



# RECIPES

## March 29 Great American Meatout Vegan Potluck

*Here are recipes from some of the folks at the EVENing's potluck. They are just general guidelines, but should provide enough inspiration to get you started in the right direction and maybe even motivate you to try other recipes.*

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### M'jadra - Rice and Lentil Pilaf: The Ultimate Middle Eastern Comfort Food!

Below are the basic ingredients. The recipe scales up quite nicely, so you may double or even triple the recipe.

- 1/2 Cup lentils, red or green/brown
- 1 large onion, diced
- 1-1/2 Tbsp olive oil (or other vegetable oil)
- Pepper and salt to taste
- 1 Cup brown rice
- 2 cloves garlic (or more!), minced or diced
- 2-1/2 Cups water or vegetable stock



Wash lentils and rice before using. Sauté onions, garlic, and lentils in olive oil until onions are translucent. Add water or vegetable stock and bring to a boil. Add brown rice and return to boil. Cover, reduce heat, and simmer until all water is absorbed. Fluff the pilaf gently with a fork and add salt and pepper to taste.

May be used as a main course or as a side dish.

#### Variations:

1. Add small amounts of cooked potatoes to sauté mixture.
2. Add small amounts of pasta when adding water.
3. Add 1/4 Cup of red and green peppers for a festive, holiday look.
4. Experiment by adding different spices, such as cumin and cayenne.

**- Hilliard and Kate**

## **Corn Salad**

1-3 cans of corn (or frozen)  
1 Cup each of peppers red & green  
1/2 Cup onions, chopped  
your choice of dressing (I used veganaise,  
and a little garlic vinaigrette)  
a few shakes of Ms. Dash Fiesta Lime  
cumin and pepper

- **Nancy**



## **Stuffed Peppers**



Wash, cut peppers in half, remove seeds. In the meantime, cook brown rice and once rice is done mix it with cut tomatoes. Season, as you like, with salt and other spices of your choosing. Fill up each half of the peppers with rice mixture. On the top of each filling put 2 Tbsp. of nutritional gravy that you prepared in the meantime. Bake for 20 minutes at 350 degrees. Enjoy!

- **Ivan**

## **Brown Rice with Natto**

- long grain brown rice
- natto (Japanese soybean 'brie')
- seaweed
- green onions
- celtic salt
- nama shoyu
- olive oil



- **Patricia**

## **Thai Chickpeas**

Adapted from ***Great Vegetarian Cooking Under Pressure*** by Lorna J. Sass



1.5 cups dried chickpeas, soaked overnight  
3 cups coconut milk (you can use light milk or even make your own)  
1 teaspoon minced garlic  
1 pound orange flesh sweet potatoes (called "yams"), cut into 1 inch chunks. Peeling optional.  
1 cup chopped tomatoes  
1 tablespoon mild curry powder  
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1/2 to 1 cup minced fresh basil  
1 to 2 tablespoons tamari

Put the first 6 ingredients in a pressure cooker and cook at high pressure for 18 minutes.

(You could do this dish without a pressure cooker. Just cook until the chickpeas get properly cooked. 1 Hour?)

Add last 2 ingredients and keep stirring and stirring until the potatoes have disintegrated to form a nice thick sauce. Will thicken more over time.

Tastes even better the next day or so. Makes a perfect complete main dish served over quinoa.

**- JJ**

## **Mixed Spicy Nuts**

Large bowl of various spicy nuts. Tasty and simple.

**- Edwin**



## **Vegan Jambalaya**



Brown and wild rices blend (cooked)  
Tofurky Italian sausages (soy and wheat!)  
(diced and sautéed in garlic, onions, bell peppers)  
Black Bean and Corn Salsa  
Cauliflower florets  
Green beans - chopped  
Carrots - shredded  
Vegetable Broth (by Imagine)

Pinch of pepper, salt and cayenne. Flavor as desired.

**- Lin & Robert**

## **Sweet Potatoes**



Scrub sweet potatoes and boil until done. Mash, add a dash of pumpkin pie spice, and a dash of cinnamon. Very simple.

**- Denise**

## **Chocolate Pudding**

Coming soon

## **Banana Cake**

Coming soon

**[Go to EVEN's website Recipe page here](#)** to see more sources for **hundreds of simple, healthful, vegan recipes. Happy Cooking Adventures!**