

3ABN Recipes

Recipes from *3ABN Presents*, January 29, 2003 (show 02061)

Crockpot Cereal

1 c. whole grain (try 3 together)
3 c. water
1/2 tsp. salt

1. Cook overnight in a one quart crockpot.
2. Add dried fruit after cooking if desired.
3. Serve with granola, ground flaxseed and soymilk.

Barbara Watson

Pita Chips

1 pkg. whole wheat pita bread

Preheat oven to 125 degrees.

1. Slice pita bread into triangles, or cut with scissors.
2. Separate to single thickness.
3. Pile onto a cookie sheet and bake at 125 degrees overnight.
4. Serve with chili, hummus, guacamole, onion dill dip, pudding, or frozen non-dairy dessert like strawberry smoothies.

Barbara Watson

“No Alarm” Chili Powder

8 bay leaves
1/2 c. paprika
1/4 c. parsley flakes
1 tsp. garlic powder
1 1/2 Tbsp. onion powder
1 1/2 Tbsp. sweet basil
4 tsp. oregano leaves
1 1/2 tsp. cumin

1. Blend all ingredients in dry blender.
2. Store in air-tight container.

Barbara Watson

Chili

- 1 c. chopped onion
- 1 c. diced green pepper
- 1 c. vegeburger, canned or frozen or rehydrated bulgur wheat
- 1 26.5 oz. can non-chunky style spaghetti sauce
- 1 16 oz. can dark red kidney beans, drained and rinsed
- 1 14.5 oz. "No Alarm" chili powder or to taste
- 3/4 c. water

1. Steam onion and green pepper in small amount of water in large saucepan.
2. Add remaining ingredients and bring to a boil.
3. Turn down and simmer a few minutes.
4. Serve over brown rice, baked potato, or in a bowl with whole wheat bread or crackers.

Barbara Watson

Baked Brown Rice

- 3 c. brown rice
- 6 c. water
- 1 tsp. salt

1. Blend all ingredients in dry blender.
2. Store in air-tight container.

Barbara Watson

Seasoned Tofu

- 1 lb. fresh tofu, firm
- 2 Tbsp. lite soy sauce or Bragg's Liquid Aminos

1. Break up tofu into bite-sized pieces in non-stick skillet.
2. Sprinkle with soy sauce.
3. Cook while stirring often over medium heat until firm and beginning to brown.

Barbara Watson

Dill Dressing

1/2 c. raw sunflower seeds
1/2 c. hot, cooked brown rice
1 c. water
1/3 c. lemon juice
3/4 tsp. salt
1 1/2 tsp. onion powder or 1 1/2 Tbsp. fresh onion
1/2 tsp. garlic powder or 1 clove garlic
1/2 tsp. dillweed

1. Combine all ingredients and blend until smooth.

Barbara Watson

Soy Curls & Rice

1/2 c. dry soy curls
1 c. water
1 tsp. chicken-style seasoning or salt
1/2 c. chopped onion
1/4 c. diced red pepper
1/4 c. frozen peas
1 1/2 c. cooked brown rice
1 tsp. olive oil (optional)
1 Tbsp. Bragg's Liquid Aminos or Lite Soy Sauce
1/2 tsp. Vegesal or salt to taste
1/3 c. toasted slivered almonds

1. Place soy curls, water, and seasoning in saucepan and bring to boil.
2. Simmer 5 minutes.
3. Steam onion and red pepper in 1/4 cup water for 5 minutes.
4. Add frozen peas and steam 1 more minute.
5. Add rice, olive oil and seasoning and almonds.
6. Toss and serve.

Barbara Watson

Healthy Melty Cheese

1/4 c. raw cashews
4 oz. jar pimento, drained
1 Tbsp. lemon juice
1/4 c. nutritional yeast flakes
2 Tbsp. tahini
1 tsp. onion powder
1 tsp. garlic powder
1/2 c. cornstarch
1 1/4 tsp. salt
2 1/2 c. water

1. Bring 1 1/2 cups of water to boil in a saucepan.
2. Liquify the remaining ingredients including the remaining cup in blender.
3. Pour blended mixture into boiling water and continue to cook until thick.
4. Serve immediately.

Barbara Watson

Carob Fudge Sauce

3 Tbsp. carob powder
3/4 c. water
1/2 c. dates
1 Tbsp. peanut or almond butter
1 tsp. vanilla
1/8 tsp. salt
1 tsp. Postum or other instant coffee substitute

1. Heat carob powder, water and dates until dates are soft and carob and water become glossy.
2. Combine this mixture with remaining ingredients in blender and blend until smooth.
3. Store in refrigerator or freezer.
4. For a Carob Mint Sauce, add 1/4 tsp. peppermint flavoring or 3 drops peppermint oil.

Barbara Watson

