

BLACK BEAN BURRITO

- 1 15-oz. can black beans, drained
- 1/4 cup salsa
- 3 Tbsp. uncooked bulgur wheat
- 4 flour tortillas
- 1 cup shredded lettuce
- 1 tomato, diced

In a saucepan, combine the black beans, salsa, and bulgur and simmer gently for 5 minutes, stirring occasionally. Remove from the heat, cover, and let stand for 5 minutes. In skillet, heat tortilla until warm. Spread mixture down the center. Top with the lettuce, tomato, and additional salsa if desired. Roll to form a burrito.

SHEPHERD'S PIE

Potato Layer

- 6 medium potatoes
- 3/4 cup soy milk
- 2 Tbsp. olive oil or soy margarine
- 3/4 cup grated soy cheese
- Salt and pepper to taste

Lentil Layer

- 1 1/2 cup dry lentils
- 2 Tbsp. olive oil
- 2 large onions, chopped
- 2 cloves garlic, finely chopped
- 3/4 cup beef flavored textured vegetable protein (tvp) chunks
- 2 cups fresh or canned tomatoes, diced (if canned, drain)
- 2 tsp Bragg liquid amino
- 1/2 tsp dried thyme
- 1 cup frozen peas
- paprika

Cook lentils according to package directions. Meanwhile, cook potatoes in boiling, salted water for 20 minutes or until tender. Drain well. Preheat oven to 400 degrees Fahrenheit. Saute onions and garlic in skillet until tender. Stir in cooked lentils. Add tomatoes, Braggs, thyme and peas. Mash drained potatoes with soy milk, olive oil /margarine, and soy cheese. Season to taste.

Pour lentil mixture into a large casserole dish. Smooth mashed potatoes over top. Sprinkle with paprika and make in preheated oven for 30 minutes. Bake in preheated oven for 30 minutes.

PEANUT BUTTER GRANOLA APPLE CRISP

- 3 pounds apples, cored and sliced
- 1 cup apple juice concentrate
- 2 teaspoons cinnamon
- 1/2 teaspoon nutmeg
- 2 tablespoons cornstarch
- 3 cups granola
- 1/2 cup natural peanut butter

Mix cornstarch with 2 tablespoons of juice concentrate. Place apples, remaining juice concentrate and spices in saucepan and cook for 3 minutes. Add cornstarch mixture and stir. Allow to cook until it thickens. Pour into casserole dish coated with non-stick spray. Mix granola and peanut butter. Sprinkle on top of apple mixture. Bake at 350 degrees for 20 minutes.

LIFE MORE ABUNDANT

25 N. Lansdowne Avenue Lansdowne PA 19050
610-259-0101; www.lifemoreabundantpa.com