**Lentil Soup Recipe**

2 cup uncooked lentils, sorted and washed

8 cups water

4 teaspoons McKay’s or other brand Chicken-like seasoning

2 teaspoons Salt

2 medium onions, chopped very fine or blended

3 medium carrots, chopped very fine or blended

1- 28 ounce can diced tomatoes

1/4 cup parsley flakes

1/8 tsp Thyme

1/8 tsp Oregano

1. Clean and wash lentils
2. Put in a large, heavy pan, add water, chicken seasoning and salt
3. Cook, covered, for 15 minutes
4. Prepare onions and carrots and add to lentils
5. Add tomatoes
6. Add parsley, thyme and oregano
7. Simmer for an additional 45 minutes until lentils are very tender
8. Serve hot with crusty bread or crackers

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**Black Bean and Mango Salad Recipe**

1 - 15.8 ounce can black beans, drained and rinsed

2 cups mango, diced small

1 cup sweet red bell pepper, diced small

6 green onions, thinly sliced

1/4 cup cilantro leaves, chopped

1/4 cup fresh lime juice

Salt to taste

Combine all ingredients, including beans, in bowl. Toss and serve.

Makes four servings as a side salad.

*Recipe courtesy of Bush's® Beans – adapted for Diabetes Seminar*

**Spinach Salad**

6 cups small spinach leaves

2 ripe tomatoes, chunked

1 avocado, sliced

6 green onions, sliced

1/3rd cup toasted sunflower seeds

**Dressing:**

Mix together in small bowl:

1 tablespoon lemon juice

1 small garlic clove, minced

2 tablespoons olive oil

½ teaspoon dried basil or 1 tablespoon fresh, chopped

½ teaspoon salt (or to taste)

1. Loosely arrange the spinach on a large platter
2. Top with the tomatoes, avocado and green onions
3. Pour the dressing over the spinach immediately before serving
4. Sprinkle with sunflower seeds.

Recipe by Steve Wickham’s sister, Sarah Dixon. A family favorite!

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**Not Quite Tuna**

15.5-ounce can garbanzo beans, drained and mashed

2 tablespoons plant-based mayonnaise

2 teaspoons spicy brown mustard

1 tablespoon sweet pickle relish

2 green onions, chopped

Salt to taste

1. In a medium bowl (I do mine in the blender or food processor), combine garbanzo beans, mayonnaise, mustard, and salt.
2. Mix well until beans are mashed. You may have to add more mayonnaise to your liking.
3. Add relish and chopped onions, mix.
4. Tastes great as a sandwich on whole wheat bread or on a plate of lettuce.

Mae Gober

**Hummus**

15.5-ounce can garbanzo beans, drained (save juice if want to use it in place of water)

1-2 tablespoons lemon juice

2 tablespoons tahini or olive oil

1/2 teaspoon garlic powder or 1 clove fresh garlic

1/2 teaspoon salt (scant)

1/3rd cup water or garbanzo liquid

1. Blend all ingredients until smooth adding a little water or bean juice if too think. Home cooked garbanzos may be used, adjusting salt to taste according to the salt in garbanzos.
2. Serve with pita bread, pita chips, raw veggies or use on a sandwich or as a wrap filling.
3. Makes 1 1/2 cups

\*\*\*\* Alternate Options

* Blend black beans and lime juice instead of garbanzos and lemon juice; add ¼ tsp of paprika
* Blend 2 cups cooked garbanzos with a little liquid to make paste, add ¼ cup tahini, ¼ cup lemon juice, 2 cloves of pressed garlic, salt to taste; after putting in serving bowl, drizzle with a little olive oil and sprinkle with ground cumin, garnish with parsley. (Provided by Sharryn Mahorney)

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**Roasted Vegetables and Beans**

1 lb carrots, peeled and cut into large pieces (about 3 cups)

1 lb sweet potatoes, peeled and cut into chunks (about 3 cups)

1 large red onion, peeled, halved and cut into 1-inch wedges (pieces)

1 lb red potatoes, washed well and cut into cubes (about 3 cups)

6 garlic cloves, minced (6 tsp. minced garlic)

1 16-oz can Cannellini beans, rinsed and drained

1 tsp olive oil

1 tsp dried rosemary, crushed

1/2 teaspoon Stevia

1/2 teaspoon salt

1. Preheat oven to 425 degrees.
2. Prepare all vegetables and put into large mixing bowl.
3. Mix seasonings in small bowl and pour over vegetables.
4. Stir gently until well coated.
5. Pour into a 9x13 inch baking dish.
6. Roast, uncovered, about 45 minutes or until vegetables are lightly browned and tender, stirring twice.

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**Succulent Ratatouille**

2 Tbsp water

1 medium yellow onion, cut into half-moons

3 cups ¾-inch unpeeled eggplant cubes

4 cups ¾-inch zucchini cubes

1/2 cup 3/8-inch green bell pepper squares

1 tsp salt

3 Tbsp water

1/4 cup canned tomato puree

3/4 teaspoon dried basil

1 1/2 teaspoons *herbes de Provence*

2 cloves garlic, minced

3 cups ¾-inch fresh tomato cubes

1. Heat water in large non-stick skillet over medium heat.
2. Add the onion and eggplant, spray top lightly with non-stick spray;
3. Cover and cook, stirring often, until eggplant is slightly browned and tender on the outside, about 10 minutes.
4. Add the remaining ingredients, except the tomatoes
5. Cover and simmer, stirring occasionally, until the zucchini is tender, 10-15 minutes.
6. Add the tomatoes just prior to serving and heat briefly.

Tip: If you do not have *herbes de Provence* on hand, mix equal amounts of basil, marjoram, savory, and thyme, and add a pinch of rosemary.

Adapted from The 30-Day Diabetes Miracle Cookbook

**Sniffle Soup from *Plant-Powered Families***

This soup has been a hit with readers for years. Even if you don’t have the sniffles, it’s altogether comforting and delicious—sure to be a favorite! *Makes 5–6 servings*

Ingredients

1 1/2 tablespoons plus 3 1/2–4 cups water, divided
1 1/2 cups diced onion
1 cup each - diced carrot and celery
3 large cloves garlic, minced
1 teaspoon each – paprika and mild curry powder
1/2 teaspoon sea salt
1/4 teaspoon dried thyme
2 cups dried red lentils
3 cups vegetable stock
2 teaspoons chopped fresh rosemary (see note)
1–1 1/2 tablespoons lemon juice

Steps

1. In a large pot over medium heat, add 1 1/2 tablespoons of the water, onion, carrot, celery, garlic, paprika, curry powder, sea salt, thyme, and stir to combine. Cover and cook for 7–8 minutes, stirring occasionally.
2. Rinse the lentils. Add the lentils, the remaining 3 1/2 cups of the water, and stock and stir to combine. Increase heat to bring mixture to a boil. Once boiling, reduce heat to low, cover, and simmer for 12–15 minutes.
3. Add rosemary and simmer for another 8–10 minutes or more, until lentils are completely softened. Stir in lemon juice, and add more water to thin the soup if desired. Serve.

Rosemary Note: Fresh rosemary is exquisite in this soup, but if you don’t have it, you can use dried. However, if you’re using dried, add it at the beginning of the cooking process, along with the other dried spices, and use less, 1/2–1 teaspoon.

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**Tofu-Walnut Balls**

2 cups soft breadcrumbs

3/4 cup finely chopped walnuts

1/2 cup quick oats

1/2 cup finely diced onions

1/2 teaspoon garlic powder

1 teaspoon onion powder

1/2 teaspoon seasoning salt

1 teaspoon Italian seasoning

2 teaspoons Chicken-like seasoning

16-ounce brick tofu

1/2 cup water

2 tablespoons soy sauce

1. Preheat oven to 350 degrees.
2. Place breadcrumbs, walnuts, oats, onions, and seasonings in a large mixing bowl.

(**Hint:** *Make breadcrumbs out of slices of bread in your blender or food processor. Next whiz the walnuts into fine pieces about the size of course meal. If using a food processor, the onion can be finely chopped too.)*

1. Blend tofu with water and soy sauce in blender; add to the breadcrumb mixture in the bowl and mix well.
2. Place in mounds on a nonstick or oiled cookie sheet. If desired, flatten balls into small patties.
3. Bake at 350 degrees for 30 minutes or until golden brown on top and bottom.

**Hint:** *The mix should be quite moist – too wet to make balls with your hands. The dryness of your breadcrumbs will make a difference – add more water if they seem too dry. A dry mix makes a heavier, drier product, whereas a moist mix results in a lighter, more moist and superior product.*

2016 Mae Gober

**Eggplant or Zucchini Meatballs**

1 medium onion, diced

1 medium eggplant, unpeeled, cut into ¼ - ½ inch dice or 4 cups zucchini, diced

1½ cups walnuts or pecans, toasted and coarsely chopped

2 cups dried bread crumbs

½ cup firm tofu processed until smooth

⅓ cup nutritional yeast flakes

3 cloves garlic, crushed

2 Tbsp lemon juice

1 tablespoon dried oregano

¼ cup chopped fresh parsley or 1 tablespoon dried

½ cup coarsely chopped basil or 1 tablespoon dried

1 teaspoon salt

Vegetable oil spray

Preheat oven to 375 degrees. Lightly spray a baking sheet with “Pam”.

1. Heat a little water in a large skillet. When the skillet is hot, add the onion and sauté on medium-low until translucent, about 5 minutes.
2. Add the eggplant or zucchini and a sprinkle of salt; sauté until the vegetables are soft and fragrant, 8-10 minutes. If the eggplant dries out too quickly and begins to stick, add a bit more water.
3. Transfer to a large mixing bowl.
4. Add the nuts to the eggplant and mix thoroughly.
5. Transfer a generous cup of the eggplant mixture to the food processor. Process until pureed and return to the bowl.
6. Add the remaining ingredients and mix well.
7. Use small ice cream scoop to create small sized meatballs.
8. Place the eggplant balls on the prepared baking sheet and spray with Pam.
9. Bake 40 minutes, until a deep golden brown with a nice crust.

Note: Best if use fresh parsley and fresh basil. May substitute okra for eggplant as it has a similar flavor.

Adapted from *Totally Vegetarian* by Toni Fiore.

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**Raise-the–Roof Vegetable Lasagna**

(a special recipe for a special occasion)

Serves 12-16 (Makes two 9”x13”x2” pans)

1 onion, chopped

1 Tablespoon prepared minced garlic

8 oz mushrooms, sliced

2 cups frozen broccoli, thawed and chopped

2 carrots, chopped

2 red bell peppers, seeded and chopped

2 cups frozen corn, thawed

1 package firm tofu, drain by wrapping in paper towels

¼ tsp cayenne pepper

1 teaspoon each of salt, oregano, basil and rosemary

3 jars pasta sauce

1 box whole grain lasagna noodles, uncooked – I only used 6 noodles in each pan of lasagna

16 ounces frozen spinach, thawed and drained

2 sweet potatoes, cooked and mashed

4 Roma tomatoes, sliced thin

Parmesan substitute (or ½ cup raw cashews, ground)

Prepare all the vegetables. (Put the sweet potatoes on to cook; start the tofu to drain; thaw the spinach and drain; thaw the broccoli and chop, remove to a large bowl; clean and chop the onion; clean the carrots and chop; clean and chop the peppers; drain or thaw the corn, slice the mushrooms.) It’s really nice if you have help in the kitchen for preparing all the vegetables!

Preheat oven to 400\*. Sauté the onion and garlic for 3 minutes in a large non-stick pan to which you add a little water to keep them from burning/sticking. Add the mushrooms and cook until the onions are limp and the mushrooms give up their liquid. Remove them to the broccoli bowl with a slotted spoon. Reserve the mushroom liquid in the pan. Sauté the carrots for 5 minutes and add to the vegetable bowl. Sauté the peppers and corn until just beginning to soften. Add them to the vegetable bowl. Break up the drained tofu directly in the bowl and mix into the vegetables. Add spices to the vegetable bowl and combine.

To assemble: cover the bottom of 9-by-13-inch casserole with a layer of sauce. Add a layer of noodles (I used 3 for each layer). Cover noodles with sauce (noodles cook in oven, saving energy and time!) Spread the vegetable mixture over the sauced noodles. Cover with a layer of noodles and another dressing of sauce. Add the spinach to the 2nd layer of sauced noodles, cover with the mashed sweet potatoes. Add a lost topping of sauce. Cover the lasagna with thinly sliced Roma tomatoes. Cover with foil and bake in the oven for 45 minutes. Remove the foil, sprinkle with the cashews or equivalent, return to the oven for 15 minutes. Let sit for 15 minutes before serving.

Adapted from The Engine 2 Diet by Rip Esselstyn; used by permission

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**Gluten Free Pie Crust**

1 1/2 cups walnut pieces

1/3 cup unsweetened grated coconut

1/4 cup Hemp Hearts

1/3 cup unsweetened applesauce

1/8 teaspoon salt

1. Preheat oven to 350 degrees.
2. Place walnuts in food processor bowl and pulse until coarsely ground.
3. Add remaining ingredients and mix until moist and clumping together like dough.
4. Press into a 9” nonstick pie pan.
5. Bake 15-17 minutes.

Steve’s original recipe which he has used as a pie crust and as a topping for a fresh berry crisp. Very good.

Note: If you do not have Hemp Hearts, may omit, and use a little additional applesauce.

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**Southwestern Salad**

8 cups broken salad greens

1/2 of a red onion, diced

1 green bell pepper, diced

2 tablespoons minced cilantro

3/4 cup avocado, diced

3 medium tomatoes, diced

1 15-oz can of black beans, rinsed and drained

1 15-oz can of corn, drained

1 teaspoon dried oregano

½ teaspoon sea salt

1 cup baked tortilla chips, crushed

1. Combine salad greens, onion, green pepper, cilantro, avocado, and tomatoes in a large salad bowl
2. Heat beans and corn for 4 minutes over medium heat. Add oregano and salt. Add to salad right before serving, together with crushed tortilla chips.

© LeAnne Campbell, PhD; “Southwestern Salad”*;* The China Study Cookbook; *(*Dallas; Benbella Books) 2013, p. 114; used by permission

**Baked Tortilla Strips/Chips**

Preheat oven to 350\* (325\* if using convection oven)

Corn tortillas, white or yellow

Pam or equivalent Spray

1. Spray baking sheet lightly with Pam
2. Stack 6 tortillas on cutting board
3. Cut stack into 8 wedges (cut each stack into strips if desired)
4. Lay in single layer on baking sheet
5. Spray with Pam and sprinkle with salt
6. Sprinkle with garlic powder, optional
7. Bake about 10 minutes, making sure they don’t burn on edges
8. Remove to cooling rack and allow to crisp and cool completely before storing

© Bonnie House, Diana Fleming, PhD., LDN, Linda Brinegar, Linda Kennedy, Ian Blake Newman; “Tortilla Strips”; The 30-Day Diabetes Miracle Cookbook; (New York; Penguin Group), 2008, p. 205, adapted
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**Falafel Burgers**

Serves: Four - Make 36 small patties

2 cans (15 oz. each) chickpeas, drained but reserve 1 TBS liquid

1/2 cup rolled oats

4 cups (loosely packed) fresh parsley leaves

4 cloves garlic, roughly chopped

1/2 tsp. finely grated lemon zest

1 tsp. sea salt

1/4 cup celery, chopped fine

2 tsp. cumin

2 TBS lemon juice

1. Preheat oven to 400 degrees.
2. Line baking sheet with parchment; spray with baking spray.
3. Process oats in food processor until powdery.
4. Add parsley through cumin; pulse until roughly chopped.
5. Add chickpeas, lemon juice and reserved 1 TBS liquid
6. Pulse until chickpeas are finely ground.
7. Form into patties. Place on prepared sheet.
8. Bake 40 minutes, flipping after 20 minutes.
9. Serve on whole grain bread, bun or in pocket bread.
10. Top with lettuce and tomatoes sliced very thin.
11. Pour Tartator sauce over fillings

2017 - Recipe by Vera Floyd, Tullahoma, TN

**Tarator Sauce (Steve’s recipe)**

½ cup sesame tahini

2-3 tablespoon lemon juice

2-3 tablespoons water

Salt to taste

1 clove garlic, minced

1 teaspoon dried parsley or a couple teaspoons fresh parsley, chopped

1. Mix all ingredients, except parley, stirring well until sauce is smooth
2. Add chopped parsley

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**BLACK BEAN BAKE**

Gluten Free, Vegan

\*Serve with a green salad for a wonderful, filling meal.

14 oz. firm or extra-firm tofu

2 - 15.25 oz. cans of black beans

1 -14.5 oz. can of fire-roasted diced tomatoes

1 – 6 oz. can tomato paste

1 cup water

1 small onion

1 teaspoon each - dried oregano and salt

¼ teaspoon garlic powder

2 ½ cups brown rice noodles, uncooked

1 teaspoon salt

¼ cup raw cashews

¼ cup nutritional yeast

2 tablespoons Olive oil

1 tablespoon unsweetened applesauce

1 scant tablespoon dried basil

¼ teaspoon salt

Wrap tofu in a lint-free kitchen towel or with several layers of paper towels. Set a heavy skillet on top and let it set while preparing other ingredients.

In a medium sized, heavy pot, put beans and seasonings. Heat to boiling on medium high, stirring often. Reduce heat and simmer uncovered, 30 minutes, stirring occasionally.

Put two quarts of water and salt on to boil. When boiling, add noodles. Boil for two minutes; set aside for 12-14 minutes until just tender. Drain and set aside.

Put cashews in small food chopper/processor. Pulse until chopped small. Transfer to medium sized bowl or mixer bowl. Add **tofu** along with yeast, oil, applesauce, basil and salt. Mix well.

**Preheat** oven to 375 degrees F. Spray a 9x13 glass baking dish with PAM or other non-stick spray. Cover the bottom of the dish with a layer of the bean sauce. Spread all the rice noodles on the sauce. Cover with the cashew/tofu mixture. Top with the remaining bean sauce, making sure sauce is spread to the edges of the dish.

Bake uncovered 40 minutes. Let set for a few minutes before serving.

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**Kale Salad**

8-10 cups fresh, cleaned kale (stems removed)

1 Tablespoon olive oil

1 teaspoon lemon juice

1 teaspoon maple syrup

2 small garlic cloves, minced

½ cup toasted pecan pieces, chopped small

½ cup each edamame and blueberries

2 cups Napa cabbage, shredded

¼ cup raisins

1 cup frozen raspberries

½ teaspoon salt

1 medium avocado, diced

1. Chop the kale into small pieces.
2. Add lemon juice and olive oil. Mix well and then knead with your hands until kale leaves wilt and soften.
3. Add remaining ingredients and mix well.
4. Chill in refrigerator for an hour to allow flavors to blend.

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**CANNING DRIED BEANS**

|  |  |
| --- | --- |
| BEANS/PEAS | AMOUNT PER QUART JAR |
|  |  |
| Adzuki beans | 1 ½ cups |
| Black beans | 1 ¼ cups |
| Black-eye Peas  | 1 ¼ cups |
| Brazilian Peas | 1 ½ cups |
| Cranberry beans | 1 cup |
| Garbanzos | 1 cup |
| Great Northern beans | 1 ½ cups |
| Kidney beans | 1 ¼ cups |
| Lentils | 1 ½ cups |
| Lima beans, speckled | 1 ⅓ cups |
| Lima, large, baby, or small green | 1 ½ cups |
| Navy beans | 1 ½ cups |
| Pinto beans | 1 ¼ cups |
| Red beans | 1 ¼ cups |
| Red Peas, little  | 1 ½ cups |

Measure dried, clean, sorted beans into clean quart canning jars and cover with clean water. Soak the beans overnight.

In the morning, assemble all your canning supplies. Prepare the canning lids by heating them in a pan of water.

Drain the water covering the beans, rinsing well. Cover the beans with fresh water. NOTE: Some of the jars will not be full of the soaked beans. In the canning process, the beans will expand and the jars will fill.

Add 1 teaspoon of salt per each quart.

Clean the rim of the jar well and put on the canning lid and ring. Put into your canner along with the necessary water (mine requires 2 qts of water). Follow your canner instructions! I exhaust my canner for 8-10 minutes prior to putting on the bobber and bringing up the pressure. Some of the newer canners may not require that step…

Pressure at 10 pounds for 30 minutes. Remove from the canner when indicated by the release of pressure.

Allow to cool overnight. In the morning, check to ensure the jars have all sealed. Remove the rings. Wash the jars and store in a cool place.

Learning to can dried beans has helped us greatly. When we are wanting a quick meal, they are often our go-to food!

Enjoy!

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