

TODAY'S COOKING

Welcome!



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Introduction



I like to cook! I cook every day. Many years ago I owned a restaurant in the Caribbean, so I've known my way around the kitchen for quite some time. Since then I have continued to experiment, have tried new ways of doing things and searched for new recipes. This book is a compilation of just a few of those recipes that I have received, read and created over the years. Some are as is; some have been modified; some are original and some not so original. All are good, although a few "questionables" may have slipped in (if so, please let me know).

The premise here is that you know how to cook, but you're tired of the same old things and would like to add a little variety and zip to your meals, whether for entertaining and special occasions or simply Thursday night's dinner.

(To keep the file size within reason, photos of the dishes were not included.)

Feed mynde with myrth, thy mawe with meate

And eat to lyve not lyve to eate.

For gorging doth offende thy health,

Thy God, thy soul, thy witt and wealth.

(from a set of English roundels - approximately 1600 AD)

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“Cooking is one of the oldest arts...” - Brillat-Savarin

“With money anyone can offer succulent dishes and famous wines, but courtesy and kindness cannot be bought.” - Lucien Tendret

“Intellectual men who quickly wolf down whatever nourishment is necessary for their bodies with a kind of disdain, may be very rational and have a noble intelligence, but they are not men of taste.” - Sainte-Beuve

“The cook is no less an artist...To give life to beauty, the painter uses a whole range of colours, musicians of sound, the cook of tastes - and it is indeed remarkable that there are seven colours, seven musical notes and seven tastes.” - Lucien Tendret

“The discovery of a new dish does more for the happiness of mankind than the discovery of a star.” - Brillat-Savarin

“Those who have a profound indifference to the pleasures of the table are generally gloomy, charmless and unamiable.” - Lucien Tendret

“The science which feeds men is worth at least as much as the one which teaches how to kill them.” - Brillat-Savarin

“Gastonomy is the joy of all conditions and all ages. It adds wit to beauty.”
- Monselet

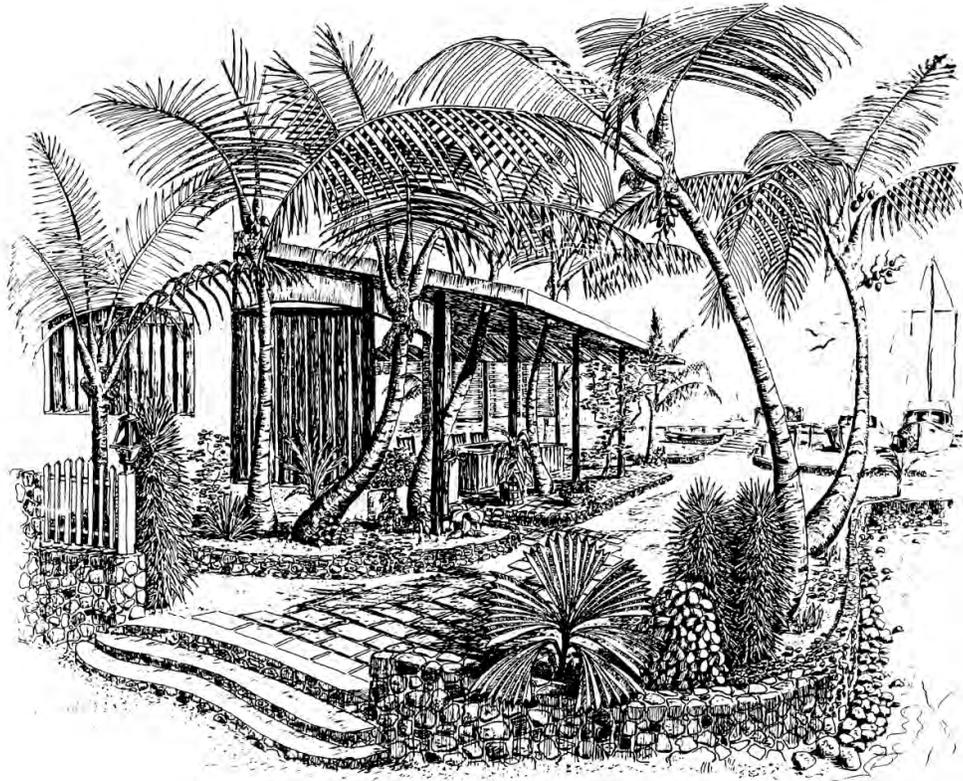
“The most indispensable quality of a cook is punctuality; it should also be that of a guest.” - Brillat-Savarin

“Good cookery is the food of a pure conscience.” - Des Essarts

“Those who give themselves indigestion or get drunk, do not know how to eat or drink.” - Brillat-Savarin

Hunger is nothing more than the need to eat. Appetite is anticipating the pleasure of eating well. - SD

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Rusty Pelican Restaurant Sint Maarten Dutch West Indies 1979

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Appetizers

FAUX CHOPPED LIVER - SERVES 12 TO 14

Ingredients

1. 8 Tbs. olive oil or margarine
2. 1 lb. walnuts
3. 6 hard-cooked eggs or more to taste (see [Today's Cooking Eggs pg. 7](#))
4. Salt & pepper to taste

Preparations

1. Heat oil in a large skillet and sauté the onion until golden brown. Remove the onions to a bowl and add the nuts to the skillet. Sauté briefly.
2. Combine the nuts, onions, eggs and seasoning in a large bowl and chop by hand until the mixture is how you like it. But don't over chop, bits of the eggs and nuts should be easily distinguishable.
3. If you want to use a food processor, pulse the ingredients separately and very briefly and then combine and season. Pack into a round bowl and chill overnight. To serve, un-mold onto a bed of greens.

OVEN FRIED DILL PICKLES - SERVES 8

Ingredients

1. 32 dill pickle slices
2. 1/2 cup all-purpose flour
3. 1/2 tsp. salt
-
4. 2 large eggs, lightly beaten
5. 2 Tbs. dill pickle juice

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6. 1/2 tsp. cayenne pepper
7. 1/2 tsp. garlic powder
-
8. 1/2 cup panko bread crumbs
9. 1 Tbs. minced fresh dill

Preparations

1. Preheat oven @ 500° F (260° C). Place the pickles on paper towels to absorb the liquid, about 15 minutes.
2. In a shallow bowl, combine flour and salt. In another shallow bowl, whisk together items 4 through 7. Combine panko and dill in a third shallow bowl.
3. Dip pickles in flour mixture to coat both sides; shake off excess. Dip in egg mixture and then in the crumb mixture, patting so the coating sticks. Transfer to a greased wire rack in a rimmed baking sheet.
4. Bake until golden brown and crispy, about 20 to 25 minutes.

COWBOY CAVIAR - SERVES 12

Ingredients

1. 2 ripe avocados diced
2. 3 Roma tomatoes, seeded and diced
3. 1/3 cup red onion, diced
4. 1 can ea. (15 oz. ea.) black beans and black eyed peas, rinsed and drained
5. 1-1/2 cups corn kernels, fresh or frozen
6. 1/2 ea. a green and red bell pepper, diced
7. 1 jalapeño, seeded and finely diced
8. 1/3 cup finely chopped parsley or cilantro
9. Tortilla chips

Dressing Ingredients

1. 1/3 cup olive oil
2. 2 Tbs. ea. fresh lime juice and red wine vinegar
3. 1 tsp. sugar
4. 1/2 tsp. ea. salt & pepper
5. 1/4 tsp. garlic powder

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Preparations

1. In a large bowl, add items 1 through 8 and combine well.
2. In a small bowl, add all the Dressing items and whisk until blended.
3. Pour the dressing over the other items and stir until well combined. Refrigerate and stir well before serving with the chips.

VEGETARIAN "MEATBALLS" - MAKES 33

Ingredients

1. 1 Tbs. vegetable oil
-
2. 2 garlic cloves
3. 1 celery stalk, coarsely chopped
4. 1 can (15 oz.) white beans, rinsed & drained
5. 4 oz. button mushrooms
-
6. 1 large egg
7. 1 cup panko breadcrumbs
8. 3/4 tsp. kosher salt*
- 9.
10. 5 Tbs. unsalted butter
11. 1/2 cup hot pepper sauce, preferably Frank's ®
12. 2 Tbs. pure maple syrup
-
13. 1/2 cup sour cream
14. 1/4 cup buttermilk
15. 1/4 cup crumbled blue cheese
16. 1/2 tsp. freshly ground black pepper
17. 1/4 tsp. salt*
18. 2 Tbs. chopped chives, divided

Preparations

1. Place a rack in the center of the oven and preheat @ 400° F (200° C). Coat a rimmed baking sheet with oil.

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2. Pulse the garlic in a food processor until finely chopped. Add items 3, 4 & 5 and pulse until coarsely chopped. Spoon into a large bowl and stir in items 6, 7 & 8. Scoop a Tbs. of the bean mixture and use your hands to roll it into balls. Place tightly on the baking sheet and roast, turning halfway through, until firm and cooked through, 25 to 30 minutes.
3. In a small saucepan over medium heat, cook items 9, 10 & 11 until the butter is melted. Stir until smooth and set aside.
4. Whisk together items 12 through 16 plus half of the chives. Top with remaining chives.
5. Transfer veggie balls to a large serving bowl. Toss with hot sauce mixture and serve with the blue cheese dip alongside.

Note: Uncooked veggie balls can be made 1 day ahead. Cover with wrap and refrigerate.

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Soups

SEE TODAY'S COOKING SOUPS - VEGETABLE SOUPS

VEGAN SQUASH SOUP - SERVES 8 - MAKES 2-3/4 QTS.

Ingredients

1. 1 large butternut squash, peeled and cut into 1" cubes (about 8 cups)
2. 3 Tbs. olive oil, divided
3. 1 tsp. salt, divided
4. 1/4 tsp. pepper
-
5. 1 medium onion, chopped
-
6. 1 Tbs. minced fresh ginger root (or 1 tsp. ground ginger)
7. 2 garlic cloves, minced
8. 1 tsp. ground turmeric
9. 1/2 tsp. ground cumin
-
10. 1 carton (32 oz.) reduced-sodium vegetable broth
11. 1 can (15 oz.) pumpkin
12. 1 can (13.66 oz.) coconut milk
13. Minced fresh cilantro
14. Croutons

Preparations

1. Preheat oven @ 400° F (200° C).
2. Place squash in a shallow roasting pan; drizzle with 1 tablespoon oil. Sprinkle with 1/2 teaspoon salt and the pepper. Roast until tender, 25 to 30 minutes, turning once. Reduce oven setting @ 350° F (180° C).

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3. In a large stock pot over medium-high heat, add 1 Tbs. oil and the onion. Cook, stirring, until tender, 5 to 7 minutes. Add items 6 through 9 and remaining 1/2 teaspoon salt; cook 1 minute. Stir in items 10 and 11 and the roasted squash. Bring to a boil; reduce heat. Simmer, uncovered, 15 to 20 minutes. Add coconut milk; cook 5 minutes longer.
4. Cool slightly. In a blender, cover and process soup in batches until smooth. Return the pureed mixture to the pot and cook, stirring, until heated through. Top each serving with croutons and cilantro.

FRENCH LENTIL - SERVES 6

Ingredients

1. 3 Tbs. olive oil
2. 2 cups onion, chopped
3. 1 cup celery, chopped (celery leaves for garnish)
4. 1 cup carrots, chopped
5. 2 garlic cloves, minced
-
6. 10 cups vegetable stock
7. 1 lb. lentils, rinsed
8. Salt & pepper to taste
9. 1 can (14-1/2 oz.) diced tomatoes with juice
-
10. Balsamic vinegar

Preparation

1. Heat oil in a large sauce pan over medium-high heat. Add items 2 through 5 and sauté 15 minutes (vegetables start to brown).
2. Add items 6 through 9 and bring to a boil.
3. Reduce heat to medium-low; simmer, covered about 40 minutes or until lentils are tender.
4. Take out 2 cups of mostly solids; cool and use a blender to puree until smooth. Return puree to soup.
5. If soup is too thick, thin by 1/4 cupfuls with broth, water or dry wine.
6. Add a splash of vinegar and stir well. Fill soup bowls and garnish with celery leaves.

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CELERY ROOT SOUP - SERVES 6

Ingredients

1. Sea salt
2. 3 Tbs. olive oil
3. 2 medium-sized celery roots, peeled & cubed
4. 2 stalks celery, chopped
5. 1 large onion, chopped
-
6. 4 cups vegetable broth
7. 1 bay leaf
-
8. 1 cup thick Cashew Cream (see [Todays Cooking Dressings_Sauces_Seasonings pg. 40](#))
9. Salt & pepper to taste
-
10. 1 un-peeled Granny Smith apple, finely chopped
11. Chive oil

Preparations

1. Heat a large stockpot over medium and sprinkle the bottom with a pinch of salt; heat for a minute and then add the oil; heat 30 seconds.
2. Add items 3, 4 & 5. Sauté about 10 minutes, but do not brown.
3. Add items 6 & 7; bring to a boil; reduce heat and simmer a half hour.
4. Add items 8 & 9 and simmer 10 minutes. Remove from heat and let cool.
5. Using a blender, puree the soup in batches on high until smooth.
6. Fill soup bowls and garnish with the apple and a drizzle of chive oil.

MINISTRONE SOUP - SERVES 10

Ingredients

1. 4 stalks red Swiss chard, approx. 1/2 lb.
2. 2 Tbs. olive oil
3. 1 medium-sized red onion, finely chopped
-

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4. 6 cups vegetable stock
5. 2 cans (14-1/2 oz. ea.) fire-roasted diced tomatoes, undrained
6. 1 can (16 oz.) kidney beans, rinsed and drained
7. 1 can (15 oz.) garbanzo beans, rinsed and drained
8. 2 garlic cloves, minced or pressed
9. 1 medium-sized yellow squash or zucchini, halved and cut into 1/4" thick slices
10. 1/2 ea. medium-sized red and yellow bell peppers, finely chopped
11. 1 medium-sized carrot, peeled and finely chopped
-
12. 1-1/2 cups uncooked spiral pasta
13. 1/4 cup prepared pesto
14. 1/2 tsp. pepper
15. 1/4 tsp. kosher salt

Preparations

1. Cut the stems from the chard and chop. Set leaves aside. In a large skillet over medium heat, add the oil and sauté the stems along with the onion, stirring constantly, until tender, about 5 minutes. Remove to a 6 qt. slow cooker.

EASY MINISTRONE - SERVES 10

Ingredients

1. 1 Tbs. ea. butter & olive oil
2. 2 large carrots, diced
3. 2 celery ribs, chopped
4. 1 medium onion, chopped
5. 2 garlic cloves, minced
-
6. 2 cans (14-1/2 oz. ea.) vegetable broth
7. 2 cans (8 oz. ea.) no-salt-added tomato sauce
8. 1 can (16 oz.) kidney beans, rinsed and drained
9. 1 can (15 oz.) chickpeas, rinsed and drained
10. 1 can (14-1/2 oz.) diced tomatoes, undrained
11. 1-1/2 cups shredded cabbage
12. 1 Tbs. dried basil
13. 1-1/2 tsp. dried parsley flakes

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14. 1 tsp. dried oregano
15. 1/2 tsp. pepper
-
16. 1 cup uncooked whole wheat elbow macaroni
17. Grate Parmesan cheese

Preparations

1. In a large stock pot, melt the butter and add the oil. Sauté items 2 through 5 carrots, celery and onion in oil and butter until tender.
2. Stir in items 6 through 15 and bring to a boil. Reduce heat; cover and simmer for 15 minutes.
3. Add macaroni and cook, uncovered, 6 to 8 minutes or until macaroni and vegetables are tender. Ladle soup into bowls and sprinkle each serving with cheese.

Note: Add other vegetables, such as diced zucchini, frozen green peas or sliced mushrooms. For thicker soup, add 3 to 4 Tbs. tomato paste. This soup will keep for a week in the refrigerator and freezes well.

CURRIED CARROT SOUP - SERVES 4

Ingredients

1. 4 large carrots, sliced
2. 1 small carrot, shredded
3. 2 Tbs. butter substitute*
4. 3 cups vegetable stock
5. 2 Tbs. substitute*
6. 1/2 tsp. or more curry powder
7. Salt & pepper to taste

Preparation

1. Cover the sliced carrots with water and bring to a boil; reduce heat and simmer for 15 minutes. Drain, cool, puree and return to the pan.
2. Sauté items 2 & 3 for 5 minutes and set aside.
3. To the puree add items 4 through 7. Heat to bubbling. Serve with sautéed shredded carrots as garnish.

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Main Dish

WINTER SQUASH LASAGNA - SERVES 4

Ingredients

1. 15 oz. part skim ricotta
2. 4 oz. part skim mozzarella coarsely grated
3. 1/8 tsp. nutmeg
4. 1/4 cup grated Parmesan
5. 1/4 cup chopped shallot
6. 1/2 tsp. salt
7. 1/4 tsp. pepper
8. 1 pkg. frozen spinach, drained & chopped
-
9. 1 winter squash pureed, seasoned with salt & pepper to taste
10. 6 no-boil lasagna noodles
11. 3 Tbs. grated Parmesan

Preparations

1. Heat oven to 425°F (220°C). In large bowl combine ingredients 1 through 7; then fold in the spinach.
2. Spread 1/2 cup of squash puree on the bottom of an 8-in. square baking pan. Top with 2 noodles and spread a third (about 1/4 cup) of squash on the noodles. Top with a third (about 1 cup) of the ricotta/spinach mixture. Repeat layers.
3. Sprinkle the last layer with the Parmesan. Cover tightly with an oiled piece of foil and bake 15 minutes. Uncover and bake an additional 8 to 10 minutes.
4. Cooked lasagna may be refrigerated up to 3 days or frozen up to 2 months. Reheat thawed lasagna @ 375F (190C) about 20 minutes.

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NUT BURGERS - SERVES 2

Ingredients

1. 1/2 cup finely chopped walnuts
2. 1/2 cup unsalted sunflower seeds
3. 1 cup canned chickpeas, drained
4. 1/4 cup diced red onion
5. 1 beaten egg
6. 1 Tbs. chopped fresh parsley
7. 1/4 tsp. fresh ground black pepper
8. 1 Tbs. salt-free herb seasoning blend

Preparation

1. Place walnuts and sunflower seeds in a dry skillet over medium heat. Cook, stirring occasionally until lightly toasted and fragrant, about 5 minutes.
2. In a medium bowl, mash garbanzo beans with a fork, or chop in a food processor. Stir in the onion, egg, parsley, and toasted nuts. Season with pepper and seasoning blend, and mix well.

GARBANZO BURGERS - SERVES 4

Ingredients

1. 1 can (15 oz.) garbanzo beans (chickpeas), rinsed and drained
2. 3 Tbsp. water
3. 1 tsp. lemon juice
-
4. 1 cup dry bread crumbs
5. 1 large egg
6. 1 tsp. Italian seasoning
7. 1/2 tsp. ea. garlic powder and onion powder
8. Dash crushed red pepper flakes
9. 2 Tbs. canola oil
10. Hamburger buns, split and toasted
11. 4 slices your favorite cheese

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Toppings such as: dill pickle slices, mayonnaise, ketchup, sliced red onion, lettuce and sliced tomato

Preparations

1. Place the first 3 items in a food processor and process until blended. Transfer to a large bowl and add items 4 through 8 and mix well. Shape into patties.
2. Heat the oil in a large skillet over medium-high. Cook the patties in in batches until lightly browned,
3. 3-4 minutes on each side. Serve on buns with cheese and optional toppings.

VEGGIE BURGERS - SERVES 4

Ingredients

1. 1 cup water
2. 1/4 tsp. salt
3. 1/2 cup bulgur
4. 2 large carrots, shredded
-
5. 4 oz. firm tofu
6. 1 egg white
7. 3 Tbs. chopped fresh mint
8. 3 Tbs. minced scallions
9. 1/4 tsp. cayenne
10. 2-1/2 Tbs. flour*
11. 1/3 cup plain fine bread crumbs
12. 2 Tbs. ketchup
13. 2 tsp. Dijon mustard
-
14. 1/4 cup flour*
15. 1 Tbs. olive oil
16. 1/2 cup alfalfa sprouts
17. Lettuce, tomatoes and buns

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Preparation

1. Bring the water and salt to boil in a large covered saucepan. Add ingredients 3 and 4; remove from heat and let stand, covered, for 15 minutes. Drain well. Preheat oven to 400°F (200°C).
2. Mash the tofu in a large bowl. Stir in ingredients 6 through 13 plus the bulgar mix. Add half of the flour, ketchup and mustard.
3. Form four patties 1" thick and 4" round and dredge in the remaining flour.
4. Heat oil over medium heat in a non-stick skillet. Cook patties until crusty, 3 to 4 minutes a side. Assembly burgers with remaining ingredients.

PERFECT VEGGIE BURGERS - SERVES 6

Ingredients

1. 2 Tbs. extra-virgin olive oil
2. 1 small onion, chopped
3. 1 small stalk celery, chopped
-
4. 2 cloves garlic, chopped
5. 3 tablespoons barbecue sauce
6. 1 medium carrot, finely grated
-
7. 1 cup canned pinto or black beans, drained and rinsed
8. 1/3 cup quick-cooking barley
9. 1/3 cup breadcrumbs
10. 1/3 cup walnuts, chopped
11. 2 tsp. soy sauce
12. 2 large egg whites
13. 2 Tbs. chopped fresh parsley
14. 1/2 tsp. salt
-
15. 1 Tbs oil
16. 6 soft buns, split
17. Your choice of toppings

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Preparations

1. Heat oil in a large skillet over medium and cook, stirring occasionally, the onion and celery for 10 to 14 minutes until golden..
2. Add items 4, 5 & 6; stir until mixture dries out slightly, 1 to 2 minutes. Let cook and transfer to a food processor. Add items 7 through 14. Pulse until finely ground with some chunks. Form into six 4" wide, 1/2" thick patties and place on a baking sheet lined with parchment paper. Cover and refrigerate until firm, 1 to 4 hours.
3. Preheat the broiler. Add remaining oil to the skillet over medium heat. Working in batches, cook the patties until golden brown, about 4 minutes per side. Meanwhile, place the buns, cut-side up, on a broiler pan and broil until toasted, 1 to 2 minutes.

Chickpea Burgers - serves 6

Ingredients

1. 2 cans (15 oz. ea.) chickpeas (garbanzo beans), rinsed and drained
2. 1/3 cup chopped walnuts
3. 1/4 cup dry bread crumbs
4. 1/4 cup packed fresh parsley sprigs
5. 2 large eggs
6. 1 tsp. curry powder
7. 1/2 tsp. pepper

Preparation

1. Preheat oven to 375° F (190° C). Place items 1 through 4 in a food processor; pulse until blended. Add the remaining items and process until smooth.
Shape into 6 patties. Place on a baking sheet coated with cooking spray. Bake until a thermometer reads 160° F (71.1° C), 10-15 minutes.

VEGAN SLOPPY JOES - SERVES 12 TO 14

Ingredients

1. 2 Tbs. olive oil

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2. 1 large sweet onion, chopped
3. 1 medium-sized green bell pepper, chopped
4. 1/2 medium-sized red bell pepper, chopped
5. 1 medium-sized carrot, shredded
-
6. 6 garlic cloves, minced or pressed
7. 2-1/2 cups vegetable stock
8. 1 cup dried red lentils, rinsed
-
9. 5 plum tomatoes, chopped
10. 1 can (8 oz.) tomato sauce
11. 2 Tbs. chili powder
12. 2 Tbs. yellow mustard
13. 4-1/2 tsp. cider vinegar
14. 2 tsp. vegan Worcestershire sauce
15. 2 tsp. honey
16. 1-1/2 tsp. tomato paste
17. 1/4 tsp. salt
18. 1/8 tsp. pepper
19. 12 to 14 whole wheat hamburger buns, split and toasted

Preparations

1. In a large skillet, heat the oil over medium-high heat. Add items 2 through 5 and cook, stirring, until crisp-tender, 6-8 minutes. Add the garlic and cook 1 minute longer.
2. Add items 7 & 8 and bring to a boil. Reduce heat; simmer, uncovered until the lentils are tender, about 15 minutes, stirring occasionally. Stir in items 9 through 18. Bring to a boil. Reduce heat and simmer until thickened, about 10 minutes. Serve on buns.

VEGETARIAN MOUSSAKA - SERVES 6

Ingredients

1. 1 eggplant, thinly sliced
2. 1 Tbs. olive oil
3. 1 large zucchini, thinly sliced
4. 2 potatoes, thinly sliced
5. 1 onion, sliced

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6. 1 clove garlic, chopped
7. 1 Tbs. white vinegar
8. 1 can (14.5 oz.) whole peeled tomatoes, chopped
9. 1/2 can (14.5 oz.) lentils, drained, juice reserved
10. 1 tsp. dried oregano
11. 2 Tbs. chopped fresh parsley
12. Salt and pepper to taste
13. 1 cup crumbled feta cheese
-
14. 1-1/2 Tbs. butter
15. 2 Tbs. all-purpose flour
16. 1-1/4 cups milk
17. Black pepper to taste
18. 1 pinch ground nutmeg
19. 1 egg, beaten
20. 1/4 cup grated Parmesan cheese

Preparation

1. Sprinkle eggplant slices with salt and set aside for 30 minutes. Rinse and pat dry.
2. Preheat oven to 375°F (190°C)
3. Heat oil in a large skillet over medium-high heat. Lightly brown eggplant and zucchini slices on both sides; drain. Adding more oil if necessary, brown potato slices; drain.
4. Sauté onion and garlic until lightly browned. Pour in vinegar and reduce. Stir in tomatoes, lentils, 1/2 the juice from lentils, oregano and parsley. Cover, reduce heat to medium-low, and simmer 15 minutes.
5. In a 9x13 inch casserole dish layer eggplant, zucchini, potatoes, onions and feta. Pour tomato mixture over vegetables; repeat layering, finishing with a layer of eggplant and zucchini.
6. Cover and bake in preheated oven for 25 minutes.
7. Meanwhile, in a small saucepan combine butter, flour and milk. Bring to a slow boil, whisking constantly until thick and smooth. Season with pepper and nutmeg. Remove from heat, cool for 5 minutes, and stir in beaten egg.
8. Pour sauce over vegetables and sprinkle with Parmesan cheese. Bake, uncovered, for another 25 to 30 minutes.

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VEGETABLE MOUSSAKA - SERVES 4 TO 6

Ingredients

1. 1/2 cup vegetable oil
2. 1 cup chopped parsley
3. Salt & pepper to taste
4. 1 large eggplant, peeled and sliced
5. 3 large tomatoes, sliced
6. 1 yellow squash, sliced
7. 1 large onion, sliced
8. 1/4 lb. green beans, cut into 1/2" pieces
9. 1 each green, yellow and red bell peppers, julienne
10. 1/2 cup bread crumbs & olive oil

Preparations

1. Preheat the oven to 375° F (190° C).
2. Brush a large baking dish with the oil and sprinkle with 1/4 cup parsley, salt and pepper.
3. Add the vegetables in alternating layers. Season each layer with parsley and salt & pepper.
4. Bake 50 minutes. Moisten the bread crumbs with a little oil and stir-in any remaining parsley. Sprinkle over the top of the casserole and bake another 10 minutes.

GRILLED EGGPLANT & ZUCCHINI - SERVES 4

Ingredients

1. 1 cup rice, cooked
-
2. 1 lime, zested plus 2 Tbs. juice
3. 2 garlic cloves, minced or pressed
4. 1 Tbs. low-sodium soy sauce
5. 1/2 tsp. sugar
6. 1/2 red chili, thinly sliced
-
7. 4 small zucchini, halved lengthwise
8. 4 small Japanese eggplant (about 1 lb.), sliced

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9. Olive oil
10. 2-1/2 cups torn fresh basil
11. Salt & pepper to taste

Preparations

1. Preheat the grill and oil.
2. Whisk items 2 through 6 in a large bowl.
3. Brush items 7 & 8 with oil and season with salt & pepper. Grill until just cooked, about 3 to 4 minutes per side. Remove to a cutting board and chop into bite-sized pieces. Toss with the dressing; add the basil and serve over rice.

TOMATO AND EGGPLANT PROVENÇAL - SERVES 2

Ingredients

1. 2 to 3 Tbs. extra-virgin olive oil
2. 1 small eggplant, sliced 1/4-inch thick
3. Salt & pepper to taste
4. 2 small onions, sliced into 1/4-inch thick rounds
5. 1 clove garlic, minced or pressed
6. 2 small tomatoes, sliced into 1/4-inch thick rounds
7. 1/4 cup shredded Parmesan

Preparations

1. Preheat the oven to 375° F (190° C). Place oven rack in the center of the oven.
2. In a large sauté pan, heat 1 tablespoon oil over medium-high heat. Add the eggplant slices, season with salt and cook until browned on both sides. Remove the slices and set aside.
3. Add the onion and garlic and cook 8 to 10 minutes over medium heat. Spray a small baking dish with cooking spray and place the eggplant, onions and tomatoes into the dish in that order. Drizzle olive oil on top. Cover the baking dish with aluminum foil and bake until heated through, about 20 minutes. Remove the baking dish and set the oven to broil. Sprinkle the shredded cheese on top and broil about 2 minutes or until the cheese melts and browns.

TODAY'S COOKING

BAKED STUFFED TOMATOES - SERVES 4

Ingredients

1. 4 large tomatoes (about 3 lbs.), preferably beefsteak
2. 1 green bell pepper, diced
3. 1 cup fresh or frozen corn, thawed
4. 1/4 cup plain dried breadcrumbs
5. 2 Tbs. tomato paste
6. 1/4 cup chopped fresh basil
7. 3 cloves garlic, minced
8. 1/2 tsp. salt
9. 1 Tbs. olive oil

Preparations

1. Preheat the oven to 400°F. With a sharp paring knife, core the tomatoes. From the cored end of each tomato, remove the center pulp, leaving a thick shell. Coarsely chop 3/4 cup of the tomato pulp (save the remainder for another use or freeze to use later). Set the tomato shells aside.
2. In a large bowl, stir together the chopped tomato pulp and items 2 through 8.
3. Place the tomato shells, cut-side up in a 9-inch square glass baking dish. Spoon the vegetable mixture into the tomato shells, mounding the tops slightly.
4. Drizzle the oil over the tomatoes. Bake about 25 minutes.

SOUTHERN-STYLE VEGETARIAN COLLARD GREENS - SERVES 4

Ingredients

1. 1 Tbs. olive oil
2. 1 Tbs. butter
3. 1/2 large onion, chopped
4. 1 tsp. red pepper flakes
5. 1 clove garlic, finely chopped
6. 1 lb. collard greens, chopped
7. 3 cups vegetable stock
8. 2 tomatoes, seeded and chopped
9. Salt and freshly ground black pepper

TODAY'S COOKING

Preparations

1. To a large pot over medium heat, add the oil and butter. Sauté the onions until slightly softened, about 2 minutes.
2. Add the red pepper flakes and garlic, cook another minute.
3. Add collard greens and cook another minute. Add the vegetable stock, cover and bring to a simmer. Cook until greens are tender, about 40 minutes.
4. Add tomatoes and season with salt and freshly ground black pepper.

EGGPLANT MEATBALLS WITH MARINARA SAUCE - SERVES 4

Ingredients

1. 1 small eggplant (about 12 ounces)
-
2. 1 large egg, lightly beaten
3. 1/2 cup cooked white beans, such as cannellini or navy (rinsed, if canned), smashed with a fork
4. 1 large clove garlic, minced or pressed
5. 1/4 cup finely chopped fresh parsley
6. 1/3 cup finely chopped fresh basil leaves
7. 1/2 cup finely grated parmesan cheese, plus extra for topping
8. Salt and freshly ground pepper
9. 1 cup panko bread crumbs
-
10. Olive oil cooking spray or regular nonstick spray
11. 2 cups meatless marinara sauce, heated

Preparations

1. Preheat the oven to 375° F (190° C). Line a rimmed baking sheet with foil and place the eggplant on top. Use a fork to prick the eggplant multiple times and roast until it has completely collapsed and a knife easily pierces the center, about 45 minutes. When cool enough to handle, cut the eggplant in half lengthwise and scoop out the flesh, discarding the skin.
2. Place the eggplant in a medium bowl and stir in and combine well items 2 through 8. Mix in the panko. Line a baking sheet with foil and lightly mist it with cooking spray. Shape the eggplant mixture into meatballs about the size of a golf ball (use 2 Tbs. per ball and the total should be 16). Place them on the prepared baking sheet and lightly mist the top of the balls with cooking spray.

TODAY'S COOKING

Bake until they are golden brown and firm, about 20 minutes. Remove the meatballs from the oven; serve with the marinara sauce and extra parmesan.

VEGETARIAN LIME ORZO - SERVES 4

Ingredients

1. 2 Tbs. olive oil
2. 2 cloves garlic, minced
3. 2 cups orzo pasta
-
4. 1 zucchini, peeled and shredded
5. 1 carrot, peeled and shredded
-
6. 1 can (16 oz.) stewed tomatoes, undrained
7. 1 can (14 oz.) vegetable broth
8. 1 tsp. Italian seasoning
9. 1 tsp. dried basil leaves
10. Salt and black pepper to taste
-
11. 1/4 cup chopped green onions
12. 1/4 cup chopped fresh parsley
13. 2 tsp. grated lime zest
14. 2 Tbs. lime juice
15. 1/2 cup grated Parmesan cheese for topping

Preparations

1. Heat the olive oil in a large skillet over medium-high heat. Stir in the garlic and orzo pasta; cook and stir until pasta turns a light, golden color, about 5 minutes. Stir in items 4 & 5; cook until vegetables soften, about 2 minutes. Stir in items 6 through 10. Reduce heat to medium; cover, and simmer until almost all liquid is absorbed, about 10 minutes. Stir in items 11 through 14. Remove from the heat, cool slightly, and serve sprinkled with Parmesan cheese.

TODAY'S COOKING

VEGETARIAN BEAN CURRY - SERVES 8

Ingredients

1. 2 Tbs. olive oil
2. 1 large white onion, chopped
3. 1/2 cup dry lentils
4. 2 cloves garlic, minced
5. 3 Tbs. curry powder
6. 1 tsp. ground cumin
7. 1 pinch cayenne pepper
-
8. 1 can (28 oz.) crushed tomatoes
9. 1 can (15 oz.) garbanzo beans, drained and rinsed
10. 1 can (8 oz.) kidney beans, drained and rinsed
11. 1/2 cup raisins
12. Salt and pepper to taste

Preparations

1. Heat the oil in a large pot over medium heat, and cook the onion until tender. Mix in items 3 through 7. Cook, stirring, for 2 minutes.
2. Stir in items 8 through 11 and season with salt and pepper. Reduce heat to low, and simmer at least 1 hour, stirring occasionally.

VEGETARIAN NUT LOAF - SERVES 4 TO 6

Ingredients

1. 2 large onions, finely chopped
2. 1 cup chopped fresh mushrooms
3. 1/4 cup finely chopped green pepper
4. 2 Tbs. butter
-
5. 3 cups grated carrots

TODAY'S COOKING

6. 1 1/2 cups chopped celery
7. 5 eggs, beaten
8. 1/2 cup chopped walnuts
9. 1/4 cup unsalted sunflower kernels
10. 1/2 tsp. salt
11. 1/2 tsp. dried basil & oregano
12. 1/4 tsp. pepper
13. 3 cups soft whole wheat bread crumbs

Preparations

1. In a nonstick skillet, sauté the first 3 items in the butter until tender. In a bowl, combine the mushroom mixture with the remaining items.
2. Coat a 9-in. x 5-in. x 3-in. loaf pan with nonstick cooking spray, then line with waxed paper. Transfer vegetable mixture to a prepared pan. Bake at 350F (1870C) for 1 hour or until a meat thermometer reads 160F. Let stand for 10 min before slicing.

VEGETARIAN STIR-FRY - SERVES 4

Ingredients

1. 1/4 cup soy sauce
2. 1/4 cup water
3. 2 Tbs. ea. brown sugar and lemon juice
-
4. 2 Tbs. olive oil
5. 1 garlic clove, minced or pressed
6. 2 cups sliced fresh mushrooms
7. 1/4 lb. fresh baby carrots, coarsely chopped
8. 1 small zucchini, cut into 1/4" slices
9. 1 each small red and green bell pepper, coarsely chopped
10. 4 green onions, sliced
-
11. 2 cups cooked brown rice
12. 1 can (8oz.) sliced water chestnuts, drained
13. 1/2 cup honey-roasted cashews

TODAY'S COOKING

Preparations

1. In a small bowl, mix the first 3 items and set aside.
2. In a large skillet, heat the oil over medium-high. Stir-fry the garlic for 1 minute. Add items 6 through 10 and cook until crisp-tender, 6 to 8 minutes.
3. Stir the soy sauce mixture and add to the skillet. Bring to a boil. Add the rice and water chestnuts; heat through and top with the cashews.

LUCIE'S VEGETARIAN CHILI - SERVES 8

Ingredients

1. 1/3 cup olive oil
2. 2 cups chopped onion
3. 3/4 cup chopped celery
4. 1 cup chopped green bell pepper
5. 1 cup chopped carrots
6. 1 Tbs. minced garlic
7. 2 cups chopped mushrooms
8. 1/4 tsp. crushed red pepper flakes
9. 1 Tbs. ground cumin
10. 2 Tbs. chili powder
11. 3/4 tsp. dried basil
12. 2 tsp. salt
13. 1/2 tsp. ground black pepper
-
14. 2 cups tomato juice
15. 3/4 cup bulgur wheat
16. 2 cups chopped tomatoes
17. 1 (20 ounce) can kidney beans, undrained
18. 1/2 tsp. hot pepper sauce
19. 2 Tbs. lemon juice
20. 3 Tbs. tomato paste
21. 1 Tbs. Worcestershire sauce
22. 1/4 cup dry red wine
23. 2 Tbs. canned chopped green chile peppers, or to taste

TODAY'S COOKING

Preparations

1. Heat the olive oil in a large pot over high heat. Stir in items 2 through 13. Cook and stir until the vegetables begin to soften, about 2 minutes. Stir in the remaining items. Bring to a boil, stirring frequently. Reduce heat to medium-low, and simmer, uncovered, 20 minutes before serving.

VEGETARIAN CHILI - SERVES 6 TO 8

Ingredients

1. 2-1/2 cups dried kidney or pinto beans
2. 1 tsp. salt
-
3. 1 cup tomato juice
4. 1 cup raw bulgur (cracked wheat)
-
5. 2 Tbs. olive oil
6. 2 onions, coarsely chopped
7. 4 cloves garlic, crushed
-
8. 4 ribs celery, coarsely chopped
9. 3 carrots, coarsely chopped
10. 3 or 4 tomatoes, peeled, seeded and coarsely chopped
11. 1 Tbs. lemon juice
12. 2 Tbs. ground hot chile
13. 3 Tbs. ground mild chile
14. 1 tsp. cumin
15. 1/2 tsp. oregano
16. 1 tsp. dried basil
17. 2 tsp. salt
18. Black pepper to taste
-
19. 1-1/2 green bell pepper, cored, seeded and coarsely chopped

Preparations

1. With just enough water to cover, soak the beans overnight.

TODAY'S COOKING

2. In a large pan bring the beans/water and salt to a boil over high heat. Lower heat and continue to gently boil, partially covered, for 1 hour or until beans are tender. Add more water as necessary.
3. In a saucepan bring the tomato juice to a boil; remove from heat and add the bulgur. Cover and let stand 15 minutes. Set aside.
4. In a large heavy pot heat the oil over medium. Add ingredients 6 & 7 and cook 5 minutes. Add items 8 through 18; cover and cook 10 minutes. Add ingredients 18 & 19 and cook another 10 minutes. Add the bell pepper, beans/water and the bulgur, stirring well. Simmer for 1/2 hour, stirring occasionally. Adjust the consistency (use water) and seasonings to taste.

VEGETARIAN BEAN CHILI - SERVES 6 TO 8

Ingredients

1. 2 Tbs. olive oil
2. 1 medium zucchini, chopped
3. 1 large onion, sliced
4. 1 green bell pepper, chopped
5. 1 large carrot, sliced
6. 3 large cloves of garlic, minced or pressed
-
7. 1 can (14 oz.) diced tomatoes with liquid
8. 1 can (15 oz.) each black beans, garbanzo & red kidney beans, rinsed & drained
9. 1 jar (4 oz.) diced green chilies
10. 1 cup vegetable broth
11. 1 1/2 Tbs. chili powder
12. 1/2 Tbs. cumin
13. 1/8 Tbs. crushed red pepper flakes
-
14. For garnish: chopped green onions, sour cream and shredded cheese

Preparations

1. Sauté ingredients 1 through 5 in the oil for 7 to 10 minutes over medium heat. Add ingredients 7 through 13 and bring to a boil. Reduce heat and simmer uncovered for about 40 minutes or until the chili has thickened to your desired consistency. Serve with garnishes.

TODAY'S COOKING

SPICY VEGETARIAN CHILI - 6 TO 8 SERVINGS

Ingredients

1. 2 Tbs. olive oil
2. 1 large onion, chopped
3. 2 large bell peppers (1 green, 1 red), chopped
4. 3 medium carrots, finely chopped
5. 1/2 tsp. salt
-
6. 6 cloves garlic, minced or pressed
-
7. 3 Tbs. chili powder
8. 1 Tbs. ground cumin
9. 2 tsp. ground coriander
10. 2 tsp. dried oregano
11. 1/2 to 1 chipotle chile pepper in adobo sauce, chopped
12. 1 Tbs. tomato paste
13. 2 corn tortillas, torn into pieces
-
14. 1/2 cup brewed coffee
15. 1 can (28 oz.) whole plum tomatoes, crushed by hand
16. 2 Tbs. unsweetened cocoa powder
17. 2 cans (15 oz. ea.) pinto beans, drained and rinsed
18. 2-1/2 cups stock or water
-
19. 1/2 head cauliflower, large stems trimmed off
20. 1/2 cup finely chopped fresh cilantro, plus torn leaves for topping (optional)
21. Topping suggestions: shredded cheddar cheese, sliced scallions, plain Greek yogurt or sour cream.

Preparations

1. In a large pot, heat the olive oil over medium-high heat. Add items 2 through 5 and cook, stirring frequently, until the carrots begin to soften, about 8 minutes. Add the garlic and cook 2 minutes more.
2. Add items 7 through 13 and cook, stirring, for 4 minutes. Add the coffee and simmer until almost completely reduced, about 30 seconds. Stir in items 15 through 18 and bring to a simmer over low heat. Cook, stirring occasionally, until the chili thickens slightly, about 1-1/2 hours.

TODAY'S COOKING

3. Use a box grater to coarsely grate the cauliflower. About 15 minutes before the chili is done cooking, stir in the grated cauliflower. Cook 10 minutes, then remove from the heat. Stir in the chopped cilantro and season with salt. Add some water if the chili is too thick.

Also see the chili cookbook for more vegetarian chili

TORTILLA BAKE - SERVES 8

Ingredients

1. 2 Tbs. olive oil
2. 1 onion, chopped
-
3. 1/2 each red and green bell pepper, chopped
4. 2 cloves garlic, minced
-
5. 1 can (15 oz.) beans (navy, pinto, kidney or mixed), rinsed and drained
6. 1 cup frozen corn
7. 2 tsp. chili powder
-
8. 2 Tbs. lime juice
9. 1/2 cup parsley, chopped
-
10. 1 can (14-1/2 oz.) tomato sauce
11. 1-1/2 cups cheese (cheddar or 3 cheese)
12. 9 flour tortillas

Preparations

1. Heat oil over medium and cook onion for 5 minutes covered.
2. Add items 3 & 4 and cook covered another 6 to 8 minutes.
3. Stir in items 5 through 7 and cook 2 minutes.
4. Add items 8 & 9; stir and remove from heat.
5. Spread 1/4 cup of the tomato sauce on the bottom of a large baking dish.
6. Place 3 tortillas over the sauce and top with more sauce; add 1/3 cup of the bean mixture and 1/2 cup of cheese. Repeat two more layers.
7. Preheat the oven @ 425F (220C). Bake 12 to 15 minutes.

TODAY'S COOKING

AFRICAN VEGAN STEW - SERVES 6

Ingredients

1. 2 Tbs. olive oil
2. 3 cups chopped yams
3. 2 large onions, chopped
4. 2 cups chopped cabbage
5. 2 tomatoes, chopped
6. 3 garlic cloves, minced or pressed
7. 6 Tbs. flaked coconut
-
8. 8 oz. tomato sauce
9. 2 cups tomato juice
10. 1 cup apple juice
11. 1 tsp. minced ginger
12. 1/4 tsp. cayenne
13. 1 to 2 tsp. mushroom powder (optional)
-
14. 1 large red bell pepper, sliced
15. 1/2 cup smooth peanut butter
16. 2 Tbs. chopped parsley
17. Salt & pepper to taste

Preparation

1. Heat the oil in a large skillet over medium-high. Stir in items 2 through 7 and cook 7 to 10 minutes.
2. Add items 8 through 13. Reduce heat to medium-low and simmer 1 hour.
3. Stir in items 14, 15, & 16 and simmer another 30 minutes, stirring often. Adjust seasonings and serve.

TODAY'S COOKING

VEGETARIAN MOROCCAN STEW - SERVES 6

Ingredients

1. 1 tsp. each ground cinnamon and ground cumin
2. 1/2 tsp. ground ginger
3. 1/4 tsp. each ground cloves, ground nutmeg and ground turmeric
4. 1/8 tsp. curry powder
5. 1 tsp. kosher salt
-
6. 1 Tbs. butter
7. 1 sweet onion, chopped
8. 2 cups finely shredded kale
-
9. 4 cans (14 oz. ea.) organic vegetable broth
10. 1 can (14.5 oz.) diced tomatoes, undrained
11. 1 Tbs. honey
12. 4 large carrots, chopped
13. 2 sweet potatoes, peeled and diced
14. 3 large potatoes, peeled and diced
15. 1 can (15 oz.) garbanzo beans, drained
16. 1/2 cup chopped dried apricots
17. 1 cup dried lentils, rinsed
18. 1 teaspoon ground black pepper, to taste
-
19. 1 Tbs. cornstarch (optional)
20. 1 Tbs. water (optional)

Preparations

1. Combine items 1 through 5 in a large bowl and set aside.
2. Melt butter in a large pot over medium heat. Cook the onion in the butter until soft and just beginning to brown, 5 to 10 minutes. Stir in the shredded kale and the reserved spice mixture. Cook for 2 minutes or until kale begins to wilt.
3. Pour the vegetable broth into the pot. Stir in items 9 through 18. Bring to boil; reduce heat to low.
4. Simmer stew for 30 minutes or until the vegetables and lentils are cooked and tender. For a thicker stew, combine optional cornstarch and water; stir into stew. Simmer until stew has thickened, about 5 minutes.

TODAY'S COOKING

PORTOBELLO STEW - SERVES 4

Ingredients

1. 2 Tbs. olive oil
2. 2 large portobello mushrooms, coarsely chopped
3. 1 medium-sized onion, chopped
4. 3 garlic cloves, minced
-
5. 1/2 cup white wine or vegetable stock
-
6. 1 can (28 oz.) diced tomatoes, undrained
7. 2 cups chopped fresh kale
8. 1 bay leaf
9. 1 tsp. dried thyme
10. 1/2 tsp. ea. dried basil and dried rosemary, crushed
11. 1/4 tsp. salt and black pepper
12. 2 cans (15 oz. ea.) cannellini beans, rinsed and drained

Preparations

1. In a large skillet, heat the oil and sauté the next 3 items until tender.
2. Add the wine and bring to a boil; cook until liquid is reduced by half. Stir in items 6 through 11 and bring to a boil. Reduce heat; cover and simmer 8 to 10 minutes. Discard the bay leaf. Add the beans; heat through and serve.

VEGAN MUSHROOM & SPINACH LASAGNA - SERVES 6

Ingredients

1. 3 Tbs. olive oil, plus more for greasing
2. 2 cloves garlic, thinly sliced *
3. 1 tsp. fennel seeds
4. Pinch crushed red pepper flakes
-
5. 1 lb. white mushrooms, sliced
6. 1 can (28 oz.) crushed tomatoes

TODAY'S COOKING

7. 1 cup water
8. Kosher salt
-
9. 1 pkg. (12 oz.) firm tofu, strained
10. 1 pkg. (10 oz. package frozen spinach, thawed and squeezed dry
11. 1 pkg. (8 oz. package vegan cream cheese
12. 1/2 cup loosely packed fresh basil leaves, plus more for garnish
13. 3 Tbs. nutritional yeast
14. 1 whole garlic clove *
15. 1 tsp. salt
16. 1/2 tsp. freshly grated nutmeg
-
17. 12 no-boil vegan lasagna noodles
18. 1/2 cup shredded mozzarella-flavored vegan cheese

Preparation

1. Preheat the oven @ 350° F (180° C). Grease a 9-inch square baking dish with oil.
2. Heat the oil in a large nonstick skillet over medium-high heat. Add items 2, 3 & 4 and stir until fragrant, about 45 seconds. Add the mushrooms and cook, undisturbed, until they begin to brown in spots, about 3 minutes. Continue to cook, stirring occasionally, until tender, about 4 minutes more. Add items 6, 7 & 8; bring to a simmer and cook until the sauce is reduced and most of the water is evaporated, 10 to 15 minutes. Let cool.
3. Add items 9 through 16 to a food processor and pulse until smooth.
4. Spread a few tablespoons of the mushroom-tomato sauce on the bottom of the prepared baking dish and top with 4 noodles; break 1 noodle into pieces to fill in any gaps if needed. Add half of the spinach/tofu mixture and spread out evenly. Top with a third of the sauce. Repeat with another 4 noodles, the remaining spinach/tofu mixture and half the remaining sauce. Finish the lasagna with the remaining 4 noodles and sauce. Cover with foil and bake until the lasagna is hot, about 45 minutes. Remove the foil, sprinkle with the shredded vegan cheese and bake until the lasagna is very hot and the cheese is slightly melted, about 15 minutes more. Let cool for a few minutes, cut into 6 pieces and garnish with basil leaves.

TODAY'S COOKING

VEGAN MUSHROOM & SPINACH LASAGNA - SERVES 6 TO 8

Ingredients

1. Olive oil * to grease the baking dish
-
2. 2 Tbs. olive oil *
3. 8 oz. silken tofu
4. 2 Tbs. blanched, sliced almonds
5. 2 Tbs. nutritional yeast
6. 2 Tbs. lemon juice
7. 1 garlic clove
8. 1 tsp. salt and 1/2 tsp. freshly ground black pepper
-
9. 1 Tbs. olive oil *
10. 1 medium onion, chopped
11. 1/2 cup chopped fresh parsley leaves, plus more leaves for garnish
12. 1 Tbs. chopped fresh thyme leaves
-
13. 2 lbs. large yellow new potatoes, peeled and cut into 1/8-inch rounds
14. 1-1/2 cups unsweetened refrigerated almond milk (not shelf stable)
15. 1 cup water
16. 1 tsp. salt

Preparation

1. Position an oven rack in the middle and preheat the oven @ 375° F (190° C). Brush the sides and bottom of a 2-quart baking dish with oil.
2. In a food processor, add items 2 through 8 and pulse until completely smooth.
3. Add the 1 Tbs. of oil to a large skillet over medium-high heat; cook the onions, stirring frequently, until soft and golden brown, 6 to 8 minutes. Remove from heat and stir in the parsley and thyme. Transfer to a small bowl.
4. To the skillet, add the last 4 items and bring to a simmer over medium heat. Cook, gently tossing the potatoes from the bottom to the top with a rubber spatula frequently, until the liquid has reduced and thickened and the potatoes are just slightly tender, 15 to 18 minutes.
5. Transfer half of the potatoes and cooking liquid to the oiled baking dish and arrange in an even layer. Season with 1/2 tsp. salt and few grinds of pepper. Drizzle with half of the tofu mixture and sprinkle with about a third of the onion-herb mixture. Top with the remaining potatoes and cooking liquid and season with another 1/2 tsp. of salt and a few grinds of pepper. Drizzle with the remaining tofu mixture and sprinkle with the remaining onion-herb mixture.

TODAY'S COOKING

6. Cover the dish with foil and bake until just bubbly, about 30 minutes. Uncover and continue to bake until very bubbly and lightly golden brown, about 15 minutes more. Sprinkle with parsley leaves and let rest for 10 minutes before serving.

VEGAN CREAM OF BROCCOLI SOUP - SERVES 6

Ingredients

1. 2 Tbs. extra-virgin olive oil
2. 1 cup chopped onion, about 1/2 medium onion
3. 1/2 tsp. salt
-
4. 1/2 cup chopped celery, about 1 medium stalk
5. 1 clove garlic, minced or pressed
6. 1/4 tsp. freshly ground black pepper
-
7. 2 medium Yukon gold potatoes, peeled and diced (about 3/4 lb.)
8. 4 cups water
9. 1/2 tsp. salt
-
10. 4 cups broccoli florets
11. 1/2 cup unsweetened soy milk
12. 1/4 cup nutritional yeast
13. 1/4 tsp. freshly grated nutmeg

Preparation

1. Heat the oil in a large saucepan over medium heat. Add items 2 & 3 and cook until light brown, about 7 minutes. Add items 4, 5 & 6 and cook for 5 minutes. Add items 7, 8 & 9. Increase the heat to high and bring to a boil. Reduce heat to medium; cover and cook until the potatoes are tender, about 15 minutes. Add the broccoli; cover and cook until the broccoli is bright green, about 5 minutes.
2. Transfer the soup to a blender; let cool slightly; add the soy milk and puree until smooth. Return the soup to the saucepan and bring to a simmer; stir in the nutritional yeast and nutmeg. Add water if needed to adjust consistency and adjust seasonings.

TODAY'S COOKING

TUNA AND BEAN SALAD - SERVES 4

Ingredients

1. 2 qt. water or vegetable stock
2. 1/4 cup salt
3. 1 lb. fresh green beans
-
4. 1 small shallot, chopped
5. 1 cup basil, roughly chopped
6. 3 Tbs. olive oil
7. 1 Tbs. red wine vinegar
8. 3 cloves garlic, minced
9. 1/2 tsp. each salt & pepper
-
10. 4 cups roughly torn greens (use various lettuces or a spring mix).
11. 1 can (15 oz.) small white beans, rinsed and drained
12. 2 cans (5 oz. each) solid, white tuna in water, drained
13. 4 hard cooked eggs, halved or quartered (see Eggs, page 7 to hard cook eggs)

Preparations

1. In a large pot, bring the water and salt to a boil. Add the beans; bring back to a boil and cook 5 to 7 minutes. Drain and plunge into ice water.
2. In a blender, puree items 4 through 9. In a large serving bowl, place the drained beans and half the dressing and toss to coat. Fold in the greens; mix in items 11, 12 & 13 and top with the eggs.

VEG MEATBALLS - SERVES 4 TO 6

Ingredients

1. 1 lb. shiitake mushrooms
2. 3 Tbs. canola or vegetable oil
3. 1 can (15 oz.) chickpeas, rinsed and drained
-
4. 1 small red chili, thinly sliced
5. 1/2 cup soy sauce

TODAY'S COOKING

6. 1/4 cup honey
7. 1 Tbs. rice wine vinegar
-
8. 3 large eggs
9. 1 piece of fresh ginger approx. 2", peeled and finely grated
10. 2 cloves garlic, minced or pressed
11. 1/2 cup panko crumbs
12. 2 scallions, chopped
13. 1/3 cup chopped parsley
14. 3 Tbs. oil
15. 1 tsp sea salt

Preparations

1. Preheat oven to 350°F (180°C). Working in batches, pulse mushrooms in a food processor until no pieces are bigger than 1/4". Transfer to a large bowl and add the chickpeas; toss to combine. Pour onto a lightly oiled parchment-lined rimmed baking sheet.
2. Bake 35 to 40 minutes, shaking the pan occasionally. Let cool.
3. In a small saucepan, bring items 4 through 7 to a boil. Reduce heat to a simmer and cook 10 minutes, stirring. Let cool.
4. In a food processor, pulse items 8 through 15 just until blended. Add the chickpea mix and pulse until no pieces are bigger than 1/4". Refrigerate the mixture at least 30 minutes. Roll the mixture into 1-1/2" balls.
5. Both the glaze and meat balls can be made a day ahead, covered and refrigerated until ready to bake.
6. Line a baking sheet with parchment and spray with cooking oil. Brush the meatballs with the glaze, reserving about half as a side sauce. Bake 18 to 20 minutes @350°F (180°C).

LENTIL BOLOGNESE - SERVES 4

Ingredients

1. 2 Tbs. olive oil
2. 1 cup chopped mushrooms
3. 1/4 cup ea. diced celery and carrot
4. 1/2 cup minced onion
5. 1 Tbs. minced garlic
6. 1-1/2 tsp. Italian seasoning

TODAY'S COOKING

7. 1/4 tsp. red pepper flakes
-
8. 1 Tbs. tomato paste
-
9. 1/4 dry red wine
10. 1 can (14.5 oz.) whole tomatoes in puree
11. 4 cups vegetable broth
12. 3/4 cup green lentils
-
13. 1/4 cup heavy cream or half'n'half
14. 1 tsp. balsamic vinegar
15. Salt & pepper to taste
-
16. 8 oz. orecchiette (ear-shaped) pasta or your favorite pasta type
17. For garnish: chopped parsley and shredded Parmesan cheese

Preparations

1. In a large skillet over medium heat, sauté, partially covered, items 2 through 7 in the oil for 7 to 10 minutes. Add the tomato paste and cook 2 minutes. Add the wine and deglaze. When evaporated, stir in items 10, 11 & 12 and simmer, partially covered, stirring occasionally, until lentils are tender, about 45 to 50 minutes. Stir in items 13, 14 & 15 and adjust seasonings.
2. Cook the pasta in salted boiling water according to package directions. Drain.
3. Serve over the cooked pasta and garnish.

FETTUCCINI WITH BROCCOLI & TOFU - SERVES 4

Ingredients

1. 3/4 box (16 oz. box) fettuccine
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2. 1 cup canola oil
3. 1 cup firm tofu, cut into 1/2" cubes
4. 2 tsp. minced garlic
5. 2 tsp. minced ginger
6. 6 cup small broccoli florets
-
7. 1/3 cup soy sauce

TODAY'S COOKING

8. 1/2 cup dry sherry
-
9. 3 Tbs. unsalted butter
10. 1/2 cup grated Parmesan
11. 1/2 cup toasted, slivered almonds

Preparation

1. Cook the pasta per package directions and drain.
2. In a wok or large skillet heat the oil to very hot, almost smoking. Stir-fry the tofu 20 seconds; add items 4, 5 & 6 and cook 1 minute. Add items 7 & 8 and simmer 1 minute. Reduce heat to low.
3. Add the butter and pasta; toss until the pasta is completely coated with the sauce. Remove from the heat; sprinkle on the cheese and toss. Garnish with the almonds.

STUFFED PEPPERS SOUTH OF THE BORDER - SERVES 4

Ingredients

1. 4 bell peppers
2. 1/4 tsp. ea. kosher salt and ground pepper, plus more for the peppers
3. 2 Tbs. olive oil, plus more for baking
-
4. 1 medium onion, finely chopped
5. 4 cloves garlic, minced
6. 1 tsp. ground cumin
7. 1/2 tsp. smoked paprika
8. Pinch red pepper flakes
9. 1 can(14-1/2 oz.) diced tomatoes with liquid
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10. 1/2 cups cooked rice
11. 3/4 cup fresh or frozen corn kernels
12. 1 can(15-1/2 oz.) black beans, drained and rinsed
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13. 2 Tbs. ea. minced fresh parsley & lime juice
14. 3/4 cup shredded Mexican cheese blend or shredded extra-sharp cheddar cheese
15. Toppings: sour cream, guacamole, cilantro, and/or lime wedges (optional)

TODAY'S COOKING

Preparations

1. Preheat the oven to 375°F (190°C) and place a rack in the middle position and coat a 9x13-inch baking dish with oil and set aside.
2. Remove the stems of the bell peppers, then halve them crosswise. Remove the ribs and seeds. Arrange the peppers cut-side up in the baking dish. Season with salt and pepper.
3. Heat the oil in a large nonstick frying pan over medium. When shimmering, add the onion and cook 5 minutes. Add items 5 through 9 and cook for 4 minutes.
4. Stir in items 10, 11 & 12, and cook for 5 minutes. Remove from the heat. Stir in items 13. Taste and adjust the seasonings, if necessary.
5. Fill the peppers with the rice mixture, pressing down to pack them tightly. Pour 1/2 cup water into the baking dish and cover it tightly with aluminum foil.
6. Bake for 40 to 45 minutes. Uncover and increase the heat to 400°F (200°C). Sprinkle the cheese on the peppers and continue baking until the cheese is melted, about 10 minutes.

VEGETABLE STIR FRY - SERVES 4

Ingredients

1. 1/4 cup vegetable oil
2. 2 medium carrots, julienned
3. 2 cups sweet potato, julienned
4. 2 cups fresh broccoli florets
5. 2 cups fresh green beans, cut into 2-inch pieces
6. 2 cups thinly sliced red onion
-
7. 2 tsp. cornstarch
8. 1/2 cup orange juice
9. 1/4 cup soy sauce
10. 1 tsp. fresh ginger, minced
11. 2 garlic cloves, minced

Preparation

1. Heat oil in a large skillet or wok over high heat. Add items 2 through 6 and stir-fry for 5 minutes until vegetables are crisp-tender.
2. In a small bowl, stir together items 7, 8 & 9 until smooth. Stir the sauce and add the ginger and garlic into the vegetables. Continue to cook and stir for 2 minutes or until sauce has thickened.

TODAY'S COOKING

VEGETABLE JAMBALAYA - SERVES 6

Ingredients

1. 1 Tbs. canola oil
2. 1 medium green pepper, chopped
3. 1 medium-sized onion, chopped
4. 1 celery rib, chopped
5. 3 garlic cloves, minced
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6. 2 cups water
7. 1 can (14-1/2 oz.) diced tomatoes, undrained
8. 1 can (8oz.) tomato sauce
9. 1/2 tsp. Italian seasoning
10. 1/4 tsp. ea. salt & crushed red pepper flakes
11. 1/8 tsp. fennel seed, crushed
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12. 1 cup uncooked long grain rice
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13. 1 can (16 oz.) butter beans, rinsed and drained
14. 1 can (16 oz.) red beans, rinsed and drained

Preparations

1. In a large saucepan, heat oil over medium-high. Add items 2, 3 & 4; cook and
2. stir until tender. Add the garlic, cook 1 minute longer.
3. Add items 6 through 11. Bring to a boil; stir in the rice. Reduce heat; cover and simmer for 15 to 18 minutes or until liquid is absorbed and rice is tender. Stir in beans and heat through.

LEFTOVER EGGPLANT PARMESAN - SERVES 4

Ingredients

1. 1 Tbs. ea. olive oil & butter
2. 1 medium-sized onion, sliced
-
3. 1 carrot, peeled & sliced thin

TODAY'S COOKING

4. 1 celery rib, sliced thin
-
5. 1 can (14-1/2 oz.) black beans, rinsed & drained
6. 1 can (10 oz.) Rotel ® diced tomatoes & chilies
7. 1 can (4 oz.) sliced mushrooms
8. 1/2 tsp. Italian seasoning or Herbs de Provence
-
9. 1/2 cup chicken or vegetable stock

Preparation

1. Break up the leftover eggplant Parmesan.
2. In a large skillet, heat the oil and butter over medium. Add the
3. onion and cook, covered, 10 minutes. Reduce heat to medium low and cook another 10 minutes and set aside.
4. Sauté items 3 & 4 in the same skillet for about 8 minutes and add to the onions.
5. Add the leftover Parmesan to the skillet. Add items 5 through 8 and heat.
6. Use the stock to as needed to adjust the consistency. Serve when hot.

MIXED VEGETABLE STIR FRY - SERVES 4

Ingredients

1. 1/2 cup vegetable broth
2. 1 Tbs. Chinese rice wine or dry sherry
3. 1 Tbs. soy sauce
4. 1 tsp. sesame oil
-
5. 1 Tbs. canola oil
6. 1/2 tsp. minced garlic
7. 1/2 tsp. minced ginger
-
8. 1/2 cup sliced carrots
9. 1/2 cup sliced celery
10. 1/2 cup sliced jicama, optional
11. 1/2 cup sliced zucchini
12. 8 white button mushrooms
-

TODAY'S COOKING

13. 2 Tbs. water
14. 1/2 cup red bell pepper, cut into 1 inch squares
15. 4 asparagus spears, trimmed and cut diagonally into 1-1/2" lengths
16. 2 tsp. cornstarch dissolved in 1 Tbs. water

Preparation

1. Combine sauce items 1 through 4 in a bowl.
2. Place a wok or skillet over high heat until hot. Add oil, swirling to coat sides. Add garlic and ginger; cook stirring, about 10 seconds. Add items 8 through 12; stir fry for 1 minute.
3. Add water, cover and cook for 3 minutes. Add items 14 & 15; stir fry for 1 minute. Add sauce and bring to a boil. Add cornstarch solution and cook, stirring, until sauce boils and thickens.

VEGETARIAN PAD THAI - SERVES 4

Ingredients

1. 6 oz. uncooked thick rice noodles
-
2. 2 Tbs. packed brown sugar
3. 3 Tbs. reduced-sodium soy sauce
4. 4 tsp. rice vinegar
5. 2 tsp. lime juice
-
6. 2 tsp. olive oil
7. 3 medium-sized carrots, shredded
8. 1 medium-sized red bell pepper, cut into thin strips
9. 4 green onions, chopped
10. 3 garlic cloves, minced
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11. 4 large eggs, lightly beaten
12. 4 oz. rice noodles
13. 2 cups bean sprouts
14. 1/3 cup chopped fresh cilantro
15. Chopped peanuts, optional
16. Lime wedges

TODAY'S COOKING

Preparations

1. Prepare noodles according to package directions. Drain; rinse well and drain again. In a small bowl, mix together items 2 through 5.
2. In a large nonstick skillet, heat oil over medium-high heat and stir-fry items 7 through 10 for 3 to 4 minutes. Remove from the skillet.
3. Reduce heat to medium. Pour eggs into the skillet and cook, stirring until just set. Stir in carrot mixture, noodles and sauce mixture; heat through. Add bean sprouts; toss to combine. Top with cilantro and peanuts. Serve with lime wedges.

SLOW COOKER VEGETARIAN - SERVES 4

Ingredients

1. 2 medium-sized carrots, cut into 1" pieces
2. 1 cup green beans, cut into 1" pieces
3. 1 large onion, chopped
4. 2 scallions, sliced
5. 1 garlic clove, minced or pressed
6. 1 small zucchini, sliced
7. 1 small eggplant, peeled & cubed
8. 1 can (15 oz.) beans, drained & rinsed (use any of these: Cannellini, Navy, Kidney or Black Beans)
9. 2 cans (15 oz.) diced tomatoes (save juices)
10. 1/4 tsp. salt & 1/8 tsp. pepper
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11. 1 box tabouli
12. Tomato juices plus enough water to make 1-1/2 cups
13. 1/4 cup olive oil
14. Fresh mint, chopped

Preparation

1. Layer items 1 through 9 in order. Season with the salt & pepper.
2. Sprinkle the tabouli on top; pour over the juice/water and then the oil. Cover and cook in a slow cooker for 6 to 8 hours over low or 3 to 4 hours on high.
3. Can also be made in a stockpot using low heat.

TODAY'S COOKING

EGG ROLL NOODLE BOWL - SERVES 4

Ingredients

1. 1 Tbs. sesame oil
2. 1/2 lb. ground pork
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3. 1 Tbs. soy sauce
4. 1 garlic clove, minced
5. 1 tsp. ground ginger
6. 1/2 tsp. salt
7. 1/4 tsp. ea. ground turmeric & black pepper
-
8. 6 cups shredded cabbage (about 1 small head)
9. 2 large carrots, shredded (about 2 cups)
10. 4 oz. rice noodles
11. 3 green onions, thinly sliced
12. Additional soy sauce as desired

Preparation

1. In a large cast-iron or other heavy skillet, heat oil over medium-high heat; cook and crumble pork until browned, 4 to 6 minutes. Stir in items 3 through 7. Add items 8 & 9 and cook until vegetables are tender, stirring occasionally, 4 to 8 minutes longer.
2. Cook the rice noodles according to package directions; drain and immediately add to pork mixture, tossing to combine. Sprinkle with green onions and serve with additional soy sauce.

TODAY'S COOKING

Misc.

VEGAN BLUEBERRY COOKIES - MAKES 12

Ingredients

1. 1 cup all-purpose flour, lightly packed
2. 1/2 tsp. baking powder
3. 1/8 tsp. salt
4. 1/3 cup vegan butter, softened
5. 1/3 cup plus 1 tablespoon granulated sugar
6. 1/3 cup frozen blueberries
7. 1/2 cup white chocolate chips

Preparation

1. Preheat the oven @400° F (200° C)
2. In a small bowl, mix together the flour, baking powder and salt.
3. Use a fork to mash the blueberries. If using frozen blueberries, microwave them for 30 to 45 seconds; mash and let cool.
4. In the bowl of a stand mixer with the paddle attachment, cream the softened vegan butter and sugar. Cream until **very** fluffy, and then add in the blueberries. Turn the speed to high and mix the butter and sugar with the blueberries until completely mixed, about five minutes. Scrape down the sides of the bowl as you go.
5. Gradually add in the flour mixture, and mix until a soft dough forms. Mix in the white chocolate chips.
6. Place the dough into the freezer to cool for 30 minutes. Once chilled, line a baking sheet with parchment paper. Shape the dough into 12 balls and bake the cookies for 10 minutes or until the edges are lightly brown. Let cool.

TODAY'S COOKING

VEGAN BACON - MAKES ?

Ingredients

1. 1 large carrot
2. 2 Tbs. maple syrup
3. 1 tsp. smoked paprika
4. 1/2 tsp. garlic powder
5. 1/4 tsp. onion powder
6. 1/8 tsp. ea. salt & liquid smoke
7. 2 Tbs. olive oil

Preparation

1. Use a mandolin or vegetable peeler to cut the carrot into long, thin strips.
2. In a shallow bowl, whisk together items 2 through 6. Dip carrot slices into the syrup and allow any excess to drip off.
3. In a large skillet, heat oil over medium heat. Cook carrot slices in batches until browned, 4 to 6 minutes, turning once.

VEGAN MAC & CHEESE - SERVES 6

Ingredients

1. 3 cups small cauliflower florets, chopped
-
2. 2 tsp. olive oil
3. 1 large shallot, minced
4. 1 large clove garlic, minced
-
5. Juice of 1 small lemon (about 2 Tbs.)
6. 1 Tbs. white or yellow miso paste
7. 2 tsp. spicy mustard
8. Kosher salt and freshly ground black pepper
9. 1/2 tsp. ground cayenne pepper
10. 1/8 tsp. ground turmeric
-
11. 3/4 cup almond milk or any plain plant-based milk

TODAY'S COOKING

12. 1/4 cup nutritional yeast flakes
13. 2 tsp. packed brown sugar
-
14. 10 oz. shredded vegan Cheddar (about 2-1/2 cups)
15. 1 lb. elbow macaroni
16. Hot sauce, for serving

Preparation

1. Bring a large pot of water to a boil. Put the cauliflower and 1 cup of water in a small saucepan over medium heat. Cover; bring to a simmer and cook until soft, about 20 minutes. Transfer the cauliflower and liquid to a food processor and set aside.
2. Heat the oil in the saucepan over medium heat. Add the shallot and garlic and cook, stirring, until softened, about 3 minutes. Stir in items 5 through 10 and blend well. Slowly whisk in items 11, 12 & 13 and bring just to a simmer. Remove from heat.
3. Process the cauliflower until smooth. With the food processor running, gradually add the warm almond milk mixture and process until creamy.
4. Transfer the mixture to a large saucepan over medium heat; add the vegan Cheddar and occasionally stir until it melts.
5. Cook the elbow macaroni according to package directions. Drain, reserving 1 cup of pasta water.
6. Add the pasta to the sauce and stir to combine. Stir in some of the reserved pasta cooking liquid to reach the desired consistency. Add salt to taste. Serve hot with hot.

VEGAN RISOTTO - SERVES 6

Ingredients for Stock & Risotto

- 1 large leek
- 1 small bulb fennel

Ingredients for Stock

1. Green part of the leek
2. 1 cup dry white wine
3. 2 medium-sized carrots, roughly chopped
4. 1 celery stalk, roughly chopped
5. 3 cloves garlic, smashed

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6. Three 3" strips of peel from 1 orange
7. 4 sprigs parsley
8. 2 sprigs thyme
9. 1 bay leaf
10. 1 tsp. salt
11. 5 whole black peppercorns
-
12. 10 cups water

Ingredients for Risotto

1. Large pinch saffron
-
2. 2 Tbs. olive oil
3. White part of the leeks
4. Chopped fennel
5. Pinch of salt
-
6. 1 Tbs. tomato paste
7. 1 Tbs. low-sodium soy sauce
8. 1 clove garlic, finely chopped
9. Pinch cayenne pepper
-
10. 2 cups Arborio rice
11. 1 cup dry white wine
12. 1 can (14.5 oz.) whole peeled plum tomatoes, drained and roughly chopped
13. 1 cup loosely packed fresh parsley leaves, chopped
14. 4 Tbs. nutritional yeast

Preparation

1. Separate the white and green portions of the leek, and cut each in half lengthwise; rinse well. Roughly chop the green top, and set aside for the stock. Thinly slice the white portion into half circles, and set aside for the risotto. Cut the tops off the fennel, and roughly chop for the stock. Finely chop the fennel bulb, and set aside for the risotto.
2. For the stock: In a large pot, place items 1 through 11 and bring to a simmer. Cook, stirring occasionally, until most of the wine has evaporated, 6 to 7 minutes. Add 10 cups of water, and bring to a boil; reduce to a gentle simmer, and cook until the stock has reduced by about one third (7 to 8 cups), about 30 minutes. Strain, then squeeze out any excess liquid from the vegetables; discard the vegetables, and keep the stock warm (or cool the stock and refrigerate for up to 3 days).
3. For the risotto: Add a splash of water to the saffron in a small bowl, and set aside to bloom.

TODAY'S COOKING

4. Heat the oil in a large saucepan over medium heat. Add items 2 through 5 and cook, stirring frequently until soft, 6 to 7 minutes. Add items 6 through 9 and stir for 1 minute. Add the rice, and stir until coated. Add the wine, and simmer, stirring constantly, until it is absorbed, about 1 minute. Add 3 cups of the warm stock, the saffron and the blooming water to the rice. Bring to a simmer, and cook, stirring constantly, until most of the liquid is absorbed, 7 to 8 minutes. Add 3 more cups of stock, bring back to a simmer and cook, stirring constantly, until the rice is tender, 10 to 12 minutes more. In the last few minutes of cooking, add the tomatoes.
5. Remove the saucepan from the heat. Stir in half the parsley and 3 tablespoons of the nutritional yeast, and season to taste with salt and pepper. Adjust the consistency of the risotto by adding more of the stock as necessary. Pour into a serving dish, and sprinkle with the remaining parsley and 1 Tbs. nutritional yeast.

VEGETARIAN GRAVY - SERVES 8 TO 10

Ingredients

1. 1/2 cup vegetable oil
2. 1/3 cup chopped onion
3. 5 cloves garlic, minced
-
4. 1/2 cup AP flour
5. 1 to 2 Tbs. nutritional yeast
6. 4 Tbs. light soy sauce
-
7. 2 cups vegetable stock
8. 1 lime, juiced (3 Tbs.)
-
9. 1/2 tsp. each salt & dried sage
10. Black pepper to taste

Preparations

1. Heat oil in a medium saucepan over medium heat. Sauté onion and garlic until soft and translucent, about 5 minutes. Stir in items 4, 5 & 6 to form a smooth paste. Gradually whisk in items 7 & 8. Add the seasonings and bring to a boil. Reduce heat, and simmer, stirring constantly, for 8 to 10 minutes, or until thickened.

TODAY'S COOKING

VEGETARIAN/VEGAN GRAVY - MAKES 2-1/2 CUPS

(To make Vegan gravy, substitute 4 Tbs. oil for the butter)

Ingredients

1. 1 medium onion, quartered
2. 2 stalks celery, roughly chopped
3. 1 medium carrot, roughly chopped
4. 3 cloves garlic, crushed
5. 1 tsp. vegetable oil
6. 1 tsp. sea salt
-
7. 1 cup water
8. 1 oz. dried shiitake mushrooms (about 1 heaping cup)
9. 6 sprigs thyme
10. 2 sun-dried tomatoes
11. 2 Tbs. low-sodium soy sauce
12. 1 dried bay leaf
13. 1 tsp. sea salt
-
14. 6 cups water
15. 1/2 tsp. salt
-
16. 4 Tbs. unsalted butter
17. 6 fresh sage leaves
18. 1/3 cup all-purpose flour
19. 1/4 cup chopped fresh parsley
20. Ground pepper to taste

Preparation

1. Place oven rack in the top position and preheat 450°F (230°C). Place items 1 through 6 on a rimmed baking sheet. Roast until the vegetables are slightly charred, 25 to 30 minutes.
2. Bring the roasted vegetables and items 7 through 13 to a simmer in a medium saucepan over medium-high heat. Cook, stirring occasionally, until most of the liquid is gone, 8 to 10 minutes. Add items 14 & 15 and bring back to a simmer. Reduce the heat to medium-low, and gently simmer until reduced by about one third, about 45 minutes. Strain the stock through a strainer into

TODAY'S COOKING

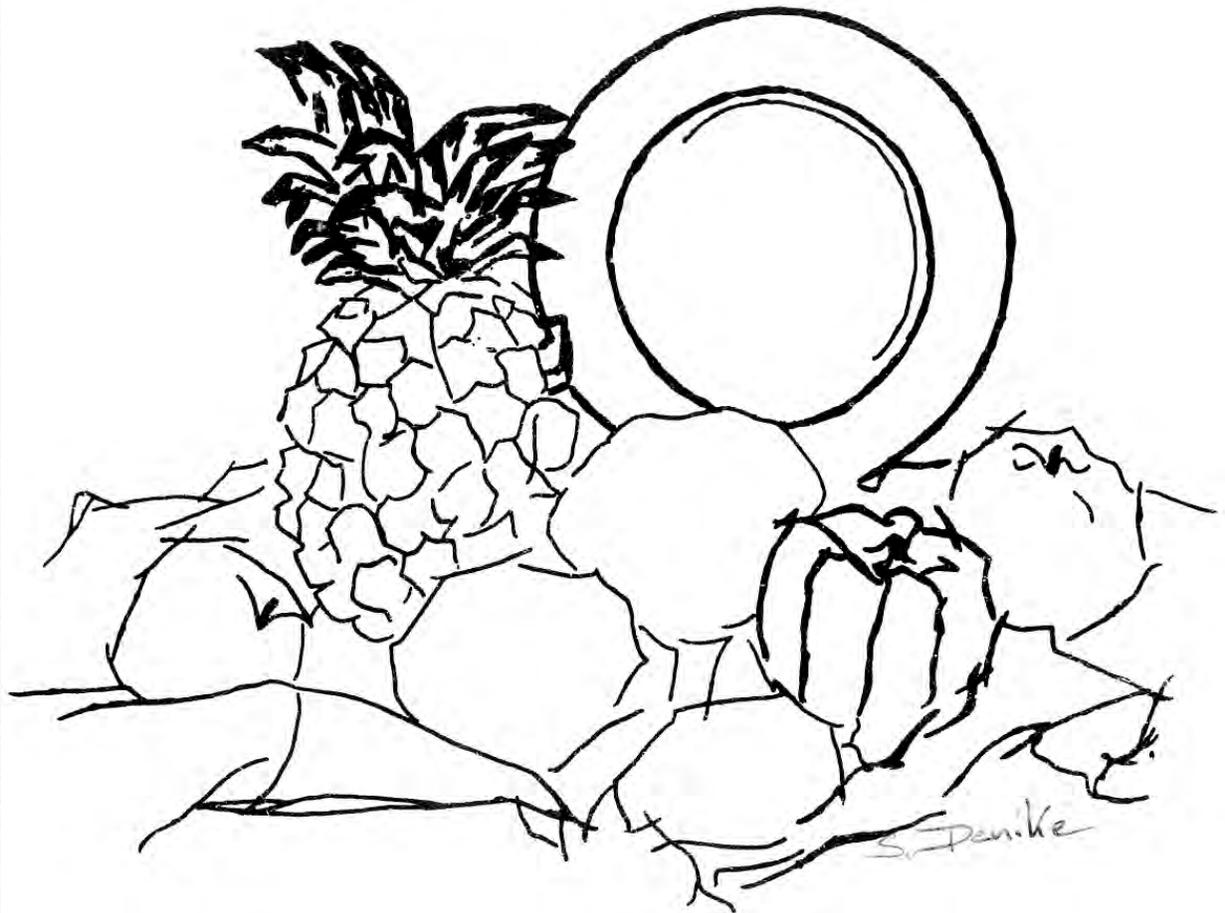
a bowl squeezing all the liquid out of the solids. Measure out 4 cups. For later use, let the stock cool to room temperature and refrigerate for up to 3 days or freeze.

3. To make the gravy, melt the butter in a medium saucepan over medium heat. Add the sage leaves, and cook until fried and crispy, about 2 minutes; remove the sage and set aside. Whisk the flour into the butter until smooth and lightly golden, about 2 minutes. Slowly pour in the warm stock while whisking constantly until smooth and thick, 8 to 10 minutes.
4. Chop the sage and stir it into the gravy along with the parsley. Season to taste with pepper.

TODAY'S COOKING



TODAY'S COOKING



BUON APPETITO!
ITALIAN

EET SMAKELIJK
DUTCH

¡BUEN APETITO!
SPANISH

BOM APETITE!
PORTUGUESE

BON APPÉTIT !
FRENCH

GUTEN APPETIT!
GERMAN

ITADAKIMASU
JANANESE

SMAKLIG MÁLTID!
SWEDISH

CHIÁH HOK
TAIWANESE

DA KANA!
FIJIAN

VÆR SÅ GOD!
DANISH

KALÍ ÓREKSI!
GREEK

E 'AI KĀUA
HAWAIIAN

KRIPYĀ BHOJAN KĀ ĀNNAĀND LIJĪYAI
HINDI

NIZHÓNÍGO ADÍYÍÍĚ
NAVAJO

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THAI

JAL MEOKKESSEUMNIDA
KOREAN

ES GEZUNTERHEYT!
YIDDISH

SMAKLIG MÁLTID!
SWEDISH

POFTĀ BUNĂ!
ROMANIAN

MWYNHEWCH EICH BWYD!
WELSH

THOKOLEZA UKUDLA!
ZULU

SMACZNEGO!
POLISH

TAMA'A
TAHITIAN

VÆR SÅ GOD!
NORWEGIAN

ĂN NGON NHÉ
VIETNAMESE

BIL-HANĀ' WA ASH-SHIFĀ'
ARABIC