

Chickpea A La King

3 cups water
½ cup raw cashews
¼ cup flour
1¾ tsp. salt
2 Tbs. **Homemade chicken-style seasoning (see recipe below)**
1 15-oz. can garbanzo beans

2/3 cup sliced carrots
2/3 cup chopped onion
1½ cups frozen green peas

Blend nuts, seasonings and flour until smooth with ¾ cup of water. Pour into pan and rinse blender and add water to pan. Lightly boil until thickens, stirring constantly. In a separate pan sauté the carrots and onions until tender in a small amount of water. Then add the carrots, onions, the garbanzo beans and the frozen peas to the thickened gravy and cook 5 minutes to get hot. Serve over rice, quinoa or potatoes.

Chicken Style Seasoning (homemade)

Mix together and store in a sealed jar. Does NOT require refrigeration.

1 C. nutritional yeast flakes, powdered in coffee grinder (measure after grinding !)
1 Tbsp. onion granules or powder
1 tsp. garlic granules or powder
1 Tbsp. popcorn salt (or 2 teaspoons if desire to reduce sodium)
1½ tsp. sage
1½ tsp. thyme
1½ tsp. marjoram
2 Tbsp. dried parsley
½ tsp. turmeric

Hawaiian Sweet and Sour

1 large onion, vertical slices
1 large bell pepper, vertical slices (red, yellow or orange peppers are easier to digest)
1 20 oz. can pineapple tidbits, canned in own juice (plus another half-can)
1 29 oz. can tomato sauce
1 Tbsp. Bragg Liquid Aminos
1 lb. firm tofu, cubed and frozen ahead of time, then thawed and drained
Pinch of cayenne pepper (optional)
2 Tbsp. Honey or Agave Nectar

Quickly stir-fry the onion and pepper in a non-stick skillet or pan, stirring frequently during the entire time, about 4 to 5 minutes. Then combine all remaining ingredients and heat together, approx. 15 minutes. Serve over hot brown rice. Keeps well refrigerated and is an excellent dish made ahead. Garnish with slivered almonds if desired.

Walnut Stuffing Balls

4 C. fresh whole wheat bread crumbs	½ t. thyme
1 C. chopped walnuts	½ t. basil
½ C. diced celery	½ t. sage
½ C. chopped fresh parsley	1 t. salt

Make fresh bread crumbs by placing torn slices of bread in the food processor. Toss all above ingredients together. We like more sage so added 1 tsp. more.

Meanwhile sauté 1 C. chopped onion in a non-stick skillet in a few Tablespoons water and add this to the mixture.

Add 2 tsp. Chicken-style seasoning and just enough warm water to moisten the whole mixture and then shape into 2-inch balls or small patties. Place on an oiled baking sheet or non-stick cookie sheet and bake at 375° F. for 20 minutes until crisp and brown. Watch closely.

Cashew Gravy (Gluten-Free)

1 C. water (plus 1 cup to rinse blender later)
1 C. washed raw cashews
1½ Tbsp. Bill's Best Chick'nish Seasoning
½ tsp. Herbamare (seasoned sea salt) or just regular salt
1 tsp. onion powder
½ tsp. garlic powder

Blend in blender, reserving the 1 cup water for later. Cook in non-stick pan over medium high heat until thickens. Add cup of water to rinse blender and add to the gravy as it thickens in the pan.