



## Free Vegetarian Cooking Class

### March 2011

#### QUINOA CHILI

- 1 tablespoon [olive or grapeseed oil](#)
- 2 [yellow onions](#), diced
- 2 stalks [celery](#), diced
- 2 [carrots](#), peeled, diced
- 1 [red bell pepper](#), seeded, diced
- 4 [cloves garlic](#), minced
- 2 tablespoons [cumin powder](#)
- 1 tablespoon chili powder
- 28-oz can [diced tomatoes with juices](#)
- 2 cups [vegetable stock](#) or water
- [salt](#) & [cayenne pepper](#)
- 1 cup [quinoa](#), rinsed well
- 1 cup cooked pinto beans
- 1 cup cooked kidney beans
- 1 cup cooked red beans
- 1 cup corn (optional)

In large, deep saucepan, heat oil over medium. Add onion, celery, carrots, bell pepper and garlic. Cook stirring, until vegetables are softened, about 7 minutes. Add chili and cumin powder. Cook stirring, 1 minute. Add tomatoes with juices and stock or water. Bring to boil. Season to taste with salt and pepper. Add quinoa, beans and corn. Cook stirring until mixture returns to boil. Reduce heat to low and simmer until quinoa is tender about 25 minutes.

#### PEPPER STEAK WITH MARINARA SAUCE OVER PENNE PASTA

- 1/2 cup olive oil
- 4 cloves garlic, thinly sliced
- 1 large onion, sliced
- 1 red and 1 green pepper, sliced
- 28-ounce can diced tomatoes, undrained
- 1/4 teaspoon red pepper flakes
- 1 1/2 teaspoons dried oregano
- 1 teaspoon salt
- [Vegetarian Pepper Steak](#), sliced
- 1 lb. penne pasta, cooked
- 1/2 cup black olives, halved
- 1/2 cup torn fresh basil leaves

Heat the oil in a large saucepan over medium heat. Add the garlic, onion, and peppers and cook for about 1 minute. Add the tomatoes and their juices, red pepper, oregano, and salt. Bring to a boil. Add pepper steak and reduce heat to medium-low and until the sauce thickens slightly, about 20 minutes. Remove from heat. Add the olives and basil.

Cook the penne according to the package directions. Drain and divide among individual plates. Spoon the sauce over the top.

#### QUINOA BLACK BEAN AND CORN SALAD

- 1 1/2 cups [quinoa](#)
- 1 1/2 cups cooked black beans
- 1 1/2 tablespoons fresh lemon juice
- 1 1/2 cups frozen corn, thawed
- 1 plum tomato, diced
- 1/4 cup red onion, minced



- 1/4 cup scallion, chopped
- 3/4 cup finely chopped green bell pepper
- 2 jalapeño peppers, seeded and minced
- 1/4 cup finely chopped fresh coriander
- 5 tablespoons fresh lime juice, or to taste
- 1 teaspoon salt
- 1 1/4 teaspoons cumin
- 1/3 cup olive or grapeseed oil

Rinse quinoa well. Boil 3 cups of water and add quinoa. Allow to cook for 12 minutes until all the water is absorbed. While quinoa is cooking, add remaining ingredients to a large bowl. Allow quinoa to cool and add to bean vegetable mixture.

### PUMPKIN BREAD

- 2 cups canned pumpkin
- 1/2 cup oil
- 3/4 teaspoon cinnamon
- 2 cups Florida Crystals
- 1/2 teaspoon pumpkin spice
- 3/4 teaspoon salt
- 2 teaspoons baking soda
- 1/2 cup chopped pecans
- 2 1/2 cups flour (1/2 unbleached and 1/2 whole wheat pastry)
- 1/2 cup raisins (optional)

Mix all ingredients together beating until smooth. Fill greased and floured bunt pan. Bake 1 hour and 30 minutes in a 350 degree oven.

### PUMPKIN CORNBREAD

- 3/4 cup unbleached + 3/4 cup whole wheat pastry flour
- 1 can pumpkin puree
- 1 cup cornmeal
- 1/2 cup soy milk
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 4 tablespoons soy margarine
- 3/4 cup walnuts

Preheat oven to 350 degrees. Combine and mix flour, cornmeal, sugar, baking powder and spices into a bowl. Whisk pumpkin puree, eggs, butter, and milk in a separate bowl. Pour mixture into the first bowl, mixing well. Blend in walnuts. Grease a 9" X 5" pan. Pour batter into the pan. Bake for 50 - 60 minutes. Test with a toothpick, to see if it is done.

### PUMPKIN PUDDING

- 1/2 cup Florida Crystals
- 2 tablespoons cornstarch
- 1/2 cup of pumpkin puree
- 1 & 3/4 cup soy milk (either plain or vanilla)
- pinch salt
- 1/8 teaspoon cinnamon
- 1/4 teaspoon allspice (or pumpkin pie spices)
- Soy whipped cream
- Handful walnuts chopped and 1 tablespoon maple syrup as optional garnish

Combine the sugar and cornstarch in a small bowl. In a medium saucepan, heat the soy milk carefully, stirring constantly to make sure it does not scald. Add the sugar and cornstarch mixture and stir well to mix. Add the pumpkin puree and stir well. Add the seasonings, salt and vanilla as well as spices. As the mixture becomes thick and bubbly, stir well, and remove from the heat. Pour into 4 parfait glasses. Place in the refrigerator to chill for half an hour to 2 hours.



Garnish the pudding with a dollop of soy whipped cream.

### PUMPKIN MUFFINS

- 1 3/4 cups all-purpose flour
- 1 1/4 cups sugar
- 1 tablespoon baking powder
- 1/4 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground allspice
- 1/8 teaspoon ground cloves
- 1 cup pureed pumpkin
- 1/2 cup soy milk
- 1/2 cup vegetable oil
- 2 tablespoons molasses

Preheat oven to 400°F. Lightly grease a twelve-muffin tin. Sift together flour, sugar, baking powder, salt, and spices. In a separate bowl, whisk together pumpkin, soy milk, oil, and molasses. Pour the wet ingredients into the dry and mix. Fill the muffin cups two-thirds full. Bake for 18 to 20 minutes, until a toothpick or knife inserted in the center comes out clean.

### PUMPKIN CUSTARD

- 18 ounces silken (soft) tofu
- 1 cup canned pumpkin puree
- 1 container Tofutti vegan cream cheese
- 1 1/4 cups Florida Crystals
- 1/2 tsp nutmeg
- 1/2 tsp cinnamon
- 1/2 tsp cloves
- 1 tbsp vanilla

Pre-heat oven to 325 degrees. Puree together all ingredients until smooth and creamy. Pour into individual custard cups. Bake for 45-50 minutes, or until set. Turn off oven, and allow custard to sit in oven another 30 minutes. Serve chilled.

### PUMPKIN COOKIES

- 3 cups whole wheat pastry flour
- 4 teaspoons baking powder
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/2 teaspoon freshly grated nutmeg
- 1 1/2 cups Florida Crystals
- 4 tablespoons flaxseeds
- 1 1/2 cups water
- 1 3/4 cups canned pumpkin
- 1 cup organic raisins

12-15 minutes until lightly brown. Remove from the oven and allow to cool down.

Preheat the oven to 375 degrees F. In a medium bowl, stir together the flour, baking powder, salt, baking soda, cinnamon, nutmeg, and sugar. Set aside. Blend the flaxseeds and 1 cup of water in a blender for 1-2 minutes until the mixture has the consistency of beaten egg white. Add this to the bowl, along with the pumpkin, remaining water, and raisins. Mix well until all is combined. Place spoonfuls of the batter onto an ungreased baking sheet, and press each one into a rounded shape. Bake for



Mix all ingredients well with a spoon. Shape them into balls. Roll them in a mixture of additional flaxseed meal and wheat germ. Makes 8.