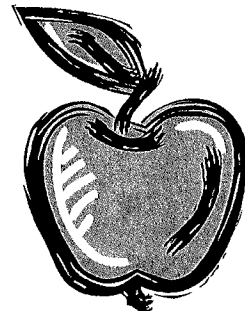


L. V. E.



*Life in Vital Eating*

LET'S DO LUNCH



*Sunday, March 13*

Recipes

## Gluten Stew

(Presented by Monika Riedel)

2 Tbsp olive oil  
2 onions, chopped  
3 – 4 cloves garlic, minced  
6 cups water  
28 oz. can diced Italian tomatoes  
1 Tbsp dried basil  
¼ cup Bragg's liquid aminos  
4 Tbsp beef-style seasoning  
1 tsp garlic powder  
1 tsp onion powder  
3-4 bay leaves  
1 tsp celery salt  
2 lbs small red potatoes (about 6 cups)  
4 cups diced gluten (recipe follows)  
1 lb. short cut carrots  
1 lb. frozen peas  
½ cup water  
6 Tbsp corn starch  
Vege-Sal to taste

In large pot, sauté onion and garlic in olive oil until translucent. Add water, tomatoes, and seasonings to pot and bring to boil. Add potatoes, gluten, and carrots, and cook until vegetables are tender, about 30 – 45 minutes. Mix ½ cup water with corn starch. Add to simmering stew while stirring. Cook and stir stew until thickened. Add Vege-Sal to taste. Serve with salad and bread for a healthy hearty meal.

## Gluten Stew Continued

### *Gluten ingredients:*

3 cups warm water  
 1 Tbsp. Bragg's liquid aminos  
 ½ cup nutritional yeast flakes  
 ½ cup ground walnuts  
 2 Tbsp chicken-style seasoning  
 2 tsp onion powder  
 1 tsp garlic powder  
 1/2 cup whole wheat  
 4 cups instant gluten flour

### *Broth ingredients:*

3 quarts water  
 1 tsp EACH onion powder, garlic powder  
 1 ½ Tbsp chicken-style seasoning  
 2 Tbsp nutritional yeast flakes  
 1 ½ tsp celery salt  
 ½ cup Bragg's liquid aminos

Blend all gluten ingredients EXCEPT gluten flour in blender until smooth. Pour into large mixing bowl. Add gluten flour and knead until thoroughly mixed. Immerse ball of dough under cold water for 1 hour. Drain. Slice, and then flatten each slice with hands into "steaks." Drop each steak into boiling broth (recipe above). Simmer, covered, until steaks are tender – at least 1 hour. The longer you simmer the gluten, the more of the broth flavors will be absorbed. Drain; cool: use as you would meat. Gluten may be breaded, sautéed, chopped, or ground; it may be served with your favorite sauces or gravies.

Ideas for left over gluten:

Gluten fajitas – Cut gluten into strips. Sauté with onion and pepper strips. Season with fajita seasoning. Serve in warm tortilla with toppings such as lettuce, tomato, olives, avocado, salsa, sour cream or guacamole.

Gluten barbecue – Cut gluten into small pieces. Place in baking dish with chopped onion and peppers. Top with favorite barbecue sauce. Bake until @ 350 degrees for 1 - 1 ½ hours. Serve on whole wheat buns.

Gluten stir fry – Cut gluten into strips. Stir fry with vegetable of choice (broccoli, carrots, bok choy, onion, mushrooms, nappa cabbage, peppers, pea pods, etc.) and season with garlic, Bragg's, ginger, and a little oriental sesame oil.

## Chick-Pea a' la King

(Presented by Joan Wright)

### Sautéed Vegetable Mixture:

- 1 cup onions, chopped
- 1 red pepper chopped
- 1 green pepper chopped
- 2 – 3 cloves of garlic chopped
- 1 8 oz package mushrooms
- 1 cup sliced carrots

Sauté these in a bit of oil or water until onions are translucent and vegetables are slightly tender.

### Sauce:

- 3 cups of water
- ½ cup cashew pieces
- 4 Tbsp sesame seeds
- 3 Tbsp McKay's Chicken seasoning
- 2 Tbsp Bill's Best Chicken seasoning
- 1 tsp Vege-Sal
- 1 tsp garlic powder
- 1 Tbsp onion powder
- 1 Tbsp cornstarch
- ¼ cup yeast flakes

### Vegetables:

- 3 cups frozen peas
- 2 – 3 cans garbanzo beans

1. In blender, combine 1 cup of water, cashews, sesame seeds, McKay's seasoning, salt, garlic powder, onion powder, and cornstarch. Blend several minutes until mixture is smooth, then slowly add the additional 2 cups of water.
2. Pour the blended mixture into a pot and add the sautéed vegetable mixture along with the peas and chick peas. Bring to a boil over medium heat stirring occasionally.
3. Serve over brown rice for a delicious and healthy lunch!

## Easy Oven Brown Rice

- 1 part Brown Rice
- 2 parts water
- ¾ tsp salt for every cup of rice

Place in sprayed casserole dish. Cover and bake at 350 degrees for 1 1/4 hours or until done.

## **Bulgar Wheatloaf**

(Presented by Monika Riedel)

2 C water  
 1 large onion, quartered  
 1 ½ cups fresh mushrooms, chopped  
 2 med carrots, cut in thirds  
 3 large garlic cloves, crushed  
 ½ cup nutritional yeast flakes  
 ¼ cup Bragg's liquid aminos  
 1 Tbsp Tahini (sesame butter)  
 1 Tbsp olive oil  
 2 tsp onion powder  
 2 tsp Kitchen Bouquet  
 1 tsp salt  
 ½ tsp sage, ground  
 ¼ tsp thyme  
 1 ½ cups bulgar wheat  
 1 cup fresh bread crumbs  
 1 cup walnuts, finely chopped  
 ½ cup instant gluten flour  
 ½ cup whole wheat flour

In a blender, combine all ingredients except bulgar, bread crumbs, walnuts and both flours. Blend on med/hi speed about 10 seconds or long enough to finely chop the vegetables. Pour blended vegetables into a pot with the bulgar wheat. Simmer ten minutes or just long enough to absorb the liquids. Stir in the bread crumbs and walnuts. Mix the 2 flours together well and add to the bulgar. Stir until well mixed. Coat a 9" x 5" loaf pan with cooking spray. Spoon the bulgar mixture into the pan and gently pack it down. Bake at 350 degrees for one hour. Cool 15 minutes before turning out onto serving platter. Delicious with Guilt-Free Gravy (recipe follows) or ketchup.

### **Left over idea:**

Left over Wheat loaf is great on sandwiches. Just slice and place on bread with mayo and your favorite sandwich fixings. Also great as a sandwich spread. Mash leftover loaf. Add your choice of pickle, onion, celery, green pepper, and then enough mayo to moisten.

## Guilt-Free Gravy

(Presented by Monika Riedel)

1 large onion chopped  
2 cloves garlic chopped  
½ cup blanched slivered almonds (be sure to use almonds without the skins)  
1 cup warm water  
2 cups water  
5 Tbsp gold 'n white flour  
2 Tbsp Chicken-style seasoning  
2 Tbsp yeast flakes.  
2 Tbsp Bragg's liquid aminos  
½ tsp Vege-Sal

1. In large skillet, sauté chopped onion in 1 to 2 Tbsp of water, cover and let onion steam until tender. Add additional water, 1 Tbsp at a time, if needed to keep onion from burning. Add garlic and steam an additional 2 minutes.
2. In Blender, blend almonds with 1 cup of warm water until smooth. Be sure to blend for several minutes and scrape the sides of the blender bowl frequently, to be sure that the almonds are totally smooth, like the consistency of milk. This may take several minutes in some blenders. Add additional water, remaining ingredients and sautéed vegetables and blend well.
3. Pour blended mixture into pan and bring to a boil for approximately 3 minutes, stirring constantly. As gravy thickens you may need to add more water to bring to desired consistency.

## Eggless Tofu Salad

(Presented by Joan Wright)

1 brick water packed, extra firm tofu  
 ¼ cup chicken seasoning  
 2 Tbsp lemon juice  
 1 Tbsp onion powder  
 1 ½ tsp basil  
 1/3 cup chopped green pepper  
 ¼ cup yeast flakes  
 1/3 – ½ cup mayo  
 salt to taste

Drain tofu, rinse, then mash with potato masher in colander. Mix with all other ingredients. Add enough mayo to moisten to desired consistency. Add salt and adjust seasonings to taste. Serve on bread or in pita with vegetables of choice. (lettuce, tomato, cucumber, celery etc.)

For samples, *Instead of Mayo – Joy Soy* was used, prepared as directed on bottle.

## Quick Mayo

(Presented by Monika Riedel)

Blend in blender until smooth:

1 cup water  
 ½ cup soy supreme powder  
 ¾ tsp salt  
 1 tsp onion powder  
 ½ tsp garlic powder

Stop blender and add:

1/8 – ¼ cup oil  
 1 tsp instant clear gel  
 1 Tbsp plus 1 tsp lemon juice

Blend quickly and then stop. Refrigerate. Keeps about 1 week.

## Chick Pea Sandwich Spread

(Presented by Monika Riedel)

- 1 large stalk celery, finely chopped (about ½ cup)
- 1 handful carrots, finely chopped (about ½ cup)
- ½ green pepper, finely chopped
- ¼ onion, finely chopped (about 2 Tbsp)
- 2 – 3 dill pickles, chopped (about ¾ cup) – we used lemon dill pickles
- 1 -15 oz can chick peas, mashed or coarsely chopped in food processor
- 1/3 – ½ cup mayo (enough to moisten)
- 1 – 2 Tbsp Bill's Best Chicken seasoning (to taste)
- Vege- Sal to taste (optional)

Mix all ingredients together. Serve on bread or in pita pockets. Store in refrigerator.

## Oatmeal Cookies

(Presented by Joan Wright)

- 2 sticks Soy Willow margarine
- ½ cup turbinado sugar
- ½ cup fructose
- 1 tsp vanilla
- 2/3 cup flax seed gel (recipe follows)
- 1 ½ cups whole wheat flour
- 1 tsp cinnamon
- ½ tsp salt
- 1 tsp baking soda
- 3 cups rolled oats
- 1 cup raisins
- 1 cup chopped walnuts

Beat margarine and sugars until creamy. Add vanilla and beat again until well mixed. Mix flour, cinnamon, salt and soda together in a separate bowl, then add flour and flax gel alternately to mixture. When well blended, add oats, raisins, and nuts, and mix well. Drop by tablespoons onto ungreased cookie sheet. Bake at 350 degrees for 10 – 13 minutes or until lightly browned. Makes about 40 cookies.

### Flax Gel:

Mix 3 Tbsp flax seeds with 1 cup water in a small pot. Boil together for 5 minutes, then whiz in blender until seeds are pulverized.



## Orchard Apple Pie

(Presented by Monika Riedel)

	9" Crust*	8" Crust*
Pineapple Juice	24 oz	16oz
Golden Delicious Apples (Grated with skins)	3-4	2
Dried Pineapple Cubes	½ cup	1/3 cup
Corn Starch	½ cup	1/3 cup
Vanilla	1 ½ tsp	1 tsp
Honey	1 Tbsp	1 Tbsp

In blender, blend pineapple juice, dried cubed pineapple and corn starch. In large sauce pan, boil, stirring constantly to thicken. Take mixture off stove, add vanilla. Add the cold grated apples (leave skins on) and stir thoroughly. Pour into pie crust and serve cold. Sprinkle with grated coconut if desired..\*\* Refrigerate to set.

\*You can use a regular crust or a graham cracker crust in either of the sizes specified above.

\*\*The coconut can be slightly toasted to add a bit of color to the pie.

I understand the filling is one of the CHIP recipes.

## Whole Grain Pie Crust

1 cup whole wheat pastry flour  
 1 cup oat flour (may be purchased or made by blending oats in blender)  
 ½ tsp salt  
 1/3 cup oil  
 2/3 cup water (or a little less)

Mix dry ingredients together, then add liquids and stir until thoroughly moistened. Roll out between 2 sheets or plastic wrap on dampened countertop. Lift and place in pie pan. Pierce crust evenly with fork. Bake at 425 degrees for 12 – 15 minutes or until lightly browned.