

B

Black eyed beans in tomato sauce (Louvi – Mavrommatika)

<https://www.kopiaste.org/2008/01/louvi-mavrommatika-black-eyed-beans-in-tomato-sauce/>

250 Grams Black Eye Peas, Dry
250 Grams Chard
250 Grams Spinach
6 Green Onion, Chopped
1 Medium Onion, Chopped
1 Cup Finely Chopped Fresh Herbs
Such as Dill, Parsley, Fennel (or a
Combination of All)
14 Ounces Diced Tomatoes

Boil black eyed beans for about ten minutes and drain.

While beans are boiling wash all the vegetables and herbs. Boil spinach and chard without adding any water for 5 minutes and drain vegetables as well.

Sauté the onions and add the spinach and silverbeet. Add the black-eyed peas, the herbs, salt and pepper as well as the tomatoes. Add water to cover them and simmer until the sauce has melded and thickened.

Greek dish- submitted by Samir

Per Serving (excluding unknown items): 186 Calories; 3g Fat (10.3% calories from fat); 15g Protein; 36g Carbohydrate; 15g Dietary Fiber; 0mg Cholesterol; 681mg Sodium. Exchanges: 7 1/2 Vegetable.

butternut squash ravioli:

Servings: 9

Yield: 2 ravioli per serving

1 Cup Warm Water

1 Tsp Yeast

1 Tsp Sugar

2 1/2 Cups White Flour

1/2 Tsp Salt

1/2 Tsp Grape Seed Oil

4 Cups Butternut Squash

Stir water, yeast and sugar until all is dissolved well.

Mix flour and salt. Add water to the flour then add the oil.

Knead into a ball for 10 minutes

You may need to add extra water or extra flour to get it perfect

Let it rise for 4-6 hours

Spray or paint a thin layer of oil on a pizza pan or large cookie sheet Roll out the dough on the sheet. Use a knife to cut into small squares.

Use a medium to large butternut squash. A 3 pound squash once peeled and seeded will yield around 4 cups squash. Cut into small pieces and remove the seed and skin. Place a small spoon full in the middle of each dough square. Place a spoon full of (vegan tomato basil pasta sauce) on top of the butternut squash. Then fold the ends of the dough up around it. Then place it on the oiled cookie sheet. Paint or spray a thin layer of oil on top of the ravioli. This recipe should make 15-20 ravioli pieces. Bake on 375 degrees for 27 minutes.

While it's baking take the remaining butternut squash pieces and boil them in water on high for 10 minutes. Then reduce temp to low for the remaining 17 minutes.

Remove the ravioli from the oven after the time it's up and arrange the ravioli in a large bowl. Drain the water from the butternut squash you boiled and spoon it across the top of the ravioli. Finally pour the rest of the entire jar of tomato basil pasta sauce on top of everything. Let it cool about 10 minutes and serve!

Submitted by Forest

Per Serving (excluding unknown items): 129 Calories; trace Fat (2.6% calories from fat); 4g Protein; 27g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 120mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Other Carbohydrates.

c

Candied Sweet Potatoes

<http://www.deepsouthdish.com/2013/11/southern-candied-yams-sweet-potatoes.html#axzz2zEKADOrL> 350 degrees



Servings: 7

Yield: 1/2 cup per serving

3 1/2 Cup Sweet Potatoes (about 3 pounds)

3 Tbs Splenda

1/4 Cup Brown Sugar

3 Tbs Fleischman's Unsalted

Margarine Sticks

3 Tbs Water

1/8 Tsp Ginger

1/8 Tsp Nutmeg

1/4 Tsp Salt

1/4 Tsp Ground Cinnamon

Peel then slice sweet potatoes into 1/2" rounds, sprinkle with pepper, stack into a 1-1/2 quart or 8 x 8 inch baking dish, cover and bake for approximately 45-80 minutes at 450 degrees.

Once cooked, cut cooked sweet potatoes into chunks and return chunks to baking dish. Place water and sugars into a saucepan and bring to a boil, stirring regularly, for about 3 minutes, or until sugars are well dissolved. Add the spices and non-dairy margarine. Stir until non-dairy butter is completely melted. Pour mixture over the sweet potatoes and gently toss to coat. Basically you are coating 3 1/2 cups of mashed sweet potatoes.

Serve immediately or if desired, bake, covered, for 15-35 minutes until warm at 400 degrees, basting several times using a spoon or a bulb baster, to avoid breaking up the sweet potatoes. Remove and baste again before serving.

1 pound of sweet potatoes is about equal to 2 large or 3 medium sweet potatoes. Using 1 medium sweet potato for this measurement then there is 1/2 Cup (148 mls) of Sweet Potato Mashed in a Sweet Potato.

Calories calculated for Splenda but can use granulated sugar if preferred.

Per Serving (excluding unknown items): 90 Calories; trace Fat (2.2% calories from fat); 1g Protein; 21g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 87mg Sodium. Exchanges: 1 Grain(Starch); 0 Fat; 1/2 Other Carbohydrates.

Carlene's Vegan Cookies & Ice Cream Dessert

Servings: 8

Yield: 1/2 cup per serving

2 Cans Coconut Milk

1/2 Cup Sugar

1 Tsp Vanilla

Pinch Salt

1 Tbs Arrowroot

25 Oreos

Bring 1 can of milk to a boil with the sugar, salt & arrowroot & stir till dissolved.

When cooled add the vanilla & chill in the fridge for about 2 hours.

You might want to wait to add the oreos just before putting into the ice cream maker, so they can be more chunky

I have a Cusinart, so I add the mix to a frozen churn & churn for about 25 min.

Approximately 14 oz per can of coconut milk so this should make 8 servings.

Per Serving (excluding unknown items): 358 Calories; 22g Fat (52.9% calories from fat); 2g Protein; 41g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 238mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 4 1/2 Fat; 2 1/2 Other Carbohydrates.

Chickpea Salad (Mock Chicken Salad)-

Steve Stearns

<https://www.facebook.com/letsbevegan/>

*1 Cup Sunflower Seeds
1/2 Cup Water
2 Tablespoons Maple Syrup
2 Teaspoons Spicy Brown Mustard
(or Yellow Mustard)
1/4 Cup Rice Wine Vinegar
3 Tablespoons Chopped Yellow or
Red Onion
1/2 Teaspoon Celery Salt (or Seeds)
Mock Chicken Ingredients
2 15 Oz Cans Garbanzo Beans
(chickpeas) Rinsed and Drained
1 Cup Celery Chopped
1 Cup Dried Cranberries
1 1/2 Cups White Cooking Wine,
for Soaking the Dried Cranberries
1 Cup Roasted Salted Cashews
Whole
1/2 Cup Green Onions, Sliced Thin
1/2 Cup Sunflower Seeds*

Dressing:

Soak sunflower seeds for 1 hour in hot water or overnight in room temperature water.

Then drain thoroughly and add to a high-speed blender along with water, maple syrup, mustard, rice wine vinegar, onion, and celery salt (or seeds).

Blend on high until creamy and smooth, scraping down sides as needed. If too thick, add more water to thin. If too thin, you can compensate by adding more (raw) sunflower seeds (they don't need to be soaked).

Taste and adjust flavor as needed, adding salt and pepper to taste, more celery salt or seeds for more pronounced celery flavor, onion for bite, maple syrup for sweetness, mustard for tanginess, or vinegar for acidity

CHICKPEAS

In a microwave safe container, combine the wine and dried cranberries. Microwave for about 3 minutes, or until the wine boils. set aside for a few minutes while the cranberries plump up from the hot wine. Use a strainer to drain the wine off.

In a large bowl, roughly mash the garbanzo beans

Add in the celery, cranberries, cashews, scallions, sunflower seeds, and dressing. Mix well

Season with sea salt and pepper to taste.

Per Serving (excluding unknown items): 1347 Calories; 107g Fat (66.6% calories from fat); 49g Protein; 72g Carbohydrate; 23g Dietary Fiber; 0mg Cholesterol; 14mg Sodium. Exchanges: 3 Grain(Starch); 6 Lean Meat; 0 Fruit; 18 Fat; 2 Other Carbohydrates.

Forest's Jackfruit Stirfry Sandwich

Servings: 3

1/2 Medium Onion Chopped
1/2 Medium Green Bell Pepper
Seeded and Chopped
1 Medium Or Large Yellow Squash
or Zucchini
1/2 Can Green Jackfruit in Brine

Chop onion, squash and bell pepper.

Stir fry all ingredients on medium heat for 15 minutes.

Use "Mike's Killer Bread" organic "white bread done right"

Add Just Mayo (or other vegan mayo brands) to both sides. Adding guacamole is another tasty option!

Add generous helping of the stir fry and the sandwich is complete!

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

M

Montes Greek Rice Pilaf

Made by Monte for March 2022 Meet Up

https://thegreekvegan.com/recipe-pilaf/?fbclid=IwAR0stn0ouPNQ8fmmZKp6M-UITkqGeAUNMf12NzytqFlwGi2bKwE_BXbJTuv#more-6456

*1/4 Cup Olive Oil
2/3 Cup Orzo, Uncooked
1 Cup Onion, chopped
1 1/2 Cups Rice
1/2 Cup Slivered Almonds
1/2 Cup Golden Raisins
4 Cups Vegetable Broth
1 Teaspoon Salt
1 Teaspoon Pepper*

Heat olive oil in 3 quart, or larger, pan over medium heat. Add orzo and cook, stirring often, for 2-3 minutes until orzo begin to brown.

Add onions, almonds and rice. Cook, stirring often, for 5 minutes. Watch your pan so ingredients don't burn!

Add golden raisins, vegetable broth and salt/pepper. Stir well, bring up to a boil. Bring down to a low simmer, cover and cook for 20 minutes.

When done, uncover and fluff rice pilaf with a fork. Plate and garnish with chopped parsley. Pilaf serves 6-8.

Per Serving (excluding unknown items): 2819 Calories; 110g Fat (34.5% calories from fat); 61g Protein; 408g Carbohydrate; 25g Dietary Fiber; 10mg Cholesterol; 8668mg Sodium. Exchanges: 22 Grain(Starch); 1 1/2 Lean Meat; 4 1/2 Fruit; 21 1/2 Fat.

P

Potato Pepper Philo Cups

Servings: 30

1 Medium Potato
4 Tablespoons Olive Oil
2 Tablespoons Nutritional Yeast
1/2 Teaspoon Salt
1 Medium Shallot
2 Tablespoons Red Wine Vinegar
1 Teaspoon Tomato Paste
1/2 Teaspoon Smoked Paprika
1 Pinch Cayenne Pepper
1/2 Cup Chopped Fresh Parsley
2 Large Piquillo Peppers (canned)
12 Kalamata Olive, Chopped
30 Phyllo Dough- Mini Cups

Wash and peel potato. Dice into 1/4 inch cubes. Finely chop shallots.

Cook and mash potato. Add 2 tablespoons of the oil, the nutritional yeast and salt. Mash to combine and set aside.

Heat remaining oil and add a pinch of salt. Add shallot and cook until softens and starts to brown, around 3 minutes.

Add vinegar, tomato paste, paprika, cayenne to the shallots. Cook to allow spices to brown and oil turns red, around 1 minute.

Scrape all of shallots mixture into potato mixture and stir well. Add the olives. Add half of the parsley and peppers.

Stuff the dough shells and top with remaining parsley and olives.

Submitted by Ross

Per Serving (excluding unknown items): 24 Calories; 2g Fat (68.3% calories from fat); 1g Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 39mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Strawberry Cake

<https://lovingitvegan.com/vegan-strawberry-cake/>

Yield: 10

Cake

2 Cups All Purpose Flour

1 Cup Sugar

1 Teaspoon Baking Soda

1/2 Teaspoon Salt

1 Cup Strawberry Purée

1/2 Cup Canola Oil

1 Tablespoon Distilled White

Vinegar or Apple Cider Vinegar

2 Teaspoons Strawberry Extract

1/8 Teaspoon Red Gel Food Color

Frosting

4 Cups Powdered Sugar

1/2 Cup Vegan Margarine (sticks)

3 Tablespoons Strawberry Purée

1 Teaspoon Strawberry Extract

Preheat the oven to 350°F (180°C). Spray three 6-inch cake pans with non-stick spray and line the bottoms with circles of parchment paper. Set aside.

Prepare your strawberry purée by adding fresh strawberries (washed, stems cut off) to your food processor and puréeing until smooth. In order to get enough purée for both the cake recipe and the frosting use 10.5 ounces (300g) fresh whole strawberries.

Sift the all purpose flour into a mixing bowl and add white granulated sugar, baking soda and salt. Mix together.

Add strawberry purée, oil, vinegar, strawberry extract and red gel food coloring to the mixing bowl and mix into a batter. Don't overmix.

Divide the batter evenly between the three prepared 6-inch cake pans and smooth down.

Bake for 20 minutes or until a toothpick inserted into the center of one of the cakes comes out clean.

Let the cakes cool for a few minutes before removing them from the cake pans and placing them on a wire cooling rack to cool completely.

Add the powdered sugar, vegan butter, 2 tablespoons of strawberry purée and strawberry extract to the bowl of your stand mixer and starting at slow speed, gradually increase speed until your frosting is thick and smooth. If it's too thick, add more strawberry purée

When the cakes are cooled, frost with the strawberry buttercream frosting. Let sit refrigerated for an hour before serving.

This pretty pink vegan strawberry cake is light and fluffy and topped with a gorgeous vegan strawberry buttercream frosting.

Storing and Freezing: Keep the cake covered at room temperature where it will stay fresh for 2-3 days or covered in the fridge where it will stay good for up to a week. It's also freezer friendly for up to 3 months. Serving: 1 Slice | Calories: 544kcal | Made by Carlene Jun 2022 pot luck.

Per Serving (excluding unknown items): 1738 Calories; 109g Fat (55.1% calories from fat); 0g Protein; 200g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 2326mg Sodium. Exchanges: 22 Fat; 13 1/2 Other Carbohydrates.

Sue's Peanut Butter Chocolate Chip cookies



Servings: 28

5 Tbs Vegetable Shortening
2 Tbs Sugar
7 Tbs Brown Sugar
3 Teaspoons Vanilla Extract
1/3 Cup Peanut Butter
2 Tbs Applesauce*
2 Tbs Flax Seed Ground**
1 1/2 Cup Whole Oats
1/2 Cup Whole Wheat Flour
1/2 Tsp Salt
1/2 Tsp Baking Powder
1/2 Cup Dairy Free Chocolate Chips

Mix flour, baking powder, salt and oats.

Mix shortening, applesauce (or pureed beans if using instead), sugars, and vanilla in a bowl. Add peanut butter.

Other than the chocolate chips, add dry to wet, mix, then add chips. Drop by spoonfuls onto cookie sheet and gently flatten.

Cook 10-12 min until golden at 375 degrees.

BEST: 1/2 cup cooked navy beans, pureed, instead of the applesauce and omit flax seed.

Can also use 2T ground flax seed + 3T water mixed, +2T applesauce + 1 tsp vinegar and double baking powder to get more lift and binding in cookie.

I omitted flax seed/water and it worked fine. Still soft and held together the next day.

Per Serving (excluding unknown items): 59 Calories; 4g Fat (57.5% calories from fat); 1g Protein; 5g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 62mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Fat; 0 Other Carbohydrates.

Tijuana Casserole

Servings: 8

1 Chopped Onion
20 Oz Green Enchilada Sauce
8 Corn Tortillas
1 1/2 Cups Kidney Beans (heaping)
15 Oz Chili Beans (1 Can)
1 1/2 Cups Corn (1 Can)
1 1/2 Cups Black Beans
8 Oz Black Olives-cut or Torn Into
1/4s
1 Cup Taco Filling or 2 Vegan
Spicy Sausages Sliced

Can use homemade cooked beans or a 15 oz can is a heaping 1 1/2 cup. For canned, drain and rinse beans.

Sauté onion then mix it in with the chili beans. Drain water from canned corn, olives, kidney and black beans if using canned. Cut or tear olives into smaller pieces.

Make faux hamburger crumbles then add 2 tablespoons taco seasoning, to taste, to make taco filling. OR if using vegan sausage, cook and chop about 1-2 cups.

Spray inside of crock pot. Place 1 tortilla on the bottom and tear another into strips and place half of the strips around the edges to fully cover the bottom and a little of the sides of the crock pot.

First layer- Place 1/3 of the kidney beans, 1/2 of the taco filling or spicy sausages and 1/2 of the black beans. Place a layer of corn tortillas.

Second Layer-Place 1/3 of the kidney beans, 1/2 of the corn, 1/2 of the olives, and 1/2 can/5oz enchilada sauce. Place a layer of corn tortillas.

Third layer-pour can of chili beans and its sauce and remaining taco filling or spicy sausages. Place a layer of corn tortillas.

Last layer-Place remaining corn, olives, black beans and kidney beans. Place a layer of corn tortillas. Smother top tortilla with remaining enchilada sauce.

Cook on low 6-8 hours. Corn tortillas will disintegrate with the sauce and it becomes a large casserole!

Calorie count uses TVP option and does not include olives.

Per Serving (excluding unknown items): 354 Calories; 5g Fat (12.0% calories from fat); 19g Protein; 62g Carbohydrate; 16g Dietary Fiber; 11mg Cholesterol; 161mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 1 Fat.