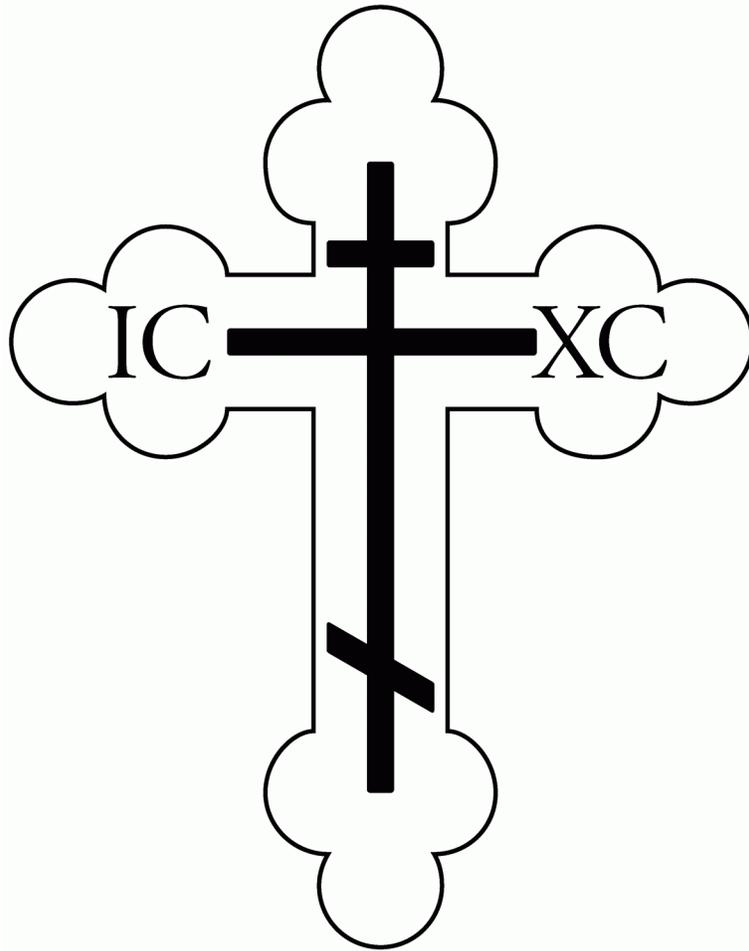


St. Sava's

Great Fast Cookbook



St. Sava Orthodox Church
1601 S. Jupiter Rd., Allen, TX 75002

TABLE OF CONTENTS

Table of Contents	2
Breakfasts and Breads.....	5
<i>Whole Wheat Bread.....</i>	<i>5</i>
<i>Health Bread</i>	<i>5</i>
<i>Slow Cooker Berry Breakfast Quinoa</i>	<i>5</i>
<i>Blueberry Breakfast Cookies - Vegan, Gluten Free, Oil Free</i>	<i>6</i>
<i>Spicy Avocado Bread.....</i>	<i>7</i>
Main Dishes.....	8
<i>Red Bean Chili Pie.....</i>	<i>8</i>
<i>Slow Cooker Thai Yellow Curry (Vegan).....</i>	<i>9</i>
<i>Southwestern Linguini.....</i>	<i>10</i>
<i>Yummy Lentil Recipe</i>	<i>10</i>
<i>Lucky Cabbage and Noodles</i>	<i>11</i>
<i>Exotic Rice and Shrimp Salad</i>	<i>11</i>
<i>Sriracha Lime and Creamy Cashew Fettuccine.....</i>	<i>11</i>
Soups.....	13
<i>Hearty Vegetable Vegetarian Soup</i>	<i>13</i>
<i>Vegetarian Chili</i>	<i>13</i>
<i>Crockpot Moroccan Lentil and Chickpea Soup.....</i>	<i>14</i>
<i>Spicy Black Bean Soup</i>	<i>14</i>
<i>Potato Leek Soup.....</i>	<i>15</i>
<i>Red Lentil Soup.....</i>	<i>15</i>
<i>Pesto Minestone.....</i>	<i>16</i>

<i>Grandma’s Slow Cooker Vegetarian Chili</i>	16
<i>Peanut Soup</i>	17
<i>Slow Cooker Vegan Enchilada Quinoa Chili</i>	17
<i>Vegetarian West African Peanut Soup</i>	18
<i>The Usual Savory</i>	19
<i>The Usual Tomato Basil Soup</i>	20
Sides and Stuff	22
<i>Braised Cabbage</i>	22
<i>Homemade Vegan Mayonnaise</i>	22
<i>Crunchy Blueberry Slaw</i>	22
<i>Three Bean Salad</i>	23
<i>Fiesta Cracker Recipe</i>	23
<i>Vegetarian Pasta Sauce</i>	24
<i>Sesame Salad</i>	24
<i>Munich Potato Salad</i>	25
<i>Picnic Caviar</i>	25
<i>Minted Pea Salad</i>	26
<i>Dani’s Potato Salad</i>	26
<i>Green Rice</i>	26
<i>Roasted Cauliflower Salad with Lemon Tahini Dressing</i>	27
Desserts	29
<i>Applesauce Cake</i>	29
<i>Honey Cake</i>	29
<i>Vegan Brownies</i>	30
<i>Great Fast Chocolate Cake</i>	30

<i>Chocolate Icing</i>	30
<i>Applesauce Cake</i>	31
<i>Chocolate “Wacky” Cake</i>	31
<i>Chocolate Raspberry Torte</i>	32
<i>Mom’s Cherry “Cake”</i>	32
<i>1-2-3-4 Greek Halva</i>	33
<i>Tea Cookies</i>	33
<i>Vegan Banana Nut Scones</i>	33
Appendix A	35
Appendix B	36

BREAKFASTS AND BREADS

WHOLE WHEAT BREAD

Ingredients:

- 2 Tablespoons yeast
- 3 cups warm water
- 1/2 cup honey
- 1/2 cup oil or butter
- 1 1/2 teaspoon salt
- 6 cups whole wheat flour
- 1/2 cup wheat germ (optional)
- 1 1/2 cup bran (optional)

Directions:

Dissolve yeast in liquid with honey. Let mixture stand for 5 minutes. Add butter or oil, salt, and 3 cups flour. Mix or beat well. Stir in remaining 3 cups of flour and optionals. Let mixture rise until it doubles in size (approximately 1 hour). Grease two loaf pans and divide the mixture between the two. Let dough rise in the loaf pans until it peaks over the top of the pan. Bake at 350 degrees for 30-50 minutes. Brush top with butter and cool on rack before slicing.

HEALTH BREAD

Ingredients:

- 3 packages dry yeast
- 2 cups warm water
- 1/2 cup sugar
- 2 cups hot water
- 1 cup shortening
- 1 cup molasses
- 2 cups oatmeal
- 2 cups rye or cracked wheat flour
- 2 1/2 teaspoons salt
- 1/2 cup wheat germ

Directions:

Dissolve yeast in warm water and add sugar. Set aside. Mix together all remaining ingredients. When cool, add yeast mixture and stir well. Add enough white flour to handle dough easily. Knead; let double in size. Put into bread pans; let rise again. Bake at 350 degrees for 1 hour.

SLOW COOKER BERRY BREAKFAST QUINOA

Ingredients:

- 2 ripe bananas, mashed
- 4 cups water

2 cups quinoa, rinsed
2 cups fresh or frozen mixed berries (blueberries, strawberries, raspberries, etc.)
2 Tbsp maple syrup
2 tsp. vanilla
1 tsp. cinnamon
¼ tsp. salt

Directions:

Spray a 3 or 4-quart slow cooker with cooking spray then add mashed bananas along with the rest of ingredients, mixing well. Cover and place on low for 5 to 6 hours or on high for 2 to 3 hours. Spoon quinoa into bowls and top with additional fruit or nuts, enjoy!

BLUEBERRY BREAKFAST COOKIES - VEGAN, GLUTEN FREE, OIL FREE

Ingredients:

2 ripe bananas mashed
1/4 cup ground flax dissolved in 1/3 cup water
2 tablespoons maple syrup
1 teaspoon vanilla extract
2 cups rolled oats certified gluten free oats, if necessary
1/2 cup unsweetened shredded coconut
1 teaspoon cinnamon
1/2 teaspoon salt
3/4 cup fresh or frozen not thawed blueberries

Directions:

1. Preheat your oven to 350° F.
2. Line a baking sheet with parchment paper.
3. Stir together ground flax and water and let sit for 5-10 minutes.
4. Mash the bananas and add to a large bowl.
5. Add maple syrup, vanilla extract, and flax mixture, then stir until all the wet ingredients are well combined.
6. Stir in rolled oats, shredded coconut, cinnamon, and salt. Then gently fold in the blueberries.
7. Measure out 1/4 cup of batter and drop on the prepared baking sheet. Flatten with the back of a spoon.
8. Bake the cookies until set for 15-20 minutes. Transfer to a wire rack to cool fully.
9. Store the blueberry breakfast cookies in an airtight container at room temperature for a few days, up to a week in the fridge, or freeze for a couple months.

SPICY AVOCADO BREAD

Ingredients:

- any type of bread
- avocado
- chili pepper

Directions:

Mash the avocado in a bowl. Take toasted or un-toasted bread and spread the avocado on it. Sprinkle chili pepper over the bread.

MAIN DISHES

RED BEAN CHILI PIE

Ingredients:

Filling

- 1 Tablespoon olive oil
- 1 medium onion, chopped
- 2 large garlic cloves, minced
- 1 medium green bell pepper, chopped
- 1/2 red bell pepper, chopped
- 1 15 oz. can tomatoes
- 2 15 oz. cans kidney beans, drained and rinsed
- 1 Tablespoon chili powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/3 to 1/2 teaspoon pepper
- 1/4 teaspoon sugar

Topping

- 1 cup yellow cornmeal
- 1 cup all-purpose flour
- 1/2 cup sugar
- 4 Tablespoons baking powder
- 1/2 teaspoon salt
- 1 cup water
- 1/4 cup vegetable oil

Directions:

1. Preheat oven to 350 degrees.
 2. To make the filling, heat oil over medium heat in a large skillet. Sauté the onion and garlic for about 5 minutes.
 3. Add the chopped peppers and continue to cook for 5 more minutes.
 4. Add the tomatoes with their juice, breaking them up with a fork. Raise the heat to medium high and cook for 5-8 minutes.
 5. Lower heat and add the beans and seasonings. Simmer for 15 minutes more, stirring occasionally.
 6. Remove from heat and transfer the mixture to a deep 2-quart casserole dish. Set aside.
-
1. To prepare the topping, mix the cornmeal, flour, sugar, baking powder, and salt in a mixing bowl.
 2. Add the vegetable oil and water and mix until fairly smooth.

3. Pour on top of the bean chili in the casserole dish, smoothing the mixture to the edges of the dish.
4. Bake until the crust is golden brown, about 30-40 minutes.

SLOW COOKER THAI YELLOW CURRY (VEGAN)

Ingredients

- 15 ounce can chickpeas, drained
- 1 small orange bell pepper, diced (about 1 cup)
- 1 medium sweet onion, finely chopped (about 2 cups)
- 2 medium Yukon Gold potatoes, diced (about 2 cups)
- 2 cups baby carrots, cut into thirds (about 12 ounces), or full carrots, peeled and chopped into 1/2 inch rounds
- 1 teaspoon fresh ginger, minced (or ginger paste)
- 3 garlic cloves, minced
- 1 stalk lemongrass, inner core, chopped (about 2 teaspoons)
- 2 cups water
- 1 cup unsalted vegetable broth
- 1 tablespoon curry powder
- 2 teaspoons garam masala
- 1 teaspoon cumin
- 2 teaspoons turmeric
- 2 teaspoons coriander
- 1 15-ounce can full fat coconut milk, refrigerated overnight or at least a few hours (do not shake can, only use cream from top can- not liquid)
- 1 cup frozen sweet peas, no need to thaw
- 1/2 cup golden raisins
- 1/2 to 1 teaspoon ground sea salt
- 1 teaspoon amaranth powder or cornstarch

Directions:

1. Add the following ingredients to the slow cooker - chickpeas, orange bell pepper, sweet onion, potatoes, carrots, ginger, lemongrass, water, vegetable broth and all spices. Cook on high for 3 1/2 hours. After 3 1/2 hours, test the carrots and potatoes to make sure they are soft. If not, let cook for an additional 15-30 minutes.
2. Then add the coconut milk (only the cream - not the liquid), frozen sweet peas, sea salt, golden raisins, and stir. Mix 1 teaspoon of amaranth powder or cornstarch with cold water and add to the slow cooker. Stir.
3. Then turn the slow cooker to warm and let sit for 15 minutes or so to thicken.
4. Serve over rice and naan bread.

*Sauce will thicken as it sits and after refrigerated. Store in an airtight container in the fridge for 3-4 days.

SOUTHWESTERN LINGUINI

Ingredients:

- 1 Lb. linguini
- 2 Tablespoon vegetable oil
- 1 Tablespoon vegan margarine
- 2-3 large tomatoes, diced
- 1 large onion, diced
- 3 cloves garlic, minced
- 2-3 teaspoons parsley, minced
- 2 teaspoons dried Italian seasoning
- 1 can black beans, rinsed and drained
- 1 can corn, drained

Directions:

Prepare linguini according to package instructions. Heat oil and margarine in large frying pan. Add salt and cracked black pepper to taste; add all other ingredients. Stir occasionally while cooking on medium heat until onion turns translucent. Add vegetables to linguini and serve.

YUMMY LENTIL RECIPE

Ingredients:

- 3 Tablespoons oil
- 2 red onions chopped
- 2 fresh tomatoes chopped
- 3/4 cups dry lentils, green or brown
- 4 cloves garlic
- 2 teaspoons turmeric
- 1 teaspoon chili powder
- 1 teaspoon coriander
- 3 3/4 cups vegetable stock
- salt and pepper to taste

Directions:

1. Place 2 Tablespoons of the oil in a dutch oven and sauté the onions until soft.
2. Add the tomatoes, turmeric, chili powder, coriander, and lentils stirring everything together. Pour in the vegetable stock and bring to a boil.
3. Reduce heat and simmer about 45 minutes until just about all of the liquid is evaporated.
4. In a separate pan, pour the remaining Tablespoon of oil and sauté the garlic until golden. Pour into the lentils and stir.
5. Adjust seasoning to taste.
6. Serve hot over rice, or cool to room temperature and serve over lettuce leaves.

LUCKY CABBAGE AND NOODLES

Ingredients:

- 1/4 cup vegetable oil
- 1 1/2 cups coarsely chopped onion
- 4 cups thickly shredded cabbage (about 1/2 of a medium head)
- 8 oz. bowtie noodles, prepared according to package directions
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1/4 teaspoon black pepper

Directions:

In a large skillet over medium-high heat, heat oil; sauté onions and cabbage until very soft and light brown. Add remaining ingredients and cook 7-10 minutes, or until heated through. Serve immediately.

EXOTIC RICE AND SHRIMP SALAD

Ingredients:

- 1 Lb. rice, long grain
- 5 Lbs. cooked shrimp, small salad shrimp
- 1 1/2 Lbs. chopped celery
- 1 Lb. green peppers, cut into 1 inch slivers
- 1 cups good white wine vinegar
- 1/2 cup canola oil
- 2 Tablespoons Worcestershire sauce
- 2 Tablespoon sugar
- 1 Tablespoon salt
- 2 teaspoon curry powder
- 3/4 teaspoon fresh ginger minced
- 1/2 teaspoon fresh black pepper

Directions:

Cook the rice according to package directions. Then chill. Combine cold rice, cold shrimp and vegetables. Make dressing by combining the rest of the ingredients. Pour over salad. Chill for at least 3 hours.

SRIRACHA LIME AND CREAMY CASHEW FETTUCCINE

Ingredients:

- 1 1/2 cups roasted cashews plus more for topping
- 2 cloves garlic
- 1 inch knob of fresh ginger
- 2 Tablespoons toasted sesame oil
- 2 Tablespoon rice wine vinegar
- 2 Tablespoons honey
- 2 Tablespoons soy sauce

2-3 Tablespoons Sriracha (I used 3 but my pasta was spicy!)
2 limes juiced
1/3 cup canned coconut milk plus more to thin if desired
1/4 teaspoon pepper
1 carrot sliced into match sticks
1 red chili sliced into match sticks. plus more for garnish
1/4 cup toasted sesame seeds for topping
fresh cilantro for garnish
green onions chopped, for garnish
1 pound fettuccine

Directions:

1. Bring a large pot of water to a boil. In the bowl of a food processor add the cashews, garlic and ginger, process for 3-5 minutes or until the mixture becomes smooth and pasty. The mixture should look similar to peanut butter.
2. Add in the toasted sesame oil, rice wine vinegar, honey, soy sauce, Sriracha (start with 2 tablespoons), lime juice, coconut milk and a pinch of pepper. Process until completely smooth and creamy, about 3-5 minutes. If the sauce needs thinning add a tablespoon more of coconut milk and process until combined.
3. Taste and add more Sriracha if desired.
4. Drop the pasta in the boiling water and boil according to package directions.
5. Drain pasta well. Remove a hand full or so of pasta and set it aside.
6. Add the remaining pasta to a large pasta or serving bowl. Pour all of the cashew sauce over the pasta.
7. Add the carrots and sliced red chili peppers. Toss well. If the pasta has too much sauce for your liking toss in the reserved pasta.
8. Divide the pasta among bowls and top with cilantro, red chili peppers and green onions. Sprinkle on some cashews and toasted sesame seeds.

SOUPS

HEARTY VEGETABLE VEGETARIAN SOUP

Ingredients:

- 3 gal. Low-sodium vegetable stock
- 1 1/4 cup dry pinto beans
- 1 1/4 cup dry lentils
- 2 cups dry barley
- 3 1/2 cup onions, finely diced or 3/4 cup dehydrated onions
- 2 Lbs. finely diced carrots
- 1/2 Lb. finely diced celery
- 1 Lb. potatoes, peeled and diced
- 8 oz. tomato paste
- 1 teaspoon white pepper
- 1 Lb. frozen corn
- 1 Lb. frozen cut green beans
- 1 Lb. fresh cabbage shredded or 1 package coleslaw mix

Directions:

Pour vegetable stock into large pot and bring to a boil. Add soaked pinto beans and barley, cover and return to a boil. Reduce heat and simmer for 30 minutes. Add lentils onions, carrots, celery, potatoes, tomato paste and white pepper. Cover and return to a simmer for 20-25 minutes. Add corn, green beans, and cabbage and simmer covered for 15 minutes.

VEGETARIAN CHILI

Ingredients:

- 1 Tablespoon olive or vegetable oil
- 1 cup chopped onion
- 3 cloves garlic, minced (1 Tablespoon)
- 1 green bell pepper, seeded and chopped
- 1 28 oz. can tomatoes, drained and chopped
- 1 15 oz. can tomato puree
- 1/2 teaspoon ground coriander
- Pinch of ground cloves
- Pinch of ground allspice
- 2 teaspoons oregano
- 2 Tablespoons brown sugar
- 3-4 teaspoons mild chili powder
- Dash of Tabasco sauce, or to taste
- 1 teaspoon ground cumin
- 2 cups canned kidney or pinto beans rinsed and drained
- 1 cup frozen corn, defrosted

Directions:

In a large heavy saucepan heat oil and sauté onion, garlic and green pepper until soft, about 7-10 minutes. Add tomatoes and tomato puree, coriander, cloves, allspice, oregano, brown sugar, chili powder, Tabasco sauce, cumin and beans. Stirring constantly, bring the chili to a boil. Reduce heat, cover and simmer 15 minutes. Add corn, cover and simmer 15 minutes more.

CROCKPOT MOROCCAN LENTIL AND CHICKPEA SOUP

Ingredients:

- 1 1/2 cups green lentils
- 1 sweet onion, finely chopped
- 1 inch knob of fresh ginger, grated
- 2 cloves garlic, minced or grated
- 3 carrots, chopped
- 1 red bell pepper, chopped
- 1 (14 ounce) can diced tomatoes
- 4 cups low sodium veggie or chicken broth
- 1-2 tablespoons red harissa (North African hot chili pepper paste)
- 2 teaspoons smoked paprika
- 3/4 teaspoon cumin
- 3/4 teaspoon cinnamon
- kosher salt and pepper
- 1 tablespoon fresh lemon juice
- 1 (14 ounce) can chickpeas
- 1/2 cup fresh cilantro chopped
- toasted almonds for serving

Directions:

In the bowl of a crockpot, combine the lentils, onion, ginger, garlic, carrots, red pepper, tomatoes, veggie broth, 1/2 cup water, the harissa, paprika, cumin, cinnamon and a large pinch of both Kosher salt and pepper. Stir to combine. Cover and cook on low for 6-8 hours or on high for 4-6 hours. Just before serving, stir in the lemon juice, chickpeas, and cilantro, cook until heated through. If the soup is thick, add more water or broth to thin. Taste and adjust the salt to your liking. Ladle the soup into bowls and top with almonds, and fresh cilantro.

SPICY BLACK BEAN SOUP

Ingredients:

- 2 Tablespoons oil
- 1 1/2 cup Chopped onion
- 2 cloves garlic, chopped
- 1 cup green bell peppers, chopped
- 1 cup red bell peppers, chopped
- 1 Tablespoon Cumin

1 teaspoon cayenne pepper
6 cups vegetable stock
2 cans black beans drained and rinsed.
Salt and pepper

Directions:

In a large pot, heat oil over medium heat. Add onion, garlic, and peppers and cook until tender. Stir in spices and toss to coat vegetables. Pour in stock and beans and bring to a boil. Reduce heat to a simmer and cook for 15 minutes. In a blender, puree half of the soup until smooth and stir back into soup pot.

POTATO LEEK SOUP

Ingredients:

2 Tablespoons oil
1 clove garlic
2 Leeks
2 large potatoes
4 cups vegetable stock
1/4 teaspoon salt
1/4 teaspoon pepper

Directions:

Clean and chop leeks. Heat oil and add leeks and garlic. Fry until soft over medium heat. Peel and cube potatoes. Add potatoes, stock, salt, and pepper to pan. Bring to a boil and then simmer for 20 minutes. Mash potatoes in pan.

RED LENTIL SOUP

Ingredients:

1 1/4 cup red lentils (dried)
1/2 cup white, long-grain rice
1/3 cup vegetable oil
1 large yellow onion, chopped
6 cups warm water
1 Tablespoon vegetable stock
1 Tablespoon ground cumin
1 Tablespoon olive oil
1 Tablespoon salt or to taste
lemon wedges for garnish

Directions:

Soak lentils and rice in warm water. Add onion to hot vegetable oil in a large saucepan. Add the six cups of water and bring to a boil. Drain lentils and rice since well the and to boiling water with onion and boil 15-20 minutes. Add vegetable stock, cumin, olive oil and salt then simmer for 1/2 hour. Serve each bowl with a wedge of lemon.

PESTO MINESTONE

Ingredients:

- 1 16 oz. can diced tomatoes, drained
- 2 cups coarsely copped cauliflower (the equivalent of about 2 small heads)
- 1 cup onion, chopped
- 1 cup carrot, sliced
- 1 1/2 cups chopped zucchini
- 3 cups kidney beans or black-eyed peas, drained and rinsed
- 3 14.5 oz. cans low-sodium vegetable broth
- 1 cup uncooked elbow macaroni or small pasta shells

Pesto:

- 2 Tablespoons olive oil
- 2 garlic cloves
- 1 cup fresh, loosely packed basil leaves
- 1 Tablespoon water

Directions:

Minestrone:

In a 5-6 quart saucepan, bring 1/2 cup water to a boil. Add tomatoes, cauliflower, onion and carrots. Reduce heat and simmer covered for 10 minutes.

Pesto:

Put all pesto ingredients in a food processor or blender and process until very finely chopped. Just before serving, remove soup from heat and stir in pesto.

GRANDMA'S SLOW COOKER VEGETARIAN CHILI

Ingredients:

- 1 19 oz. can black bean soup
- 1 15 oz. can kidney beans, rinsed and drained
- 1 15 oz. can garbanzo beans, rinsed and drained
- 1 16 oz. can vegetarian baked beans
- 1 14.5 oz. can chopped tomatoes in puree
- 1 15 oz. can whole kernel corn, drained
- 1 onion, chopped
- 1 green bell pepper chopped
- 2 stalks celery, chopped
- 2 cloves garlic, chopped
- 1 Tablespoon chili powder, or to taste
- 1 Tablespoon dried parsley
- 1 Tablespoon dried oregano
- 1 Tablespoon dried basil

Directions:

In a slow cooker, combine black bean soup, kidney beans, garbanzo beans, baked beans, tomatoes, corn, onion, bell pepper and celery. Season with garlic, chili powder, parsley, oregano and basil. Cook for at least two hours on High.

PEANUT SOUP

Ingredients:

- 2 Tablespoons oil
- 2 Tablespoons garlic minced
- 1 large onion chopped
- 2 stalks celery chopped
- 2 red bell peppers diced
- 2 carrots chopped fine
- 2 large potatoes diced
- 1 cup corn
- 1 tablespoon chili powder
- 3 3/4 cups vegetable broth
- 6 Tablespoons chunky peanut butter
- some chopped peanuts for garnish
- salt and pepper

Directions:

1. In the oil, sauté the garlic and onions until the onions are soft and transparent.
2. Add the chili powder and sauté for 1 or 2 more minutes.
3. Add the celery peppers, carrots, and potatoes all at once and cook and stir over medium heat for about 15 minutes until the peppers look soft.
4. Add the broth and the corn and bring to a boil.
5. Reduce the heat, cover and simmer for around a half hour.
6. Stir in peanut butter. Add salt and pepper to taste.
7. Serve hot with chopped peanuts sprinkled on top, if desired.

SLOW COOKER VEGAN ENCHILADA QUINOA CHILI

Ingredients:

- 4 cups chopped sweet potato, about 3 medium
- 1 large bell pepper, chopped
- 1 small onion, chopped
- 2 15oz canned low sodium black beans, rinsed and drained
- 1 15oz can diced tomatoes
- 1 cup corn, frozen
- 1 Tablespoon minced garlic

1 Tablespoon chili powder
1 teaspoon cumin
1/2 teaspoon paprika
1 teaspoon salt, to taste
1 cup quinoa, uncooked
4 cups enchilada sauce
1/2 cup water
juice of 1 lime

toppings: avocado, cilantro, nutritional yeast, tortilla chips, etc.

Directions:

1. Have your enchilada sauce and veggies prepped.
2. In slow cooker, add sweet potatoes, bell pepper, onion, black beans, diced tomatoes with juice, corn and garlic.
3. Sprinkle in seasonings and stir until ingredients are combined.
4. Add in quinoa, enchilada sauce, water, and lime if using.
5. Stir together until ingredients are evenly dispersed in slow cooker.
6. Cook chili on high for 3-4 hours until sweet potatoes are soft.
7. Serve in bowls and add on favorite toppings, enjoy!

VEGETARIAN WEST AFRICAN PEANUT SOUP

Ingredients:

6 cups low sodium vegetable broth
1 medium red onion, chopped
2 tablespoons peeled and minced fresh ginger
4 cloves garlic, minced
1 teaspoon salt
1 bunch collard greens (or kale), ribs removed and leaves chopped into 1-inch strips
3/4 cup unsalted peanut butter (chunky or smooth)
1/2 cup tomato paste
Hot sauce, like sriracha (AKA rooster sauce)
1/4 cup roughly chopped peanuts, for garnish

Directions:

1. In a medium Dutch oven or stock pot, bring the broth to a boil.
2. Add the onion, ginger, garlic and salt. Cook on medium-low heat for 20 minutes.
3. In a medium-sized, heat-safe mixing bowl, combine the peanut butter and tomato paste, then transfer 1 to 2 cups of the hot stock to the bowl. Whisk the mixture together until smooth, then pour the peanut mixture back into the soup and mix well.

4. Stir in the collard greens and season the soup with hot sauce to taste.
5. Simmer for about 15 more minutes on medium-low heat, stirring often.
6. Serve over cooked brown rice if you'd like, and top with a sprinkle of chopped peanuts.

THE USUAL SAVORY

The List:	The Quantity-ish:
Coconut Milk	1 One 16oz can
Red Onion	½ Half
Chopped Garlic	¼ Quarter Cup-ish
Olive Oil	1 One Cup-ish
Crushed Red Pepper	1 One teaspoon-ish
Crushed Basil Leaves	2 Two Tablespoons-ish
Coarse Sea Salt	1 One teaspoon-ish
Coarse Ground Black Pepper	½ Half teaspoon-ish

The Caveat:

Traditionally, a Savory is served after the meal as its own course. The Usual Savory can certainly hold its own in that capacity; however, its development has been, for the most part, as a sauce to compliment The Usual Fish and as a starter for The Usual Tomato Basil Soup.

The Preparation:

Prepare The List and The Quantity-ish in advance so proper and safe attention can be given to The Usual Savory. The only thing you need to Chop is the Red Onion. Cut off ends, halve along core, peel off outer layer, lay on flat side, halve again along core, and Chop perpendicular to core. Repeat as necessary. For more on Chopping, see The Usual Vegetables: The Chopping.

The Cooking:

Begin heating Olive Oil on a Medium temperature setting. Add Red Onion and Chopped Garlic to Olive Oil. Raise temperature setting to High. Poke frequently till simmering. Then add Coarse Sea Salt and Coarse Ground Black Pepper. Poke frequently. For more on Poking, see The Appendix: The Poke. When Red Onion becomes translucent add Crushed Red Pepper and Crushed Basil Leaves. Poke nearly continuously. Add Coconut Milk—the can was already open, right? Poke continuously till contents boiling. Then lower temperature setting to Medium and simmer for 3 Three minutes-ish. Poke continuously. Either continue as directed in another recipe or remove from heat and let Rest. For more on Resting, see The Appendix: The Rest.

The Appendix

The Poke:

I'm not going to tell you how you should mix and stir. Just do it however you do it with whatever utensil you have to do it with.

The Rest:

What does that mean? It means, right now everything is extremely hot and all the ingredients are still figuring each other out. Like a group of First Graders who just came in from the playground in late May, it is advisable to turn the lights down and have them lay their heads on their desk quietly for a few minutes before setting them the task of proving their academic prowess in some over-vaunted end-of-year test. Let them Rest.

THE USUAL TOMATO BASIL SOUP

The List:

Crushed Tomatoes
Boiling Water

The Quantity-ish:

1 One 128oz can
4 Four Cups-ish

From The Usual Savory

Coconut Milk	1 One 16oz can
Red Onion	½ Half
Chopped Garlic	¼ Quarter Cup-ish
Olive Oil	1 One Cup-ish
Crushed Red Pepper	1 One teaspoon-ish
Crushed Basil Leaves	2 Two Tablespoons-ish
Coarse Sea Salt	1 One teaspoon-ish
Coarse Ground Black Pepper	½ Half teaspoon-ish

The Caveat:

This recipe starts the same as The Usual Savory, however, for the sake efficiency and convenience it has been reconfigured below with some few additions. I use prepared Crushed Tomatoes, Coconut Milk, and Chopped Garlic for convenience and cost relief. For more information, see The Appendix: The Cost. Also, The Usual Tomato Basil Soup gets spicier as it ages—timid beware.

The Preparation:

This recipe moves quickly. Prepare The List and The Quantity-ish in advance so proper and safe attention can be given to The Usual Tomato Basil Soup. For more information, see The Appendix: The Safety.

The Cooking:

Is everything ready? Go.

Follow directions from The Usual Savory: The Cooking.

Concurrently, you may begin heating Water to boil. I recommend a Tea Kettle. When The Usual Savory is ready, add Crushed Tomatoes—the can was already open, right? Raise temperature setting to High. Poke nearly continuously. Is the Water boiling? If/When yes, add Boiling Water. Poke frequently till entire contents come to a boil. Remove from heat and let Rest.

The Other Recommendations:

See The Appendix: The Storage
The Appendix
The Safety:

Safety First! This recipe involves large amounts of boiling liquids on your stovetop. Being well prepared enhances all Safety Paradigms. I suggest having everything you need to the left and right of your stovetop.

Additional Safety note: If the combined height of the stovetop and the top of the Pot, Pan, Cauldron, etc. is higher than the base of your Sternum while standing, it is too tall and you increase your risk of injury.

The Cost:

Perhaps a great many of you will have tomatoes from your garden, or you simply would rather buy whole “fresh” tomatoes. To you I say, “Good luck. Happy crushing.” Not all packed foods are evil—take Chopped Garlic for instance. Rare are the occasions when I might believe that it is justified for me to Shuck and Chop all that Garlic myself. In each case identified in The Caveat, I have determined that it is dramatically more cost effect in Time, Money, and Effort to purchase and use those products rather than, for example, grow my own palm tree, wait for maturity, harvest the coconuts, etc. If your preferences demand that effort of you, then I applaud your determination and respect you as much as The Little Red Hen—Truly.

The Storage:

Can you eat it all? If not, you may refrigerate the leftovers if you are the type of person with fortitude enough to eat it again and again till it is gone. I am not that type of person, so I recommend parceling it into single serving freezer bags—thaw and reheat at your discretion.

SIDES AND STUFF

BRAISED CABBAGE

Ingredients:

- 1 head cabbage, quartered
- 1 small onion, chopped
- 2 carrots, peeled and chopped into nickel thin slices
- 2 Tablespoons coconut or olive oil
- Salt and pepper to taste
- 1 Tablespoon curry

Directions:

Place cabbage and vegetables in an oiled baking dish. Sprinkle with spices and oil and cover with foil: bake at 325 degrees for 1 hour. Flip cabbage quarters over and return to oven, covered for 1 hour. Raise heat to 425 degrees and allow to brown, about 20 minutes. (For an expedited version, place in a covered Dutch oven and bake 1 hour at 350 degrees; cabbage will not brown, and watch carefully that it doesn't overcook.)

HOMEMADE VEGAN MAYONNAISE

Ingredients:

- 1/2 cup of soy milk, plain and preferably unsweetened
- 1 cup plus 2 tablespoons of canola oil
- 1/2 teaspoon of apple cider vinegar
- 1/4 teaspoon of agave - or you can use honey
- 3/4 Tablespoon of fresh lemon juice
- zest from 1/8 of a lemon
- 1/8 teaspoon of dry mustard

Directions:

Put everything in the blender and process until it is thick. Made in a Vitamix, it takes about 15 seconds. If you have a lower speed blender you may need to process a little longer. The homemade vegan mayonnaise will become thick and completely emulsified exactly like a mayonnaise made with egg.

CRUNCHY BLUEBERRY SLAW

Ingredients:

- 1 small head of Napa cabbage or savoy cabbage, thinly sliced
- 1 small red onion, thinly sliced
- 1 pint fresh blueberries
- 1/2 bunch flat leaf parsley, chopped
- 1/2 cup mixed, salted and roasted nuts

Dressing:

- 1/2 cup sugar
- 1/4 cup vegetable oil
- 1/4 cup red or white wine vinegar
- 2 Tablespoons of grainy mustard
- 1 teaspoon salt or to taste

Directions:

In a large bowl, combine all salad ingredients. If not using immediately cover and refrigerate (can be left overnight). Whisk together dressing ingredients and drizzle over salad just before serving.

THREE BEAN SALAD

Ingredients:

- 1 can green beans, drained
- 1 can red kidney beans, drained
- 1 can yellow beans, drained
- 2 stalks celery, sliced thin
- 1/2 cup chopped green pepper
- 1/3 cup chopped onion

Directions:

Combine above in a large bowl. In another bowl, combine 1/3 cup vinegar, 1/3 cup oil, 1/3 cup sugar, 1 teaspoon salt and 1/4 teaspoon pepper. Pour over beans, mix, and refrigerate.

FIESTA CRACKER RECIPE

Ingredients:

- 4 columns plain saltine crackers
- 1 package Hidden Valley Ranch dry mix
- 1 package Hidden Valley Fiesta dry mix
- 1 1/2 teaspoon dried red pepper season
- 1 1/3 cup canola oil

Homemade Dry Ranch

Ingredients:

- 2 teaspoons salt
- 2 teaspoons garlic powder
- 3 Tablespoons onion flakes or onion powder
- 2 teaspoons pepper
- 2 teaspoons sugar
- 2 1/2 teaspoons paprika
- 2 1/2 teaspoons parsley flakes

and

Fiesta Ranch Recipes

- 2 Tablespoons of Dry Ranch mix above
- 3/4 to 2 teaspoons McCormick Chipotle pepper

Directions:

Place crackers standing up in a 10x13 Tupperware container with lid. Mix coating ingredients and put over crackers. Flip back and forth every ten minutes until all oil is absorbed. After 24 hours store in quart bags at room temperature or freeze.

VEGETARIAN PASTA SAUCE

Ingredients:

- 3 Tablespoons vegetable oil
- 1 medium onion, sliced into thin wedges
- 1 head garlic, separated into cloves and peeled
- 1 bell pepper (can use a combination of colored peppers)
- 8 oz. button mushrooms
- 1/2 cup spicy pitted olives halved
- 1 14 oz. can crushed tomatoes
- 1 Tablespoons fresh basil (or 1 teaspoon dried)
- Salt and pepper to taste.

Directions:

Heat oil over medium heat and add onion and garlic. Cook until soft. Add bell pepper and mushrooms and cook until tender. Then add olives, crushed tomatoes, basil, and salt and pepper. Bring to a simmer and cook for 20-30 minutes. Serve over pasta.

SESAME SALAD

Ingredients:

- 3 Tablespoons soy sauce
- 2 Tablespoons rice vinegar
- 2 Tablespoons roasted sesame oil
- 5 Tablespoons olive oil
- 1/2 teaspoon honey
- 1 large head lettuce
- 1/2 head red cabbage, shredded
- 2 carrots, grated
- 1 bunch radishes, sliced
- 1 cup halved cherry tomatoes
- 2 Tablespoons sesame seeds

Directions:

Combine first 5 ingredients in a jar; shake well to emulsify. Layer vegetables in the order listed. Garnish with sesame seeds. Serve dressing on the side.

MUNICH POTATO SALAD

Ingredients:

- 4-6 large red potatoes
- 1 large yellow onion
- 1 teaspoon kosher salt
- 1/2 cup white vinegar
- 3/4 cup vegetable oil
- Salt and pepper to taste
- 1/2 to 1 English cucumber, unpeeled

Directions:

Boil unpeeled potatoes until tender; let cool peel and dice into 1/2 inch chunks. While the potatoes are cooking, dice cucumber into small chunks or slivers and chop onion. Mix with about 1 teaspoon salt, pressing and draining to get as much water out as possible. Add to potatoes. Combine remaining ingredients separately and dress to taste.

PICNIC CAVIAR

Ingredients:

- 1/4 cup rice vinegar
- 1/4 cup vegetable oil
- 1 Tablespoon sugar
- 2 cloves garlic, minced
- 15 oz can pinto beans or black eyed peas, rinsed and drained
- 1 red, yellow, or orange bell pepper finely chopped
- 1/2 small red onion, finely chopped
- 2 oz. can diced green chiles with liquid
- 1/4 cup chopped cilantro
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1 1/2 cup frozen corn thawed
- 15 oz. can black beans, rinsed and drained

Directions:

Whisk together vinegar, oil, sugar, garlic, oregano, and basil in a large bowl. Stir in beans, corn, pepper, onion, green chiles, and cilantro. Season with salt and pepper to taste. Refrigerate 1 hour before serving.

MINTED PEA SALAD

Ingredients:

- 4 cups peas
- 3-4 sprigs fresh mint
- 1/2 cup diced celery
- 1/2 cup thinly sliced green onions
- 2 Tablespoons chives
- 1 teaspoon salt
- 3 Tablespoons white wine vinegar
- 1 Tablespoon chopped mint

Directions:

Cook peas with mint sprigs until just tender. Drain, discarding mint. Add to celery and green onions. Combine all other ingredients; pour over peas, tossing to coat.

DANI'S POTATO SALAD

Ingredients:

- Yellow Gold potatoes
- Onions
- Oil
- Salt
- Vinegar
- Paprika

Directions:

Boil yellow potatoes until fully cooked (skin on). Cool off briefly in cold water. While still warm peel potato skin and cut/mash up the peeled potatoes with fork or another special tool. Chop onion – you can use green onions, red, or any kind- I prefer green or red. Season to taste with oil (olive oil preferred), vinegar (apple cider preferred) and table or sea salt. Add Paprika for color and taste.

GREEN RICE

Ingredients:

- Rice
- Garlic, minced
- Oil
- Spinach
- Salt

Directions:

Cook rice. Chop the spinach and set it off to the side. Combine the oil and the garlic in a pot on medium heat. Stir for thirty seconds. Add the rice to the pot. Add the spinach and however much salt is desired. Stir for around a minute.

ROASTED CAULIFLOWER SALAD WITH LEMON TAHINI DRESSING

Ingredients:

- 1 head cauliflower
- 1/2 red onion
- 2 Tablespoon olive oil
- Salt and Pepper to taste
- 1/2 bunch parsley

Lemon Tahini Dressing

- 1/3 cup tahini
- 1/3 cup water
- 1/4 cup lemon juice
- 2 cloves garlic, minced
- 1/2 teaspoon cumin
- 1/4 teaspoon cayenne
- 1/4 teaspoon salt

Spiced Chickpeas

- 15 oz. can chickpeas
- 1 Tablespoon olive oil
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon garlic powder
- 1/8 teaspoon cayenne
- Salt and Pepper to taste

Directions:

1. Preheat the oven to 400°F.
2. Chop the cauliflower into small florets and place them on a large baking sheet. Slice the red onion into 1/4-inch strips and place them on the baking sheet. Drizzle the cauliflower and onions with olive oil and season with a pinch or two of salt and pepper. Toss the cauliflower and onions until coated in oil, salt, and pepper.
3. Roast the cauliflower and onions in the preheated oven for 20 minutes, then stir, return them to the oven, and roast for an additional 10-15 minutes, or until the cauliflower is tender and browned on the edges. Let the cauliflower cool slightly.
4. While the cauliflower and onions are roasting, make the lemon tahini dressing. Add the tahini, water, lemon juice, garlic, cumin, cayenne, and salt to a blender. Blend until smooth, then refrigerate until ready to serve.
5. Drain and rinse the can of chickpeas. Add them to a skillet along with the olive oil, smoked paprika, cayenne, and a pinch of salt and pepper. Stir and cook the chickpeas over medium heat for about five minutes, or until they sizzle and become slightly crispy. Remove the chickpeas from the heat.
6. Pull the parsley leaves from their stems and roughly chop the leaves into small pieces (about 1 1/2 cups loosely packed, once chopped).

7. To build the salad, combine the roasted cauliflower and onions in a bowl with the spiced chickpeas and chopped parsley.
8. Drizzle the lemon tahini dressing over top, and toss to combine.
9. Serve warm or cold.

DESSERTS

APPLESAUCE CAKE

Ingredients:

- 1/2 cup shortening
- 1 cup light brown sugar, firmly packed
- 1 cup canned applesauce
- 2 1/4 cups sifted flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon apple pie spice (or 1/4 teaspoon each of cinnamon, nutmeg, and allspice)
- 1 cup chopped nuts
- 1 cup raisins

Directions:

Cream shortening, add sugar and beat. Add applesauce. Sift together dry ingredients and add to mixture. Fold in nuts. Bake in loaf pan or flat pan lined with greased wax paper. Bake for 1 hour at 325 degrees. Cool 5 minutes, then turn over on rack and peel paper.

HONEY CAKE

Ingredients:

- 2/3 cup honey
- 1/2 cup sugar
- 1 teaspoon baking soda dissolved in 1 cup water
- 1/2 cup oil
- 1 cup walnuts, chopped
- 3 cups flour
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg

Directions:

1. Combine honey and sugar.
2. Add water with baking soda, blend.
3. Add oil, nuts (ground and chopped), cinnamon nutmeg and flour. Mix well.
4. Pour in greased and floured 9x9 inch pan. Let stand at room temperature for 1 hour before baking.
5. Bake for 35 minutes at 350 degrees.
6. Cut in square or diamond shapes.

VEGAN BROWNIES

Ingredients:

- 2 cups flour
- 2 cups sugar
- 1/2 cup cocoa
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 cup water
- 1 cup oil
- 1 teaspoon vanilla
- 1/2 cup chopped nuts

Directions:

Combine the dry ingredients, then stir in the water oil and vanilla. Stir in the nuts. Put in a 9x13 pan greased with a non-dairy margarine. Bake in a 350 degree oven for 25-30 minutes.

GREAT FAST CHOCOLATE CAKE

Ingredients:

- 3 cups flour
- 2 teaspoons baking soda
- 6 Tablespoon cocoa
- 1 teaspoon salt
- 2 cups sugar
- 3 Tablespoons vinegar
- 2 teaspoons vanilla
- 3/4 cup oil
- 2 cups cold water

Directions:

Measure flour, soda, cocoa, salt, and sugar into a large mixing bowl. Add vinegar, vanilla, oil, and water and mix well. Pour batter into greased 9x13 inch pan. Bake at 350 degrees for 45 minutes.

CHOCOLATE ICING

Ingredients:

- 6 Tablespoons boiling water
- 1/4 cup margarine, soy butter or virgin coconut oil
- 2 teaspoons vanilla
- 1/2 cup cocoa
- 3 cups confectioner's sugar

Directions:

Add boiling water to margarine. Add vanilla and cocoa. Beat and when well blended, add sugar. Beat until smooth and creamy. Add additional liquid if necessary. Spread on warm cake.

APPLESAUCE CAKE

Ingredients:

- 1/3 cup vegetable shortening
- 1 cup brown sugar
- 1 1/3 cup thick, unsweetened applesauce
- 1 1/2 teaspoon baking powder
- 1 Tablespoon baking soda
- 1 Tablespoon salt
- 2 cups sifted flour
- 1 teaspoon cinnamon
- 1/2 teaspoon cloves
- 1 cup raisins

Directions:

Beat shortening and sugar until light. Sift dry ingredients together; use a little to dust the raisins. Mix dry ingredients into the sugar mixture alternately with the applesauce. Gently stir in the raisins last. Pour into an 8" greased square pan. Bake at 350 degrees for 45-50 minutes.

CHOCOLATE "WACKY" CAKE

Ingredients:

- 1 cup cocoa
- 3 cups sugar
- 4 1/2 cups flour
- 3 teaspoon baking soda
- 3 teaspoons salt
- 3 teaspoons vanilla
- 3 teaspoons white vinegar
- 1 cup vegetable oil

Directions:

Mix cocoa, sugar and flour. Poke three holes in the dry ingredients; add soda and salt to one, vanilla and vinegar to the second and oil to the third. Pour 3 cups water over all and mix well by hand. Pour into greased 9x13 pan. Bake 55-60 minutes at 350 degrees. Serve simply with powdered sugar or as a torte with canned cherry pie filling and shipped topping.

CHOCOLATE RASPBERRY TORTE

Ingredients:

- 1 cup almonds
- 1/2 cup granulated sugar
- 1/2 package firm silken tofu
- 1/4 cup cocoa powder, sifted
- 2 Tablespoons safflower oil
- 1/2 teaspoon vanilla
- 1/4 teaspoon salt
- 4 oz. broken chocolate pieces
- 3/4 cup frozen raspberries

Directions:

1. Preheat oven to 350 degrees. Lightly spray or grease an 8" cake pan; dust lightly with cocoa.
2. Finely ground almonds, adding a spoonful of sugar as necessary to keep them from clumping.
3. Transfer ground almonds to a bowl.
4. Puree tofu until very smooth; add remaining sugar, cocoa, vanilla, oil and salt.
5. Melt chocolate in a double boiler; pour into tofu, mixing to incorporate.
6. Add ground almonds, stirring just to combine. Pour half of the batter into the prepared pan; dot with raspberries and top with remaining batter.
7. Bake 45-50 minutes or until sides have cracked and center is firm.
8. Cool cake completely in the pan or refrigerate until serving.

MOM'S CHERRY "CAKE"

Ingredients:

- 1 20 oz. can cherry pie filling
- 1 20 oz. can crushed pineapple
- 1 18 oz. package yellow cake mix
- 2 sticks vegan margarine, melted
- 1 cup flaked coconut
- 1 cup chopped pecans

Directions:

Empty cans into a greased 9x13 baking pan. Sprinkle cake mix on top. Pour margarine on top. Sprinkle with coconut and pecans. Bake at 350 degrees for 50 minutes.

1-2-3-4 GREEK HALVA

Ingredients:

- 1 cup vegan margarine
- 2 cups farina or cream of wheat
- 3 cups sugar
- 4 cups water
- 1/2 cup slivered almonds
- Cinnamon

Directions:

Melt margarine in a large pot. Add farina and stir continuously on medium heat until light brown. Remove from heat, add sugar and almonds, and mix well. Add water, mix and return to medium-high heat, stirring continuously until it thickens. Pour into a moistened cake mold. Set aside for 30 minutes until cool. Invert on a plate and sprinkle with cinnamon. Cut into slices to serve.

TEA COOKIES

Ingredients:

- 1 cup soft shortening
- 1 cup sifted powdered sugar
- 2 teaspoons vanilla
- 1 1/4 cup sifted flour
- 1/2 teaspoon salt
- 1 cup rolled oats
- 1 cup chopped pecans

Directions:

Combine shortening, sugar, vanilla; add flour, salt and oats. Mix thoroughly. Shape into two rolls, 1 1/2 inch in diameter. Coat each roll in chopped pecans. Wrap in waxed paper and chill until stiff (several hours or overnight). Cut into 1/4 inch slices. Bake on un-greased cookie sheet at 375 degrees for 10-12 minutes.

VEGAN BANANA NUT SCONES

Ingredients:

- 1 cup raw pecans or walnuts
- 2 cups white whole wheat flour or regular whole wheat flour
- 1 Tablespoon baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon salt
- 1/3 cup solid coconut oil or 5 Tablespoons cold butter
- 3/4 cup mashed ripe banana (about 2 medium bananas)
- 1/4 cup milk of choice (almond milk, soy milk, etc.)

2 Tablespoons maple syrup or honey
½ teaspoon vanilla extract

Maple glaze

1 cup powdered sugar
⅛ teaspoon fine grain sea salt
1 Tablespoon melted coconut oil or vegan butter
½ teaspoon vanilla
¼ cup maple syrup, add more if needed

Directions:

1. Preheat oven to 425 degrees.
2. Place the nuts in a single layer on a rimmed baking sheet lined with parchment paper. Toast the nuts in the oven until fragrant, about 3 minutes. Chop the nuts into very fine pieces.
3. In a medium mixing bowl, combine the flour, three quarters of the chopped nuts, baking powder, cinnamon, ginger and salt in a bowl and whisk together.
4. Use a pastry cutter to cut the coconut oil or butter into the dry ingredients. If you don't have a pastry cutter, use a fork to cut the coconut oil into the flour, or use a knife to cut the butter into tiny pieces and mix it into the flour.
5. In a liquid measuring cup, measure ¾ cup mashed banana. Add milk until you have a total of 1 cup liquid.
6. Pour in the maple syrup and vanilla extract, and mix well.
7. Pour the banana mixture into the dry mixture and combine with a big spoon. At first it will seem like there isn't enough liquid to wet the dough, but keep mixing until you have thoroughly incorporated the wet and dry ingredients. If you must, use your hands to knead the last of the flour into the dough.
8. On a flat surface (like a cutting board), form dough into a circle that's about an inch deep all around. Use a chef's knife or biscuit cutter to cut the circle into 8 even slices. Separate slices and place on the baking sheet covered with parchment paper.
9. Bake for 15 to 17 minutes or until lightly golden brown.
10. While the scones are baking, whisk together the glaze ingredients in a small bowl until smooth and creamy. (If you're using coconut oil and it solidifies on contact with cold syrup, gently warm the glaze in the microwave or on the stove, then mix again.)
11. Let the scones cool for a few minutes, then drizzle the glaze generously over the scones. While the glaze is wet, sprinkle it with the remaining chopped nuts.

APPENDIX A

Below is an example of a meal plan to use during the Great Fast. Wednesdays and Fridays have very simple meals so that families can attend Pre-sanctified Liturgies. Please note that these are example recipes, not all of them are included in this recipe book.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Red Bean Chili Pie	Pasta with Garlic and Chickpea Sauce	Tofu Pad Thai	Canned Lentil Soup	Portobello Burgers	Cuban Black Bean Soup	Leftovers
Pasta With Tomato and Beans	Creamy Corn Chowder	White Bean and Tomato Vinaigrette Pasta	Tofu Stir Fry and Rice	Quinoa Chickpea Tabouli Salad	Pasta with Pesto	Leftovers
Tomato Soup	Pasta Primavera	Portobello Steaks with Mustard Sauce	Veggie Fried Rice	Spaghetti Squash Spaghetti	Bean burritos	Leftovers
Slow Cooker Stuffed Peppers	Spinach with Chickpeas	Chinese Vegetables & bean sprouts with noodles	Bean Burritos	Hearty Zucchini & Chickpea Stew	Tofu Stir Fry with noodles	Leftovers

APPENDIX B

Cooking Tips:

Dry Bean Preparation:

Soaking

Add 1 3/4 quart cold water to every 1 pound of beans. Cover and let stand overnight in a refrigerator. Discard the water. Proceed with recipe.

Quick-soak

Boil 1 3/4 quarts of water for each 1 pound of beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard water and proceed with the recipe.

There are many good, vegan soups. Lentil and Black Bean soups are usually vegan.

Some quick meals can include Bean Burritos, pasta with sautéed vegetables or simple sauces, Vegetable or tofu Stir-fry over spaghetti noodles or rice.

Some families will make a large pot of grains (barley, quinoa, ect.) and make several different meals throughout the week.

Many of the recipes in this cook book can be made gluten-free by replacing the flour with a cup-to-cup gluten free flour.