

B

Black eyed beans in tomato sauce (Louvi – Mavrommatika)

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

Greek dish- submitted by Samir

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.

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

Submitted by Forest

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!

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#axzz2zEKADovL> 350 degrees

Servings: 7

Yield: 1/2 cup per serving



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

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.

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.

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/rice-pilaf/?fbclid=IwAR0stu0ouPNQ8fnmZKp6M-UITkqGeAUNMf12NzytqFlwGi2hKwE_BXbJTuw#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

Submitted by Ross

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.

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.

Sue's Peanut Butter Chocolate Chip cookies Preferred

Servings: 28



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.

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.

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.