



Black Bean Salsa Soup

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6 15 oz cans of Black Beans, Drained and Rinsed
4-1/2 cups Vegetable Broth
3 Cups Chunky Salsa
1 Tablespoon Ground Cumin
3/4 Cups Sour Cream
1/4 cup and 2 Tablespoons thinly sliced green onions

In a electric food processor or blender, combine beans, broth, salsa, and cumin. Blend until fairly smooth. Heat the bean mixture in a sauce pan over medium heat until thoroughly heated. Ladle soup into individual bowls, and top each bowl with 1 tablespoon of sour cream and 1/2 tablespoon of green onion.

Recipe by Linda Mockenhaupt



Faux Sloppy Joes

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2 tablespoons Olive Oil
1 large Onion Diced
4 cloves of Garlic (peeled and sliced)
1 tablespoon of Dried Oregano
3 Tablespoon of Brown Rice Vinegar
32 oz of Tomato Juice
2 14.5 oz cans of Diced Tomatoes
1 6 oz can of Tomato Paste
2 tablespoons of Worcestershire Sauce
1 teaspoon of Spicy Mustard
2-3 cups of Textured Vegetable Protein (TVP)
Salt and Pepper to Taste
2 Cups of Shredded Mozzarella Cheese
Eight hamburger Buns

Heat olive oil in a large saucepan over medium heat. When the oil is shimmering, add the onion, garlic and oregano. Sauté until the vegetables are tender. Add the brown rice vinegar and boil to reduce by half (about 3 minutes). Add the tomato juice, 2 cans of diced tomatoes, salt, pepper, Worcestershire sauce, spicy mustard and bring to a low boil. Simmer for 15 minutes and then add the TVP. Stir the mixture until the TVP is thoroughly softened, and the liquid is absorbed. Stir in the tomato paste and serve on toasted hamburger buns and top with shredded cheese.

Recipe by Clarissa Henmueller



Green Beans Romano

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2 16 oz cans of Green Beans, Drained
2 medium Tomatoes, Sliced very thin
8 oz Shredded Mozzarella
1/2 tsp Salt
1/2 tsp Oregano
2 Tbs Minced Onion
4 Tbs. Melted Butter

Place green beans in a 9x13 pan. Place tomatoes over beans, drizzle melted butter on top and then sprinkle on seasonings and onions. Top with shredded cheese. Bake at 350 degrees for 25 to 30 minutes.

Recipe by Kathi Kuhlman



Lasagna Roll-ups

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- 9 Lasagna Noodles
- 1-15oz Ricotta Cheese
- 1-10oz Package Frozen Chopped Spinach, Thawed and Well Drained
- 1 cup Shredded Mozzarella Cheese
- 1 Egg Slightly Beaten
- 1-26 oz. Jar pasta Sauce

Cook pasta according to package directions. Preheat oven to 350 degrees. In a medium bowl, combine ricotta, Spinach, Mozzarella, Parmesan and egg. Spread about 1/3 cup cheese mixture on each pasta noodle and then roll up. Pour 1/2 cup pasta sauce into bottom of 4-1/2 qt lasagna dish. Arrange pasta rolls, seam-side down in dish. Top with remaining Sauce. Cover with aluminum foil and bake for 35 minutes or until hot.

Recipe by Kristin Wirth



Organic Vegetable Soup

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- 1 medium Yellow Onion— Diced
- 2-3 Carrots-peeled and diced
- 2-3 Celery Stalks- Diced
- 2-3 Garlic Cloves—Chopped
- 2 Zucchini— Diced
- 1 Lbs. Fingerling Potatoes—Diced
- 1 Can Garbanzo Beans—Drained
- 1 Bunch of Italian Parsley—Chopped
- 1 28 oz Can Peeled Tomatoes—Drained and Chopped (must Retain the Liquid)
- 1 32 oz Carton of Organic Vegetable Broth

In a large stock pot, heat olive oil over medium heat and sauté onions, carrots, and celery for 3-5 minutes. Add garlic, sauté for additional minute. Season with 1 tablespoon salt and 1 tablespoon pepper, Sauté for another minute.

Add Potatoes, Zucchini, and garbanzo beans and sauté for 3-5 more minutes. Add chopped tomatoes and retained liquid, box of vegetable broth and stir to combine. Turn heat low and simmer for 30 minutes. Add chopped parsley and serve.

Serve or let cool and refrigerate for 2-3 days.
Can also be frozen.

Recipe by Beth Stencil



Vegetable Stifado

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1 Medium Onion, Chopped
3 garlic cloves, Minced or pressed
2 Tbs. Olive Oil
1 Lg Potato
1 Medium Eggplant
1-28oz Can Undrained Canned Tomatoes
1-1/2 cups Water
1 Teas Salt
1 Teas Rosemary
1 Medium Zucchini or Yellow Squash
1 Bell Pepper
1 Cup Frozen Sliced Okra (optiol)
Juico of 1 Lemon
1 teas Dill
Ground Black Pepper to Taste

Feta Cheese

In a large pot, Saute onions and garlic in oil over medium heat until softened. Cut Potatoes into 1/2 inch cubes and add to pot. Cut eggplant into 1 inch cubes. Add eggplant and juice from tomatoes, Setting aside the tomatoes. Stir in the water, salt and rosemary. Bring stew to a boil, reduce heat and simmer, covered for about 10 minutes. After the first 10 minutes, stew can be simmered uncovered.

While the stew simmers, Cut squash into 1 inch cubes and the bell pepper in 1 inch pieces. When the potatoes are just beginning to soften, add squash and bell pepper and continue to cook for 5 minutes. Coarsely chop the reserved tomatoes and add them to the pot, along with okra, lemon juice and dill. Add black pepper.

Serve over rice and top with feta cheese.

Recipe by Kristin Wirth



Lentil Chili

Vegetarian Lentil Chili

1 tablespoon Olive Oil
1 tablespoon Butter
4 cups Chopped Onion
1 bulb Garlic Cloves, Chopped
1 16 oz package of dry lentils
1 6 oz can Tomato Paste
1 14.5 oz can Crushed Tomatoes
2 quarts Water
2 tablespoon Chili Powder
1 Tablespoon Cumin
1 dash Paprika
Salt to Taste
Black Pepper to Taste
2 Cups Sliced Carrots
2 Cups Sliced Celery

Heat the olive oil and melt the butter in a large pot over low heat. Stir in the onion and garlic, and cook until tender. Mix in the lentils, tomato paste, and crushed tomatoes. Pour in the water. Season chili with chili powder, cumin, paprika, salt, and pepper. Bring to a boil. Reduce heat to low, cover, and simmer 30 minutes, stirring occasionally. Mix carrots and celery into the chili. Continue cooking 20 minutes over low heat, until the lentil, carrots, and celery are tender.

Recipe by Linda Mockenhaupt