3ABN Recipes

Recipes from 3ABN Presents, January 8, 2003 (show 02080)

Russian Eggplant & Tomatoes

2 fresh eggplants (2-3 inches in diameter) small tomatoes fresh basil olive oil

- 1. Peel eggplants and cut into thin slices.
- 2. Sprinkle with salt and dip into flour.
- 3. Fry in small amount of olive oil until tender.
- 4. Put slices on serving platter and top with a slice of tomato and a piece of fresh basil.

Cinda Sanner

Harvest Vegetable Stew

1 lg. onion, chopped

1 clove garlic, chopped

1 Tbsp. olive oil

1 lg. carrot, chopped

3 c. butternut squash, peeled & cubed

3 c. sweet potato, peeled & cubed

1/2 c. chopped sweet red pepper

5 c. water

6 tsp. McKay's Chicken Style Instant Broth & Seasoning

1/2 c. quick cooking barley

1/2 tsp. dried thyme

1/4 tsp. cayenne pepper

1 lg. tomato, seeded & chopped

- 1. Sauté onion and garlic in oil.
- 2. Add carrot, squash, sweet potato and red pepper.
- 3. Sauté 5 minutes longer.
- 4. Stir in the broth, barley, thyme, & pepper.
- 5. Bring to a boil.
- 6. Reduce heat; cover and simmer for 10 minutes or until barley is tender.
- 7. Add the tomato and heat through.

Cinda Sanner

Russian Cole Slaw

Slaw:

- 1 c. Florida Crystals Pure Milled Cane Sugar
- 3 lbs. shredded cabbage
- 2 sweet red peppers, diced
- 3 stalks celery, finely diced

Dressing:

- 1 c. apple cider vinegar
- 1 c. canola oil
- 1 Tbsp. salt
- 1 Tbsp. red pepper
- 1 Tbsp. prepared mustard
- 1 Tbsp. celery seed
- 1. Mix milled cane sugar, shredded cabbage, red peppers, and celery together and set aside.
- 2. Add all dressing ingredients together in a saucepan and bring to a boil.
- 3. Remove from heat and cool to room temperature.
- 4. Pour over cabbage mixture and mix well. This keeps for about 2-3 weeks in the refrigerator.

Cinda Sanner

Borsch

- 1 med. onion, diced
- 2 Tbsp. olive oil
- 2 c. shredded cabbage
- 1 c. diced carrots
- 2 med. potatoes, diced
- 4 med. beets, peeled & diced
- 1 qt. tomatoes
- 6 c. water
- 6-7 bouillon cubes
- 1 can kidney beans
- 1. In a large soup pot, sauté diced onions in 2 tablespoons of olive oil.
- 2. When tender and clear, add all the other ingredients except for the potatoes.
- 3. Bring to a boil then turn down on low.
- 4. When beets and carrots are almost tender, add potatoes.
- 5. Cook until potatoes are tender. Serve hot!

Brenda Walsh

Tatyana's Meatballs

- 1 med. onion, diced
- 2 Tbsp. olive oil
- 1 tsp. garlic
- 2 1/2 c. chopped walnuts
- 1 c. shredded soy cheese
- 2 Tbsp. parsley
- 3 c. oats
- 1 tsp. salt
- soy milk
- 2 c. dried bread crumbs, finely ground
- 1. Sauté diced onion in 2 tablespoons olive oil until clear and tender.
- 2. Pour into large mixing bowl, adding all other ingredients except bread crumbs, oil, and soy milk.
- 3. Mix well, then add just enough soy milk to moisten to a dough consistency where it just holds together. You do not want it too wet! If you get too much, add a little of your dried bread crumbs to mixture.
- 4. Shape into 1 inch balls and roll in dried bread crumbs.
- 5. Sauté breaded meatballs in olive oil till nicely browned.
- 6. Drain on paper towels to absorb excess oil.
- 7. These can be made ahead of time and frozen. Serve hot!

Brenda Walsh

Saffron Rice Spectacular

- 3 c. uncooked rice
- 1-2 saffron threads
- 2 tsp. tumeric
- 2 1/2 tsp. salt
- 4 1/2 c. water
- 1 flour tortilla
- 1 Tbsp. olive oil
- Combine all ingredients in rice cooker.
- 2. Cook until rice is almost tender.
- 3. In large pan or pot, place 1 tablespoon olive oil and cover with flour tortilla.
- 4. Pour rice on top of tortilla.
- 5. Place on low heat and continue cooking until rice is tender.
- 6. Turn rice onto serving bowl and top with cooked tortilla.
- 7. Tortilla should be nicely browned and golden. Serve hot!

Brenda Walsh

