

*Candace teachings on* **GLP**

*Abundant Hope*



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**Adventures of the broke ass (mostly)vegetarian  
gourmet. Part 1**

**Outside Child**

User ID: 1543854

 United States

10/05/2011 01:52 PM

**Adventures of the broke ass (mostly)vegetarian gourmet**

I am starting this thread based on interest from Astrochiks thread here:

[Thread: Reverse All Disease - FREE VIDEO until OCT. 8 - WATCH 2x & SHARE - - FOOD MATTERS - - you ARE what you EAT!](#)

Contrary to popular belief, healthy and vegetarian food does not have to be expensive or bland or mushy. I have been cooking for very picky Caribbean die hard meat lovers for decades and trust I would hear BIG NOISE if the food was not up to par. Also, currently bf and I are eating extremely well off of his \$200 a month of food stamps.

So I will post my favourite recipes along with tips and tricks and info here. If you have any questions please ask. Enjoy :-)

I will set it off with my collard greens. I always have these handy. When one pot getting low I start the next pot and the die hard pork lovers swear the ham hock is in here!

**Vegetarian Collard Greens**

2 lbs collard greens(or kale)

4 cups water

1 chopped onion

3 cloves chopped garlic

2 T oil or butter

1 T brown sugar

1T molasses

1 T liquid smoke

1 T vinegar

1 T red pepper flakes or hot sauce

rinse the greens real well and pull all the greens off the stems and chop them. saute onion and garlic then fold in greens and toss so they are all coated with onion/garlic/oil and start to turn bright and shrink up. Add water and seasonings and bring to a boil. Cover and cook at medium for an hour. Turn off heat and let them sit 10 minutes before taking lid off.

**Outside Child** (OP)

User ID: 1543854

 United States

10/05/2011 01:53 PM

**Perfect Brown Rice**

2 cups brown rice(not quick or minute or uncle bens good rice)

4 cups water or broth

1 T oil or butter

1/2 t salt

little black pepper

few sticks of thyme

3 whole cloves garlic

bring water oil and seasonings to a boil. stir in rice. bring back to a boil then cover and turn the heat to medium low. simmer for 45 to 50 minutes. then let it stay steaming in the closed pot for 10 minutes before you open it and fluff it with a fork.

\*you can cut the recipe in half if you don't want so much. its always double the amount of liquid to the amount of rice no matter what amount

if you want ital rice and peas instead just make half the liquid coconut milk and add in a well rinsed can of red peas, a few allspice berries, fresh and dry thyme, a few whole garlic cloves, salt, black pepper and some chopped scallion. same way, same amount of time. You can leave out the oil cause the coconut milk has oil in it.

### [Outside Child](#) (OP)

User ID: 1543854

 United States

10/05/2011 01:55 PM

OK now although we generally avoid canned foods, the one place I make an exception is for beans as it takes SO FUCKING LONG to soak and cook beans. If I use the canned ones, I rinse them VERY WELL in a strainer cause I dont like that liquid in there. Up to you tho. Sometimes I do scratch if I have time but not all the time.

#### Curry Bean Burgers:

1 T oil

1 cup finely chopped onion

3 minced cloves garlic

1 T curry powder

1 chopped green pepper

2 T water

3/4 cup cooked oatmeal

1 1/2 cups cooked or canned red kidney beans (or any other kind you want)

1 large egg

1 minced hot pepper (NO SEEDS!)

1 3/4 cup breadcrumbs (to make your own, just make dark dry toast and crumble it up or if you crumble crackers its really yummy)

salt and pepper

cook onion pepper and garlic in oil, 2 minutes or so, add curry and water and cook 3 to 5 more minutes. put that in food processor or blender with beans oatmeal and egg and mix well. now put it in a bowl and stir in bread crumbs and other seasonings. shape them into burger shapes. you can make them real professional looking by flattening with spatula and shaping around sides with a butter knife. If they are too loose and don't want to stay together, add a lil more bread crumbs. They are DELICATE so go easy. You can grill them, bake them or pan saute them. They freeze well.

Keep in mind this is a formula. You can change the beans and seasonings as you wish and there are endless possibilities.

*Last Edited by [Outside Child](#) on 10/05/2011 01:55 PM*

### [Nobody in Particular](#)

the Age of Confusion is Fully Manifest.

User ID: 2230535

United States  
10/05/2011 01:55 PM



all cultures have marvelous meat free food. When I went veggie in 2000 I bought 2 large handsome cookbooks of food around the world. Its not hard to make wondrous food and when one has given up the meat and the anger and chemicals in it, you never want it again. It feels and smells DEAD.

*Last Edited by [Nobody in Particular](#) on 10/05/2011 01:56 PM*

[Outside Child](#) (OP)

User ID: 1543854

United States  
10/05/2011 01:56 PM

Roasted and Grilled vegetables

Hey alot of these things I always have them around as staples of my diet and they are EASY! Buy a small paintbrush for the kitchen!!!!!!!!!!!!!! Also Paul Newmans balsamic vinegrette which is my all purpose marinade. Yummy easy and natural.

Beets:

Look for nice large beets. Wash them, do not peel. Wrap each individual beet in foil and roast in oven at 400 for an hour. When they have cooled down enough to touch , you unwrap them and run them under cold water and rub the skins off. They come off easy that way and you don't make a big mess.

Now you mix a small bowl of a few tablespoons of EXTRA VIRGIN olive oil, salt and pepper, a lil seasoning, some herbs either thyme or rosemary or both. Slice the peeled beets into half inch thick slices, paint them all over with olive oil and now you either grill them on the BBQ or put them under broiler until they start to carmelize a bit.Now you put the hot beets off the grill into some paul newmans balsamic and let them sit there and soak it. These are delicious and eat like a vegetarian steak. Not your nasty beets in a can !

I will make a salad of either spinach or watercress or arugula with a lil balsamic. Grilled red onions real nice with this too. A lil goat cheese or feta or blue cheese, a few walnuts or pecans and you good to go. Beets good all by themselves too as a side.

Roast Pumpkin:

same xtra virgin olive oil seasoned with herbs. peel and cut pumpkin into big 2 inch chunks. Also peel a whole head of garlic and leave the cloves whole and toss them in the olive oil. paint the pumpkin with the oil, put a garlic clove on each piece and bake in oven at 400 for 40 minutes to an hour until pumpkin begins to turn a lil brown around edges(carmelized). I always have this in fridge as sson as one finishes i make it again. like candy to me.

Potatoes(or sweet or yam or dasheen):

same olive oil again with the garlic too! scrub potatoes really well and chop into one inch chunks

with skins left on. paint with olive oil and toss with garlic cloves. bake at 400 for 40 to an hour. if its yam or dasheen or caribbean sweet potato, you gotta peel them.

#### Portobello Mushrooms:

A next vegetarian steak. delicious!!!! marinate them in a ziplock with the paul newmans for at least an hour. then just grill them for 5 minutes each side. slice thinly with a steak knife. these are also good with a salad like the beets or as a sandwich on whole grain bread with some pesto.

#### Mixed Veggies:

zuchinnis, eggplant, fennel, onions, peppers(red or yellow), christophene, mushrooms are all good here. cut into big enough pieces so they dont fall in the bbq. think planks here not too thin. paint with olive oil, grill on bbq for 5 minutes each side, take off grill chop and toss with paul newmans balsamic. good on salad, good as side dish, good on sandwich.

#### Really Good Corn:

in a pot on the stove bring 6 cups of water, 3 chopped scallions, 1 T thyme, 1 seeded and chopped hot pepper, salt, pepper, and 2 T coconut oil to a boil. peel and destring 6 ears of corn and marinate it in the liquid in big ziplocks for at least an hour(or even overnite) and then grill on bbq.

OK more to come in a while.....I know it aint easy at first I will try and keep these recipes coming regular. Man you should invest in some really good whole grain bread. No not whole wheat bread in a bag. More like 7 or 12 grain homemade bread from a bakery.

#### [Nobody in Particular](#)

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User ID: 2230535

 United States

10/05/2011 02:00 PM



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Keep in mind this is a formula. You can change the beans and seasonings as you wish and there are endless possibilities.

Quoting: **Outside Child**

use a little more DRY ground up oatmeal for the egg to make it vegan. That binds and adds better flavor than the egg. When I make up my Quinoa burgers later today I will add the recipe, adapted from one using the egg and goat cheese. I use cashews powdered up and yellow or orange peppers added to make a paste for the goat cheese. OMG is it good.

Powdered oatmeal makes a great binder for veggie burgers, keeps them from oozing out of the bun. better than eggs.

*Last Edited by [Nobody in Particular](#) on 10/05/2011 02:02 PM*

**[Outside Child](#) (OP)**

User ID: 1543854

 United States

10/05/2011 02:01 PM

I am laying out some basics for you first. You will use these basics over and over in other recipes.

### Basic Baked Tofu

Another dietary staple of mine, always keep it on hand. Great in a sandwich, or cut up on salads or just to snack on as it is. Remember again, this is a method and formula and you may adjust seasonings and stuff to suit your taste.

OK first you must learn how to deal with tofu. Since it comes in water, it is full of water so cannot take on any more liquid so you must get the water out of the tofu. You do this by first squeezing as much as you can out by hand without breaking the tofu. Then cut the block of tofu in half crosswise. Wrap 2 pieces in alot of layers of paper towel and put either a heavy pot with water in it on top or a stack of plates. Leave it for an hour. Now tofu ready to season or marinate. You always do this with tofu before you cook it any kind of way.

1 lb tofu

juice of 1 lime

1 T balsamic vinegar

2 T soy sauce  
1 T minced fresh rosemary or thyme  
little bit black pepper  
2 T olive oil

preheat oven to 350. slice 2 halves of tofu into thirds then cut each third diagonally to make triangles. put them in greased baking dish in single layer. mix remaining ingredients with whisk and pour marinade over tofu and bake for about 40 minutes or until tofu is browned nice and no more liquid in dish.

\*get some of that whole grain bread i told you about and make a sandwich with this tofu, lettuce tomato cucumber avocado and you good to go.

\* feel free to add garlic, hot pepper, ginger, liquid smoke, whatever. you will like tofu this way.

### [Outside Child \(OP\)](#)

User ID: 1543854

 United States

10/05/2011 02:09 PM

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Quoting: **Outside Child**

Personally, I dont even deal with vegan any more. Long story but I figure the easily digestible protein of the egg sure cant hurt. Organic brown eggs though. Cashew "cheese" is very good. I have had good success with blending tofu with agar agar and arrowroot for a vegan binder. I will be posting a few loaf recipes with this technique in a while.

As for goat cheese, thats good stuff! You aint had none til you had some from an Anguilla goat! I honestly do love really good cheese. Small batch organic style in small amounts. Never the American processed crap of any kind. You will see me use small amounts of feta or parmesan as an accent in recipes quite often but you will never see me do something super cheesy like mac and cheese or pizza. OK my one big guilty pleasure in real cold weather is lasagna. Once a year.

### [Nobody in Particular](#)

the Age of Confusion is Fully Manifest.

User ID: 2230535

 United States

10/05/2011 02:09 PM



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\* feel free to add garlic, hot pepper, ginger, liquid smoke, whatever. you will like tofu this way.

Quoting: **Outside Child**

the easy way to get the water out is not by squeezing it. Put your pieces in a heavy skillet on low heat and let it do the magic, faster and better. I don't bake tofu in the oven, I bake it in my cast iron skillet with a lid. works way better, take the lid off during part of it to evaporate excess liquid.

you can make tofu lunch meat for sandwiches by slicing it with cheese slicer for even sizes, put in skillet with desire seasonings and slow cook. they will go into the tofu. this will have a texture similar to bologna when done. you can partially pre dry it in the skillet first if you wish. then add the flavorings. using french dressing which has a lot of paprika in it, will produce a product sort of bologna like in taste. You can use all sort of stuff to season your "lunch meat". Make lots and keep in fridge. You can brown it a bit for a different flavor or make it firmer.

crumble and mix with all sorts of stuff and cook same way in skillet for use in salads, or cube instead of crumble. I did this once with some raspberry dressing I did not like very much, but it seasoned the tofu very nicely for salads.

[Outside Child](#) (OP)

User ID: 1543854

 United States

10/05/2011 02:10 PM

## Seitan ("Wheat Meat")

2 lbs organic unbleached white flour  
2 lbs organic whole wheat bread flour  
OR 4 lbs high gluten wheat flour(if you can find it)  
6 cups cold water

mix flour and water into a dough and knead until it is firm and elasticity. now put dough in bowl and cover with warm water and let sit for 30 minutes. Meanwhile you can start your stock:

1 lb quartered onions  
1 bunch scallions  
3 large carrots halved lengthwise  
3 stalks celery  
1 whole head of peeled whole garlic cloves  
1 ginger root peeled and cut in slices  
several sprigs of fresh thyme  
3 bay leaves  
21 peppercorns  
21 allspice berries  
1 cup soy sauce(tamari kind is best)  
1 whole hot pepper stabbed once with a fork(optional)  
1 gallon of water

put all this in a big pot and bring to a boil and down to a low simmer

now back to the gluten dough:

drain off warm water, put dough in colander in mixing bowl in sink and fill with cold water. knead dough for 5 minutes in the water then pour off water. now do the same in hot water. repeat until the water runs off clear. this means no more starch left and you have just the gluten(fiber). don't worry it shrinks to 1/4 its size. you are not doing anything wrong. divide dough into 2 balls and simmer in stock for 3 hours. LOW simmer! check now and again and add more water if necessary to make sure the dough always completely under water.

when it's done, you can strain the stock and you have beautiful stock for soup or cooking rice or whatever. now you can use the seitan just like you would use meat. you could grind it to be like ground beef too if you want.

*Racism is white supremacy and white supremacy is racism.*

## [Outside Child](#) (OP)

User ID: 1543854

 United States

10/05/2011 02:12 PM

## Breakfast Things

Muffins:

1 cup applesauce  
juice of half a lime  
2 cups dried or fresh fruit cut in small small pieces(raisins, berries, apples, papaya, dates whatever you want)  
1 cup soymilk or coconut milk or milk  
3 egg whites or egg replacer(if you had dogs you could feed the yolks to the dogs)

3 cups rolled oats \*\*\*(hey quaker oatmeal aint the good stuff look for irish steel cut oats)  
3 cups whole wheat flour  
1/3 cup(or more if its not sweet enough for you) fructose or honey or natural brown sugar or  
sucanat(we try to avoid the white refined sugar and anything by domino, no sweet and low or  
equal neither!!!)  
3 T baking powder  
1 t baking soda  
1/2 t allspice  
1/2 t cinnamon  
1/2 t nutmeg  
the grated rind of that half a lime(its called ZEST for future reference the green part not the white  
inside. strong flavor)

preheat oven to 375. grease the inside of muffin tins (hey you could make this a loaf too and slice  
it like bread whatever u got as far as pans)  
mix all wet ingredients in 1 bowl and dry in another then put them together and do not overmix.  
now bake for 20-25 minutes and cool for 5 before turning out of pan. This makes about 2 dozen  
muffins or 2 loaves. Bet your daughter would love these too.

#### Raisin Bran Muffins

3 1/2 cups whole wheat flour  
4 T baking powder  
1 t baking soda  
1/2 t allspice  
3 1/3 cup of raisin bran cereal  
2 cups plain yogurt or soy or coconut milk  
1 1/2 cups applesauce  
3 eggs or egg whites(or egg replacer)  
2/3 cup honey

preheat oven to 400. grease muffin tins. blend wet in one bowl, dry in another then mix them until  
the dry is barely just moistened. DO NOT OVERMIX!!!!!! Bake 20 minutes and cool 5.

#### Power Breakfast 1:

1/3 uncooked oats  
1 T raisins or berries  
1 T crushed nuts of your choice  
1/3 cup applesauce  
1/4 cup orange juice or yogurt of your choice  
1/3 cup grapenuts

put it all in a bowl in that order and eat it. I LOVE this eat it all the time.

#### [Astrochik](#)

User ID: 1331439

 United States

10/05/2011 02:13 PM





★★★★★

[Outside Child](#) (OP)

User ID: 1543854

United States

10/05/2011 02:15 PM

the easy way to get the water out is not by squeezing it. Put your pieces in a heavy skillet on low heat and let it do the magic, faster and better. I don't bake tofu in the oven, I bake it in my cast iron skillet with a lid. works way better, take the lid off during part of it to evaporate excess liquid.

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Quoting: **Nobody in Particular**

I did not say squeeze it to get the water out. i said squeeze it before you wrap and press it. Sorry but pressing tofu is the only method. I want my tofu to take ALL the marinade and be really tasty. Plus it changes the texture in a a good way. Freezing it first then thawing then pressing is even better!

[Outside Child](#) (OP)

User ID: 1543854

United States

10/05/2011 02:17 PM

Ital

\*also forgot to mention, frozen vegetables are basically fine you know, almost as good as fresh. I often use frozen corn or okra or spinach. CANNED ONES ARE TERRIBLE AVOID THEM \*

ANYHOW, I will give you 2 traditional Caribbean old time healthy yummy dishes. These come from those real lean times way back when. Haha the only recipe is find whatever you got and throw it in the pot.

The first is the ubiquitous "ital pot" or "cook up" or "one can" whatever they all may call it.This is like what Bushman cooks kind of. Once again, not an exact recipe more like a method or formula or framework.I end up making this like ALOT I call it "clean out the fridge". Now if we were being REAL roots and traditional we would make this in a clay yabba pot on the open fire.

either a can of beans of your choice well rinsed or 2 cups of beans you did yourself. about a cup of brown rice. WHATEVER kind of veggies odds and ends you have around. corn,carrots, potato, okra, celery, yam, dasheen, sweet potato, eggplants, zucchini, pumpkin, WHATEVER. about a quart of coconut milk or 2 cups and 2 cups water/stock. WHATEVER seasonings you liike and are around. thyme, hot/seasoning pepper, black pepper, salt, bay leaf, curry, allspice, etc. If you got chunks, throw in a handful too or tofu, seitan WHATEVER. Very simple. put everything in the pot, stir, bring to a boil then down to a low simmer. Cover, simmer low for an hour, turn heat off, let rest covered 10 to 15 and then eat.

\*oh yeah i been meaning to ask you do you use aluminum pots? If so, GET RID OF THEM ALUMINUM IS WHAT CAUSES ALZHEIMERS!!!!!!!!!!!!!! Stainless steel, glass or cast iron.

Ok now what they call "run down" in Jamaica, "oil down" everywhere else. Start with a quart or 2 of coconut milk dependig on how much you making. Add chopped onion, scallion, garlic, allspice berries, thyme, a chopped tomato,a whole hot pepper stabbed with a fork, salt and black pepper. Bring it to a boil and simmer on medium high uncovered for 10 minutes or so until the coconut milk is starting to thicken a little. Now you add chunks of plantain, pumpkin, yam, dasheen, carrot, etc, whatever you got. People traditionally make this with smoked or pickled mackeral or saltfish but its really really good just vegetarian too. So bring it back up to a boil, back down to lively simmer and cook uncovered, stirring once in a while until the coconut milk has shrank and thickened to the point it is just stuck to everything and not really liquid left. maybe half an hour or a bit less. Don't need no rice with this one. Serve with greens or steamed broccoli or other green veggies on the side. One of my favorite things to eat.

#### Outside Child (OP)

User ID: 1543854

 United States

10/05/2011 02:19 PM

#### Pigeon Peas Salad

This is another one of my favorites. I eat it like salsa with the blue corn chips alot or its real nice on salad greens with avocado or on top of a fish filet.

1 can or 2 cups pigeon peas(if can remember to rinse well and drain)  
1 christophene chopped to pigeon pea size  
2 or 3 minced garlic cloves  
1/2 to 1 minced hot pepper- no seeds  
1/2 cup chopped fresh cilantro or parsley  
3 thinly sliced scallions  
1/2 cup mango diced to pigeon pea size  
1 red sweet pepper diced to pigeon pea size  
1/2 a cup fresh or frozen corn kernels  
juice of a lime  
salt and pepper to taste

just put everything in a bowl and stir it up. let it sit covered in fridge for an hour first so the flavors can blend. this is also good with black eyed peas instead.

#### Outside Child (OP)

User ID: 1543854

 United States

10/05/2011 02:20 PM

### Yummy Granola

Cereal is very expensive store bought. This is much cheaper, healthier and easy too. Enjoy.

2 1/2 cups uncooked rolled oats  
1/2 cup wheat bran  
1/2 cup dried shredded coconut  
1/2 cup chopped almonds or pecans  
1/2 cup sunflower seeds  
1/2 cup diced dried papaya  
1/2 cup diced dried mango  
1/2 cup yellow raisins  
1 t grated lime zest

mix all above ingredients in a big bowl

1 stick soy margerine(or butter if you must)  
1/4 cup honey  
1/2 cup brown sugar  
1 t vanilla extract  
1 t cinnamon  
1/4 t nutmeg  
1/4 t allspice  
1/4 t salt

bring all above slowly to a simmer stirring well and pour over dry ingredients and mix well. spread it in an even layer in a greased baking dish and bake at 325 for 30 minutes stirring every 10 or so to make sure it browns evenly. take it out and put it back in mixing bowl and toss to cool it. when its cool enough you can break up any big chunks with your hands.

### Outside Child (OP)

User ID: 1543854

 United States

10/05/2011 02:23 PM

### Couscous or quinoa salad

2 cups couscous or quinoa  
4 cups H2O or vegetable stock  
salt  
2 T oil  
1/2 cup chopped tomato  
1/2 cup chopped cucumber  
1/4 cup chopped scallions  
1/4 cup chopped basil  
2T chopped cilantro or parsley  
zest and juice of 2 limes  
3/4 cup toasted pine nuts(on a dry skillet for just a minute or 2 til they get golden)  
1/4 cup sliced black olives(not the ones in the can, good ones)  
1/4 cup sundried tomatoes  
1/4 cup crumbled feta cheese(if you want it)  
1/4 cup diced smoked tofu(if you want it)

bring water or stock salt and oil to a boil. stir in couscous and turn off heat and let sit covered for 10 minutes. fluff it with a fork and put in a big bowl. add the rest of the ingredients and toss well. It is great just like this but sometimes I serve it with grilled veggies marinated in balsamic on top too. You can also substitute tabouli(bulgur wheat) for the couscous.

This is great with the grilled veggies and baked tofu I posted earlier on top

### [Outside Child](#) (OP)

User ID: 1543854

 United States

10/05/2011 02:24 PM

#### Baked Tempeh

1 package tempeh cut into sandwich size pieces(slice it in half thickness wise and then crosswise)  
1 1/2 cups apple cider or juice  
3 T tamari soy sauce  
3 T good grainy creole mustard  
1 t cumin  
1 t caraway  
2 cloves garlic minced  
cayenne pepper to taste  
1/3 cup olive oil

whisk everything but the tempeh together in a bowl. put tempeh in a single layer in a baking dish and pour marinade over it and bake at 350 covered for 40 minutes. uncover and bake 10 minutes more or until tempeh is more or less dry

I alter the seasonings of this alot. sometimes i make it jerk or whatever else. its good.

### [Outside Child](#) (OP)

User ID: 1543854

 United States

10/05/2011 02:27 PM

#### Seasoning

I make my own seasoning. It tastes better and is alot cheaper plus its a balanced recipe(as per indian/chinese/alkaline ). I use this seasoning in everything i cook its my general all purpose. So in the future with these recipes when i refer to seasoning it means this. I just make a big jar one time and have it to use. You can double or 10X the recipe just use the same ratio.

2 1/2 tablespoons paprika  
2 tablespoons sea salt (contains all kinds of trace minerals and no chemicals)  
2 tablespoons garlic powder  
1 tablespoon black pepper  
1 tablespoon onion powder  
1 tablespoon cayenne pepper  
1 tablespoon dried oregano  
1 tablespoon dried thyme

put it all in a jar or plastic container and shake it really well. thats it.

sometimes i vary it slightly and add in addition 1 T cumin, 1 T coriander and 1 T ground ginger. If

you also add 1 T ground allspice it tastes very caribbean.

Leave that msg laden sazon shit alone!

**Outside Child (OP)**

User ID: 1543854

 United States

10/05/2011 02:28 PM

My Favorite String Beans

2 lbs string beans

3 or more cloves minced garlic

1 small jar artichoke hearts strained and sliced with juice reserved on the side

juice of 2 limes or lemons

chopped fresh rosemary to taste

seasoning

parmesan or romano cheese(optional)

sliced porobello mushrooms(optional)

1/4 cup olive oil

blanch or steam string beans until they are bright green and a little tender. saute the garlic and rosemary and mushrooms if you are using them in olive oil then put in the beans and artichokes and stir well and season them to taste. pour in the reserved marinade and lime juice and stir well again and cook for 5 to 10 minutes. If you are putting the cheese turn the heat off and toss them well with the cheese. These are even better after they sit a while.

**Outside Child (OP)**

User ID: 1543854

 United States

10/05/2011 02:32 PM

I generally do not deal with that fake meat shit but small amounts of the veggie sausages or bacons can do wonders for a dish! I only get them when I find them on sale which is actually quite often.

Wild Rice Cook Up

2 cups wild rice

4 cups water or stock

3 bay leaves

3 whole cloves garlic

3 sprigs fresh thyme

sea salt

bring all ingredients but rice to a boil. stir in rice and bring back to a boil then turn down to a simmer, cover and cook 50 minutes.

1 chopped onion

1 chopped green pepper

2 or 3 stalks chopped celery

1 package crumbled or diced veggie sausage(tofurkey italian my favorite)

1 cup fresh or frozen corn kernels

3 or more cloves chopped garlic

1 bunch chopped tarragon  
1 cup chopped scallions  
creole seasoning  
oil

brown the sausage in the oil, add onion pepper and celery and season. saute for 10 minutes or until the onion nice and translucent. add garlic and corn and saute 5 more minutes stirring all the while. stir in cooked wild rice and mix well. turn of heat and stir in tarragon and scallions.

[Outside Child](#) (OP)

User ID: 1543854

 United States

10/05/2011 02:34 PM

One of my favourite comfort food combos is the wild rice above with this kale and the black eyed pea soup I will post next.

The super yummy kale  
2 bunches of kale well washed and chopped, no stems  
7 cloves chopped garlic  
red pepper flakes to taste  
olive oil  
sea salt to taste  
1/2 cup veg. stock

saute garlic in olive oil til it starts to get a little golden and fragrant. Add red pepper flakes and start to add kale in batches tossing well with tongs so each piece gets coated in olive oil. as it shrinks keep adding more to the center of the pan. once its all in add sea salt to taste and the stock and cover and braise on medium low heat for about 15 minutes or until kale is bright green and soft. turn heat off and leave it covered a few more minutes.

If I am having something Asian, I make it the same way but add some toasted sesame oil and a little chili oil instead of the flakes and an equal amount of grated fresh ginger as the garlic. I make this almost every day because I end up eating the whole pot of it every time.

[Outside Child](#) (OP)

User ID: 1543854

 United States

10/05/2011 02:42 PM

Black eye pea soup

1 bag black eye peas(dont need to soak)  
1 large chopped onion  
2 chopped stalks celery  
1 chopped green pepper  
7 cloves smash garlic  
Plenty fresh thyme  
Bay leaf  
1 T liquid smoke (magic vegetarian seasoning!)  
1/2 t crushed allspice berries  
Whole hot pepper stabbed once with fork  
8 to 10 cups veg stock or water

Oil of choice  
1 t salt  
1/2 t black pepper

Sweat veggies In oil on low for 10 minutes then add everything else but the salt. Bring to boil then turn heat to medium and simmer for about an hour or til peas are soft but not mushy. Take out the hot pepper and thyme sticks and add the salt at the end.

Like I said one of my all time favourites is this with the kale and wild rice mix in.

### [Nobody in Particular](#)

the Age of Confusion is Fully Manifest.

User ID: 2230535

 United States

10/05/2011 02:53 PM



the easy way to get the water out is not by squeezing it. Put your pieces in a heavy skillet on low heat and let it do the magic, faster and better. I don't bake tofu in the oven, I bake it in my cast iron skillet with a lid. works way better, take the lid off during part of it to evaporate excess liquid.

you can make tofu lunch meat for sandwiches by slicing it with cheese slicer for even sizes, put in skillet with desire seasonings and slow cook. they will go into the tofu. this will have a texture similar to bologna when done. you can partially pre dry it in the skillet first if you wish. then add the flavorings. using french dressing which has a lot of paprika in it, will produce a product sort of bologna like in taste. You can use all sort of stuff to season your "lunch meat". Make lots and keep in fridge. You can brown it a bit for a different flavor or make it firmer.

crumble and mix with all sorts of stuff and cook same way in skillet for use in salads, or cube instead of crumble. I did this once with some raspberry dressing I did not like very much, but it seasoned the tofu very nicely for salads.

Quoting: **Nobody in Particular**

I did not say squeeze it to get the water out. i said squeeze it before you wrap and press it. Sorry but pressing tofu is the only method. I want my tofu to take ALL the marinade and be really tasty. Plus it changes the texture in a a good way. Freezing it first then thawing then pressing is even better!

Quoting: **Outside Child**

Pressing it under a weight is squeezing it! you will get MORE water out of it by using the slow heat method and it will absorb more. If you actually Measure the before and after you will see my point. Pressing is squeezing and its considerably less effective than gentle heat with evaporation. and starting with firm or extra firm will shorten that process. extra firm will absorb more doing nothing than using soft or medium tofu's of high water content to start with. I don't buy them, I want some

of the work already done when I purchase the product. gentle heat will ride it of more to absorb better.

**Last Edited by [Nobody in Particular](#) on 10/05/2011 02:57 PM**

**[Outside Child](#) (OP)**

User ID: 1543854

 United States

10/05/2011 03:10 PM

West Indian Pea Soup

1 bag red peas or pigeon peas

10 cups water or stock

1 full head garlic whole cloves smashed with knife

several sprigs fresh thyme

21 allspice berries

3 bay leaves

1 bunch scallions chopped

1/2 t black pepper

1 whole hot pepper stabbed once with a fork

1 T liquid smoke

1 T pickapeppa sauce(my tasty veg substitute for worsteshire sauce)

sea salt to taste

1 cup coconut milk

1 large carrot sliced

4 cups assorted chopped ground provisions(yam, dasheen, potato, irish potato,etc)

1 christophene(chayote,chocho,mirliton) peeled and chopped

You can soak the peas overnite if you want with the garlic but its not necessary. Put the water/stock,peas,garlic,thyme,allspice,bay leaf, liquid smoke,black pepper,half the scallions and the hot pepper in a big pot. Bring to a boil, cover and simmer for about an hour if you soaked or 2 to 3 if you didn't. Basically until the peas are soft but not mushy. Pull out the thyme sticks, allspice, bay leaves and hot pepper. Now you can either mash some of the peas against the side of the pot with the back of a wooden spoon or puree half in the food processor or blender and put it back. Now you add the vegetables, pickapeppa, salt and coconut milk. If soup is too thick add a little more water or stock. Bring it back up to a boil and back down to a simmer and cover and cook for about half an hour more or until veggies are soft. If you are going to use dumplings(recipe below) you put them in the last 15 minutes. At the end you stir in the second half of the scallions.

Dumplings

1 cup flour(this is the only time I use white flour besides a roux)

1/2 t sea salt

1 T butter

water

sift the flour and salt together in a bowl. rub butter in with your fingers. now start stirring tiny amounts of water in first with a spoon then start Kneading with your fingers. you want the dough to be moist enough that it sticks together and theres no loose flour left but not so moist that it sticks to your hands. just pull off little pieces and roll them into dumplings either round or long. you can also add a T or 2 or dried herbs like thyme or basil or rosemary to make herb dumplings if you want.

Anonymous Coward  
User ID: 2706830  
 United States  
10/05/2011 03:14 PM

great recipes OP   thanks.

[samanthasunflower](#)

User ID: 1485390  
 United States  
10/05/2011 03:16 PM

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**Re: Adventures of the broke ass (mostly)vegetarian gourmet**

use a little more DRY ground up oatmeal for the egg to make it vegan. That binds and adds better flavor than the egg. When I make up my Quinoa burgers later today I will add the recipe, adapted from one using the egg and goat cheese. I use cashews powdered up and yellow or orange peppers added to make a paste for the goat cheese. OMG is it good.

Quoting: **Outside Child**

Personally, I dont even deal with vegan any more. Long story but I figure the easily digestible protein of the egg sure cant hurt. **Organic brown eggs though.** Cashew "cheese" is very good. I have had good success with blending tofu with agar agar and arrowroot for a vegan binder. I will be posting a fee loaf recipes with this technique in a while.

As for goat cheese, thats good stuff! You aint had none til you had some from an Anguilla goat! I honestly do love really good cheese. Small batch organic style in small amounts. Never the American processed crap of any kind. You will see me use small amounts of feta or parmesan as an accent in recipes quite often but you will never see me do something super cheesy like mac and cheese or pizza. OK my one big guilty pleasure in real cold weather is lasagna. Once a year.

Quoting: **Nobody in Particular**

Egg racist! What do you have against free range green eggs? (Ameracauna chickens.)

I'm lovin this thread. I think that I have to do some cutting and pasting, so I can print most of these recipes out.



Anonymous Coward  
User ID: 2706830  
 United States  
10/05/2011 03:21 PM

i eat mostly spicy food but made this the other day for a change. vege pot pie.  
frozen pie crust  
can of cream of celery(or whatever)soup  
large potatoe  
half an onion  
2 large carrots

a couple bella and couple white mushrooms

1/2 cup frozen peas

garlic

parsley

saute all but the last 4 ing. until soft. add the rest and cook about 5 more minutes.

add the soup and about half a can of water, mix and dump into the pie crust. set the other pie crust on top of that and let thaw, then pinch shut edges.

put on cookie sheet and bake about 1/2 hr uncovered and then about another half hour uncovered until it is browned.

Anonymous Coward

User ID: 2697635

 United States

10/05/2011 03:26 PM

Yum!

Bookmarked for future eating....

[Jdd](#)

User ID: 919551

 Canada

10/05/2011 03:29 PM



Here's the simplest, cheapest, most delicious meal I know of for two people:

1 head of cabbage

1 large yam/sweet potato (yellow or orange)

olive oil, salt & pepper

Cut the cabbage into quarters. Separate the hearts slightly.

Create a little air space around them, but don't pull the leaves off. Just lets heat in so they cook more quickly.)

Coat the cabbage liberally with olive oil and season.

Bake at 400 deg. F for 1-1/2 hours. Now cut the yam in two and toss it into the pan, and bake for another 45 minutes till the potato is ready.

The cabbage will carmelize and become very soft, sweet and delicious... Nothing like the cabbage they made you eat as a kid.

Serve just this, with a little butter. A spoonful of red pepper jam is a great side.

Dinner for two: \$1.68

[If you have a silpat (silicon mat), use it. Otherwise this is a pan you'll have to soak. Or use parchment.]

[Astrochik](#)

User ID: 1331439

 United States

10/05/2011 03:30 PM



great recipes OP   thanks.

Quoting: **Anonymous Coward 2706830**

awesome - I'm gonna pin this soon as I'm allowed (too many karma pins right now).

[Outside Child \(OP\)](#)

User ID: 1543854

 United States

10/05/2011 03:42 PM

Here's the simplest, cheapest, most delicious meal I know of for two people:

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Dinner for two: \$1.68

[If you have a silpat (silicon mat), use it. Otherwise this is a pan you'll have to soak. Or use parchment.]

Quoting: **Jdd**

Oh man I am a big veggie roaster but I never thought of trying cabbage. Now I am going to have

to maybe even tonight! I do green beans, broccoli, cauliflower and brussel sprouts tossed in olive oil and seasonings and roasted like that. Usually I hate most of those veggies but not done this way!

*Racism is white supremacy and white supremacy is racism.*

### [Outside Child](#) (OP)

User ID: 1543854

 United States

10/05/2011 03:44 PM

Here are some nice Caribbean delicacies:

#### Casava Bread

2 lb Sweet cassava

1 mature coconut

1/2 tsp Grated nutmeg

5–6 Drops vanilla essence

6 oz Raw cane sugar

1 pt Soy milk

- . Peel and grate the cassava and coconut.
  - . Combine in a bowl the freshly grated nutmeg, vanilla essence and sugar.
  - . Stir in the soy milk to form a soft thick batter.
  - . Pour the mixture into a well-greased baking dish and bake in a preheated moderate oven at 180° for 1 to 1 1/4 hours or until set.
- Should last you a few days.

#### Dokono (Biscuits)

8 oz Cornmeal

4 oz Raw cane sugar

3/4 pt Coconut milk

1/2 tsp Ground cinnamon

4–5 Drops vanilla essence

3 oz raisins

- . Mix together the cornmeal and the sugar in a bowl.
- . Pour in the coconut milk and stir well to produce a smooth consistency.
- . Flavour with ground cinnamon and vanilla essence and stir in the raisins.
- . Drop the mixture in heaped tablespoons onto 6 inch squares of aluminum foil.
- . Fold the foil to make parcels of the mixture and press the edges well to seal.
- . Bring a large pan of water to the boil and cook the dokono parcels in the boiling water for 1 hour.
- . At the end of the cooking time carefully remove the foil and serve the dokono hot, sprinkled with a little sugar

#### Conky (Biscuits)

8 oz Grated Sweet Potato

4 oz Raw cane sugar

3/4 pt Coconut milk

1/2 tsp Ground cinnamon

4–5 Drops vanilla essence

3 oz raisins (optional)

1 oz hot peppers (bird peppers)

- . Mix together the grated sweet potato and the sugar in a bowl.
  - . Pour in the coconut milk and stir well to produce a smooth consistency.
  - . Flavour with ground cinnamon and vanilla essence and stir in raisins and peppers.
  - . Drop the mixture in heaped tablespoons onto 6 inch squares of tin foil.
  - . Fold the foil to make parcels of the mixture and tie with cord/string.
  - . Bring a large pan of water to the boil and cook the conky parcels in the boiling water for 1 hour.
  - . At the end of the cooking time carefully remove the foil folds and serve the conky hot.
- (If you want the full conky taste cook the mixture in banana leaves instead of tin foil, it taste's much better)

BLESS!!!

*Racism is white supremacy and white supremacy is racism.*

**VillaFi**

User ID: 2435357

 United States

10/05/2011 03:50 PM

Most of the stuff on here we wouldnt eat , it would be a waste  
 we do not eve like yams, beets, or sweet potatoes - and oatmeal is good in breakfast and muffins,  
 thats as far as I want to take it.  
 brown rice doesnt do much for me either - tho I know its good for you,,, ,pastas with veggies would  
 work though  
 I do love an onion pie - does anyone have a good recipe for that?

**Outside Child (OP)**

User ID: 1543854

 United States

10/05/2011 04:15 PM

Most of the stuff on here we wouldnt eat , it would be a waste  
 we do not eve like yams, beets, or sweet potatoes - and oatmeal is good in breakfast and muffins,  
 thats as far as I want to take it.  
 brown rice doesnt do much for me either - tho I know its good for you,,, ,pastas with veggies would  
 work though  
 I do love an onion pie - does anyone have a good recipe for that?

Quoting: **VillaFi**

Well thats too bad sorry to hear that. I have only begun to post recipes. Not anywhere near all of them have those things. As for pasta, get whole grain or dont bother. Regular pasta is just intestinal glue.

**Outside Child (OP)**

User ID: 1543854

 United States

10/05/2011 04:17 PM

**Pesto Potato Salad**

- 2 Tbs. olive oil, or more as needed
- 1 lb. baby Yukon gold potatoes, halved or quartered
- 1 onion, diced

1 can cannellini beans, drained and rinsed  
2 or 3 cloves minced garlic  
1/2 lb. green beans blanched  
1/4 cup pesto  
Fresh basil leaves

Heat oil in large skillet over medium heat. Sauté potatoes and onion about 10 minutes, or until potatoes start to soften and turn golden.  
Add cannellini beans, garlic and green beans, and sauté 5 minutes more. Cover skillet, and cook 10 minutes more. Uncover, stir in pesto and cook about 2 minutes more. Remove from heat, garnish with basil and serve. This is good warm but is even better later or the next day cold.

[Outside Child](#) (OP)

User ID: 1543854

 United States

10/05/2011 04:18 PM

Hominy Corn and Potato Chowder

1/2 lb(1 cup) cracked dry hominy corn (maiz trillado) soaked overnight and drained  
1 chopped red onion  
1 rib chopped celery  
1 chopped red pepper or red and green or poblano  
3 or more cloves chopped garlic  
3 chopped green onions  
1 t cumin  
1 t oregano  
few sprigs fresh thyme  
bay leaf  
3 or 4 slices vegetarian bacon or 1 T liquid smoke  
oil  
2 quarts stock or water  
1 small can hatch green chiles or 1 or 2 chopped chipotle peppers in adobo  
the kernels cut off 2 ears fresh corn  
2 potatoes chopped very small dice  
salt to taste  
black pepper to taste  
chopped cilantro or parsley

if you have the veggie bacon, fry that in the oil first(it will give a real good taste to the oil) and remove and drain it.

fry onion, celery, peppers, garlic and seasonings in the oil and add the hominy,potatoes and water or stock. bring to a boil and then lower heat and cover and simmer until hominy is soft . add the fresh corn in the last 10 minutes or so. crumble the bacon real small and add it along with chopped cilantro or parsley.

[Outside Child](#) (OP)

User ID: 1543854

 United States

10/05/2011 04:18 PM

### Spicy Grilled Shitake Salad

1 pound large shitake mushrooms  
2 T minced fresh ginger  
7 cloves minced garlic  
5 T soy sauce  
1/4 cup sherry or white wine  
1/2 cup toasted sesame oil  
2 or 3 T hot sauce depending on your taste(NOT TABASCO GOOD PEPPER)

mix all ingredients besides mushrooms to make a marinade and marinate mushrooms for an hour. you will have plenty extra marinade save it its good for anything. fish, tofu, tempeh, whatever. its good salad dressing too.

grill the mushrooms until they are getting a little crispy around the edges about 5 minutes a side.

now make a salad with some baby bitter greens like arugula or watercress even spinach. lightly dress them with some of the marinade. put hot mushrooms on top which will slightly wilt the greens. add sliced water chestnuts, cashew halves, shredded carrots and orange slices if you want. Also good with strips or cubes of tofu if you want it to be a complete meal.

### [Outside Child](#) (OP)

User ID: 1543854

 United States

10/05/2011 04:20 PM

### Lentil Salad

1 cup dried lentils(the french ones are the best green or black)  
few sprigs fresh thyme  
bay leaf  
1/2 t black pepper  
3 whole cloves garlic smashed  
small chopped onion  
1 rib chopped celery  
1 small bell pepper chopped fine any color  
1 carrot chopped small dice  
4 slices veggie bacon  
3 or 4 chopped sun dried tomatoes(oil packed are best)  
3 cloves minced garlic  
chopped green onion  
chopped parsley  
crumbled feta if you do dairy  
olive oil  
balsamic vinagrette(i like paul newmans if I dont make my own)

so pick thru the lentils for rocks then boil them with the whole garlic, thyme bay leaf and black pepper until they are soft but not mushy. drain them well and set aside

brown and crisp the veg bacon in the oil and take it out and drain on paper towels. you want it very crunchy. now add all the vegetables and saute until onion is clear and the rest are a bit softened. add in the lentils and toss well. turn off the heat and while everything is hot dress and toss with the vinagrette. add the crumbled veg bacon and parsley and feta and you are done.

this is great on top of a baby arugula salad or any baby greens really. its all you need as lentils are the highest protein legume there is. the contrast of the soft lentils and the crunchy carrots and

veggie bacon is really good.

for those who eat fish, a nice piece of salmon marinated in bajan seasoning served on top of this is fucking amazing.

[Outside Child](#) (OP)

User ID: 1543854

 United States

10/05/2011 04:21 PM

Sweet Potato Salad

2 pounds sweet potatoes, peeled and cut into 3/4-inch dice

2 cups peeled and 1/2-inch dice pineapple

3/4 cup chopped red or vidalia onion

3/4 cup chopped red bell pepper

1 large egg or egg replacer

4 teaspoons fresh pineapple juice, or lime juice

1/2 cup vegetable oil of choice

1 tablespoon soy sauce

2 1/2 teaspoons sesame oil

1 tablespoon minced fresh ginger

1/2 teaspoon salt

1/8 teaspoon cayenne

1/2 cup chopped fresh cilantro

In a medium pot, cover the potatoes with salted water and bring to a boil. Cook until just fork-tender, about 5 to 7 minutes. Drain and refresh under cold running water.

When cool, combine the potatoes, pineapple, onion, and bell pepper in a large bowl.

In the bowl of a blender, combine the egg and lime juice. With the machine running on high speed, add the vegetable oil in a slow, steady stream. When all the oil has been added and the mixture is thickened, add the soy sauce, sesame oil, ginger, salt, and cayenne, and process 30 seconds to combine. Pour the mayonnaise over the potato mixture and toss well to combine. Add the cilantro and toss again. Cover tightly and refrigerate for 1 hour to allow the flavors to marry.

\*also very good omitting the egg/egg replacer and the dressing will be like a vinaigrette and you pour it on when the potatoes are still warm.

[Outside Child](#) (OP)

User ID: 1543854

 United States

10/05/2011 04:22 PM

Nice Spiced Quinoa

1 cup quinoa

1 small onion, minced

1 tablespoon olive oil

1 teaspoon ground cumin

1/2 teaspoon cinnamon

1/4 teaspoon turmeric

1 cup vegetable stock

2/3 cup water

1/3 cup dried currants or raisins  
1/4 cup chopped tomatoes  
1/2 teaspoon sea salt  
3 tablespoons finely chopped fresh parsley leaves

Rinse the quinoa under cold water for 1 minute and drain it well. Fry the onion in the oil over moderately low heat, stirring, until it is softened, add the cumin, the cinnamon, and the turmeric, and cook and stir for a minute. Add the quinoa and cook and stir for a few minutes until the quinoa starts to look golden brown and smell nutty. Add the stock, the water, the currants, the tomatoes, and the salt and simmer the mixture, covered, for 15 minutes, or until the liquid is absorbed. Remove the pan from the heat, let the mixture stand, covered, for 5 minutes, and stir in the parsley. You can mold it in small bowls or tea cups and it looks really nice. Really good with curries and stuff.

### [Outside Child](#) (OP)

User ID: 1543854

 United States

10/05/2011 04:23 PM

### Baked Hominy

2 small or one large can whole hominy (its nice to use 2 small cans one yellow and one white)  
rinsed and drained  
3 T oil or ghee  
1 small chopped onion  
1/2 chopped green pepper  
3 T whole grain flour  
1/2 t dry mustard(i like the hot chinese kind)  
1 1/2 cups soymilk or regular milk  
1/2 cup grated soy or regular cheese of choice  
1/2 cup chopped black olives  
1 chopped roasted red pepper  
1 or 2 T of your favorite hot sauce to your taste  
a few handfuls breadcrumbs(I make mine from multigrain bread toasted in the oven and put in the cuisinart)  
fresh ground black pepper

preheat oven to 375

fry onion and green pepper in oil until soft. stir in flour and cook 2 or 3 minutes constantly stirring. gradually add soymilk and cook until it thickens. stir in soy cheese or cheese and cook until it melts. add olives and red peppers and hot sauce and stir well. now stir in hominy and pour it in a greased baking dish and cover with bread crumbs and black pepper and bake uncovered for 30 minutes.

### [Outside Child](#) (OP)

User ID: 1543854

 United States

10/05/2011 04:24 PM

### Indian Casserole

1 cup white or brown basmati rice  
2 cups water  
olive oil

sea salt  
1/2 t turmeric  
3/4 cup chickpea flour  
12 oz thinly sliced cremini mushrooms(or regular)  
2 cups thin sliced onions  
2 T curry powder  
2 cups thinly sliced carrots  
1 bunch fresh spinach stems removed and finely chopped  
3 cloves minced garlic  
\*optional\* coconut milk for steaming spinach(that Trini flava)

cook rice with water, 1 T oil and 1/2 t sea salt

put turmeric, 1 t sea salt, 1 T oil and 3 cups water in saucepan and bring to a boil and whisk in chickpea flour making sure no lumps there. cook on low heat for 20 minutes stirring occasionally. then puree it in cuisinart until its creamy.

fry mushrooms, onions and curry powder in oil until browned

steam carrots

braise spinach with garlic and coconut milk(just a little) and drain/squeeze out excess liquid and season with salt and pepper

spread rice in even layer on bottom of dish. next spread even layer of mushrooms and onions. next the carrots. then the spinach. finally the chickpea flour mixture.

refrigerate casserole for a half hour or until chickpea stuff has set and is firm

bake in a 350 degree oven for 40 to 50 minutes.

cut in squares and serve with some type of chutney.

this is an amazingly complete and well balanced meal in one dish.

### [Outside Child](#) (OP)

User ID: 1543854

 United States

10/05/2011 04:24 PM

### Vegetable Lasagna

2 small zucchini  
2 small yellow squash  
sea salt  
2 roasted red bell peppers  
8 ounces goat cheese  
1/3 cup pitted Calamata olives  
2 teaspoons chopped fresh thyme leaves  
1/4 teaspoon red pepper flakes  
2 cups tomato sauce  
Freshly ground black pepper  
handful grated Parmesan

Slice zucchini and yellow squash lengthwise into thin strips. Lay the strips out on baking sheet pan and salt generously. Set aside.

Preheat the oven to 375 degrees F. Mix the goat cheese, olives, thyme, and red pepper flakes together in a bowl and season, to taste, with salt and pepper.

Wipe extra salt and moisture from zucchini and squash with paper towel.

Spread 1 cup of the tomato sauce into the bottom of an 8- by 11-inch baking dish. Begin layering, remembering to season with pepper between each layer. Start with the zucchini and then summer squash and all the peppers. Put spoonfuls of the cheese over the peppers and then spread it out to cover. Spoon half of the remaining sauce over the vegetables. Repeat with the remaining zucchini, squash, goat cheese, and sauce. Sprinkle top layer with Parmesan and bake, covered, for 30 minutes, then uncover. Continue baking until the vegetables are soft and the sauce thickens, about 30 minutes more. Let lasagna stand for 10 minutes before slicing.

\*also very good with eggplant mixed in with the squash

**Outside Child (OP)**

User ID: 1543854

 United States

10/05/2011 04:25 PM

**Jollof Rice**

1/4 cup oil

6 chopped onions

4 chopped bell peppers (i like red and green)

3 carrots, chopped

1 cup string beans chopped in 1 inch pieces

3/4 cup peas

6 tomatoes, chopped

1/2 teaspoon black pepper

1 teaspoon dried thyme

4 cups cold cooked medium grain brown rice

1/2 cup tomato paste

In a big pot fry onions and peppers Add the other vegetables, black pepper, and thyme, and cook for about 5 more minutes.

In a separate dish, combine rice with tomato paste and add to pot.

Continue to simmer, adding a little water so nothing burns if you need to. Cook until veggies are soft. Serve with sweet fried plantains.

You can also add any type of fish or meat to this if thats your thing.

**Outside Child (OP)**

User ID: 1543854

 United States

10/05/2011 04:27 PM

**Tofu Sour Cream**

1 lb tofu rinsed and squeezed dry in paper towels

1/4 cup fresh squeezed lime juice

1/3 cup olive oil  
chopped fresh herbs of your choice(thyme,basil,cilantro,parsley,whatever)  
4 t rice vinegar or apple cider vinegar  
1 1/2 t sea salt  
1/4 t white pepper

just put it in the cuisinart and blend until its creamy.  
use it in all your mexican stuff or wherever else you would use sour cream. its good.

[Outside Child](#) (OP)

User ID: 1543854

 United States

10/05/2011 04:27 PM

Vegan Ceasar Dressing  
a few cloves minced garlic  
2 t dijon mustard  
2 t umeboshi paste(japanese pickled plum)  
3 T balsamic vinegar  
juice of a lime  
1 T miso  
1/4 lb silken tofu(the kind in the box on the shelf)  
1 cup xtra virgin olive oil

blend all but the oil until creamy and add the oil in slowly til its emulsified.

[Outside Child](#) (OP)

User ID: 1543854

 United States

10/05/2011 05:57 PM

Onion Butter

just take a few pounds of onions very thinly sliced and cook in a big heavy pot covered on the lowest flame possible for 3 to 4 hours and stir once in a while. cook until the onions are completely melted and carmelized and stuck together. then just run it thru the cuisinart. its SOOO good on some fresh multigrain bread with a few sprouts on top and maybe grated carrots or something. excellent in sandwiches too.

[Outside Child](#) (OP)

User ID: 1543854

 United States

10/05/2011 05:58 PM

White Bean and Oven Dried Tomato Relish

2 cups cooked white beans  
1 cup oven dried cherry or grape tomatoes(instructions after)  
1 roasted green chile peeled seeded and chopped  
chopped fresh cilantro  
chopped fresh basil  
juice of a lime  
xtra virgin olive oil  
1 whole head roasted garlic mashed to a puree  
salt and black pepper to taste

to oven dry tomatoes preheat to 200 . cut each tomato in half. its nice to mix red and yellow. put them cut side up on a baking sheet and lightly salt them. bake them for 4 to 5 hours or until all moisture is gone. you can store them in olive oil and they keep a long time. less intense flavor than sun dried and a real nice texture.

as for the rest just mix everything up and let it sit an hour for flavors to marry

### [Outside Child](#) (OP)

User ID: 1543854

 United States

10/05/2011 06:03 PM

Well I don't know what it is about this damn cold that makes me crave starch and dairy so much but here is tonights comfort food i made. I am having it with the kale I posted before.

### Baked Pesto Sun Dried Tomato Barley Risotto

#### Barley Risotto:

6 cups vegetable stock  
1/8 cup olive oil  
1 minced small onion  
1 pound barley  
1/2 cup white wine  
1/4 cup ricotta cheese  
1/4 cup crumbled goat or feta or queso fresco cheese

#### Pesto:

2 cups fresh basil leaves  
1/2 cup toasted pine nuts  
3 minced garlic cloves  
1/2 cup grated Parmesan  
1/4 cup olive oil  
Fresh ground black pepper

1 cup sun-dried tomatoes  
fresh basil leaves for garnish

#### risotto:

simmer vegetable broth. In a next large pot , heat oil and fry onion until it is clear. Add barley and toast it a bit. Add wine and stir until is absorbed. Begin slowly adding stock 1 ladle at a time stirring all the while. Add a next ladle each time the one before is absorbed. When all of the broth is in simmer it low until its soft and kinda creamy. Stir in ricotta and goat cheese then turn off heat and cover it.

#### Pesto:

Put all but parmesan in food processor or blender. Blend til smooth, scrape it out and stir in the cheese.

Spread half the barley in the bottom of a large greased baking dish. Now put half the sun-dried tomatoes then half the pesto. Make a next layer. Bake covered in a 350 oven for half an hour then uncovered for 5 to 10 more minutes. Garnish it with the basil leaves and serve it.

Barley helps keep you warm in the winter. You shouldn't eat it in the summer. It has a lot of fiber too.

## [Le Palma](#)

User ID: 2449085

 United States

10/05/2011 06:05 PM



I am starting this thread based on interest from Astrochiks thread here:

[Thread: Reverse All Disease - FREE VIDEO until OCT. 8 - WATCH 2x & SHARE - - FOOD MATTERS - - you ARE what you EAT!](#)

Contrary to popular belief, healthy and vegetarian food does not have to be expensive or bland or mushy. I have been cooking for very picky Caribbean die hard meat lovers for decades and trust I would hear BIG NOISE if the food was not up to par. Also, currently bf and I are eating extremely well off of his \$200 a month of food stamps.

So I will post my favourite recipes along with tips and tricks and info here. If you have any questions please ask. Enjoy :-)

I will set it off with my collard greens. I always have these handy. When one pot getting low I start the next pot and the die hard pork lovers swear the ham hock is in here!

### Vegetarian Collard Greens

2 lbs collard greens(or kale)

4 cups water

1 chopped onion

3 cloves chopped garlic

2 T oil or butter

1 T brown sugar

1T molasses

1 T liquid smoke

1 T vinegar

1 T red pepper flakes or hot sauce

rinse the greens real well and pull all the greens off the stems and chop them. saute onion and garlic then fold in greens and toss so they are all coated with onion/garlic/oil and start to turn bright and shrink up. Add water and seasonings and bring to a boil. Cover and cook at medium for an hour. Turn off heat and let them sit 10 minutes before taking lid off.

Quoting: **Outside Child**

I'll try that recipe!!!! grow my own collards---and my recipe is similar--- the brown sugar and molasses to it---to make it sweet! Yum

Thanks for the recipes-----add tamarind paste and North Sea Kombu seaweed to brussels sprouts

and its a slam---with oriental spice:)

**Last Edited by [Le Palma](#) on 10/05/2011 06:07 PM**

**[Astrochik](#)**

User ID: 1331439

 United States

10/05/2011 06:12 PM



**Last Edited by [Astrochik](#) on 10/05/2011 06:13 PM**

**[Outside Child](#) (OP)**

User ID: 1543854

 United States

10/05/2011 06:18 PM



Quoting: **Astrochik**

Thanks :-)

**[GLP Angel](#)**

User ID: 1004282

 United States

10/05/2011 06:19 PM



**Outside Child (OP)**

User ID: 1543854

 United States

10/05/2011 07:07 PM

This is one of the things i make with whatever is lying around.

Posole

1 package vegetarian chorizos chopped and browned first in a lil olive oil and a lil chili oil

then I added

1 red onion chopped

1 yellow onion chopped

3 diced jalapenos seeds and all

4 diced chipotles seeds and all

1 cob corn cut off the cob

1/2 butternut squash diced

3 diced carrots

1 big stalk diced celery

7 cloves minced garlic

1 t cinnamon(a stick would have been better but i didn't have it)

1 1/2 T cumin

1 t oregano

1 t salt

1/2 t black pepper

3 bay leaves

i sauteed the above for 10-15 minutes then added

1 large can whole tomatoes in juice and squeezed them in with my hands

cooked 10 minutes more and then added

1 box vegetable stock

2 cups water

1 large can hominy rinsed and drained

1 small can each of black,pinto and kidney beans also rinsed and drained

i brought it to a boil then simmered low for an hour. i garnished with chopped scallions and cilantro and tofu sour cream. dairy heads can use a lil spoon of sour cream and a lil jack/cheddar cheese stirred into your bowl.

Anonymous Coward

User ID: 2667425

 United States

10/05/2011 07:10 PM

[\[link to www.poorgirlleatswell.com\]](http://www.poorgirlleatswell.com)

**Outside Child (OP)**

User ID: 1543854

 United States

10/05/2011 07:12 PM

Quoting: **Anonymous Coward 2667425**

Sweet! Thanks 

**Outside Child (OP)**

User ID: 1543854

 United States

10/05/2011 10:43 PM

Funchi aka coo coo aka turn cornmeal

2 cups cornmeal  
4 cups coconut milk  
2 T coconut oil  
small onion diced fine  
3 scallions diced fine  
1/4 sweet pepper chopped fine  
1/4 scotch bonnet pepper minced fine  
small tomato diced  
7 okra sliced fine(today i didn't have them so I put celery instead)  
1 t salt  
1/2 t black pepper  
1/2 t dry thyme or several sprigs fresh

heat the oil, saute the veggies a lil bit, add coconut milk and stir well and bring to a boil. whisk in cornmeal and put heat real low and keep stirring it every few minutes. should be done in about 20 minutes. if you want you can put a lil butter at the end but is not necessary. Its nice to spoon it into little bowls to mold it and then turn it out upside down. This is good with any dish that has a sauce and especially good with fish.

**Outside Child (OP)**

User ID: 1543854

 United States

10/06/2011 02:14 AM

Mediterranean Lentil Stew

olive oil  
chopped garlic  
6 cups vegetable stock  
2 cups dry lentils  
1 chopped tomato  
1 pound red skin potatoes, cut into 1/2-inch dice  
juice and zest of 1 lemon or lime  
1 bunch spinach leaves  
Salt and pepper  
chopped mint  
chopped parsley  
crumbled feta cheese

Saute garlic in oil. Add stock, lentils, and tomatoes, and then bring to a boil. Reduce the heat, cover, and simmer for 10 minutes. Add the potatoes, cook uncovered for 15 minutes, stirring

occasionally. Add lime juice, zest, and spinach. Simmer until spinach wilts. Check seasonings and garnish with mint parsley and feta.

[Outside Child](#) (OP)

User ID: 1543854

 United States

10/06/2011 02:17 AM

Spicy Plantains

3 medium sized plantains(peeled & chopped into 1/2 pieces)  
2 tbsp fresh ginger peeled & grated  
1 small onion grated  
1/4 tsp salt  
1/4 tsp hot sauce or finely chopped pepper  
fry oil

Combine all ingredients in a bowl. Toss until mixed. Fry in batches until golden brown and cooked. remove and drain on paper towels

[Outside Child](#) (OP)

User ID: 1543854

 United States

10/06/2011 01:25 PM

Green Banana Salad

2 lbs. green bananas  
½ cup sliced pimento-stuffed green olives  
4 cloves garlic, crushed  
2 onions, sliced  
1 bay leaf  
½ cup olive oil  
¼ cup vinegar  
Squeeze of lime juice  
Salt and black pepper to taste  
Garnish: lettuce, tomato, avocado, carrot sticks, red pepper strips and broccoli florets

Cut ends from green bananas and slit peel lengthways; keep peel on. Boil bananas 15 to 20 minutes until soft yet still firm. Drain bananas and place in a pan of icy water. Peel bananas and cut into 1-inch rounds. Combine garlic, olives, onion, bay leaf, olive oil, vinegar, lime juice, salt, and pepper in a bowl. Add bananas and toss to coat well. Serve on lettuce-lined plates, garnished with tomato, avocado, carrot sticks, red pepper strips, and broccoli florets.

[Outside Child](#) (OP)

User ID: 1543854

 United States

10/06/2011 01:28 PM

I previously posted the recipe for the traditional boiled seitan but lately I have been loving it baked.

Seitan (wheat meat)

Ingredients:

1.5 cups vital wheat gluten  
1/4 cup nutritional yeast  
1 tsp salt  
2 tsp paprika  
1/4 tsp cinnamon  
1/4 tsp cumin  
1-2 tsp pepper (I use 2 tsp)  
1/4 tsp cayenne pepper (you can use 1/8 tsp if you like it less spicy)  
1/8 tsp allspice  
2 tsp garlic powder

3/4 cups water  
4 tbsp tomato paste  
1 tbsp tamari  
2 tbsp extra virgin olive oil  
2 tbsp vegetarian Worcestershire sauce(pickapeppa)

Preheat oven to 325°.

In a large mixing bowl mix dry ingredients. Mix the rest of the ingredients (liquid ingredients) in a smaller mixing bowl. Whisk well until mixed.

Add the liquid ingredients to the dry ingredients. Mix well, then knead for a minute or two.. it doesn't need long.

Form into a log (6-8" long), wrap tightly in foil, twisting ends. Bake for 90 minutes. When done baking, unwrap and leave out to cool all the way. Then wrap it foil or plastic and refrigerate. Slice to use as desired.

[Outside Child](#) (OP)

User ID: 1543854

 United States

10/06/2011 02:52 PM

Eh, I guess folks not so interested. Oh well I tried.

[Vision Thing](#)

User ID: 2078628

 United States

10/06/2011 03:03 PM



lots of great recipes, thanks for taking the time to post them all, I bookmarked this to go back to. Good work.

### [KimsThankful](#)

User ID: 2310107

 United States

10/06/2011 04:25 PM

Wow! Thank you for taking time to post all these recipes!  Tomorrow's grocery day, so I'll be able to try some of your recipes this weekend.

### [Nobody in Particular](#)

the Age of Confusion is Fully Manifest.

User ID: 2230535

 United States

10/06/2011 04:32 PM



Eh, I guess folks not so interested. Oh well I tried.

Quoting: **Outside Child**

I just haven't because of a hip injury done my recent planned cooking after which I said I would post here. I am a dump cook and have to figure out how much I dump first so I can post some stuff. Your seitan looks really good, I cannot use much of it, or I react. I buy a italian sausage based on tofu and seitan and I can only cook 1/2 link without a reaction. I have no problems with wheat otherwise, but the concentration gluten iin too large amount bothers me.

I have experimented with using it in bean patties, which is useful to a degree, I may play with an idea for a "meatball" using cannelloni beans and gluten for spagetti. the gluten adds protein and binds somewhat better than oats in terms of making a meat ball.

*Last Edited by [Nobody in Particular](#) on 10/06/2011 04:39 PM*

### [Outside Child](#) (OP)

User ID: 1543854

 United States

10/06/2011 06:01 PM

Thanks for letting me know someone out there is reading lol. I am actually making a rarity for me. I have a bag of vegetarian "chicken" from this place : [\[link to www.vegieworld.com\]](http://www.vegieworld.com) if you dont know about it, check it out its super cheap and the stuff is really good. A lot of it is soy and gluten free made with mycoprotein from mushrooms. I dont think of it in the fake meat sense is just some really nicely textured and yummy veggie protein that is also real economical. I have a vegetarian fish too LMFAO

### [Outside Child](#) (OP)

User ID: 1543854

 United States

10/06/2011 10:07 PM

Vegan "cheese"

1 cup silken tofu  
3 level tablespoons nutritional yeast flakes  
2 tablespoon natural peanut butter  
2 tablespoon lemon juice  
1 1/2 tablespoon light miso  
1 teaspoon onion powder  
3/4 teaspoon salt  
1 level teaspoon paprika  
1/2 teaspoon garlic powder  
1/2 level teaspoon white pepper powder  
4 tablespoon salsa

blend it all in food processor til it is smooth and put it in the fridge for an hour or more before using it.

[Outside Child](#) (OP)

User ID: 1543854

 United States

10/06/2011 10:09 PM

One day this summer I was too hot to even go to store so I scrounged around for what was here and came up with this amazing lentil barley salad that I cant stop eating.

1 cup barley  
1 cup lentils  
2 cups water or broth  
Sea salt to taste

Cook lentils and barley together til water absorbed about 30 min

For dressing:

1/2 cup lemon or lime juice  
1/2 cup olive oil  
Clove garlic  
Dash hot pepper  
Salt and pepper  
Cumin

1 chopped cucumber  
Chopped tomato  
Good olives  
Fresh herbs (i used parsley and basil)  
Handful pine nuts  
Parmesan and feta cheese

Just mix it all up and chill and enjoy :-)

[Outside Child](#) (OP)

User ID: 1532391

United States

10/07/2011 11:06 AM

Well, I cant lie the fake chicken I made last night was the bomb! I wouldnt eat it every day but is a yummy treat once in a while. I made a Trini style curry and had it with rice and (red)peas, kale, roast sweet potato and pumpkin and green beans. Here is the recipe:

Trini style "chicken curry"

1 package fake chicken(I used may wah)  
1 to 2 T curry powder of choice(I used madras)  
Small sliced onion  
3 cloves chopped garlic  
1 leaf shado beni chopped fine or a handful of cilantro  
1 chopped seasoning pepper seeds and all  
Chopped hot pepper to taste(scotch bonnet) no seeds!  
1 chopped tomato  
Fresh thyme  
1/2 t black pepper  
1/2 t cumin  
Salt to taste  
1 T ketchup  
1 T sugar  
2 T oil(I used coconut)  
1 cup water or stock

Mix the fake chicken and everything except the sugar oil and water in a bowl and let marinate for at least an hour.

Now you fry the sugar in the oil on medium and keep stirring til the sugar starts to carmelize and is a nice golden brown. Now add the chicken and seasonings and stir very well so each piece is coated with the carmelized sugar oil. Brown it just like regular chicken. Now add the water bit by bit and use it to deglaze the pot. Scrape the bottom real good with wooden spoon and the water to get all those yummy bits. Cover the pot and simmer for 20 minutes or so. Now you can thicken the gravy by either cooking uncovered to reduce or whisk together a little flour and water and stir it in. This is delicious like you cant stop eating it! I am so happy I have leftovers for lunch today! I may get roti skins and have it in a roti.

### [Nobody in Particular](#)

the Age of Confusion is Fully Manifest.

User ID: 2230535

United States

10/07/2011 07:58 PM



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## Re: Adventures of the broke ass (mostly)vegetarian gourmet

Thanks for letting me know someone out there is reading lol. I am actually making a rarity for me. I have a bag of vegetarian "chicken" from this place : [\[link to www.vegieworld.com\]](http://www.vegieworld.com) if you dont know about it, check it out its super cheap and the stuff is really good. A lot of it is soy and gluten free made with mycoprotein from mushrooms. I dont think of it in the fake meat sense is just some really nicely textured and yummy veggie protein that is also real economical. I have a vegetarian fish too LMFAO

Quoting: **Outside Child**

the textured wheat protein would be "seiten" that is in it, at least some of the chicken ones, and thus give me some problems meaning I would have to eat small servings. I haven't found the one with microprotein in it yet, do you have a link? I do use some of that stuff from france, quorn, but it's not completely vegan, having egg white in it. I would be interested in a completely vegan one. I do LOVE the quorn **patties**, the box of 4 or the box of nuggets, in salad, as the seasoning in the crust is good. I used to love salad with chicken in it and these work NICE for that. I don't like their plain version as well, but will buy the cubes and marinate them in something first for salad or other use.

*Last Edited by [Nobody in Particular](#) on 10/07/2011 07:58 PM*

### [Nobody in Particular](#)

the Age of Confusion is Fully Manifest.

User ID: 2230535

 United States

10/07/2011 08:21 PM



Ok for the **completely vegan quinoa burgers** I made a suggestion about.

3 cloves fresh garlic minced, and then brown in a bit of olive oil, then add at least 2 cups (I like more) of fresh spinach, put on lid and wilt the spinach. Chop this up loosely in your food processor or chopping blades if you own some.

Add the spinach mix and 1/2 cup cashew paste to 2 cups cooked quinoa. Salt and pepper to taste. ( see below on the cashew paste)

Then add 1/2 cup of powdered oatmeal. (made by powdering dried oatmeal in your blender or food processor. ) the OATS are great in it, and bind the mix, better than the egg that is called for in the recipe I based this on).

Let the mix sit a bit, and then form into desired size of patties, and brown gently in some olive oil, and after flipping and browning the other side, cook on low heat for maybe 10 minutes so the oatmeal completely does it thing.

These are good, you can vary the vegetables and seasoning to create different flavors. they freeze well, I make a double recipe for myself. These can be made into small nuggets for dipping. Grandchildren addicted to those awful mc donalds chicken nuggets LOVE THESE. These would work as a party food into a wide variety of dipping sauces. I cannot imagine anyone that would not like these!

Now the original recipe called for 4 oz goat cheese. If you use dairy you could use any cheeze you like. **I wanted to make it vegan and choose on the first try a favorite cashew paste. Just powder up cashews, raw or roasted, in your food processor and then add some pieces of yellow orange or red peppers, and salt to taste and let the paste form in the machine.** I would suggest 1/2 pepper to 1 cup whole nuts but I am a dump cook and not sure how much I use. I prefer the yellow and orange peppers to the red, but red is ok.

Now as to the cashews and PIZZA, use RAW cashews, with CELERY. spread your favorite pizza sauce on the crust, spread the cashew paste, not too thick, then add whatever veggies you love on your pizza, and bake as usual. This is a fantastic substitute for mozzarella on pizza. I should not use cheese at all because of a metabolic error, and this stuff is WONDERFUL. Nice warm greasy taste and feel and it loves anything you dump on your pizza.

for those that like parmesan cheese or stuff and are vegan, a mix of walnuts and nutritional yeast, in your food processor with salt is pretty tasty. Leave a bit chunky. Keeps well in the fridge for months. You can play with different nuts for different tastes.

NOTE ON OATMEAL usage. Oatmeal is the best binder I have found for any veggie burgers or loves. I haven't found any beans it doesn't agree with, and I have another lovely veggie burger I got off of Rense once, that used the oatmeal and that is how I found out about it. I even make veggie patties out of the stuff left from making soymilk with the oatmeal and diced veggies with some curry powder that are yummy. So if you happen to make your own soymilk, you have a nice use for that stuff and get some nice fiber from it. It can be made into granola too that is tasty.

**Last Edited by [Nobody in Particular](#) on 10/07/2011 08:40 PM**

**[Nobody in Particular](#)**

the Age of Confusion is Fully Manifest.

User ID: 2230535

 United States

10/07/2011 08:25 PM



If you have no objection OP, I would like to link this thread in my vegan cooking section of my website for my readers. Its not a cooking website, but I have a vegan recipe section on it.

ALSO, cashew nut paste goes great in sandwiches and pita and wraps. You can add garlic, herbs, or other seasonings to change the flavor, and use as a spread for crackers at a party. Its good with a bit of cheyenne it, so I think also mexican peppers etc instead of the yellow peppers above would work. I need to explore other nut pastes for ideas. Curry powder also I am pretty sure would be good in it.

*Last Edited by [Nobody in Particular](#) on 10/07/2011 08:38 PM*

[Outside Child](#) (OP)

User ID: 1532391

 United States

10/08/2011 02:29 AM

If you have no objection OP, I would like to link this thread in my vegan cooking section of my website for my readers. Its not a cooking website, but I have a vegan recipe section on it.

ALSO, cashew nut paste goes great in sandwiches and pita and wraps. You can add garlic, herbs, or other seasonings to change the flavor, and use as a spread for crackers at a party. Its good with a bit of cheyenne it, so I think also mexican peppers etc instead of the yellow peppers above would work. I need to explore other nut pastes for ideas. Curry powder also I am pretty sure would be good in it.

Quoting: **Nobody in Particular**

Feel free to link away...

[Who is the iceman?](#)

User ID: 3738006

 United States

10/23/2011 05:46 PM

Nice thread, I need some recipes.....

- Uhuru