

Vegan, Vegetarian

Barley Mushroom Soup

Esther Gamayo

Servings: 8

1 5/8 Cups Water
1/4 Cup Barley, Uncooked
1/16 Cup Olive Oil
1/4 Medium Onion, Yellow, Chopped
3/4 Ribs Celery, diced small
1/4 Pound Fresh Mushrooms, Sliced
5/8 Quart Vegetable Broth
3/4 Cup Fresh Carrots, diced
2 1/2 Fluid Ounces Tomato Paste
1/4 Teaspoon Salt
1/16 Teaspoon White Pepper (optional)
1/16 Cup Italian Parsley, Chopped
1 1/16 Cups Fresh Baby Spinach
3/8 Clove Garlic, Minced

In a large saucepan, bring water and barley to a boil. Reduce heat; cover and simmer for 30 minutes or until barley is partially cooked. (Do not drain)

Meanwhile, in a soup kettle or dutch oven, saute garlic, onions, carrots and celery in olive oil until tender. Add mushrooms; cook and stir for 5 minutes. Stir broth, tomato paste and barley mixture.

Bring to a boil over medium heat. Reduce heat; cover and simmer for 30 minutes, stirring occasionally. Stir salt and pepper. Add spinach and sprinkle with parsley before serving.

Per Serving (excluding unknown items): 20 Calories; 1g Fat (28.1% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 143mg Sodium. Exchanges: 1/2 Vegetable; 0 Fat.

Vegan

Chili Beans

Esther Gamayo

Servings: 8

1/2 Pound Kidney Beans, Light Red Dried, washed, soak for 30 minutes
1/2 Pound Pinto Beans, Dried, washed, soak for 30 minutes
1 1/4 Patties Morning Star Farms Grillers Vegan Vege Burgers, crumbled
1 7/8 Quarts Water
1 Clove Garlic, Chopped
1/2 Medium Onion, Yellow, diced fine
1/2 Medium Green Bell Pepper, diced fine
1/3 Teaspoon Chili Powder Lt
1/8 Teaspoon Cayenne Pepper, Ground
5/8 Teaspoon Vege Beef Broth (mckay's)
1/8 Teaspoon Cumin, Ground
5/8 Ounce Chili Mix W/beans Quick Start (vegetarian)
6 3/8 Fluid Ounces Tomato Paste
1/3 Tablespoon Olive Oil
Garnish: Slice Green Onion, Vegan Sour Cream, Shredded Vegan Yellow Cheese (optional)

In a large saucepan, saute garlic, onion and crumbled vege meat in oil until tender. Stir in remaining ingredients except garnishes.

Bring to a boil. Reduce heat; simmer, uncovered, for 1 to 1 1/2 hours or until soft. Top individual bowls with vegan sour cream, vegan cheese and slice green onion.

Per Serving (excluding unknown items): 28 Calories; 1g Fat (19.4% calories from fat); 1g Protein; 6g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 214mg Sodium. Exchanges: 1 Vegetable; 0 Fat.

Cornmeal Almond Date Cereal (vegan)

Esther Gamayo

Servings: 8

Servings are 8 ounces.

- 1 5/8 Quarts Water**
- 3 1/4 Ounces Cornmeal**
- 1 1/4 Ounces Almonds, chopped**
- 7/8 Ounce Coconut, shredded**
- 1 1/4 Ounces Brown Sugar**
- 14 1/4 Grams Vegan Margarine**
- 1 1/4 Teaspoons Salt**
- 7/8 Teaspoon Vanilla Extract**
- 5/8 Teaspoon Coconut Flavoring**
- 1 3/4 Ounces Dates**
- 3/4 Ounce Raisins, Seedless**
- 5/8 Cup Soymilk**
- 3/8 Teaspoon Cinnamon**

In SJK, whisk cornmeal into briskly boiling salted water.
Return to boil, whisking constantly.
Reduce heat.
Add vegan margarine, raisins, and dates.
Simmer for 3-5 minutes.
Stir in remaining ingredients.
Serve with soymilk.

Per Serving (excluding unknown items): 120 Calories; 4g Fat (25.5% calories from fat); 2g Protein; 21g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 329mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.

Cream of Broccoli Soup

Esther Gamayo

Servings: 8

2 1/2 Ounces Vegan Margarine or Vegetable Oil

2 1/2 Ounces Unbleached White Flour or Whole Wheat White Flour

5/8 Tablespoon Vege Chicken Seasoning (mckay's)

1/3 Gallon Soy Milk, Plain

5/8 Pound Potato, Diced, Fresh, cooked

5/8 Tablespoon Olive Oil

1/2 Cup Celery, Fresh, diced fine

1/3 Small Onion, Yellow, Chopped

1 7/8 Ounces Fresh Carrots, Shredded

5/8 Clove Garlic, Chopped

1 Pound Broccoli Florets, Fresh

1/2 Teaspoon Salt

5 1/8 Ounces Tofutti Better Than Sour Cream (vegan Sour Cream)

In a medium saucepan, make a roux of margarine or vegetable oil, flour, pepper, seasoning, and salt.

Heat soy milk in a medium pot and simmer for 10 minutes.

Add milk to roux and stir with wire whip till smooth and thickened.

Add potatoes to white sauce.

Saute` garlic, onion, and celery for few minutes in olive oil.

Add carrots and broccoli, and saute` for another minutes.

Add to white sauce.

Blend in vegan sour cream.

Per Serving (excluding unknown items): 10 Calories; 1g Fat (100.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 128mg Sodium. Exchanges: 0 Fat.

Vegan

Garden Vegetatable Soup

Esther Gamayo

Servings: 8

1 1/4 Tablespoons Vegetable Base
1/3 Gallon Water or Vegetable Broth
5/8 Tablespoon Vege Chicken Seasoning
1 1/4 Tablespoons Tomato Paste
3 7/8 Ounces Tomato, Diced in Juice
1/3 Teaspoon Salt
10 1/4 Ounces Tomato Soup Rtu, Canned
1/8 Cup Cornstarch
1 1/4 Pounds Mixed Fresh Vegetables, cut up
1/3 Cup Red Kidney Beans, Canned
1/3 Cup Potato, Diced, cooked

Bring water to a boil.

Whisk in vegetable base, tomato paste, corn starch, and seasoning, etc..

Add diced tomato, tomato soup, beans, potato and vegetables.

Simmer until vegetables are tender.

Per Serving (excluding unknown items): 17 Calories; trace Fat (2.6% calories from fat); 1g Protein; 4g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 141mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable.

Vegan

Lentil Soup

Esther Gamayo

Servings: 8

1/16 Tablespoon Olive Oil
5/8 Medium Onion, White, Chopped
7 1/16 Cups Vegetable Broth
1 1/8 Cups Lentils, Dry, Rinsed
1 5/8 Cups Garbanzo Beans, Canned
1 5/8 Cups White Beans, (cannellini Beans), Canned
7 2/3 Fluid Ounces Tomato Sauce
1/8 Teaspoon Italian Seasoning
1/8 Teaspoon Salt
5/8 Clove Garlic, Chopped
1 7/8 Cups Fresh Baby Spinach
White Pepper, to Taste (optional)

In a medium frying pan, saute garlic, onions in olive oil for 3 minutes or until onions are tender.

Transfer to large pot and add broth and bring mixture to boil.

Add lentils, white beans, garbanzo beans, tomato sauce, and seasoning. Reduce heat, cover, and simmer. Approx. 45 minutes or until lentils.

Add spinach before serving.

Per Serving (excluding unknown items): 209 Calories; 4g Fat (17.1% calories from fat); 8g Protein; 36g Carbohydrate; 5g Dietary Fiber; 2mg Cholesterol; 1795mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Vegetable; 1 Fat.

Vegan, Vegetarian

Peanut Pate`

Esther Gamayo

Servings: 8

Vegan

12 2/3 Ounces Nut Loaf, Canned (vibrant Life - Vegan), mashed

2/3 Cup Vegenaïse

1/2 Cup Red Onions, diced fine

1 1/3 Tablespoons Pickled Relish

1/3 Cup Celery, diced fine

1/3 Teaspoon Garlic Powder

1/3 Teaspoon Seasoned Salt

1/3 Teaspoon Sumac (mediterranean Seasoning)

1/3 Cup Red Pepper, diced fine

1/8 Cup Cilantro, chopped

Mix all ingredients together.

Garnish with cilantro leaves and pickled turnips.

Use with crackers or crudites.

Per Serving (excluding unknown items): 9 Calories; trace Fat (6.1% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 63mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat; 0 Other Carbohydrates.

Vegan

Scrambled Tofu

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Servings: 8

Vegan

2 Packages Tofu, Firm, drained and finely chopped
1/2 Cup Onion, Chopped
2 Cloves Garlic, Minced
2 Tablespoons Vege Chicken Seasoning
4 Teaspoons Nutritional Yeast Flakes
2 Teaspoons Bragg's All Purpose Seasoning or Light Soy Sauce
1/2 Cup Red Bell Pepper, Chopped
3 Tablespoons Olive Oil
Dash of Salt and Pepper (optional)
Fresh Chopped Italian Parsley for Garnish

Heat olive oil in a medium skillet over medium heat, and saute garlic, onion and red bell pepper until tender.

Stir in tofu, sprinkle all seasonings over tofu.

Mix well, stir occasionally. Cook until most of the moisture has disappeared.

Garnish with chopped parsley before serving.

Per Serving (excluding unknown items): 72 Calories; 6g Fat (77.9% calories from fat); 3g Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1 Fat.