

The Vegetarian Way

Zucchini Soup

INGREDIENTS

2 kg zucchini
2 potatoes
2 carrots
2 onions
1 celery stick
½ teaspoon veggie salt
1 tablespoon Massel chicken-style stock powder
2 Massel cubes chicken-style
water to cover
2 tablespoons oil per blender load
1 tablespoon Lamyong mushroom flavour per blender load

METHOD

Chop all veggies into small pieces. Add veggie salt, chicken-style Massel stock powder and the 2 cubes to the veggies. Pour enough water to just cover all veggies in the pot. Cook until tender. Blend together with oil and mushroom flavouring until creamy, about 2 minutes. Continue processing the rest until all is finished.

Garnish with chopped parsley. Serve with croutons or plain rice.

Makes 4 litres of zucchini soup.

Enjoy!

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Baked Creamy Rice

INGREDIENTS

5 cups cooked Jasmine rice
1 block tofu hard (sliced)
3 tablespoons olive oil
2 onions chopped
2 tablespoons curry powder
½ cup plain flour
1 litre soy milk
5 Massel stock cubes
extra salt (optional)
4 tomatoes sliced

METHOD

Curry Sauce

In large saucepan place oil and onion, and sauté until transparent. Add curry powder and plain flour. While stirring slowly add soy milk and crumble stock cubes into it. Add extra salt if needed according to taste. Simmer until thickens while stirring constantly.

Assembling

Spread rice in bottom of large casserole or baking dish. Evenly place slices of tofu on top of the rice. Pour curry sauce over the tofu pieces and place sliced tomatoes on top.

Bake on 200°C for 20 minutes or until nice and golden.

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Savoury Bean Casserole

INGREDIENTS

750gms dry borlotti beans (washed and soaked overnight)
2 onions chopped
½ head garlic crushed
1 red capsicum finely chopped
2 sticks celery finely chopped
2 carrots finely cubed
2 tablespoons finely chopped parsley
1 ½ tablespoons salt (or to taste)
2 tablespoons olive oil
oregano (optional)
1 litre hot water

METHOD

Wash and soak beans overnight.

Drain water from soaking beans. Add all other ingredients together. Bake in large casserole dish on 200°C for a couple of hours. Stir every half hour, and taste for seasoning. At this point you can add more seasoning if required. Bake for another 30 minutes.

Serve with rice and salad.

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Banana Crumble Slice

Base – Food Processor

1 can chickpeas drained
½ cup rolled oats
½ cup brown sugar
¼ cup extra-light olive oil
2 teaspoons vanilla extract

1 teaspoon cinnamon
¼ teaspoon baking powder
Pinch salt
½ cup plain flour
½ cup desiccated coconut

In food processor, mix all above ingredients together. Spread on a non-stick lamington tray, and bake in oven 200°C for 15 minutes. Set aside.

Coconut Filling

1 tin coconut cream
2 tablespoons honey
2 teaspoons vanilla extract

Put in saucepan and heat until almost boiling.

½ cup cold water
4 tablespoons corn flour

Mix cornflour and cold water separately, and then add to above hot mixture. Stir constantly until it thickens.

Add to above coconut filling

4 bananas mashed
1 teaspoon cinnamon
1 lemon – juiced

Crumble Topping

½ cup quick oats
½ cup brown sugar
½ cup plain flour

½ teaspoon cinnamon
½ teaspoon baking powder
½ cup extra-light olive oil

Mix all dry crumble ingredients together, then add oil and mix again.

To assemble

Spread coconut and banana filling on top of baked base and add the crumble on top. Bake approximately 20 minutes, or until golden brown. Can be served warm or cold.