

# **Vegetarian Recipes from Healthy Home Cookin' and 3ABN!**

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# Easy Vegetarian Meal - 3ABN Today

## Easy Bean Burgers

Quick and Easy, from Healthy Home Cookin' Vol. 2.

- 1 1/2 cups Easy Bean Burger Mix
- 1 cup boiling water

Combine boiling water and burger mix and let stand 5 to 7 min. Fry until golden brown in a non-stick skillet.

Variations: Add 1/2 cup chopped or slivered almonds.

Serves 4

Preparation time: 10 minutes

Cooking time: 20 minutes

Ready in: 30 minutes

*Nutrition (per serving):* 197.1 calories; 2.4g total fat; 0mg cholesterol; 268.8mg sodium; 297.3mg potassium; 34.4g carbs; 6.1g fiber; 0g sugar; 10.1g protein.

## Easy Bean Burger Mix

Make up a batch and store in cupboard for quick meals. From Vol. 2.

- 1/2 cup garbanzos, dry (or red lentils)
- 3/4 cup brown or green lentils
- 3/4 cup quick oats
- 2 cup breadcrumbs (gluten free: use GF breadcrumbs)
- 1/4 cup cornmeal
- 1/2 cup nutritional yeast flakes
- 2 Tbsp onion powder
- 4 Tbsp Tasty Brown Bouillon

Put garbanzos and lentils in a blender and blend until course flour. Combine remaining ingredients in a bowl and stir in beans. Store in air tight container.

### TIPS 'N' TECHNIQUES

Great for Camping! These are quick to prepare and easy to make. This will store several months in a cool, dark place. We take these when we travel as they are so fast to prepare. Can omit Bouillon in this mix and add as needed to liquid when making burgers.

## Potato Medley

A delicious and eye pleasing low fat dish. From Vol. 3.

- 4 to 6 med yellow (or white) potatoes
- 4 to 6 small purple (or red) potatoes
- 2 to 4 med carrots
- 1 tsp sea salt (or Seasoning Salt)

Peel and wash potatoes (peeling optional). Cut into wedges (about 1" chunks or so). Sprinkle with salt and place in prepared pan. Bake at 400°F for 20 to 30 minutes. Stir twice, every 10 minutes. Variation: add red onions, 4 to 6 Tbsp BBQ Sauce or Ketchup, 1/2 to 1 tsp Italian Herbs, etc. Serves 4

*Nutrition (per serving):* 302.7 calories; 0.4g total fat; 0mg cholesterol; 509.7mg sodium; 2064.6mg potassium; 70.6g carbs; 5.5g fiber; 1.4g sugar; 7.3g protein.

## Oven Roasted Potatoes - EXTRA RECIPE -- not on 3ABN

One of our favourites. From Vol. 3. (A variation on the above.)

- 8 med potatoes, red or new
- 1 med onion, coarsely chopped
- 3 to 4 med carrots, sliced
- 8 to 10 whole cloves garlic, peeled
- 1 to 2 tsp Seasoning Salt
- 1 to 2 Tbsp oil

Wash and chop potatoes into wedges or cubes about 1" to 2". Smaller will cook faster. Combine all ingredients in a large bowl and mix well. Pour into a prepared 10 x 14 pan or cookie sheet. Bake at 375°F for 20 minutes. Stir and cook until browned. Variations: see above.

Serves 4

Preparation time: 15 minutes

Cooking time: 20 minutes

Ready in: 35 minutes

*Nutrition (per serving):* 399.8 calories; 3.6g total fat; 0mg cholesterol; 478.2mg sodium; 2470mg potassium; 87.1g carbs; 7.3g fiber; 3.5g sugar; 9.2g protein.

## Easy Buns - EXTRA RECIPE

Quick and easy. For gluten free see below. From Vol. 7.

- 4 cups whole wheat flour (or spelt)
- 2 Tbsp active dry yeast
- 2 1/4 cups warm water
- 2 Tbsp lemon juice
- 1 to 2 cups unbleached flour (or oat, or Kamut)
- 1 tsp sea salt
- 1/4 cup vegetable oil, optional

Combine whole wheat flour, 1 cup unbleached, and yeast in a large bowl. Combine liquids and add into flours mixing well. Knead in more unbleached flour as needed to form a soft ball. Knead 5 minutes. Shape into 16 buns (for burgers) or 24 (for dinner rolls) and let rise until double. Bake at 375°F for 7 minutes, reduce heat to 350°F and bake 7 to 10 minutes more. Serves 16

*Nutrition (per serving):* 164.9 calories; 4.1g total fat; 0mg cholesterol; 120.7mg sodium; 162.3mg potassium; 28.5g carbs; 4.2g fiber; 0.2g sugar; 5.5g protein.

## Easy Buns - gluten free

Does not roll out like traditional dough. From Vol. 7.

- 2 3/4 cups warm water
- 1/4 cup vegetable oil
- 1/4 cup ground flax
- 2 cups brown rice flour
- 1 cup corn flour
- 2 tsp Ener-G Egg Replacer, optional
- 1 Tbsp active dry yeast
- 1 Tbsp lemon juice
- 1 tsp sea salt
- 1 cup tapioca starch
- 1/4 cup sweet rice flour (or 3 Tbsp potato flour)
- 2 Tbsp raw sugar

Dissolve yeast in water. Combine dry ingredients. Add remaining wet ingredients to yeast mix and stir wet into dry. Beat 2 minutes on high with electric mixer. Fill prepared muffin tin 2/3 high. Let rise till just topping tin and bake at 350°F for 25 to 35 minutes or lightly browned. Serves 12

*Nutrition (per serving):* 247.2 calories; 6.8g total fat; 0mg cholesterol; 162.1mg sodium; 153.8mg potassium; 43.3g carbs; 3.7g fiber; 0.8g sugar; 3.7g protein.

## Lemon Pie

Favourite Lemon Pie. A traditional favorite with a topping change. Vol. 4.

- 1/2 can frozen apple juice concentrate
- 1/4 cup orange juice
- 1/3 cup cornstarch
- 1/2 to 3/4 cup raw sugar
- 3/4 cup water
- 1/3 cup lemon juice (can use 1 to 2 med. lemons)
- 1/4 tsp sea salt
- Just Like Graham Crust

Blend all together well, adjust lemon juice to taste, in medium saucepan. Cook over medium heat until thick. Pour into pre-baked crust, chill, and serve with whipped topping.

Serves 8

*Nutrition (per serving):* 119.2 calories; 0.1g total fat; 0mg cholesterol; 66.4mg sodium; 149.2mg potassium; 29.9g carbs; 0.1g fiber; 23.8g sugar; 0.3g protein.

## Just Like Graham Crust - best

This is so good you won't need regular graham crusts again. From Vol. 4.

- 1 1/4 cups whole wheat flour (or spelt or brown rice flour)
- 1/4 tsp sea salt, optional (use with oil)
- 1/4 cup Sucanat
- 1/3 cup melted margarine (or oil)

Combine all dry ingredients. Stir melted margarine (use non-hydrogenated) into dry until crumbly. Press lightly into a 9" pie pan. Bake at 350°F for 12-15 minutes or golden brown. The oil works just fine, I use it all the time.

Serves 8

Ready in: 15 to 20 minutes

*Nutrition (per serving):* 154.6 calories; 8.3g total fat; 0mg cholesterol; 259.6mg sodium; 93.2mg potassium; 18.6g carbs; 2.3g fiber; 4.9g sugar; 2.6g protein.

# Sack Lunch Ideas - 3ABN Let's Cook Together

## Tofu Slices

Great warm or cold. EASY!! Thank you Donna. From Vol. 5.

- 1 pkg firm or medium water packed tofu (454g/16oz)
- 1/4 to 1/2 cup Bragg's Aminos
- 2 to 4 Tbsp nutritional yeast flakes, optional

Slice tofu thinly and place into a non-stick skillet. Drizzle Aminos liberally over each slice and cook 3 to 5 minutes. Turn over and repeat. Serve warm or store in fridge for sandwiches. Variation: put Bragg's and yeast flakes in a bowl with sliced tofu (ONLY with firm), mix well and cook as above. Serves 8

*Nutrition (per serving):* 31.3 calories; 1.7g total fat; 0mg cholesterol; 466.1mg sodium; 59.9mg potassium; 1.0g carbs; 0.4g fiber; 0.2g sugar; 4.2g protein.

## G-Good Dinner Loaf

Great for Sandwiches, slices well when cool. From Vol. 6.

- 1/2 cup boiling water
- 1 cube Tasty Brown Bouillon (or salt to taste)
- 1/4 cup nutritional yeast flakes
- 2 cups water
- 1/4 to 1/2 cup peanut (or walnut butter)
- 2 1/2 cups gluten flour
- 1/4 cup Bragg's Aminos

Pre-heat oven to 400°F. Dissolve bouillon into 1/2 cup hot water, add remaining wet ingredients. Combine all dry ingredients in a medium bowl and stir in wet ingredients. Place in a prepared loaf pan and bake 15 minutes, reduce heat and bake an additional 45 to 60 minutes at 350°F. Let cool 20 minutes before slicing. Serve cool or re-heat in saucepan or in oven with gravy. Serves 9, two slices each

*Nutrition (per serving):* 209.0 calories; 4.6g total fat; 0mg cholesterol; 477.3mg sodium; 124.6mg potassium; 8.5g carbs; 0.2g fiber; 0g sugar; 35.1g protein.

## Blueberry Muffins

Delicious! Where is the fat??? Blueberries are an exceptional food for healthy living. From Vol. 7.

- 3/4 cup whole wheat flour (or spelt)
- 1/2 cup raw sugar (or alternative, see Appendix)
- 1 1/2 Tbsp Ener-G Baking Powder
- 1/4 cup applesauce (or vegetable oil)
- 1 tsp vanilla extract
- 1 cup unbleached flour
- 1/2 tsp sea salt
- 1 1/4 cups soy milk (or coconut milk)
- 1/8 tsp almond extract
- 1 cup blueberries (fresh or frozen)

Preheat your oven to 400°F. Prepare muffin tin (paper works well). Mix dry ingredients, stir in blueberries. Combine wet ingredients and mix wet into dry. Bake at 375°F for 20 to 25 minutes. Serves 12

*Nutrition (per serving):* 119.0 calories; 0.8g total fat; 0mg cholesterol; 93.2mg sodium; 87.0mg potassium; 25.4g carbs; 1.9g fiber; 10.3g sugar; 3.3g protein.

## Rice Muffins - Blueberry - EXTRA RECIPE -- not on 3ABN

Quick gluten free alternative. From Vol. 7.

- 1 cup brown rice flour
- 1/2 cup corn flour (millet ground in blender)
- 1 tsp Ener-G Egg Replacer, optional
- 1 cup blueberries
- 1/4 cup applesauce (or vegetable oil)
- 1/3 cup tapioca starch (or corn flour)
- 1 1/2 Tbsp Ener-G Baking Powder
- 1/3 to 1/2 cup raw sugar (or alternative)
- 1 cup soy milk
- 1 tsp vanilla extract

Preheat oven to 400°F. Combine dry ingredients in large bowl, stir in blueberries. Combine wet and stir into dry. Fill 12 muffin tins and bake at 375°F for 25 to 30 minutes or until light, golden brown. You may need to add more tapioca starch depending on your altitude. Try as is and add more if they sink too much. Serves 12

*Nutrition (per serving):* 115.9 calories; 1.0g total fat; 0mg cholesterol; 12.7mg sodium; 83.6mg potassium; 24.7g carbs; 1.6g fiber; 6.5g sugar; 2.2g protein.

## Hot Lunch Ideas - 3ABN Let's Cook Together

### Potato Stew

Potato Stew from Vol. 5. Thank you Mihaela for the inspiration.

- 6 cups water
- 1/2 cup lentils, optional
- 1 cup diced carrots
- 1 Tbsp lemon juice
- 1 tsp sea salt, to taste
- 2 cups tomato juice
- 4 medium potatoes, diced
- 2 lrg onions, sautéed if desired
- 2 med bay leaves
- 1 cube Tasty Brown Bouillon (see EXTRAS)

Combine all in large pot and bring to a boil. Reduce heat and let simmer 60 minutes or until lentils and potatoes are tender. Adjust water and salt to taste.

Serves 8

Preparation time: 15 minutes

Cooking time: 60 minutes

Ready in: 75 minutes

*Nutrition (per serving):* 118.2 calories; 0.3g total fat; 0mg cholesterol; 299.7mg sodium; 808.9mg potassium; 27.7g carbs; 2.6g fiber; 4.5g sugar; 3.0g protein.

### Mariner Spread

Like a “mock tuna salad” from Vol. 5.

- 2 cups garbanzos or chickpeas (19 oz can)
- 2 to 3 Tbsp Sweet Relish
- 1/2 tsp dulse (or kelp)
- 1/4 tsp sea salt
- 1/2 cup Mayo (more or less to taste)
- 1/4 cup green onions, chopped (or chives)
- 1 tsp kelp, to taste (if unavailable add a dash of salt)
- 1 tsp fresh lemon thyme (or 1/2 tsp dried), optional

Mash up garbanzos in food processor, and stir in remaining ingredients. Chill or serve. Variations: Add 1/2 cup chopped celery, 1/4 cup red or sweet onion, and/or 1 Tbsp fresh parsley.

Serves 4

Ready in: 15 minutes

*Nutrition (per serving):* 425.7 calories; 5.7g total fat; 0mg cholesterol; 3540mg sodium; 984.8mg potassium; 93g carbs; 10g fiber; 48.8g sugar; 11g protein.

### Omega Bars

Full of omega 3's – 1.8grams per serving. From Vol. 4.

- 1/2 cup brown rice syrup (or honey, will be sweeter)
- 1/4 cup canola oil (or soy creamer to reduce fat)
- 1/2 cup almond butter (or peanut butter)
- 1/2 cup peanut butter
- 1 cup chopped walnuts
- 1/2 cup pumpkin seeds
- 1/2 cup ground flax
- 1/4 cup sesame seeds, optional
- 3 cups brown rice crispies

Heat syrup, soy creamer and nut butters over medium heat until soft and smooth. Stir in nuts and seeds. Stir in rice cereal and press into a prepared 9 x 9 pan. Cut into 12 and chill.

Serves 16

Ready in: 30 minutes

*Nutrition (per serving):* 398.0 calories; 19.5g total fat; 0mg cholesterol; 86.7mg sodium; 213.5mg potassium; 58.3g carbs; 2.5g fiber; 38.3g sugar; 7.8g protein.

# Batch Recipes - 3ABN Let's Cook Together

## Dinner Crumbles

A very adaptable recipe you can use in place of ground beef or ground beef substitutes. From Vol. 6.

- 2 cups bulgur wheat (see variations)
- 1 can tomatoes, with juice (796ml/28 oz)
- 1/2 tsp garlic powder (or 1 to 2 cloves)
- 1 lrg onion, sautéed, optional
- 3 to 4 cubes Tasty Brown Bouillon (see EXTRAS)
- 1/2 cup raw brown lentils (ground in blender or coffee grinder)
- 1 1/2 cups water, as needed
- 1 tsp onion powder
- 1/2 cup ground walnuts or pecans, optional

Blend all (except bulgur and onions) in blender until smooth. In a large skillet mix all and bring to a boil over medium heat. Reduce heat and simmer for 30 to 45 minutes stirring occasionally, until mixture is a moist, burger-like consistency (a bit goeey). Will “dry up” as it cools. Freezes nicely. Use cold in most recipes.

Serving Size: 1 cup

Ready in: 60 minutes

*Nutrition (per serving):* 379.1 calories; 2.5g total fat; 0mg cholesterol; 494.5mg sodium; 898.8mg potassium; 78.0g carbs; 22.0g fiber; 6.2g sugar; 16.5g protein.

**Variation 1:** Can use bulgur or TVP in place of ground lentils.

**Variation 2:** Can use Golden Nuggets, pg. 27 or just about any “gluten” loaf recipe, ground in food processor, with or without seasonings on page 24.

**Variation 3:** Can use TVP or Granburger in place of bulgur.

**Gluten free alternative:** Use above recipe with Soy Curls (see Appendix) crushed into pea sized bits or use soy TVP (available in some grocery stores).

**Quick alternatives:** several products on the market. These are ready to use, use in place of recipe.

Yves - “ground round or Just like Ground” (available in many grocery stores); Vibrant Life – in a can;

Grillz, a dry burger mix – just add water (see appendix); Granburger - a dry mix, add water according to directions on package. And many more in health food stores.

## Golden Nuggets

These are very versatile and delicious!!! (Gluten free see Tips.)

- 3 1/2 to 4 cups gluten flour
- 2 Tbsp onion powder
- 2 cubes Tasty Brown Bouillon
- 2 1/2 cups lukewarm water
- 1/2 cup whole wheat flour
- 1 Tbsp garlic powder
- 1 cup boiling water
- Golden Nugget Broth

Prepare two 9 x 13 pans with non-stick spray. Dissolve Bouillon in the boiling water. Combine all dry ingredients, and combine all wet ingredients with Bouillon. Mix together. This will seem gooey but will not stick to your hands. Tear into chunks about 1” or so. (Less than bite size as these will expand) Place into prepared pans. Pour broth over top and bake at 350°F for approx 1 hour. (Switch pans halfway, top to bottom, bottom to top). Cook until liquid is almost absorbed. Cool, stirring a couple times and place in baggies. Freezes well. Variations: Can use Golden Seasoning in place of Tasty Brown Bouillon.

Serves 16

Yields: 4 -- 2 cup baggies

Preparation time: 10 to 15 minutes

Ready in: 90 minutes

*Nutrition (per serving including broth without oil):* 147.2 calories; 0.9g total fat; 0mg cholesterol; 246.7mg sodium; 83.8mg potassium; 9.3g carbs; 0.8g fiber; 0.4g sugar; 26.2g protein.

### TIPS N' TECHNIQUES

For gluten free: Use 8 cups dry Soy Curls (see Appendix) in place of above recipe, add 2 Tbsp Golden Seasoning or Tasty Brown Bouillon, and soak in the Golden Nugget broth for 15 minutes and bake in the broth for 30 min at 350°F.

## Golden Nuggets Broth

Can be used for many different recipes, including soup.

- 4 1/2 cup water
- 2 cubes Golden Seasoning (or Tasty Brown Bouillon)
- 1/2 cup Bragg's Aminos
- 1/2 cup nutritional yeast flakes
- 2 to 4 Tbsp vegetable oil, optional

Dissolve bouillon in hot water. Combine all and pour over gluten, making sure you divide evenly. Stir as pouring to ensure even flavour. Bake as described.

## Veggie Pot Pie

One of my personal favourites! Very YUMMY, from Vol. 6.

- 1 1/2 to 2 cups Golden Nuggets
- 1 cup diced carrots
- 1/2 cup diced onions
- 2 Tbsp whole wheat flour (gluten free use corn flour)
- 2 to 4 Tbsp nutritional yeast flakes, optional
- Pastry (or Low fat Cornbread, for a low fat alternative.)
- 3 to 5 cups diced potatoes
- 1 can corn, drained (398ml/14oz)
- 1/2 cup peas, optional
- 2 to 3 Tbsp Golden Seasoning
- 2 cups soymilk (or water)\*

Chop nuggets in a large bowl. Combine remaining ingredients in nuggets and mix thoroughly. Top with pastry or Cornbread. Bake at 350°F for 30 to 45 minutes. \*For extra creamy add 1 cup more.

Serves 8

Ready in: 70 minutes

*Nutrition with pastry* on pg. 65 of Vol. 6. (per serving): 412.6 calories; 19.4g total fat; 0mg cholesterol; 652.0mg sodium; 644.4mg potassium; 48.0g carbs; 6.4g fiber; 3.1g sugar; 15.0g protein.

*Nutrition with corn bread* made with applesauce (per serving): 119.4 calories; 1.6g total fat; 0mg cholesterol; 230.4mg sodium; 512.9mg potassium; 22.4g carbs; 3.2g fiber; 2.7g sugar; 5.8g protein.

## EXTRAS - RECIPES NOT SHOWN on 3ABN

### Sloppy Joes

Sloppy Joes - Quick, Quick and tasty, from Vol. 6.

- 2 cups Dinner Crumbles
- 1/2 cup tomato sauce, to taste
- sea salt to taste
- 1 med onion, chopped
- 1/2 to 1 tsp chili powder

In a large frying pan sauté onion in a bit of water or oil. Add remaining ingredients and stir well. Cook on medium heat covered for 20 minutes, stirring occasionally. Serve on toast, buns, or rice.

Serves 8

Ready in: 30 minutes

*Nutrition (per serving):* 446.2 calories; 3.3g total fat; 0mg cholesterol; 454.6mg sodium; 788.9mg potassium; 88.4g carbs; 19.5g fiber; 1.3g sugar; 22.5g protein.

### More ideas for Golden Nuggets:

Pasta and Sauce  
Sweet n Sour Sauce and Rice  
In a stir fry  
Basically use it like chicken

### More ideas for Dinner Crumbles:

Shepard's Pie  
Meal in a Muffin  
Dinner Turnovers  
Basically like ground beef

## B-B-Q Sauce

Delicious on patties or potatoes. From Vol. 2.

- 1 can tomato paste (156ml/6oz)
- 1/4 cup fresh lemon juice, to taste
- 1 tsp garlic powder
- 1/4 cup Sucanat (or brown sugar)
- 3/4 cup water (or more, will thicken in fridge)
- 1/2 tsp sea salt
- 2 tsp onion powder
- 1 Tbsp Tasty Brown Bouillon (or beef flavour)

Blend all well by hand or hand blender. Use as desired. This will thicken in the fridge. Serves 8 Ready in: 5 minutes

*Nutrition (per serving):* 43.6 calories; 0.2g total fat; 0mg cholesterol; 168.8mg sodium; 251.7mg potassium; 10.5g carbs; 1.1g fiber; 7.5g sugar; 1.1g protein.

## Golden Seasoning

A great “chicken flavour” substitute. From Vol. 3.

- 1/2 cup soy flour
- 1/4 cup each onion powder and sea salt
- 1 Tbsp each paprika and garlic powder
- 1 tsp each celery seed, sage, and thyme
- 3 to 4 Tbsp parsley
- 1 1/4 cups nutritional yeast flakes
- 2 Tbsp Italian herbs
- 2 tsp turmeric
- 1/2 tsp rosemary

Combine all ingredients, except parsley, in a food processor and blend until powdery smooth. Stir in parsley. This is worth doing up. Keeps in the refrigerator for weeks, (even months if it lasts that long). If recipe says to dissolve bouillon, just add this seasoning to the dry. No need to “dissolve” like you would need to if you used a cube.

Yields: 2 – 2 1/2 cups

Serving Size: 1 Tbsp

Preparation time: 5 minutes

Ready in: 5 minutes

### TIPS ‘N’ TECHNIQUES

Can purchase pre-made seasonings. If the recipe calls for a Tbsp, I use homemade Golden Seasoning. If it calls for 1 cube, use McCormick’s.

## Tasty Brown Bouillon

Nutritional Analysis on all recipes is with McCormick’s, see tips. From Vol. 3.

- 1/2 cup sea salt
- 1/2 cup garlic powder
- 1/4 cup carob powder
- 1/2 cup nutritional yeast flakes
- 3/4 cup onion powder
- 1/4 cup ground basil
- 2 Tbsp Italian Herbs

This recipe is not real “beefy”, but is an acceptable option. Combine all and store in air tight container. To get that beefy or caramel flavor, sauté onions until very brown and blend. Add to wet ingredients in recipe. - Use 1-2 Tbsp.

McCormick’s is my first choice. This is in cube form. Gluten free, fairly inexpensive, and tasty. -- Use 1 cube.

Better-Than-Bouillon is very tasty, quite healthy, in most grocery stores, and moderately priced. This is a paste. This company makes many favours, but ONLY one is vegetarian. -- Use 1 tsp.

Bill’s Best Beef is healthy, a powder, but hard to find and expensive. Azure Standard carries it -- Use 2 tsp.

Blaneys Beef Flavour is also healthy, a powder, and low in sodium, but also hard to find, see Appendix. Use 2 tsp.

Jack Jr. is moderately priced, very tasty, not so healthy, a powder, and hard to find. Your “local” Adventist Book Store may carry this or will order it in. See Appendix. -- Use 1 Tbsp

Vegetable Broth: Use your favourite vegetable broth in place of the liquid in the recipe. May need to adjust the salt or water or liquid called for.

### TIPS ‘N’ TECHNIQUES

Hint: If the recipe calls for 1 Tbsp then I use Jack Jr. and if the recipe calls for 1 cube, I would use McCormick’s.

# Health Helpers - for spiritual and physical health.

## **H** Harmful products, habits, & choices to avoid & eliminate –

Harmful things: Change those bad habits. Quit smoking, drinking alcohol, and other harmful substances. Alcohol creates a high risk for cancer, as well as spiritual/mental issues. Start doing self-examination - what character traits do you need to eliminate? Slothfulness, dishonesty, etc.

## **E** Exercise, Sunshine, & Fresh Air –

Exercise: At least 3 times per week. Walking is the best exercise, gardening next in line. Schedule it into your day is vital! This is one of the most important lifestyle changes you can make. The aging process can be slowed down by exercise. It helps increase resistance to disease; aid in digestion; increase blood circulation; increase lung efficiency; relieves nervous tension; induces a better sleep; and much more.

Sunlight: builds up the body, improves circulation, and destroys germs; It is a great source Vitamin D and serotonin—vital to positive outlook.

## **L** Lots of Water –

Lots of water: inside and out. 6-8 glasses per day. Get a bottle and fill it, check it at the end of the day. Every body function requires water. The body uses water to cleanse tissues and cells by collecting impurities and dissolving wastes and eliminating them through the kidneys and colon. Much of our bad breath, body odor, memory loss, fatigue, and headaches can be avoided with water. Thousands are dehydrated and don't even know it. For every cup of coffee, pop, tea, alcohol or drink with sugar—You need an additional cup of water! These drinks are diuretics and take water from your system. Water on the outside is good hygiene, and therapeutic. Hot wet towels on aches & pains work very well to soothe.

## **P** Proper Diet

Proper Diet: Eat meals at a regular time, and at least 5 hours apart. Chew your food well, relax and enjoy it. It is better to skip a meal (no snacking) than to eat in a hurry or when upset. Avoid drinking any liquids with or directly after a meal as this dilutes the digestive juices and causes intestinal problems, such as gas, bloating, and acid reflux. Eat a large breakfast, moderate lunch and light supper or skip supper all together. No snacking, it disrupts digestion and causes blood sugar problems. Eat whole foods as much as possible, eliminate stimulants, reduce fats & sugars, and eat more natural foods. Eliminate as much as possible trans fatty acids, refined sugar, baking soda, vinegar, and sugar/milk combos. These are all harmful to your body. Simple is best. If the label is long or hard to read, leave it in the store. Eat only a few things both in variety and quantity at each meal, but vary your meals. It is better to under eat than over eat. North Americans overeat and are under nourished. Nutrition comes from the quality of food you eat, not the quantity. Vegetarian is ideal. If you are trying to reverse disease, you will need to follow a strict diet and exercise program. No animal products of any kind if you are fighting disease. Thousands have reversed diabetes, heart disease, cancer, and more by following simple and easy principles you can do at home. No costly treatments, herbs or potions. Some people find their will power is lacking or their illness is far advanced, a wellness center is recommended for those individuals.

## **E Environment –**

Environment: what we surround ourselves with. What kind of environment do you live in? One of the best moves you can make is to find “a piece of country living”. If you can not move to the country due to your circumstances, visit it as often as possible. A picnic in the park, etc. What makes a healthy house? Sunshine & fresh air. Make sure your home has adequate ventilation even in the winter, just because it is cold doesn't mean the air is fresh. We seal the windows, to prevent too much cold, but we also leave one or two windows open all day every day 365 days a year (except perhaps while on vacation).

Economy: simplicity in dress, food, homes, & your life. Using money wisely reduces debt and therefore stress; Use time wisely by scheduling. Save your money for the important things. I have met people who live well below poverty line, are debt free, and take several “vacations” a year . They account for every penny that they spend and realize “If you take care of the pennies, the dollars will take care of themselves.” Scrutinize everything you buy, from toilet paper to perfume. Do I really need this, do I need this brand, can I borrow it, or find it in a second hand store are all questions to ask before purchasing, even the “little” things.

Efficiency: order, regularity, scheduling, and more.

## **R Rest and Recreation –**

Rest: daily and weekly. It is very important to get rest from work in the evening, to share this time with your family. Then you have time to “slow” down and prepare the mind and body for sleep. Choose a time to go to bed and maintain that time regularly. The body expects a routine.

Recreation: time away from work and cares. Take time to build a relationship with your family. You will not regret time spend with your friends n family, but many people regret they didn't. You are only young once. Will you be able to do the things you want to later if you don't start now? I can not express strongly enough how important it is to prioritize your life. What are you living for?

## **S Spiritual Connection –**

Sunny Attitude: cheerfulness & contentment promote health. Strive to have a positive outlook on life.

Serving others: including benevolence and ethics, because of gratitude. Volunteers have a better quality of life, and taking care of others is a wonderful distraction for our own trials.

Salvation: Hope in divine power leads to trusting in God. This hope brings healing. Healing comes direct from God, not herbs, drugs, or methods. There are natural remedies and even some medications that aid healing and help symptoms, but the power to heal comes from God. See: [www.BibleUniverse.com](http://www.BibleUniverse.com)

Surrender: Surrendering all, helps remove stress. After all you don't need to worry about that which is not yours. You don't need to “battle for your rights”, if you have submitted to God's plan it is in His very capable hands.

# Glossary

## **Cooking PROGRESSION to a Healthier Lifestyle:**

1. Omit harmful products such as chemicals, drugs, etc.
2. Eat more whole foods (including whole grains) and more raw if possible.
3. Reduce and eliminate cheese
4. Reduce and eliminate meat. Then...
5. Reduce and eliminate dairy products. Then...
6. Use whole wheat flour in place of unbleached flour (in the Healthy Home Cookin' Recipes). Then...
7. Reduce oils, margarine, spices, and sugar in your cooking.

**Azure Standard:** For those in the Northwest USA this company is an excellent source. They will ship anywhere, but they also use "Drop Points" where shipping is minimal or free [www.azurefarm.com](http://www.azurefarm.com) or call 541-467-2230. Country Life also ships in the USA 1-800-456-7694 or [www.clnf.org](http://www.clnf.org)

**Bragg's Aminos:** A non-fermented soy sauce substitute. Fermented products disrupt digestion and can lead to many different diseases. This product is available in many stores nationwide. This is still high in sodium and is a concentrated food so use sparingly.

**Baking Powder and Soda:** "...may cause an inhibition of intestinal absorption of phosphorus and this may be followed by an increase in calcium loss." (Spencer & Lender, 1979). The Poison Control Center lists baking soda under poisons with directions what to do if swallowed!! Many dietitians recommend avoiding baking soda because it interferes with nutrition absorption and can lead to inflammation of joints, etc. "The use of soda or baking powder in bread making is harmful and unnecessary. Soda causes inflammation of the stomach, and often poisons the entire system...If they would take the trouble to learn better methods, their bread would be more wholesome, and, to a natural taste, it would be more palatable." {CD 342}

**Baking Powder – Ener-G:** Ener-G Baking Powder reacts with liquid so time is of the essence. Get it into the oven as quickly as possible. This is the only baking powder I have found without sodium bicarbonate or baking soda in it. It is made with citric acid and calcium carbonate, which when liquid is added form calcium citrate which is a highly digestible form of calcium.

**Blaney's:** A Canadian manufacturer and distributor of seasonings. They produce a low sodium chicken and beef flavor. Will ship - call: 1-403-288-9293 or email:[rdblaney@telus.net](mailto:rdblaney@telus.net)

**Carob powder:** Carob is 8% protein, has minerals such as calcium, 3 times richer in calcium than chocolate, but 1/3 less calories and 17 times less fat! Chocolate contains theobromine (similar to caffeine), causing central nervous system stimulation, sleeplessness, depression, and anxiety. Try carob, even if you have to mix it at first, then slowly increase the carob and decrease the chocolate. Eat for strength!

## **Gluten Free Flour:**

2 cups brown rice flour	1/2 cup tapioca starch
1/2 cup sweet rice flour	1/4 cup potato flour

Store in a baggie and use in place of whole wheat flour and/or unbleached flour. Other flours to try: 1 cup buckwheat or soy flour in place of 1 cup brown rice flour.

**Golden Seasoning:** A recipe we have developed to replace "Chicken Flavour." See pg. 12. You can substitute your favourite "Chicken Flavour" see Blaney's.

**Flours:** Whisk flours well before adding wet ingredients to make a lighter cakes & muffins.

For wheat free: spelt flour can be used in most recipes in place of whole wheat. For gluten free see Gluten Free Flour recipe above. For optimum health, use whole wheat pastry flour (or Kamut or oat flour) in place of unbleached flour. Soft wheat ground fine works well.

Experimenting with different flours: Change only one at a time, and test it out. Oat flour tends to be light, flaky and crumbly, barley is moist and a bit gooey, and rye a bit heavy. Combining oats with barley or rye works well. Corn flour is quite absorbent so use less.

Grinding your own: Because purchased flours, even whole wheat, have additives in them, home ground flours may react differently in recipes, often more absorbent and a bit crumbly. Soft wheat will replace pastry flour as it is lower in protein and hard wheat replaces regular baking flour. We find combining these two flours works well in most recipes.

**Milks:** Dairy has a host of problems these days from allergies to contamination. It can lead to diabetes in children and much more. Soy milk has many different flavours depending on the brand. Don't just try one! Vita Soy is thick and creamy, So-Nice is more like skim milk, and So Good is very sweet and thick, to just name a few. Here are some alternatives to dairy or soy milk that we use.

Almond Milk

Blend until very smooth: 1/3 cup almonds (can use blanched)

1/3 cup water

Then add: 2 to 2 1/2 cups of water

Blend, blend, until smooth. Strain if desired, add 2 tsp honey.

Cashew Cream (for cream pies, soups, etc.)

Blend: 1/2 cup cashews and 1/2 cup water till thick and creamy

Add: 1 cup water

Blend till smooth. Yields 2 cups. (Add more water to taste if needed.)

Note: Add vanilla and a touch of sweetener, about 2 to 4 Tbsp raw sugar, if recipe calls for vanilla soy milk or soy creamer.

**Raw Cashews:** Do NOT use roasted unless called for. Roasted have a much different flavour and will not work in well in these recipes (especially for sweets). Don't forget to rinse cashews well before using. Blanched almonds work but have a different flavour and are not as creamy. I recommend buying large quantities of raw cashews and freezing them, see Azure Standard.

**Silk Soy Creamer:** Also called Silk Coffee Whitener in Canada. Comes flavoured or plain and is very creamy and sweet. Can be used to replace cream in recipes (will not whip). Use your favourite soy milk plus a little sweetener if unavailable. You can also use Cashew Cream for an alternative, see Milks.

**Soy Curls:** A whole food made from just soy beans, no additives or seasonings. [www.butlerfoods.com](http://www.butlerfoods.com) - For a dealer near you contact: Butler Foods (503) 879-5005 or email [dan@butlerfoods.com](mailto:dan@butlerfoods.com)

**Sweeteners:** Diabetes may lean toward Agave Nectar due to its low GI. Those with bowel, heart, or immune system disorders may want a natural sugar like raw sugar or honey. And Vegans will not choose honey, but rather maple syrup. I have done my best to give you a very brief description of each so you can choose for yourself.

**Agave Nectar or Syrup:** A natural juice from a cactus native to Mexico. It is 60 to 90% fructose which gives it a very low glycemic index – beneficial for diabetics. Agave not tested for the cautions mentioned under fructose, but as it is not refined it is unlikely to have the harmful side effects. Agave is not as sticky as honey and mixes well into other ingredients. Has a mild flavor and works well in various recipes. I quite like it. No aftertaste, sweeter than sugar, similar to honey. \* 1/2 cup agave nectar replaces 1 cup of sugar.

**Brown Rice Syrup:** A refined syrup from brown rice. Not as quite as sweet as maple syrup or honey, very thick and sticky. I use in place of corn syrup. \*use equal with corn syrup or honey

**Fructose:** This is extracted from various fruits. It acts very much like regular white sugar. It has a low glycemic index but care must still be taken to not overuse it, as studies show high quantities of refined fructose may lead to increased cholesterol, aggravating bowel problems, and liver issues. Be cautious. \* 3/4 cup fructose replaces 1 cup sugar

**Honey & Maple Syrup:** While not vegan, it is Biblical, however so it milk. Word of caution, bees are given antibiotics and so on. Maple syrup, not as sweet so you need more, can be substituted, but treat it as a liquid. Be sure to check on the brand as some companies use formaldehyde.

\* 2/3 cup honey replaces 1 cup sugar or visa versa (may need to adjust liquid)

\* 1 cup pure maple syrup replaces 1 cup honey (reduce liquid by 1/4 cup)

\* 1 cup pure maple syrup replaces 1 cup sugar (reduce liquid by 1/2 cup)

**Raw or Unbleached Icing Sugar:** This is an unbleached product found in many grocery stores. You can grind 1 cup raw sugar to a powder and add 1 tsp corn starch, or use regular icing sugar.

**Raw sugar:** Raw sugar is also called dried or evaporated cane juice. The “juice” is extracted from the sugar cane and dried, not bleached. The brown sugar in stores is regular sugar, bleached with molasses added back to it. You can get raw sugar in most grocery stores. Bleaching is harmful and devalues the nutrients in the sugar. Raw sugar can be used directly in place of regular sugar.

\* 1 cup raw sugar replaces 1 cup sugar

\* 1 cup raw sugar plus 1 tsp molasses = 1 cup brown sugar or Sucanat

**Stevia:** Unlike artificial sweeteners, stevia is simply the leaf of a herb. It is very sweet and leaves a bit of an aftertaste. It is excellent for diabetics as it has almost no carb's. It can be used in place of sugar or honey in many recipes. I use the white, but the green is good and less refined. Experiment! \*1 tsp green or 1/4 tsp white replaces 1 cup sugar, to taste (may need to add more flour). Will not work in ‘candies’.

**Sucanat:** This is dried cane juice with molasses added in. Some controversy as to how refined it is. The source I contacted said it is the cane ground up, thus less refined than raw sugar. Can use raw sugar with molasses; or Turbinado. \* 1 cup Sucanat or Turbinado replaces 1 cup brown sugar

**Tasty Brown Bouillon:** This is a replacement for “Beef Flavour.” See Blaney’s, or try our recipe.

**Tofu:** Tofu is rich in tryptophan & protein. Water packed tofu is made by cooking whole soybeans, adding a coagulant, and pressed into a mold. The liquid is pressed out. Be sure to cook this tofu to kill or reduce any bacteria that may be in the liquid, especially ‘bulk’ tofu. Silken tofu is made a bit different. A soymilk is made and coagulant added. It is poured into the box and sealed. Silken is very smooth with no ‘beany’ flavour and very useful in desserts. Silken does not need to be cooked.

### **Vegetarian Jel:**

1/2 cup agar agar powder (not flakes)

1/2 cup organic cornstarch

1/4 cup raw sugar

Combine well and store in airtight container. Use 1 Tbsp per 1 1/2 cups of liquid for med-firm. Directions: Wisk Jel into 1/2 cup of liquid from the recipe, bring to a boil, boiling 1 min, and add to recipe. Blend just until mixed and chill. You can also use commercial Kosher Jel. See - Vegan Sweets: [www.vegansweets.com](http://www.vegansweets.com).

**Water:** Very essential to health. Drink 6 to 10 glasses per day. Half your weight in pounds = how many oz of water to drink, i.e.: If you're 150 pounds, drink 75 oz of water.

**Zesty Sprinkles:** Our version of a Parmesan substitute. In cookbooks Vol. 3, 5, and 6.

# The Vegan Vegetarian Cooking School

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- Lesson 13 - Cake decorating for vegans
- BONUS Lesson - Cooking vegetarian with children.



## ABOUT THE DIRECTOR:

*Having graduated from Total Health School of Nutrition in Calgary, Alberta, Angela Poch is well versed in creating and adapted recipes. After publishing seven cookbooks, she did cooking shows on 3ABN an international TV network.*

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Thank you for watching our program.