

# GFCF Trial Menu

LO=Leftover HM=Homemade

	BREAKFAST	LUNCH	DINNER	SNACKS
<b>SUNDAY</b>	Eggs & Bacon; Grits; Orange Wedges; Soymilk; Coffee/Tea	Chili; Cornbread; Banana, vanilla soy yogurt & chocolate syrup	Chef Salad—Salad Greens, Boiled Eggs, Tuna or any leftover meats, shredded carrots, cucumbers etc.; HM Dressing	Chocolate Soymilk or HM Lemonade; Peanut Butter stuffed Celery with Raisins
<b>MONDAY</b>	Cornmeal Pancakes; Syrup; Applesauce; Soymilk; Coffee/Tea	Taco Salad—LO chili, salad greens, vegan cheese, Tortilla or Corn Chips; half an orange	Cornmeal Coated Oven Fried Fish; Rice; Corn on the Cob; Coleslaw	Chocolate Soymilk or HM Lemonade; Popcorn
<b>TUESDAY</b>	Grits with Sausage; Orange Wedges; Coffee/Tea	Tuna Salad Sandwiches, Banana; Veggie Sticks; HM Ranch Dressing	Roasted Turkey Breast; Spoon Bread; Baked Potatoes; Spinach	Chocolate Soymilk or HM Lemonade; Cinnamon Toast
<b>WEDNESDAY</b>	Cornmeal Pancakes; Syrup; Applesauce; Soymilk; Coffee/Tea	Turkey Salad Sandwiches; Half an Orange; Veggie Sticks; HM Ranch Dressing	Fried Rice; Hot & Sour Soup; Green Tea	Chocolate Soymilk or HM Lemonade; Bananas spread with peanut butter
<b>THURSDAY</b>	Scrambled Eggs; Toast; Pineapple Slices; Soymilk; Coffee/Tea	Cold LO Fried Rice; Hot LO Soup (thermos); Banana	Tater-Tot Beef & Bean Casserole; Carrot & Fruit Salad; Polenta Puffs	Chocolate Soymilk or HM Lemonade; PB&J Sandwiches
<b>FRIDAY</b>	Cornmeal Pancakes; Syrup; Applesauce; Soymilk; Coffee/Tea	Bacon & Egg Sandwiches; Half an Orange; Veggie Sticks; HM Ranch	All the good leftovers.	Chocolate Soymilk or HM Lemonade; Popcorn
<b>SATURDAY</b>	French Toast; Syrup; LO Fruit; Soymilk; Coffee/Tea	Refried Beans; Vegan Cheese; South Western Rice; Tortilla or Corn Chips	Cabbage & Kielbasa; Potato Salad; Cornbread; Pears with Chocolate Syrup	Chocolate Soymilk or HM Lemonade; Popcorn

## Shopping List

<p><b>MEATS</b></p> <p>2 pounds Bacon 2 pounds Ground Beef Large Turkey Breast 1 pound Kielbasa or Smoked Sausage Pork or Turkey Brown &amp; Serve Sausage 1-1/2 to 2 lbs fresh or frozen Fish Fillets 2 to 4 cans Tuna</p> <p><b>MISCELLANEOUS</b></p> <p>Tortilla Chips or Corn Chips Coffee/Tea Vegetable Oil Sesame Oil (optional) 1 Box Tofu (optional) Pickle Relish</p>	<p><b>DAIRY</b></p> <p>3 to 6 cartons plain or Vanilla Soymilk 2 to 3 cartons Chocolate Soymilk Soy Based Sour Cream (Tofutti or other brand) 2 cups Vanilla Soy Yogurt 2 to 3 dozen Eggs 1 pound Vegan Margarine 1 Package Vegan Cheese</p> <p><b>FRUITS</b></p> <p>Applesauce Bananas Oranges Fresh or Canned Pineapple Fresh or Canned Pears Raisins Lemon Juice</p>	<p><b>VEGETABLES</b></p> <p>1 head Cabbage 2 pounds Carrots 1 bunch Celery 2 large Cucumbers 2 pounds Onions 5 to 10 pounds Potatoes 1 pound Fresh or Frozen Spinach 1 or 2 pounds Frozen Tater Tots 1 pound Frozen Mixed Veggies 2 cans Refried Beans 3 cans Pinto or Kidney Beans 3 cans Tomatoes 1 6-ounce can Tomato Paste Canned Tomatoes &amp; Chilies 2 4-ounce cans Mushrooms 2 cans Green Beans</p>	<p><b>STAPLES/STARCHES</b></p> <p>Sugar Rice Cornmeal Grits Popcorn Baking Powder Cornstarch 3 Loaves Gluten-Free Bread</p> <p><b>CONDIMENTS</b></p> <p>Peanut Butter Jelly Pancake Syrup Chocolate Syrup Vinegar Mayonnaise Ketchup Mustard Salt &amp; Pepper Herbs &amp; Spices</p>
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# Work Schedule

These menus and recipes are designed to be relatively inexpensive. The only specialty product they use is gluten-free, casein-free bread. This may be found at large supermarkets and health food stores. Be ready for sticker shock—it costs \$4 to \$5 per loaf. Be sure to read the labels of everything you buy to make sure they don't contain any gluten or casein. If you are accustomed to using convenience products you'll find yourself doing a little more cooking than normal. Allow time for this in your schedule.

**Saturday.** Prepare for next week. Do the shopping. Boil 4 eggs and then refrigerate. These are for Sunday's Chef Salad. Prepare the Chili that will be eaten after church on Sunday. Allow it to cool and place it in the fridge, still in its pot. In a mixing bowl combine the dry ingredients for Sunday's cornbread. Set in a cupboard to keep until after church. Clean the kitchen. Go to bed early.

**Sunday.** Get up with enough time to make breakfast. A hurried Sunday morning is a terrible way to start the week. Start your coffee or prepare a pot of tea. Fill the sink with soapy water. Put the grits on to cook. While it simmers fry the bacon and eggs. We allow 2-slices of bacon per eater. Have a helper set the table and cut the oranges into wedges. Serve breakfast. Afterwards take 10 minutes to straighten the kitchen and do up as many dishes as you can. This will help prepare for dinner after church.

Get the kids dressed. Take a shower. Get yourself dressed. Go to church. Praise the Lord.

After church put the chili on low. Mix up the cornbread and put it in to bake. Finish up the breakfast dishes. Have a helper set the table for Sunday Dinner. Serve a small scoop of soy yogurt topped with bananas and chocolate syrup for dessert. After dinner the family is in charge of cleaning up and you deserve a nap. Orchestrating Sunday's is one of the hardest tasks of the week, so pat yourself on the back.

For supper throw together a large vegetable salad including shredded carrots, sliced cucumbers, chopped celery and boiled eggs. If desired add well drained canned tuna too. Mix up a batch of homemade dressing and serve. Clean the kitchen before bed. If your turkey breast is frozen then place it on a bowl in the refrigerator tonight. It will be thawed by Tuesday when needed.

**Monday.** Breakfast will take about 15 to 20 minutes to prepare. Have a helper set the table and maybe even fry the pancakes if they're old enough. Do the dishes after breakfast.

Lunches may be packed before or after breakfast, depending on your schedule. The taco salad for lunch is a combination of leftovers from Sunday plus corn chips or tortilla chips. Pack like this: Hot Chili in pre-heated thermos; Salad greens in plastic bowl with lid. Chips in flip-top or zipper baggy; orange wedges in baggy. Remember napkin and fork.

While doing breakfast dishes prepare the coleslaw for dinner and take out the fish to thaw if necessary.

Give yourself at least 30 minutes to prepare dinner. Put the rice on to cook first. Make a lot. If you're a family of 4 then cook 3-cups of dry rice in 6-cups of water. You need leftover rice for dinner on Wednesday. Next coat the fish and put them in the oven to bake. Put a pot of water on to boil for the corn. While everything is cooking set the table. Serve dinner.

Before bed clean the kitchen. Make tuna salad for tomorrow's lunch. Cut vegetables into sticks as needed. Use celery, carrots, cucumbers etc. Make a batch of homemade ranch dressing. Store in the fridge until needed.

**Tuesday.** Breakfast will take about 15 minutes to prepare. Put the grits and water on to boil. Cut up brown and serve sausages and put the chunks in with the grits. Cut oranges into wedges or "smiles". Serve breakfast. Do the dishes after breakfast.

Pack lunches giving each person 1 or 2 tuna sandwiches (depending on appetite) made with GFCF bread, half a banana or a whole banana (once again, depending on appetite), a handful of vegetable sticks—wrapped in a baggy, and 1 or 2 tablespoons ranch dressing in a small cup.

The turkey will be used for dinner tonight, lunch tomorrow and some will be added to dinner tomorrow too. Remaining leftovers can be used up on Friday night.

Read the label on the turkey breast. Determine how long it will take to cook, usually around 3 hours, depending on the size of your turkey. Put the turkey breast in to roast with enough time for it to cook thoroughly, plus 20 or 30 minutes extra. For instance, if dinner is served at 6:30, then put the turkey in to roast at 3 pm.

One and a half hours before dinner put in the potatoes to bake. An hour before dinner put the spoon bread in to bake. 15 minutes before dinner cook the spinach. Have a helper set the table. Include toppings for the potatoes on the table such as soy-sour-cream, shredded vegan cheese and vegan margarine. Serve dinner.

Clean the kitchen before bed. Prepare turkey salad using any recipe for chicken salad and replace the chicken with turkey. Cut the orange wedges, package in baggies. If necessary cut more veggie sticks and make more ranch dressing. Store everything in the fridge until morning.

**Wednesday.** Breakfast is the same as on Monday. It will take 15 to 20 minutes to prepare. Wash the dishes after breakfast.

Lunch is prepared by making 1 or 2 turkey salad sandwiches on GFCF bread for each person. Also provide a baggy of orange wedges, a baggy of fresh vegetable sticks, and a small cup of ranch dressing. Remember to pack napkins.

Dinner should be started 30 to 40 minutes before it's served. Leftovers will be lunch tomorrow, so be sure to make a lot. Start the soup first, and then start the bacon and onion for the fried rice. Brew a pot of green tea. Have a helper set the table. If you want a dessert then consider fruit juice slushies or a GFCF frozen fruit sherbet-type of thing. Refrigerate leftovers from dinner for lunch tomorrow.

**Thursday.** Breakfast will take about 15 minutes to prepare. Have a helper set the table, prepare the toast and open up a can of pineapple. Place the pineapple in a serving bowl or in individual fruit bowls.

Reheat the soup to boiling and boil for 5 full minutes. Pour into pre-heated thermoses. Divide the fried rice between resealable plastic bowls. Allow a half or whole banana for each person, depending on appetite. Include chopsticks, a spoon and napkin.

Start dinner 1 hour before you plan to serve it. Prepare the casserole and put it into bake. Prepare the polenta puffs and put them in to bake. Prepare the carrot and fruit salad. Set the table and serve.

At night cut and package orange wedges. Make more vegetable sticks and ranch dressing if necessary. Fry enough bacon for each sandwich to have 1-1/2 pieces. Cut the slices of bacon in half before cooking. Each sandwich gets 3 half-slices (1-1/2 whole slices). After cooking the bacon fry enough eggs for each sandwich to have 1. Place the bacon and eggs in the fridge overnight. Finish cleaning the kitchen before bed.

**Friday.** Allow 15 to 20 minutes to prepare breakfast. It's the same as Wednesday and Monday. Have a helper set the table. Clean the kitchen afterwards.

Prepare lunches allowing 1 or 2 sandwiches for each person. Add baggies of orange wedges, veggies sticks and a small cup of ranch dressing.

For dinner put out a small pile of paper plates and a sign that says "Forage For Leftovers." Curl up with a good book and take the evening off. Give yourself 15 or 20 minutes to straighten the kitchen and do the dishes before it gets too late. Check on the kids to make sure they aren't burning down the house and then go back to your book. Say a prayer of thanks, the week is almost over.

**Saturday.** Breakfast will take about 20 minutes. While preparing breakfast boil potatoes for salad at dinner. Make French toast with any leftover GFCF bread. It will be plenty stale and make excellent French Toast. Have a helper set the table and make a compote of any remaining fruit in the fridge or the cupboards. Do the dishes. Shop for next week.

For lunch make a pot of Southwestern rice and a pot of refried beans. Have a helper shred some vegan cheese and fill a bowl with tortilla or corn chips. Prepare dinner's potato salad while making lunch. Refrigerate until dinner. Serve lunch. Children do lunch dishes on Saturday.

Allow about 40 minutes to make dinner. Prepare the cornbread first and put it in to bake. Put the cabbage and kielbasa on to cook. Have a helper set the table and arrange pear halves in small fruit bowls or plates. Allow eaters to drizzle chocolate syrup on their pears for dessert.

After dinner there is lots of work for tomorrow's lunch. Do any prep-work and make sure the kitchen is clean. Go to sleep looking forward to the Lord's Day.

# Recipes

## Chili Con Carne

- 1 pound ground beef
- 1 large onion, chopped
- 2 tablespoons cornmeal
- 1 tablespoon chili powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1/4 teaspoon ground red pepper or red pepper flakes
- 1 teaspoon sugar
- Three 15 ounce cans of beans--kidney, pinto, great northern, black, chickpeas etc.
- 15 ounce can tomatoes
- 6 ounce can tomato paste
- 2 cups water

In a large pot fry the ground beef until done. Drain off any fat. Add the onion, cornmeal, chili powder, garlic powder, black pepper, and red pepper. Fry until the onion is tender. Add the sugar, beans, tomatoes, tomato paste and water. Simmer over medium heat for 15 minutes. Cool and refrigerate until needed or simmer another 10 minutes and then serve.

## Cornbread

- 2 cups cornmeal
- 1 teaspoon salt
- 3/4 teaspoon baking soda
- 1-3/4 cups soymilk
- 2 tablespoons vinegar
- 2 eggs
- 1/4 cup vegetable oil

Preheat the oven to 350°. Grease a large iron skillet or 9 by 9-inch square pan. In a large bowl combine the cornmeal, salt and baking soda. In a separate bowl combine the soymilk, vinegar, eggs and oil. Beat until well mixed. Pour the wet ingredients into the cornmeal mixture. Beat until smooth. Pour the batter into your prepared pan. Bake for about 35 minutes at 350° or until lightly browned.

## Easy Oil & Vinegar Salad Dressing

- 1/2 cup vegetable oil
- 3 tablespoons vinegar
- 1 teaspoon sugar
- 1/4 teaspoon black pepper
- 1/2 teaspoon salt
- 1/4 teaspoon garlic powder
- 2-second spritz of Nonstick Spray, optional

Combine all of the ingredients in a screw-top jar or a cruet. Screw on the lid and shake vigorously to blend. Serve right away or chill until serving time. Keeps for at least a couple of weeks in the fridge. The nonstick spray is optional, it makes the dressing stay combined longer after shaking.

## **Cornmeal Pancakes**

- 1 cup cornmeal
- 1 teaspoon salt
- 1-1/2 cups boiling water
- 1 tablespoon vegan margarine
- 1/4 cup soymilk
- 2 eggs
- Fat for frying

In a medium bowl combine the cornmeal and salt. Stir in the boiling water. Add the margarine. The cornmeal will swell up and absorb the boiling water. Whisk in the soymilk to cool the mixture before adding the eggs. If the mixture is too hot it will cook the eggs instead of allowing them to be blended in. When the cornmeal mixture is cool enough add the eggs and beat until smooth. Use 2 to 4 tablespoons of batter for each pancake. The batter will spatter a little bit but not too much. Flip when the top is somewhat dry. Continue until all the batter is used. Makes about 14 large or 2-dozen small pancakes. Serve with syrup or applesauce.

## **Oven Fried Fish**

- 1-1/2 to 2 pounds fish fillets, thawed if necessary
- 1/2 cup cornmeal
- 1/4 cup cornstarch
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 to 1/2 teaspoon ground red pepper
- 1 teaspoon paprika
- 1/4 cup vegan margarine

Make sure the fish is completely thawed. Lightly coat a baking pan with nonstick spray. Preheat the oven to 450°. Combine the cornmeal, cornstarch, salt, pepper, red pepper, and paprika on a plate or in a plastic bag. Make sure the seasonings are evenly distributed. Coat each piece of fish with the cornmeal mixture. As they are coated, place the fillets on your prepared baking pan. When all the fillets are coated cut the margarine into small bits and arrange them evenly over the fish. Bake at 450° for 10 minutes if the fillets are thin, or up to 20 minutes if they are thick. Fillets are done when the coating is crispy and the fish inside flakes with a fork.

## **Coleslaw**

- 3 cups shredded cabbage
- 1/2 cup shredded carrot
- 1/4 cup shredded onion
- 1/3-cup mayonnaise
- 1 tablespoon vinegar
- 2 tablespoons soymilk
- 1 teaspoon sugar
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper

First prepare the vegetables. I shred the carrot and onion on a cheese shredder and cut the cabbage into small shreds by hand. Place the prepared vegetables in a medium sized bowl. In a separate container combine the mayonnaise, vinegar, soymilk, sugar, salt and pepper. Mix until smooth and creamy. Pour this over the vegetables. Toss well and chill until serving time. Makes 4 to 6 servings.

## **GFCF Ranch Dressing**

- 1 /2 cup mayonnaise
- 1/2 cup vegan sour cream (Toffuti brand is good)
- 2 tablespoons soymilk
- 1-1/2 teaspoon dry parsley
- 1 teaspoon dry onion flakes
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- Dash EACH salt, black pepper & ground red pepper

Combine the mayonnaise, soymilk and casein-free sour cream in a small bowl. Use a fork or small wire whisk. Measure all of the seasonings and dump them in with the mayo and sour cream. Whisk until all the seasonings are evenly distributed. Chill until serving time. This keeps at least a week in the refrigerator. Makes about 1-cup.

## **Spoon Bread**

- 1 cup cornmeal
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 teaspoon baking powder
- 1-1/2 cups boiling water
- 1 tablespoon margarine
- 1 cup soymilk
- 3 eggs

If necessary preheat the oven to 350°. Grease an 8-inch square baking pan or a large casserole dish. In a large bowl combine the cornmeal, salt, sugar and baking powder. Mix well. Add the boiling water and margarine. Stir until the cornmeal absorbs the water and thickens. Beat in the soymilk, which should cool the batter enough to add the eggs. Beat in the eggs, continue beating until the batter is very smooth. Turn the batter into your prepared baking pan. Bake for 45 minutes, or until lightly browned and slightly puffed. Serve by scooping up spoonfuls onto your plate. This is where it gets its name.

## **Turkey or Chicken Salad**

- 3 cups finely chopped cooked chicken or turkey
- 1-1/2 cups finely chopped celery
- 1/4 to 1/2 cup finely chopped onion
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup sweet pickle relish
- 1/2 to 3/4 cup mayonnaise

Combine everything in a large bowl. Mix well. Chill until needed.

## **Fried Rice**

- 6 to 8 slices bacon, cut into small pieces
- 1 large onion, finely chopped
- 5 to 6 cups cold, cooked rice
- 1 pound frozen mixed vegetables
- 1 to 2 cups leftover cooked chicken or turkey (optional)
- 1/2 teaspoon black pepper
- 1 teaspoon salt or 3 to 4 tablespoons GFCS Soy Sauce
- 4 eggs-beaten together

Cut the bacon into small pieces. Place in a large pot or wok. Add onion. Fry until the onion and bacon are both lightly browned. Add the rice, frozen veggies and black pepper. Stir-fry until the rice is coated with the bacon fat and the veggies are thawed. Add chicken or turkey if desired, plus the pepper, and salt or soy sauce. Move the rice mixture to one side of the pan. Pour the eggs into the empty side of the pan and scramble as desired. After cooking them a minute or two, stir them in with the rice and veggies. Continue to fry everything together until piping hot. Serve in bowls with chopsticks or a spoon. Makes 4 servings plus leftover for lunch tomorrow.

## **Cheap & Easy Hot & Sour Soup**

- 8 cups chicken broth, homemade or from bouillon cubes
- Two 4 ounce cans mushroom stems and pieces undrained
- 3 stalks celery, washed and cut diagonally
- 1-1/2 cups finely chopped cabbage
- 1 or 2 carrots, shredded or cut into slivers the size of matchsticks
- 1/4 to 1/2 teaspoon ground red pepper, to taste
- 3 tablespoons vinegar
- 3 tablespoons GFCS soy sauce
- 3 tablespoons dry sherry or white wine or cool water
- 3 tablespoons cornstarch
- 1/2 to 1 cup of cooked chicken or turkey
- 12 oz box extra firm silken tofu, or other tofu of your choice, cut into cubes (optional)
- 2 eggs, well beaten
- 1 tablespoon sesame oil, optional but good

Heat the broth in a 4-quart saucepan. Add the mushrooms, celery, cabbage, carrots and red pepper. Simmer for 5 minutes. In a small bowl combine the vinegar, soy sauce, and sherry or water. Add the cornstarch and stir until it's dissolved. Pour this into the pot. Cook and stir until the mixture is well thickened. Add the chicken or turkey and if desired the tofu. Bring the mixture to a low simmer. Slowly drizzle in the beaten egg. It will cook instantly and make "rag noodles". Stir in the sesame oil. Reheat and serve. You can boil it again if you like, but some people say not to. I haven't noticed any difference to it when reheating it to a boil. Traditionally this is served with snipped scallions on top of each serving. This recipe isn't exactly authentic, but it's delicious, inexpensive and relatively easy to prepare. The hardest part is chopping the vegetables. Once that is out of the way, the rest of the recipe goes together quickly. This makes enough to accompany dinner tonight and fill thermoses for lunch tomorrow.

## **Tater-Tot, Beef & Bean Casserole**

- 1 pound ground beef
- 1 large onion, chopped
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- Two 15-ounce cans green beans, well drained
- 1-1/2 cups soymilk
- 2 eggs
- 1/4 cup ketchup
- 1 or 2 tablespoons yellow or brown mustard
- Tater-Tots to cover

This is an easy, family-friendly casserole. Preheat the oven to 400°. Lightly coat a 9 by 13-inch baking dish with nonstick spray. Fry the ground beef and onion in a skillet, breaking it up into bits as you go along. Pour off any fat. Add the salt and pepper. When the ground beef is browned scatter it in the bottom of your prepared baking dish. Layer the drained green beans over the beef. In a medium bowl beat together the soymilk, eggs, ketchup and mustard. When well mixed pour over the beef and green beans. Top with a single layer of frozen tater-tots. I make it a generous layer. Bake at 400° for at least 30 minutes, maybe 40, or until the tater tots are browned and the casserole is bubbly.

## **Carrot & Fruit Salad**

- 2 cups shredded carrots
- Fruit of your choice—1/3 cup dry raisins or chopped dry apricots or 2 sliced bananas or 1 cup chopped pineapple or 1 orange, peeled and chopped or 1 large apple, chopped into small pieces or a combination of your choice
- 1/4 cup vegan sour cream
- 2 to 3 tablespoons mayonnaise
- 1 tablespoon sugar, white or brown, or honey

Stir everything together until well blended and creamy. Chill until serving time.

## **Polenta Puffs**

- 1 cup cornmeal
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 cup boiling water
- 1 tablespoon vegan margarine
- 1/2 cup soymilk
- 2 eggs

Preheat the oven to 450°. Grease 12-muffin cups. In a mixing bowl combine the cornmeal, baking powder, salt and sugar. Mix well. Stir in the boiling water and margarine. The cornmeal will absorb the water and thicken. Beat in the soymilk. When the mixture has cooled enough, beat in the eggs. Beat until perfectly smooth. Divide the mixture evenly between 12 muffin cups. Bake at 450° for about 20 minutes or until lightly browned and firm. Remove from the oven and serve.

## **French Toast**

- 2/3 cup soymilk
- 2 eggs
- 1/4 teaspoon cinnamon
- 1 dash nutmeg
- 8 slices GF/CF bread
- Fat for frying

In a pie plate or shallow bowl beat together the soymilk, eggs, cinnamon and nutmeg. Mix well. Heat a little fat in a hot skillet. Dip the bread into the milk mixture, coating both sides. Fry until lightly browned and slightly puffed. Continue until all the bread and all the milk/egg mixture is used. Serve with powdered sugar or syrup.

## **Seasoned Refried Beans**

- Two 15-ounce cans refried beans
- 1/4 cup vegetable oil
- 1/3 cup water
- 2 teaspoons onion powder
- 2 teaspoons chili powder
- 1/2 teaspoon ground red pepper
- 1/4 teaspoon black pepper

Combine all of the ingredients in a saucepan. Stir until smooth. Simmer for 10 minutes over medium heat, stirring frequently. Serve topped with vegan cheese.

## **Southwestern Rice**

- 2 tablespoons vegetable oil
- 1 medium onion, chopped
- 1-1/2 cups rice
- 3 cups water
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 10 ounce can tomatoes and green chili peppers

Warm a 3-quart saucepan over medium heat. Add the oil and onion; fry until tender. Add the rice. Stir to coat with the oil. Add the water, salt, pepper and tomatoes with green chili peppers. Bring to a boil. Reduce the heat to low. Cover the pot and simmer for 20 minutes. Stir and serve.

## **Potato Salad**

- 4 cups peeled, chopped, boiled potatoes
- 1 cup finely chopped celery
- 1/2 cup finely chopped onion
- 1/3 cup sweet pickle relish
- 1/2 cup mayonnaise
- 2 tablespoons yellow mustard
- 1/8 teaspoon black pepper
- 2 teaspoons sugar

First prepare the dressing. In a large bowl combine the mayonnaise, mustard, pepper and sugar. Mix well. Next prepare the vegetables, chopping and measuring as needed. Add the vegetables to the bowl of dressing. Mix gently but thoroughly. Add salt to taste. Chill until serving time.

## **Cabbage & Kielbasa**

- 4 cups chopped cabbage
- 1 medium onion, chopped
- 2 tablespoons vegetable oil
- 1 pound smoked sausage or Kielbasa, thinly sliced
- Salt and pepper to taste

In a large skillet combine the cabbage, onion and oil. Fry for about 5 minutes, or until the vegetables are beginning to turn tender. Add the sausage. Continue to fry for about 15 minutes, or until the cabbage is tender. If desired you may add a splash of water and allow the cabbage to steam slightly while cooking.

## **Lemonade**

- 1/2 cup lemon juice
- 1/2 cup sugar
- 3-1/2 cups water

Stir all together and serve over ice. Makes 4 servings.

## **Old Fashioned Popcorn**

- 2 tablespoons vegetable oil
- 1/2 cup dry popcorn
- Large Pot with lid
- Melted Vegan Margarine & Salt as desired

Heat the vegetable oil in the pot over medium-high. Add 3 popcorn kernels. Shake now and then. When the kernels pop add all of the popcorn to the pot. Cover. Shake the pot over medium-high heat until the popcorn stops popping, or at least slows down significantly. Remove from the heat. Transfer the hot popcorn to a bowl. Drizzle with melted margarine and sprinkle with salt. Serve. Leftovers may be included in packed lunches.