



Free Vegetarian Cooking Class

September 30, 2010

Chili Linkettes

- 1 tablespoon olive oil
- 1/2 medium onion, chopped
- 2 bay leaves
- 1 teaspoon ground cumin
- 2 tablespoons dried oregano
- 1 tablespoon salt
- 1 stalk celery, chopped
- 1 green bell pepper, chopped
- 1 jalapeno pepper, chopped
- 3 cloves garlic, chopped
- 1 package Morningstar Meal Starter (sausage flavor)
- 1 (28 ounce) cans whole peeled tomatoes, crushed
- 1 tablespoon chili powder
- 1 tablespoon cumin
- 4 cups cooked red kidney beans

Heat the olive oil in a large pot over medium heat. Stir in the onion, and season with bay leaves, cumin, oregano, and salt. Cook and stir until onion is tender, then mix in the celery, green bell pepper, jalapeno pepper, and garlic. When vegetables are heated through, mix in the Meal Starter. Reduce heat to low, cover pot, and simmer 5 minutes.

Mix the tomatoes into the pot. Season chili with chili powder and pepper. Stir in the kidney beans. Bring to a boil, reduce heat to low, and simmer 45 minutes.

Split and grill linkettes. Place in whole grain hot dog bun and top with chili. May garnish with shredded cheese.

Chickette Cheez Steak

- 1 tablespoon olive oil
- 1 Chickette roll, sliced
- 1 red onion, sliced
- 1 green pepper, cut into strips

Pour olive in skillet and allow to heat. Add chickette slices with vegetables and allow to cook until they turn brown on the edges. Serve on whole grain roll and top with Cashew Cheez.

Cashew Cheez

- 1 cup water
- 1/2 cup pimento
- 1/4 cup yeast flakes
- 1 1/2 teaspoon salt
- 1 cup raw cashews
- 1/3 cup lemon juice
- 2 tablespoons sesame seeds (optional)
- 1 teaspoon. onion powder
- 1/8 teaspoon garlic powder

Whiz in blender until smooth.

Pepper Steak with Onions & Mushrooms over Bulgur Wheat

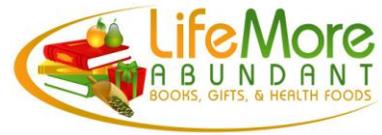
- 1 tablespoon olive oil
- 1 package pepper steak, cut into strips
- 1 onion
- 1 red pepper and 1 green pepper
- 1 cup sliced mushrooms (optional)
- 1 1/2 cups bulgur wheat
- 2 1/2 cups water
- 2 teaspoons Spike
- 1 tablespoon Bragg liquid aminos

Saute onions, peppers, and mushrooms in olive oil. Add steak and continue to cook until heated.

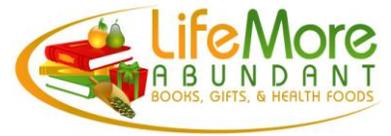
Boil water with Spike and liquid aminos in sauce pan. Add bulgur wheat and continue to cook until all the liquid is absorbed. Spoon bulgur wheat on plate and top with pepper steak.

Killer Hummus

- 3 cups garbanzo beans, drained with 1/4 cup of reserved liquid
- 3 tablespoons tahini
- 4 cloves garlic-minced
- 1/2 cup fresh lemon juice



- 3 tablespoons Bragg liquid amino
- 1 tablespoons ground cumin
- 1/8 teaspoon red pepper
- 1/2 teaspoon chili powder
- 1/8 cup dried parsley



Place all ingredients in a food processor and process until smooth. Add additional liquid from garbanzo beans as desired to reach desired consistency. Chill overnight.