

# *CHINESE & MEXICAN*

## **Cashew Chow Mein**

1 onion, chopped  
3 stalks celery, chopped  
2 cups mushrooms  
1 cup firm tofu, cubed  
3 cups cooked whole grain flat noodles (Udon noodles work well)  
1 cup cashews, rinsed and roasted  
2 tablespoons onion powder  
2 cups mushroom gravy  
2 teaspoons sea salt  
1 teaspoon garlic powder  
2 tablespoons honey

Sauté onion, celery and mushrooms in 3 tablespoons olive oil and 3 tablespoons water. Add tofu. Add remaining ingredients and pour into casserole dish. Bake for 25 minutes at 350°. Serve with brown rice.

## **Egg Rolls**

1 onion, chopped  
2 cloves garlic, minced  
2 cups bean sprouts  
2 cups shredded cabbage  
1 cup carrots, grated  
1 sweet potato, grated  
2 tablespoons onion powder  
Sea salt to taste  
1 tablespoon Nutritional Yeast  
12-15 corn tortillas

Sauté onion and garlic until limp. Add the rest of ingredients and cook until tender. Do not overcook. Fill soft and warm tortillas with mixture. Place seam side down in baking dish. Put in 350° oven to warm. Sweet and Sour Sauce may be used on top.

## **Quick Mushroom Gravy**

1/2 cup canned mushrooms  
2 tablespoons unbleached white or whole wheat pastry flour  
1 1/2 teaspoons Nutritional Yeast  
1/2 cup water  
1 1/2 cups soy milk  
1 teaspoon dry parsley flakes  
1/2 teaspoon sea salt

Blend all ingredients briefly until mushrooms are cut into pieces, not smooth. Pour into saucepan and cook over low heat until thickened. Stir constantly.

## **Stir Fry Vegetables**

1 red onion, sliced into half rings  
3 zucchini, sliced  
1 bell pepper, chopped  
3 carrots, sliced  
2 tablespoons olive oil (optional)  
2 1/2 teaspoons garlic powder  
2 tablespoons Nutritional Yeast  
Sea Salt to taste  
Other vegetables of your choice

Sauté onion and carrots 2-3 minutes in oil or water in fry pan or wok. Add remaining vegetables. Stir around and add seasonings. Cook until tender.

## **Tofu and Vegetables Sweet & Sour**

### **Sauce:**

1 cup tomato sauce  
1 cup unsweetened pineapple juice  
1/4 cup honey  
1/2 teaspoon sea salt  
Sea Salt to taste  
1 teaspoon Nutritional Yeast  
3 tablespoons lemon juice  
1/4 cup crushed pineapple  
1 1/2 tablespoons cornstarch

Combine all ingredients except cornstarch, and bring to a boil. Mix cornstarch with a little water and add to mixture. Heat until thickened, stirring constantly with a whisk.

### **Tofu:**

1 pound firm tofu  
2 tablespoons olive oil  
1 teaspoon sea salt  
2 teaspoons nutritional Yeast powder  
1 teaspoon garlic powder  
1-2 tablespoons honey

Cut tofu into cubes and put on a cookie sheet. Sprinkle tofu with olive oil, Nutritional Yeast powder, garlic powder, Sea salt and honey. Bake at 350° for 20 minutes until edges are browned. Add tofu to vegetables. Spoon over brown rice. Top with sauce.

### **Vegetables:**

3 stalks celery, sliced  
3 carrots, sliced  
1 onion, chopped

1 bell pepper, chopped  
2 zucchini, sliced  
1 can water chestnuts  
1 can bamboo shoots  
Sea salt to taste  
1-2 teaspoons Nutritional Yeast  
1/2 teaspoon garlic powder

Sauté celery, onion, carrots and bell pepper in small amount of water. Add zucchini, water chestnuts and bamboo shoots. Sauté with Bragg's and garlic powder until vegetables are done.

### **Vegetable Chow Mein**

1 onion, chopped  
1 1/2 cups mushrooms, sliced  
3 cups cabbage, chopped  
1 cup sugar peas  
3 garlic cloves, chopped  
2 tablespoons toasted sesame oil  
1/2 pound spaghetti noodles

Cook noodles according to directions on package. When they are done rinse and set aside. While noodles are cooking start vegetables. Sauté onion, mushrooms and garlic a few minutes in water. Add sugar peas, cabbage, Bragg's and sesame oil until tender. Put noodles in separate fry pan with the following sauce. Cook on medium heat for 3 minutes, then mix with vegetables.

#### **Sauce:**

1/4 cup toasted sesame oil  
Sea salt to taste  
1-2 teaspoons Nutritional Yeast  
3 teaspoons lemon juice  
2-3 tablespoons honey or rice syrup

### **Tofu Ginger Stir-fry**

3/4 cup (150 ml) soy sauce  
3/4 cup (150 ml) lemon juice  
2 tsp. grated fresh ginger root  
1 lb. (450g) extra-firm tofu  
2 Tbsp. olive oil  
1 cup (100g) cauliflower florets  
1 cup (100g) broccoli florets  
3 carrots, cut into 2-inch strips  
1 medium onion, sliced  
1 green pepper, sliced  
1 cup (100g) snow peas  
1 cup (100g) sliced mushrooms

2 green (or spring) onions, chopped  
2 cups (350g) cooked brown rice

Mix the soy sauce, lemon juice and ginger. Cut the tofu into 1-inch chunks and place in the marinade. Let marinate for 45 minutes. Drain the tofu, saving the marinade.

Heat the oil in a large pan and add the cauliflower, broccoli, carrots, onion, green pepper and tofu. Stir frequently, cooking evenly. Add the snow peas, mushrooms and green (spring) onions. Continue to stir frequently until the vegetables are cooked but still crunchy. Serve over rice, topped with the marinade.

Makes 4 to 6 servings.

## **MEXICAN**

### **Black Bean Chili Burritos**

1 large onion, chopped  
2 cups dry black beans  
1 large bell pepper  
3 cloves garlic, minced  
1/3 cup cilantro, chopped  
1 teaspoon chili powder  
2 teaspoons cumin  
2 15-ounce cans Mexican stewed tomatoes or 3 1/2 cups fresh tomatoes  
1 tablespoon honey  
1 teaspoon sea salt  
Soya Cheese

Tempeh, cubed (optional)  
cooked brown rice  
olives  
tortillas

Soak beans overnight. The next morning change water and cook beans with sea salt until tender, about 2 hours. Drain water from beans. Sauté onion and bell pepper, honey and seasonings. Add tomatoes and cilantro. Mash down tomatoes. Add beans and mash down. (Potato masher works well.) Fill tortillas with chili, Soya Cheese, tempeh, and rice. Eat as is, or top with salsa, shredded lettuce, soy sour cream, guacamole, soy cheese, and olives. Also tastes great as a dip with tortilla chips, or in taco salad.

### **Bulgar Mexicana**

1 medium onion, chopped  
1 cup bulgar wheat  
1 large stalk celery, thinly sliced  
1/2 green or red bell pepper, seeded and sliced  
1 teaspoon chili powder  
3/4 teaspoon ground cumin

2 1/4 cups vegetable stock  
dash of sea salt  
dash of cayenne pepper

Sauté onion and bulgar in a little olive oil, stirring occasionally, until onion is soft and bulgar is golden (7 to 8 min.) Stir in celery, bell pepper, chili powder, cumin, and cook for 2 minutes. Pour in stock and bring to a boil. Reduce heat to low; cover and simmer until all liquid is absorbed (about 20 min.). Season to taste with salt and cayenne. to serve, mound bulgar mixture on a platter or individual plates. At the table, offer condiments. Condiments: Prepare 1 cup each -- shredded soy cheddar cheese, alfalfa sprouts, 1/3 cup each -- sliced green onions, sunflower seeds, 2 tomatoes (diced), soy sour cream, salsa and chips.

### **Enchilada Sauce**

2 cups crushed tomatoes in puree, or  
2 cups tomato sauce  
2 cups water  
1/4 cup flour, or 2 tablespoons cornstarch  
Sea salt to taste  
1-2 teaspoons Nutritional Yeast  
2 teaspoons chili powder  
1 teaspoon garlic powder  
1 teaspoon onion powder  
1/2 teaspoon cumin

Blend all ingredients (except tomatoes) in a blender. Pour blended mix into a saucepan, and add tomatoes. Heat until thickened, stirring constantly with a whisk.

### **Enchiladas**

1 pkg. whole wheat or corn tortillas  
2 cups brown rice, cooked  
6 cups pinto beans, cooked and mashed  
1 cup olives  
2 cups Soya Cheese  
1 1/2 cups salsa  
1 teaspoon garlic powder  
2 teaspoons sea salt  
1 tablespoon Grandma's Chili seasoning  
2 teaspoons cumin  
Enchilada Sauce

Mix all ingredients (to taste). Fill tortillas. Pour some enchilada sauce on bottom of casserole dish. Lay filled tortillas seam side down. Top with sauce and cheese. Bake until hot (20-30 minutes) at 350°.

### **Fresh Salsa**

5 large tomatoes chopped  
1/2 large onion, chopped  
1 - 2 jalapeno chili, take seeds out and mince  
2 garlic cloves, minced  
1/2 cup cilantro, chopped  
1/4 teaspoon sea salt  
juice of 1/2 to 1 lime  
Enchilada Sauce

Mix all ingredients together in a bowl. Ready to eat or you may chill it first.

### **Garden Tacos**

2 cups cooked brown rice  
1 cup cooked lentils  
1 onion, chopped  
1 cup celery, chopped  
1 bell pepper, chopped  
2 cups zucchini, quartered and sliced  
1 15-ounce can Mexican stewed tomatoes  
3 cloves garlic, minced  
2 tablespoons chili seasoning

Sauté all vegetables and garlic until tender. Add rice, lentils and seasonings. Simmer until flavors are absorbed. Fill corn tortillas with mixture and add your favorite tapping: lettuce, salsa, avocado, onion, etc.

### **Green Enchiladas**

1 tablespoon olive oil  
1/4 teaspoon sea salt  
2 large onions, chopped  
12 corn tortillas  
3 cups soy cheese, shredded  
1 cup soy sour cream  
1 pkg. cream of mushroom soup  
1 10-ounce package frozen chopped spinach, thawed  
2 green onions (including tops) sliced  
1 4-ounce can diced green chili peppers

Heat the oil (or use water) in a frying pan over medium heat. Add onions and cook until soft (about 5 minutes). Stir in salt, then set pan aside. Across the middle of each tortilla, sprinkle 2 tablespoons cooked onion and shredded cheese. Roll to enclose. Place tortillas, seam side down, in a greased, shallow 9 x 13 inch baking pan.

### **Sauce:**

Squeeze spinach to remove excess moisture. In a blender or food processor, puree spinach, green onions, chili peppers, soup and sour cream until smooth. Pour mixture over tortillas. Sprinkle remaining cheese over all. Bake uncovered at 350° for 30 minutes, or until hot and bubbly.

## **Mexican Tofu Casserole**

1 onion  
2 pounds firm tofu  
1 1/2 tablespoons vegetarian Chicken-like Seasoning  
2 teaspoons cumin  
1 teaspoons turmeric  
1/2 can Ortega chilies  
1 3.8 -ounce can sliced black olives  
1 28-ounce can tomato sauce  
corn tortilla chips  
Soya Cheese, shredded

Sauté onion in small amount of olive oil. Crumble in tofu. Add seasonings and blend well. Add olives and chilies. Pour a portion of tomato sauce into glass casserole dish. Crumble chips on next. Layer 1/4 of tofu mixture on next. Pour more sauce, chips and tofu. Continue layering. Top with shredded soy cheese. Bake 35 minutes at 350°.

## **Baked Beans**

6 cups cooked white beans  
3 cups tomatoes, canned  
1/4 cup molasses  
1/4 cup honey  
1/2 cup dates  
2 cloves garlic, pressed  
1 onion, sliced

Blend dates with 1/2 cup water in a blender. Mix all remaining ingredients and salt to taste. Pour into a casserole dish. Put onion on top of beans. Bake at 400° for 1-2 hours or until beans have absorbed most of the moisture. (Do not overbake, since beans will absorb more moisture as they stand.)

## **Ceci Beans**

### **(Garbanzo beans Italian Style)**

1 15-ounce can garbanzo beans, drained  
2 tablespoons fresh parsley, minced  
3-4 cloves garlic, minced  
1 tablespoon olive oil  
1 teaspoon lemon juice (optional)  
salt to taste

Mix all ingredients in a bowl. Best served chilled.

## **Chili**

1 cup onion, chopped  
1/2 cup celery, diced

1/2 cup green pepper, diced  
1/2 cup bulgur wheat  
2 cups water  
2 medium carrots, chopped  
1/2 teaspoon cumin  
1 tablespoon Grandma's Chili Seasoning  
1 15-ounce can tomato sauce  
1 1/2 quarts tomatoes, fresh or canned  
3 cups cooked kidney beans  
1/2 teaspoon garlic powder  
1/2 teaspoon sweet basil  
salt to taste

Sauté onion, celery and green pepper in 1/4 cup water for 10 minutes. Blend carrots with 2 cups water and 2 cups tomatoes in a blender. Combine all ingredients and cook slowly for 20-30 minutes, stirring often. If it is too thick, add more water to obtain desired consistency. Serve with corn bread or other whole grain bread and a salad. For a big pot of chili, double the recipe.

## **VEGETABLES**

### **Stuffed Peppers**

8 large bell peppers, stemmed and cored  
1 onion, diced  
1/2 cup celery, chopped  
1/4 cup water  
2 cups tomato sauce (1 cup for topping)  
3 cups cooked brown rice  
1/4 teaspoon garlic powder  
1 teaspoon thyme  
1 teaspoon sage  
1/2 teaspoon basil

Cook onions, celery and mushrooms in water for about 15 minutes, until tender. Mix in 1 cup tomato sauce, rice, and seasonings. Pack mixture into prepared raw green peppers. Place in baking dish. Pour remaining 1 cup tomato sauce over peppers. Add 1 1/2 cups water to bottom of baking dish to prevent peppers from drying out. Cover and bake at 375° for 45 minutes. Uncover and bake for 15 minutes longer. Serves 8.

### **Threesome Beans**

1 cup dried white beans  
1/2 cup dried kidney beans  
1/2 cup dried lima beans  
4 tablespoons onion, chopped  
2 tablespoons pure maple syrup  
2 teaspoons sea salt

Combine all beans and soak 12 hours. Parboil a few minutes. Pour off water and rinse. Put onions in bottom of casserole dish, then add beans and remaining ingredients. Cover with boiling water at least 2 inches above beans. Bake 4 hours at 350°.

### **Vegetable and Tofu Kebabs**

1 pound firm tofu  
1 small head broccoli cut into florets  
1 yellow crook neck squash, cubed  
1 zucchini, cut in rounds  
1 large red onion, cut into crescents  
1 red bell pepper, cut into large pieces  
Sea salt to taste  
1-2 teaspoons Nutritional Yeast  
1/4 cup lemon juice  
2 tablespoons sesame oil  
1 tablespoon hot sesame oil  
2-4 tablespoons honey  
1 teaspoon garlic powder

Steam broccoli, bell peppers, and onion about 5 minutes. Add squash and zucchini and continue steaming another 5-7 minutes (just until crisp-tender. Do not overcook).

Preheat oven to 375°. Cut tofu into 1 inch cubes and place on greased baking sheet. Squirt with some Bragg's. Bake about 20 minutes until light brown. Cool to room temperature.

In a large bowl, combine seasonings, lemon juice, oils, honey, and garlic. Add tofu and vegetables; marinate 1-2 hours. Thread marinated tofu and vegetables onto skewers\* and broil or grill 5-7 minutes. Turn occasionally basting with remaining marinade. I serve these over a bed of rice. Serves 4.

\*If using wooden skewers, soak them in water for at least 30 minutes before assembling kebabs. Soaking will prevent the skewers from burning while grilling.

### **Zesty Tomato Relish**

3 large tomatoes, chopped\*  
2 zucchini, quartered and sliced  
1/4 teaspoon celery salt  
1 small onion, minced  
1 tablespoon lemon juice  
1/2 teaspoon sea salt  
5 dates, chopped  
1/2 teaspoon sweet basil leaves  
2 tablespoons sesame oil  
1 tablespoon hot sesame oil  
2-4 tablespoons honey  
1 teaspoon garlic powder

Combine all ingredients and simmer 30 minutes. For delicious main dish, serve over brown rice, or over pasta with toasted almond slices.

\*You may use 1 can stewed tomatoes or you can use 1 can Mexican stewed tomatoes for a zippy topping over pasta.

## **WHOLE GRAINS**

### **Cracked Wheat/Millet Bread**

2 cups hot water  
1/4 cup honey  
2 tablespoons yeast

Whiz honey and hot water in blender. Add yeast. Whiz for a couple of seconds, then let stand for approximately 15 minutes. (I let it rise until it almost reaches the top of the blender.)

Pour into Bosch Machine/Food Processor bowl, then add:

2 tablespoons sea salt  
2 cups applesauce, or  
2/3 cup olive oil

Mix briefly, then add:

1 1/2 cups unbleached white flour  
1 1/2 cups whole wheat flour

Mix on speed #1 until flour is pasty, then stop. Then add:

5 cups hot water  
2 cups unbleached white flour  
2 cups whole wheat flour

Mix on #1 until flour is absorbed, then continue mixing while adding:

1/2 cup vital wheat gluten flour  
1/2 cup millet  
1 cup cracked wheat  
1/2 cup wheat germ  
1 cup baby oats  
3/4 cup oat bran

Then, 1 cup at a time, alternating, add:

about 3 cups whole wheat flour  
about 2 cups unbleached white flour

Continue mixing until dough starts cleaning sides of bowl. Cover with lid and run for 10 minutes. Oil hands and counter top (don't use flour). Form into loaves and put into pans. Set in warm oven or on oven door. cover with thin, warm damp towel. Let it rise for 15-20 minutes. Turn oven to 350°, take off towel and bake for 45 minutes. Remove loaves from oven and brush tops lightly with oil. When almost cool place in plastic bags. This will help keep outside of bread soft.

## **Roasted Garlic and Orzo Pilaf**

8-12 large cloves garlic  
1 tablespoon olive oil  
1/2 cup orzo (Italian baby pasta)  
1/2 cup long grain brown rice  
2 cups water, mixed with  
2 tablespoons vegetarian chicken seasoning  
1/4 cup green onions, sliced  
1 tablespoon fresh parsley, chopped

In a medium saucepan bring water and seasoning to a boil. Add rice. Peel and quarter garlic cloves. In a small skillet cook garlic in olive oil over medium heat until light brown. Add orzo and cook until light brown. (Do not let the garlic burn or it will become bitter.) Stir orzo and garlic into rice. Continue cooking for 15-20 minutes or until orzo and rice are tender and broth is absorbed. Stir green onions and parsley into the pilaf.

## **Risotto with Mushrooms**

2 tablespoons olive oil  
1 onion, chopped  
4 cloves garlic, chopped  
1/2 pound fresh mushrooms, sliced  
3 tablespoons vegetarian chicken seasoning  
2 cups short grain brown rice (arborio or pearl)  
4 1/2 cups water  
1 teaspoon basil  
3 tablespoons soy parmesan cheese  
1 1/2 - 2 cups tomato sauce or Italian Sauce

In a saucepan, sauté onion, garlic, and mushrooms about 5 minutes. Add rice and stir 3-4 minutes. Pour in water, basil, and seasoning. Bring to a boil on high heat stirring often. Reduce heat. Simmer, uncovered, until rice is tender and most of the liquid is absorbed, about 25-30 minutes. Stir occasionally, and more often as mixture thickens. Remove from heat. Mix in soy parmesan cheese and tomato sauce. Bragg's Aminos may be added to this for a flavor enhancer.

## **Oriental Rice**

4 cups cooked brown rice  
3-4 tablespoons olive oil  
1 2-ounce jar pimientos  
1/2 cup bell pepper, chopped  
1/2 cup slivered almonds  
1 bunch green onions, sliced  
Sea salt to taste  
1-2 teaspoons Nutritional Yeast  
1 small can water chestnuts, sliced

Toss, then place in casserole dish and bake at 350° for 30-35 minutes.

### **Confetti Rice**

1 cup basmati or long grain brown rice  
1 cup carrot, shredded  
1 onion, finely chopped  
1 teaspoon garlic, minced  
3 tablespoons olive oil  
2 1/2 cups water  
2 tablespoons vegetarian chicken seasoning  
1/2 cup fresh parsley, chopped

Cook onion, garlic, and carrot for 5 minutes. Stir in rice and brown slightly. Add water, seasoning, and parsley. Cover and cook 35-45 minutes.

### **California Casserole**

2 tablespoons olive oil  
1 cup onion, chopped  
4 cups cooked rice  
2 cups soy sour cream  
1 cup tofu, crumbled  
1 large bay leaf, crumbled  
1/2 teaspoon sea salt  
dash cayenne pepper  
12 oz. can Ortega whole green chilies (washed, drained and seeds removed)  
2 cup soy cheddar cheese, grated  
fresh parsley

In a large skillet, sauté onion in olive oil for 5 minutes. Remove from heat and stir in rice, sour cream, tofu, bay leaf, and salt. In a 13x9 pan, spread 1/2 of the rice mixture, 1/2 of the soy cheese, lay chilies on top opened out flat. Repeat with rice and cheese. Sprinkle with parsley. Bake at 350° for 20-25 minutes.

### **Taste of Morocco**

1 zucchini, cubed  
1 sweet potato, cubed  
1 clove garlic, minced or pressed  
1 Tbsp. oil  
1/4 cup water  
1 (15 oz.) can chick peas  
1 tsp. ground cumin  
1/2 tsp. each: allspice, ground ginger, turmeric, and paprika  
1/4 tsp. each: salt, cayenne, and corriander  
1 red bell pepper, diced  
1 yellow bell pepper, diced  
2 cups uncooked couscous  
1/2 cup raisins

Sauté the zucchini, sweet potato, and garlic in the oil until partially cooked, about 5 minutes. Use water as necessary to keep the vegetables from sticking. Drain and rinse the chick peas. Add the spices, chick peas, and peppers to the pan. Cover and cook for about 5 minutes.

Meanwhile, place the couscous and raisins in another saucepan. Add enough water so that the couscous is covered by about 1/2 inch. Bring the mixture to a boil, then cover tightly, remove from the heat, and let set at least 10 minutes. Remove the cover from the pepper/chick pea mixture, stir, and cook a few minutes longer to heat thoroughly and thicken. Serve the bean-pepper stew over the couscous.

### **No Fuss Chili**

1 Tbsp. olive oil

1 large onion, diced

1/2 green bell pepper, chopped

3 28-oz. cans crushed tomatoes

2 40-oz. cans dark red kidney beans, rinsed and drained

3 Tbsp. chili powder (or to taste)

1 tsp. salt

Heat the olive oil in a very large frying pan or Dutch oven over medium heat. Sauté the onion and pepper until tender, about 5 to 7 minutes. Add the remaining ingredients and bring the mixture to a boil. Lower the heat and simmer, covered, for 1 hour.

*Makes 8 servings.*