

## ***Homemade Hummus***

2 cups garbanzo beans  
1-2 cloves peeled garlic  
½ tsp. sea salt  
1 tsp. tahini  
1-2 tbsp. olive oil (or toasted sesame oil)  
optional: 1 tbsp. fresh lemon juice

Place all ingredients in food processor and blend together. This basic recipe can be altered in many ways. Often I will use ½ garbanzo beans and ½ cannellini beans. This gives a very smooth taste. It can be used in substitution for mayo on a sandwich and provides extra protein. Or you can add olives or onions for a different flavor. This is a very quick recipe that can be made days ahead of time.

## ***Stuffed Mushrooms***

12 medium size crimini mushrooms  
1 clove garlic chopped  
1 small onion chopped  
¼ tsp. salt  
¼ tsp. black pepper  
¼ cup chopped parsley  
2 tbsp. oil

optional: 2 tbsp. parmesan cheese (or asiago, fontina, etc.)

Core mushrooms and chop cores up in small pieces. In a medium saucepan, heat oil up on medium high heat and add garlic, onion, salt, pepper, and chopped up mushroom cores. Sautee for about 10 minutes. Add parsley and mix together. If you are using cheese, add 1 tbsp. to pan and mix in. Take off heat and use a spoon to put mushroom mixture into cored mushrooms. Bake at 350° for 20 minutes.

## ***Ground Pork Patties***

1 lb Ground Pork  
1/4 cup Onion, chopped  
Parsley

Garlic  
Sea Salt & Pepper

Mix, surround with whole wheat flour, make flat patties and fry them in the pan with safflower oil

## ***Pork Steaks***

Pork Shoulder Blade Butt  
Safflower Oil  
Paprika  
Sea Salt  
Pepper  
Garlic Powder  
Maple Sugar

Cut Pork Shoulder Blade Butt into pork chop size pieces. Season generously with paprika, salt, pepper and garlic powder. Place them in a pan and pour oil over pork pieces. Let marinate for a few hours. Fry them on a grill or in a pan.

## ***Salmon***

Salmon  
Annie's Mustard  
Maple Syrup  
Sea Salt  
Pepper

Mix maple syrup, mustard (about 1/2 each) and add salt and pepper  
Marinate in foil for a few hours, preferably over night.  
Bake in foil at 350

## ***Home Made Garlic Powder***

A few bulbs of garlic

Crush garlic into small pieces, spread evenly on baking dish.  
Bake in oven at lowest possible temperature (~100-200) until garlic is hard to touch.  
Scrape off baking dish and powder using a grinder

## ***Pea Soup***

2 cups dried split peas  
2 cups of chicken broth  
water  
1 stick carrot cut up  
Bacon  
1/2 onion  
sea salt and pepper

Fry bacon in large pot, add onions and fry until fragrant. Add chicken broth, peas, carrots. Add water to cover mixture in pot. Add salt and pepper to taste. Bring to boil, then simmer for 2-3 hours until peas turn to mush.

## ***Ground Beef, Black Beans and Rice***

Ground Beef (1 lb)  
1 cup rice  
1 15 oz of black beans  
1/2 tblsp cilantro  
chicken broth  
1 teaspoon cumin  
dash of cayenne pepper  
sea salt

Cook rice in chicken broth in large pot while frying the ground beef in a separate pan.

When rice is cooked fully, drain (preferably cook the water away) and add ground beef, beans, other spices and just a bit of cayenne pepper.

## ***Chili***

1 lb ground beef  
1/2 large onion  
1 garlic clove  
1/2 can tomato sauce (15 oz can)  
1/2 can tomato paste (6 oz can)

1/2 cup cut up tomato  
1/2 teaspoon ground cumin  
1/2 teaspoon paprika  
1 teaspoon chili powder  
1/2 teaspoon oregano  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1 15 ounce can chili beans  
little bit of maple sugar  
add jalapeno pepper or cayenne pepper

Saute meet, onion, and garlic until done. Drain fat. Add remainder of ingredients and simmer for 2 hours or more if time permits.

## ***Cream of Mushroom Soup***

8 ounces fresh mushroom  
4 T butter or 1 tblsp toasted sesame oil  
1 medium onion  
1/4 cup whole wheat flour  
1 teaspoon salt  
1/4 teaspoon white pepper  
2- 2 1/2 cups chicken broth  
1 cup half and half  
snipped parsley

Slice enough mushrooms to make 1 cup. Chop remaining mushrooms in food processor.

Cook and stir sliced mushrooms in 2 T butter (or sesame oil) in a saucepan over low heat until golden brown. Remove with a slotted spoon.

Cook and stir chopped mushrooms and onion in remaining butter (with a little more butter) until tender. Stir in flour, salt, and pepper. Cook over low heat for 1 minute. Remove from heat and stir in broth and water. Boil, stirring constantly for 1 minute. Stir in half and half and sliced mushrooms. Garnish with parsley.

## ***Shrimp and Black Bean Soup***

1 T safflower oil  
1 onion chopped  
2 garlic cloves  
2 teaspoon ground cumin

3 cans of black beans, rinsed and drained  
4 cups chicken broth  
2 diced tomatoes  
3 tablespoons mild green chiles  
1 8 ounce package frozen cooked salad shrimp  
1/4 cup fresh chopped cilantro  
cayenne pepper  
Cilantro sprigs for garnish

Heat oil in a large pot over medium high heat. Add onion and cook. Stir in garlic and cumin for a minute. Add beans, water, chicken broth, tomatoes, and chiles. Bring to a boil, then reduce heat and simmer covered for 25 minutes. Puree 1/3 of the soup in a food processor, and put it back in the pot. Add shrimp, dash of cayenne pepper and cilantro, until shrimp is cooked and warm. Serve.

## ***Chicken and Chicken Broth***

Whole Chicken (4lbs)  
Safflower Oil  
Salt and Pepper  
Garlic Powder  
Water

Pre-heat oven to 350

Remove organs inside the chicken and set aside (for broth later)

Rub whole chicken with safflower oil, then generously cover in spices.

Prepare baking dish. Fill bottom 1/2 inch with water and organs. Place a small baking rack on top on which you place the chicken breast side up. Add a little bit of water inside the chicken to keep it moist during baking.

Place in oven, baste with water mixture every 30 minutes. Bake for 1 1/2 to 2 hours.

Broth:

use water in baking dish and place in large pot. Strip meat off the chicken, add bones into the pot. Cover with water and simmer for several hours. Add salt if desired and freeze chicken broth for later use in other recipes

## ***Salad Dressing***

1 tbsp Maple Syrup  
1 tbsp Annie's Mustard/Westbrae Mustard/Mustard powder

1/3 Rice Vinegar  
2/3 Safflower Oil  
Sea Salt  
Sea Pepper

Add ingredients together to taste.

## *Simple Salad Dressing*

1/4 cup honey  
1/4 cup rice vinegar  
1/4 cup toasted sesame oil  
1 TBLSP toasted sesame seeds  
salt and pepper

Mix ingredients together to taste.

## *Quesadilla*

1 lb ground beef or 8 oz of uncooked salad shrimp  
6 whole grain tortillas  
mozzarella cheese (grated)

Sauce Ingredients:

1/4 cup vegenaïse  
2 tsp diced jalapenos (pickled)  
2 tsp juice of jalapenos (pickled)  
1/2 tsp cumin  
3/4 tsp maple sugar  
1/2 tsp paprika  
1/2 tsp cayenne  
1/8 tsp garlic  
sea salt

1. Add sauce ingredients in food processor and blend
2. Fry ground beef in pan separately
3. Spread sauce onto tortilla, add ground beef and shredded cheese, fold tortilla over to create half moon shape
4. place in frying pan at low temperature until cheese melts

## ***Pork Roast***

Pork Shoulder (if it has skin on it, terrific! Slice skin into cubes but do not remove!)

Sea Salt

Pepper

Garlic Powder

Chicken Broth (if available)

Safflower Oil

Large pot that can be placed in the oven

Rub Pork Shoulder with safflower oil and season with salt, pepper and garlic powder.

Fry each side of pork shoulder in a large pot in some safflower oil for 30 seconds on each side.

Add water or chicken broth to the pot until half of it sits in water

Place in oven at 375 degrees

Baste every 30 minutes, cook for 30 minutes per pound of pork, and do not cover pork!

## ***Fried Yucca Root (French Fry Substitute)***

Yucca Root

Sea Salt

Peel root, chop yucca into slices. Fry in safflower oil at medium temperature until golden brown. Remove, add salt to taste.

## ***Creamed Spinach***

Big box of spinach (shrinks quite a bit!)

1 clove garlic

1/4 cup onion

1/4 tsp nutmeg

2 tbsps butter

1/3 cup whipping cream

Boil spinach for 1 minute, drain, dry off and cut into smaller pieces

Separately, fry onion and garlic in butter, add a dash of nutmeg and add milk

## ***Guacamole***

1 Avocado  
1 garlic clove  
1/2 tsp cumin  
jalapeno  
1/2 tsp cilantro  
1 TBLSP lime juice

Mash up avocado, add other ingredients to it, let chill in refrigerator for at least 1 hour.

## ***Soba And Maitake Mushrooms In Soy Broth***

2 garlic cloves, peeled, crushed  
1 1" piece peeled ginger, thinly sliced  
1/2 cup reduced-sodium soy sauce  
2 tablespoons vegetable oil  
1/2 pound maitake mushrooms, torn into large pieces  
Kosher salt and freshly ground black pepper  
8 ounces soba (Japanese-style buckwheat noodles)  
4 baby turnips or radishes, trimmed, thinly sliced  
4 scallions, thinly sliced  
1 tablespoon toasted sesame seeds

Directions:

Bring garlic, ginger, and 4 cups water to a boil in a small saucepan; reduce heat and simmer 10 minutes. Add soy sauce. Set broth aside.

Heat oil in a large skillet over medium-high heat. Add mushrooms; season with salt and pepper. Cook, tossing occasionally, until golden brown and crisp, 10–12 minutes. Transfer to a large plate.

Meanwhile, cook soba in a large pot of boiling salted water, stirring occasionally, until al dente; drain. Return reserved broth to a simmer.

Divide soba and broth among bowls; top with mushrooms, and radish. Add scallions and sprinkle with sesame seeds.