

Bean and Sausage Stew

1# Echarich smoked sausage cut into ¼ inch rounds or something similar

Add 1 cup of each of the following: celery, 1 cup frozen Lima beans, onions and peppers-precooked in the microwave or on stovetop

1 cup packed brown sugar

2 tbsp. dry mustard

Add: 1 can yellow wax beans, 1 can green beans, 1 can kidney beans, 1 can pinto beans, and 1 can white beans, all drained

Canned pork and beans, NOT drained

1 can of tomato soup-I use Progresso Hearty Tomato-plus 1 can water

1 sm. can tomato paste

Blend together and cook on high in Crockpot until serving time.

Recipe submitted by Marty Oakley, adapted from a recipe from my friend

Bonnie Mathies, Dayton, OH

Bread is a Harvest Grain Oval from Meijer.

Java Bean Salad ^{marion} Talip

2 cans Java Beans (drain + rinse)
diced onions ($\frac{1}{2}$ of a small one)
2 diced Tomatoes
1-2 cups chopped fresh parsley
1 Tbsp. dried mint
S/P
lemon juice
olive oil (Food Indemis)

Mix all of
above + serve.

Naan with Greens and Beans

L. Hoffman

1 pc. Naan* approx. 7" x 9"

- 0z. spinach, kale, arugula, orchard-blanch, chop fine
3-4 oz. labné or mixture of cream cheese + yogurt
 $\frac{1}{2}$ c. chick peas or N. beans, rinsed + drained
 $\frac{1}{4}$ - $\frac{1}{2}$ c. walnuts and feta or queso fresco, optional
olive oil and/or balsamic drizzle to taste

Top naan with thin layer of labné. Pull spinach into pieces if blanched or chop thinly if fresh. Sprinkle over labné. Top with chopped nuts, cheese, and drizzle of good olive oil.

* Pita, or chibatta, slices can be used. Serve bread on the side with ingredients layered on serving plate.

** Vary toppings with dried or roasted tomatoes, olives, pesto, fresh herbs, diced peppers, roasted sweet potato cubes, or fruit-nuts-honey as dessert

Lima Bean BBQ

2# baby limas cooked and reserve 2 c cooking liquid

1/2 # bacon browned and broken

1 c chopped onion

2 sm pieces garlic chopped finely

2 Tbsp dry mustard

1 tsp salt

1 Tbs Worcestershire sauce

1 Tbs Chili Powder

2 cans tomato soup

1/2 cup white vinegar

2 Tbs brn sugar

Mix all ingred together and bake in greased baking dish at 325 for 1 1/2 hrs.

Sheila B

Brussel Sprout and Kale Salad

12 oz. fresh Brussel sprouts

$\frac{2}{3}$ bunch of Kale

1 cup brown rice cooked

$\frac{1}{2}$ cup raisins

$\frac{1}{2}$ cup pecan pieces

Garlic expressions salad dressing

Clean Brussel sprouts and kale. Take the large veins from the kale. In a food processor shred the Brussel sprouts and kale.

In a large bowl add the Brussel sprouts, kale, cooked brown rice, raisins and pecan pieces. Toss with Garlic expressions salad dressing. Amount may vary depending on taste preference.

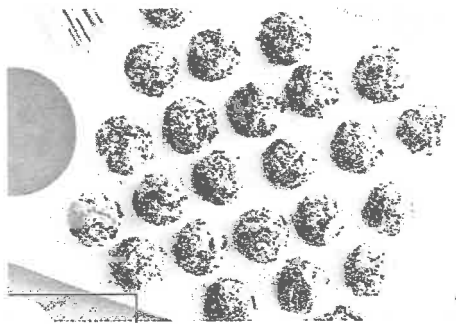
Sharla Cook

*yield approx
7 cups*

Lentil “Meatballs” with Marinara

By Darshana Thacker, January 24, 2019 *Forks Over Knives*

Prep-time: 30 minutes / Ready In: 1 hour. Makes 36 meatless meatballs.



Bread crumbs add a crispy outer layer to these meatless meatballs, which feature a tender medley of lentils, mushrooms, and rice at their center. For a hearty handheld appetizer, serve on toothpicks with your favorite oil-free marinara on the side for dipping. Note that this recipe calls for cooked brown rice, so be sure to have that ready ahead of time.

Ingredients

- 8 ounces button or cremini mushrooms, trimmed and cut into ¼-inch dice (3 cups)
- 1 small onion, cut into ¼-inch dice (1 cup)
- 3 cloves garlic, minced

- 1 (15-ounce) can low-sodium brown lentils, rinsed and drained (1½ cups)
- 1 cup cooked brown rice
- 2 tablespoons no-salt-added tomato paste
- 1 tablespoon nutritional yeast
- 1 teaspoon dried oregano
- 1 teaspoon onion powder
- ¼ teaspoon sea salt
- ⅛ teaspoon freshly ground black pepper

- ¼ cup whole wheat flour or any whole grain flour
- ½ cup whole wheat bread crumbs
- 1 cup store-bought oil-free marinara sauce, warmed

Instructions

1. In a skillet over high heat, cook the mushrooms, onion, and garlic, stirring frequently to keep the vegetables from sticking to the pan. As the vegetables start to char, reduce the heat to medium and cook for 10 minutes, stirring occasionally. The mushrooms will release some water as they cook, so you won't need to add any moisture.
2. Stir in the lentils, rice, tomato paste, nutritional yeast, oregano, onion powder, salt, and pepper. Mix well. Stir in the flour, mixing well. Remove skillet from heat and transfer mixture to a baking sheet to cool for 10 minutes.
3. Preheat the oven to 370°F. Line a separate baking sheet with parchment paper. Place breadcrumbs in a shallow bowl.
4. Scoop up 1 tablespoon of the mixture and hand-roll it into a ball. Roll the ball in breadcrumbs to coat completely, then place it on the prepared baking sheet. Repeat with remaining lentil mixture and breadcrumbs.
5. Bake for 20 minutes, or until lightly brown and crispy.
6. Meanwhile, puree the marinara to a smooth consistency and heat it up in a saucepan.
7. Arrange baked meatballs on a serving platter, and serve with warmed marinara on the side for dipping.