3ABN Recipes

Recipes from 3ABN Presents, February 19, 2003 (show 03011)

Vegetable Bean Soup

1/4 c. water

1 c. chopped celery

1 c. chopped carrots

1/2 c. chopped green pepper

1/4 c. chopped onion

1 clove garlic, minced

2 16 oz. cans diced tomatoes, with liquid

1 15 oz. can red kidney beans, drained

1 bay leaf

1 tsp. salt (opt.)

1/2 tsp. basil

1/2 tsp. oregano

1/2 tsp. cumin

1/4 tsp. red pepper flakes (opt.)

2 tsp. chili powder (opt.)

- 1. Braise celery, carrots, green pepper, onion, & garlic in water.
- 2. Add all other ingredients and simmer for about 15 minutes.

This is great to serve as a soup, over brown rice, mixed with cooked pasta or stuffed in a pita bread or rolled in a tortilla shell.

Evelyn Cole Kissenger

Easy Tofu

- 1 lb. pkg. water packed tofu, drained
- 1 onion, diced
- 1 Tbsp. liquid aminos
- 3 Tbsp. nutritional yeast
- 1/4 c. water
- 1. Braise diced onion in water.
- 2. Drain water from tofu.
- 3. Dice or slice tofu.
- 4. Place tofu in pan with onion and brown.
- 5. Add liquid aminos and nutritional yeast as tofu is cooking.

Stir "Fry" Vegetables

onion, sliced or diced

carrot, diced

broccoli florets

summer squash

zucchini

favorite seasonings

- 2 Tbsp. water
- 2 Tbsp. Liquid Aminos
- 2 Tbs. arrowroot
- 1. Place 2 tablespoons of water in wok or skillet.
- 2. Place chopped onion and chopped carrot in pan. You may need to add a small amount of water to keep from scorching.
- 3. Cook for 1-2 minutes.
- 4. Add broccoli and cook for 1-2 minutes.
- 5. Add summer squash and zucchini. Add drops of water as needed to keep from burning.
- 6. Season with your favorite herbs and spices.
- 7. Cook until tender but still crisp.
- 8. In separate container mix water, Liquid Aminos, and arrowroot.
- 9. Stir sauce into cooked vegetables.
- 10. Cook until sauce is thickened.

Evelyn Cole Kissenger

Tempeh

1/2 tsp. olive oil tempeh

liquid aminos

- 1. Spray pan with non-stick cooking spray or add a small amount of olive oil.
- 2. Cut tempeh into cubes or strips and place into pan.
- 3. Sprinkle with liquid aminos as you brown the tempeh.
- 4. Add drops of water to keep from sticking.
- 5. Brown and serve.

Evelyn Cole Kissenger

Oven Brown Rice

4 c. water

2 c. rice

1/2 tsp. to 1 tsp. salt

Preheat oven to 350 degrees.

1. Place in casserole dish and bake for 1 to 1 1/2 hours.

Evelyn Cole Kissenger

Alfredo Tofu Pasta Sauce

- 10.5 oz. pkg. soft tofu
- 1/2 c. water or soymilk
- 1 to 2 cloves garlic
- 1 Tbsp. olive oil
- 3 Tbsp. nutritional yeast
- 1 tsp. salt
- 1 tsp. onion powder
- 1 tsp. basil
- 1 Tbsp. dried parsley
- 1. Place all ingredients in a food processor and blend until creamy.
- 2. Warm in pan over medium heat.
- 3. Serve over a hot pasta of your choice.

Evelyn Cole Kissenger

Tofu Shake

- 1 c. soymilk or fruit juice
- 1 pkg. silken tofu
- 1 banana, frozen
- favorite fruits
- honey
- 1 tsp. vanilla (opt.)
- 1. Add soymilk or your choice of fruit juice to blender with tofu and blend.
- 2. Add frozen banana and blend.
- 3. Add more liquid if a thinner consistency is desired.
- 4. Add fruit and blend.
- 5. Sweeten as desired and blend.

Evelyn Cole Kissenger

Oven Oatmeal

- 1 c. water
- 1/3 c. steelcut oats

Preheat oven to 350 degrees.

1. Place in casserole dish and bake at 350 for about 1 hour until oats have absorbed water and are tender.

Makes one serving. Use proportions to make desired amount. If you have a time bake oven, you may place covered cereal and water in the oven the night before and set timer to start oatmeal an hour before you get up. You will wake up to breakfast cooking. It's warm and delicious.

Evelyn Cole Kissenger

