

The Vegetarian Way

Green Bean Soup

INGREDIENTS

1 kg green beans, washed and cut (about 2cm lengths)
2 carrots cubed
2 potatoes cubed
1 celery stick chopped
1 parsnip cubed
½ red capsicum diced
2 tablespoons parsley chopped
2 ½ litres water
8 chicken-style Massel stock cubes

2 tablespoons sunflower oil
1 large onion diced
6 cloves garlic crushed
½ cup plain flour
1 teaspoon paprika
1 heaped tablespoon tomato paste
1 cup water

METHOD

Into a large pot add the first 9 ingredients; cook until tender, then turn the heat down until next mixture is made.

Into a frypan put oil and sauté onion. Add garlic. Stir in the plain flour, paprika. Add tomato paste and water until a nice creamy, fairly runny texture. Add this mixture to the cooking veggies and bring to boil.

Bon Appetit!

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Pasta with Not-Meat Balls and Tomato Sauce

INGREDIENTS

Not-Meat Balls

1 cup TVP
1 cup hot water
1 Massel stock cube
1 tablespoon olive oil
1 onion, finely chopped
2 cloves garlic, crushed
½ cup dry breadcrumbs
1 tablespoon No Egg (egg replacer)
½ tablespoon lamb herbs
oil

METHOD

Soak TVP with hot water and stock cubes; let it stand for 15 minutes. Add onion, garlic, breadcrumbs, No Egg, and lamb herbs. Mould into ball shapes. Bake on oiled tray in 200°C fan oven for approximately 20 minutes or until golden in colour.

INGREDIENTS

Sauce

1 onion, finely diced
1 tablespoon oil
1 teaspoon salt
2 tablespoons water
1 cup chopped fresh tomatoes (3-4 tomatoes)
2 tablespoons fresh basil, finely chopped
1 clove garlic, crushed
5 tablespoons tomato paste
1 cup water
1 tin Heinz Tomato Soup 420g

METHOD

Sauté onion with oil, salt and water until onion is transparent, add fresh tomatoes. Cook until tomatoes are tender. Add fresh basil, garlic, tomato paste, tomato soup and water to make a sauce. Simmer for 5 minutes. Serve over your favourite pasta with Not-Meat Balls.

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Choko Salad

INGREDIENTS

6 chokos
1 cup water
1 onion
2 tablespoons lemon juice
2 tablespoons olive oil
extra salt to taste

METHOD

Peel and slice chokos. Simmer with water until just tender. Let them cool.
Add chopped onion, lemon juice, oil and salt to taste. Toss together and serve.

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Apple Pecan Cake

INGREDIENTS

Apple Pecan Topping

¾ cup brown sugar

2 cups granny smith apples, peeled, cored and chopped into 1 cm size pieces (about two apples)

1 ½ cups chopped pecans

¾ teaspoon ground cinnamon

½ teaspoon allspice

2 tablespoons vegan margarine, melted

Cake Mixture

1 cup all-purpose flour

1 cup whole wheat flour

¼ teaspoon salt

1 teaspoon baking powder

1 cup vegan margarine, softened

1 cup non-dairy yogurt

1 cup brown sugar

4 ½ tablespoons arrowroot flour

2 teaspoons vanilla extract

METHOD

Prepare your baking dish

Preheat oven to 180°C. Lightly grease a 22cm x 33cm baking dish with vegetable cooking spray.

Prepare the apple pecan topping

In a medium bowl, mix together the sugar, apple pieces, pecans, cinnamon, allspice and melted margarine until crumbly. Set aside.

Whisk together the dry ingredients

In a large bowl, whisk together the all-purpose flour, whole wheat flour, salt, baking powder and set aside.

Mix the dough

In a large bowl, cream the soft vegan margarine until light and fluffy. Gradually beat in non-dairy yogurt, and then beat in the sugar, followed by beating in the arrowroot. Stir in vanilla. Fold in the flour mixture by hand, mixing until just incorporated. Spread half of the batter into the baking pan then top with half of the Apple Pecan Topping. Spread the other half of the batter into the pan, followed by the other half of the Apple Pecan Topping.

Bake the cake to perfection

Bake for 35 minutes, or until a toothpick inserted into the centre of the cake comes out clean. Wait until cake is completely cooled before removing it from the pan.

Keep stored in a covered container at room temperature for about 1 week, or in a freezer bag in the freezer for up to 6 months.

Adapted from <http://www.veganbaking.net>