeast flakes
dash garlic salt
¼ bag Morningstar Farms Sausage or Griller Crumbles (or half and half)

In a saucepan, bring the 2 cups water to a boil. Blend all the rest of the ingredients (except the Morningstar crumbles) until creamy. Add to the boiling water, stirring with a whisk until mixture comes back to a boil. Stir in Crumbles. Serve over biscuits or toast.

Drop Biscuits

1 2/3 cup whole wheat pastry flour
1 Tbsp baking powder
½ tsp salt
2/3 cup soy milk
1/3 cup canola oil

Position a rack in the center of the oven, and preheat to 475° F.
In a large bowl, mix together the flour, baking powder, and salt until combined. Add the milk and oil, and stir just until the dry ingredients are moistened. It will be very sticky and thick, not smooth like cake batter. Use a tablespoon to form walnut-size scoops of batter and another spoon to scrape the batter onto a cookie sheet, spacing the biscuits about 1½ inches apart.
Bake until the bottoms are golden brown, about 8 minutes. Serve hot.
Yield: 24 small biscuits

Strawberry Tofu “Yogurt”

Blend in a blender:

- 1/3 cup raw cashews
- 1 cup frozen strawberries, thawed and drained
- ¼ cup strawberry juice (drained from berries)
- 1/8 tsp salt
- 1 Tbsp lemon juice
- 5 Tbsp honey
- 1 pkg Mori-Nu extra firm tofu
- 1 tsp vanilla
- 1 cup frozen strawberries, thawed and drained

Serve in small dessert dishes. May also top with additional fruit, or layer with granola for a breakfast parfait.

(From *Tasty Vegan Delights*, Gloria Lawson and Debbi Puffer, 2001)

Macaroni and “Cheez”

- 2 cups dry macaroni (white spelt elbows were used for samples)
- ½ cup raw cashews
- ½ cup nutritional yeast flakes
- ¼ cup pimentos or raw red pepper
- 2 ½ Tbsp corn starch
- 1 Tbsp Bragg’s liquid aminos
- 2 cups water
- 1 ½ tsp salt
- ¼ tsp onion powder

Cook macaroni in boiling salted water until tender. Drain and rinse with cold water, and set aside. For “Cheez,” blend the rest of the ingredients in a blender until creamy smooth. (It will be thin.)

Stovetop Version

Bring the blended ingredients to a boil in a saucepan, stirring constantly with a whisk. Pour over cooked macaroni and serve.

Baked Version

Spread the macaroni in a sprayed baking dish. Pour the blended, uncooked “cheez” sauce over the macaroni. Bake @ 350 degrees for approximately 30 minutes.

(From *Brown-Bag It! Country Life Natural Foods*, September 25, 2005.)

“Meat”loaf

2 cups Walnut Wheat Crumbles	1 teaspoon garlic salt
2 ½ cups water	1 teaspoon chicken like seasoning
¼ cup “cheezie” sauce	4 slices of bread (cubed)
4 Tbsp soy margarine	½ cup Quick Country Ketchup
1 cup sweet onion	4 tsp sugar
½ cup red pepper.	

Bring water to a boil and add Walnut Wheat Crumbles. Simmer about 30 minutes until re-hydrated. Add cheese.

Meanwhile, sauté onion and red pepper in margarine until soft. Add garlic salt and chicken like seasoning.

Mix together Walnut Wheat mixture, sautéed vegetable mixture and cubed bread. Spray 9x13 pan with cooking spray, spread 1/2 Cup of ketchup on the bottom. Sprinkle with sugar. Spoon above mixture into pan. Cook at 350 degrees for 30-45 minutes.

Walnut Wheat Crumbles

An excellent meat substitute. Use in lasagna, chili, stuffed zucchini, on tacos, or in any recipe that calls for hamburger or vegetarian burger.

Blend in blender until creamy: 1 cup walnut pieces or pecan meal 1 cup water Add and blend: 1 cup water ¼ cup onion powder ¾ tsp celery salt 1 ¼ tsp garlic salt ½ tsp salt ½ tsp onion salt	Pour the mixture into a 2-quart saucepan. Add: 2 ½ cups water Bring to a boil. Add: 2 cups bulgur wheat
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Return to a boil. Lower heat to the lowest setting and cook for approximately 15 minutes. Turn off the heat and let the mixture cool until thick. Pour evenly onto 2 nonstick cookie sheets. Bake at 200 degrees F for 3 ½ hours or till completely dehydrated, fluffing or crumbling the mixture every hour with a fork. Turn off the oven and let the crumbles cool thoroughly. (They will be dry and crunchy.) Put then into an air tight container – they keep for weeks.

Crumbles can be reconstituted by combining 2 cups crumbles with 2 cups hot liquid (water, seasoned tomato juice, or broth) and cooking them over low heat until they have reached the desired consistency. However there is no need to reconstitute them for chili or other recipes that contain liquids.

(From Tasty Vegan Delights, Gloria Lawson and Debbi Puffer, 2001)

"Cheezie" Sauce

1-2 red bell peppers seeded and chopped into large pieces	¾ cup nutritional yeast flakes
6 Tbsp cornstarch	¾ cup oat flakes (oatmeal)
¾ cup cashews	6 Tbsp lemon juice
¾ cup sunflower seeds	1 Tbsp onion powder
7 ½ cups water	1 Tbsp honey
2 Tbsp salt	

Blend all ingredients thoroughly. You will not be able to put all the water in the blender. After blending, pour into large bowl. Add some of the water to blender to clean it out. Pour into large saucepan. Make sure you use a total of 7 ½ cups water. Make sure the cashews and seeds have blended well before cooking over stove. Bring to boil in a large saucepan, stirring constantly, until thick.

This is a very large recipe of Cheezie Sauce so if you want to you can cut it down. We purposely made the recipe this large however so that you could freeze it into 3 to 4 ziplock bags for later use. DO NOT cook the portion that you are going to freeze. When ready to use just pull it out, thaw then following above cooking instructions. This is very convenient to have in your freezer!

(recipe from The Best of Veggies).

Mock Chicken Seasoning

Mix well in a small bowl:	3 Tbsp parsley flakes, powdered in coffee grinder or rubbed to a powder
1 cup nutritional yeast flakes	1 ½ tsp garlic salt
2 tsp onion powder	1 ½ tsp celery salt
1 tsp onion salt	¼ tsp savory
½ tsp sage	Store in an airtight jar.
½ tsp thyme	
½ tsp marjoram	

(From Tasty Vegan Delights, Gloria Lawson and Debbi Puffer, 2001)

Quick Country Ketchup

1 small can tomato paste
 1 tsp salt
 3 Tbsp olive oil
 3 Tbsp lemon juice
 2 Tbsp honey
 ½ tsp garlic powder
 1 tsp onion powder
 ½ - ¾ cup water

Place all ingredients in container and stir well. Refrigerate.

Lemon Chick Pea Salad Dressing

1 cup Water
½ cup Lemon Juice
1 - 15-oz. can Chick Peas
2 Garlic cloves
1 tsp Oregano, dried leaves
1 tsp dried basil
2 Tbsp flax Seeds
2 Tbsp sesame Seeds
1 tsp salt or to taste
1 Tbsp honey

Prepare this salad dressing recipe in a blender (Vita-Mix if you have one).

Open the can of chick peas, drain off the liquid, and put the chick peas in the blender container. Add remaining ingredients run at high speed until the contents are creamy smooth. This dressing can be stored in a tightly sealed container in the refrigerator for about 3 days.

Serve over your favorite salad and enjoy.

Walnut Dressing

Preparation Time: 5 minutes
Servings: makes 2 cups

1 cup walnut pieces
1 cup water
2 cloves garlic
2-4 Tbsp liquid Aminos
1-2 Tbsp dried basal or parsley

Combine all ingredients (except dried basal or parsley) in a blender and process until VERY smooth. Add dried basal or parsley & stir to mix.

Store in a covered container in the refrigerator.

This is simple, delicious dressing is wonderful on almost everything. Try it on steamed greens or salads.

Armenian Lentil Soup

1 ½ cups lentils	1 Tbsp onion powder
10 cups water	1 Tbsp salt
½ cup brown rice	1 Tbsp McKay's chicken Seasoning
1 cup diced onion	1 tsp garlic powder
1 cup frozen chopped spinach	1 tsp dill weed
2 cups diced or stewed tomatoes	2 tsp cumin
2 Tbsp lemon juice	½ tsp basil
2 Tbsp Braggs Liquid Aminos	

Place all ingredients in kettle except brown rice and cook for 30 minutes. Add rice and cook for 45 minutes longer. Serve hot.

(From Five Loaves Deli & Bakery, Neva Brackett, fourth edition)

Cheesy Potato Soup

4 cups red skinned potatoes washed, cut in cubes with skins on
 ½ cup chopped carrots
 1 onion diced
 1 clove garlic minced
 1 32 oz container vegetable broth

Place above ingredients in a pot. Bring to a boil, reduce heat and simmer for at least 20 minutes.

While the above is cooking add the following ingredients in a blender:

2 cups water
 ¾ cups cashews
 1 tsp salt or to taste
 1 tsp garlic powder
 1 tsp onion powder
 1/2 cup yeast flakes
 2 Tbsp Bills Best Chick'nish (or McKay's without added salt)
 1 tsp thyme (do not add to blender mixture)

Blend first 1 cup water and ¾ cups cashews until smooth. Then add remaining 1 cup of water and the rest of the ingredients EXCEPT FOR Thyme.

After potatoes have cooked for 20 minutes add blender mixture and 1 tsp thyme. Bring to a boil and serve. YUM!

Herbed Crackers

Mix in a bowl and set aside:

- 1 $\frac{3}{4}$ cups ground oat flakes
- $\frac{1}{4}$ cup potato flour
- $\frac{1}{2}$ cup whole wheat pastry flour
- $\frac{1}{2}$ cup almond or pecan meal
- $\frac{1}{4}$ cup nutritional yeast flakes
- 1 tsp onion powder
- $\frac{1}{2}$ tsp garlic salt
- $\frac{1}{4}$ tsp basil
- $\frac{1}{4}$ tsp sage
- $\frac{1}{2}$ tsp Italian seasoning
- 2 Tbsp dried onion
- 1 tsp salt

Emulsify (whip the water into the butter with a fork) in a small bowl:

- 1 $\frac{1}{8}$ cups water
- 3 Tbsp almond or peanut butter

Add the liquid to the dry ingredients. Mix lightly. Roll out about $\frac{1}{8}$ to $\frac{1}{4}$ inch thick onto a nonstick cookie sheet. Cut crackers into small squares with a knife. Prick the crackers with a fork. Bake at 375 degrees F for 8 – 12 minutes or until golden.

(From Tasty Vegan Delights, Gloria Lawson and Debbi Puffer, 2001)

Ambrosia

Combine and bring to a full boil in a saucepan over medium heat, stirring constantly:

- 1 $\frac{3}{4}$ cup coconut milk
- $\frac{1}{4}$ cup frozen pineapple juice concentrate
- $\frac{1}{3}$ cup minute tapioca
- 3 Tbsp honey

Let this mixture cool, then add:

- $\frac{1}{2}$ cup unsweetened coconut
- 1 tsp vanilla
- 1 20 oz can pineapple tidbits, drained
- 2 - 11 oz cans mandarin oranges, drained
- 2 $\frac{1}{2}$ cups red seedless grapes, halved

Mix well and refrigerate. Serve chilled.

(Adapted from Tasty Vegan Delights, Gloria Lawson and Debbi Puffer, 2001)