

# Recipes from the Lancaster Vegetarian Society

## Potluck February 18, 2006

### Hummus Soup

3/4 c wild rice, rinsed and soaked in 2 1/2 c water for at least 1 hr  
Bring to boil, turn het down and cook for 45 min  
Add to soup before serving

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10 c water  
4 Rapunzel Veg Bouillon cubes with sea salt  
1/2 t turmeric  
1 t mustard pwd  
2-4 T olive oil  
Add 1 box Fantastic hummus mix slowly, while stirring with whisk  
1 sm cabbage, thinly sliced into strips  
Bring to a boil  
Then either turn off heat and save til later  
Or simmer 10 min  
Note: using as many organic ingredients as possible will improve the flavor a lot

### Cookies

Pumpkin Seeds & or Sesame Seeds soaked and drained  
Sesame Seeds soaked and drained  
Almonds soaked overnight and pop off shells  
Dates, Raisins or Cherries (soaked 1/2 hr and drained)

Run all through blank screen on juicer  
Zest and Juice one or more oranges depending on size of batch. Add juice.  
Honey or maple syrup to desired sweetness

I adjust quantities to my liking. You just don't want it to be too runny to put on dehydrator sheets.  
It should be the consistency of a cookie batter from way back when.

Use small melon scoop and flatten on dehydrator teflex sheets or parchment. Dehydrate 12 or more hours. Refrigerate if not crispy the whole way through.

# SALAD

Baby Greens (add spinach & or romaine)  
Onion  
Peppers  
Cucumbers  
Pineapple  
Toasted Sesame Seed

## DRESSING

1/4 C Balsamic Vinegar - 1/4 Distilled Water  
Juice of Orange  
2 T Unfiltered Honey or Maple Syrup

# Terri's Roll Ups

Romaine Leaves  
Medjool Dates-pitted and sliced thin  
Avacado-slices thin  
Kelp

Roll up cut in 1/3rd's or 1/2 and insert toothpick

# Organic Curry Lentil Soup with Spinach

Onions  
Celery  
Safflower Oil  
Lentils  
Spinach  
Vegetable Stock  
Curry Powder  
Water

Quantities of ingredients to your liking. Prepare lentils per package directions. Saute celery, onions and spinach in skillet until tender. Combine all ingredients in large sauce pan and bring to boil and then simmer til all ingredients are done to your liking. Taste and add water sparingly to finish to soup consistency.

# Orange CousCous Salad - 6 serving

2 c water  
1 1/2 cups couscous  
1/4 tsp pepper  
1 can black beans drained & rinsed  
1 cup mandarin orange sections  
3/4 tsp tumeric  
1/2 cup chipped red onion  
1/2 cup golden raisins  
1/4 cup lemon juice  
2 T olive oil  
1 T grated orange peel  
1 T chives  
1 tsp salt

Boil water; pour water over couscous, turmeric, salt and pepper. Let stand 5 minutes; fluff with fork. Stir in beans, oranges, onions and raisins. In small bowl, whisk together lemon juice, oil, orange peel and chives. Pour over salad; toss to mix well. Refrigerate at least 1 hour before serving.

## Tofu Rice Pudding - 6 serving

2 T soy milk  
1 pkg silken tofu  
¼ raw sugar  
2 c cooked brown rice  
½ tsp cinnamon  
2 tsp vanilla  
1/3 c raisins

Blend milk and tofu until smooth in blender. Transfer to bowl and add remaining ingredients. Mix well. Chill several hours to blend flavors.

## Mouchi-Veggie Casserole - serves 2

½ package Original Mochi (sticky rice cake)  
1 T vegetable oil  
1 onion chopped  
1/3 head cabbage - chopped  
1 carrot - sliced  
1 T soy sauce  
¼ c water

In a heavy skillet, saute onion in oil. Add cabbage, carrot, soy sauce and water. Stir. Cut Mochi into 1 inch squares and place on top of sautéed vegetables.

Cover and cook over a medium heat, 10 - 15 minutes or until Mochi melts and becomes soft and chewy. Serve.

## Savory Bake Lima Beans

1 # dried baby lima beans  
6 c water  
Soak overnight then drain

In a 2 qt casserole place:  
2 c water from soaking beans  
2 c diced unpeeled tart apples  
½ c chopped onion  
¼ c dark brown sugar  
2 T Worcestershire sauce (vegetarian style)  
¼ c molasses  
1 tsp salt

Cover and bake about 5 hours. Stir once or twice. Add more water if needed.

# Three Grain Pilaf

Ingredients:

Quinoa  
Millet  
Jasmine Rice  
Scallions  
Olive Oil  
Vegetable Stock  
Sea Salt

Source of the recipe: *The Modern Vegetarian Kitchen* by Peter Berley

# Peanutly Pasta

Ingredients:

Whole Wheat Pasta  
Tahini  
Peanut Butter  
Rice Vinegar  
Soy Sauce  
Orange Juice  
Hot Pepper Sauce  
Apple Juice

Recipe from *Vegetarian Times Complete Cookbook*

# Tabbouleh

## Ingredients:

1 cup bulgur wheat  
Handful of chopped flat leaf parsley, fresh  
1 bunch of green onions (about 4-6 rods), sliced  
1/2 cucumber, diced  
1/4 cup extra virgin olive oil  
Juice of 1 large lemon  
Sea salt and ground black pepper (optional)  
4 wheat tortillas

## Directions:

Put bulgur wheat in a large heatproof bowl and add enough boiling water to cover. Let bulgur wheat and water sit together for 25-35 minutes or until wheat is tender but still has "some bite." Drain thoroughly and return cooked bulgur wheat to bowl.

Add parsley, green onions, and cucumber to the bulgur wheat and mix evenly with a spoon. Whisk together extra virgin olive oil and lemon juice, then pour mixture over bulgur wheat and vegetables. Add sea salt and pepper, if desired, and toss well. This dish is best served after 30 minutes of chilling in the refrigerator.

# Red Potatoes & Kale with Del Sol Dressing

Red Potatoes (approx 12)  
Kale (as desired)

Cut potatoes in 4 & boil to soft. Set aside. Strip kale from stems & steam then combine with potatoes.

## Del Sol Dressing

1/4 cup nutritional yeast flakes (vegetarian support variety)  
1/4 cup extra-virgin olive oil  
1/4 cup canola oil  
1/4 cup water  
2 tablespoons wine vinegar  
1/2 teaspoon tamari soy sauce or Bragg's  
1/2 teaspoon crushed garlic

Combine all ingredients in a blender, and process until smooth and creamy. Then pour over red potatoes and kale and mix. Serve and enjoy.

# Shepard's Vegetable Pie

*From the vegetarian meat and potatoes cookbook*

2 pounds Yukon Gold potatoes, peeled and diced  
¼ cup regular or soy milk  
2 tablespoons olive oil  
1 medium-size yellow onion, chopped  
1 medium-size carrot, chopped  
1 ½ cups vegetarian burger crumbles  
½ cup frozen peas  
½ cup frozen corn kernels  
1 tablespoon tamari or other soy sauce  
1 teaspoon minced fresh thyme leaves or ½ teaspoon dried  
1 to 1 ½ cups good gravy (page 302)  
Salt and freshly ground black pepper

- 1 Place the potatoes in a medium saucepan, cover with salted water and bring to a boil. Reduce the heat to medium-low, cover, and simmer until tender, 20 - 30 minutes.
- 2 Drain the potatoes and return to pan. Add the milk and mash until smooth, then season with salt and pepper.
- 3 Meanwhile, preheat the oven to 350 degrees F. Lightly oil a shallow 1 ½ quart baking dish.
- 4 Heat 1 tablespoon of the oil in a large skillet over medium heat. Add the onion and carrot, cover and cook, stirring a few times, until softened, 5 to 7 minutes. Stir in the burger crumbles, peas, corn, tamari, thyme and 1 cup of the gravy, adding up to 1.2 cup more if necessary to moisten. Season with salt and pepper to taste.
- 5 Spoon the filling mixture into the prepared baking dish. Spread the mashed potatoes on top and drizzle with the remaining 1 tablespoon oil.
- 6 Bake until heated through and the top is golden, 20 to 30 minutes. Serve hot.