

Menu and Recipes for May 7, 2023

FG Class 46 Marla Danielson

Cinco de Mayo Bar with ***Creamy Pinto Beans, Spanish Rice, Vegetable Tamales with Red Sauce, Toppings*** (*lettuce, cheese, olives, celery, sauteed onions and peppers, sauteed mushrooms, Pico de Gallo, guacamole, salsa, sour cream, roasted, salted sunflower seeds*) and ***Strawberry Crumble***

Creamy Pinto Bean Directions Wash 2 c. uncooked pinto beans. Place in pressure cooker and cover with water well above the beans (2-3 inches). Pressure cook for 3 minutes and let pressure release naturally. Drain and rinse beans. Place back in pressure cooker and cover with 2 ½ c. water, 2 t. each: salt, onion powder, cumin, 1 ½ t. each: garlic powder, coriander. Stir, cover and pressure cook for 20 minutes. Let pressure release naturally. Mash with potato masher, if desired and enjoy!

Spanish Rice Directions To small kettle add 1 c. rice, 1 c. water, 1 c. lite coconut milk (canned), ¼ c. each: grated carrots, fresh chopped onion, 2 T. ***Vegetable Bouillon Flakes***, 1 T. olive oil, 1 T. tomato paste, 1 small clove garlic, minced or finely chopped and ¾ t. salt. Bring to a boil, reduce heat to low, cover and cook until water is absorbed, and rice is tender. Remove from heat, fluff with fork and enjoy!

Vegetable Bouillon Flakes

½ c. nutritional yeast

1 T. each: garlic powder, onion powder

½ T. each: Italian seasoning, ***Homemade Poultry Seasoning***, parsley flakes

Pinch of: turmeric and salt

Stir all ingredients together and use to season rice, soup, stews, casseroles. Use 1 T. per cup of water to make vegetable broth.

Vegetable Tamales

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Masa Dough Ingredients

16-20 dried corn husks

2 c. masa flour

2 T. **Vegetable Bouillon Flakes**

1 t. each: salt, cumin, **Homemade Chili Powder**

Pinch of turmeric

2 c. warm water

4 T. margarine, melted

Begin by soaking corn husks in hot water (cover them completely) while preparing vegetable filling and masa dough.

Vegetable Filling Ingredients

1 fresh zucchini, chopped into small pieces (about 1 ½ c.)

¼ c. fresh onion, diced

½ t. garlic powder

½ c. fresh tomato, chopped

½ c. cooked black beans, drained

¼ c. unsalted tomato sauce

2 t. dried cilantro

½ t. each: cumin, **Homemade Chili Powder**, salt

In frying pan with a dash of olive oil, sauté zucchini, onions, and garlic powder for a few minutes on medium-high heat. Then add all remaining ingredients, mix well, and set aside. Make masa dough by mixing all dry ingredients and adding wet ingredients. Mix well. Prepare kettle with steamer rack and water, placing 2-3 husks on steamer. Drain corn husks and one at a time, place a large spoonful of masa dough in center and spread out. Place spoonful of vegetable filling in middle. Fold both sides of husk towards each other to enclose the tamales. Fold husks together, overlapping each other and tuck ends under. Place in steamer kettle, folded ends down, should make 12-13 tamales. Place extra husks on top of tamales, cover and bring to a boil. Reduce heat to medium and cook for 1 hr. (Add a little extra water halfway through just to make sure it doesn't run out and burn) To serve, cover with your favorite red sauce (*enchilada sauce, pasta sauce*) **Other ways to serve:** slice and fry, sprinkling with oregano and a bit of salt, or serve with salsa, sour cream and guacamole topped with fresh cilantro.

Homemade Chili Powder

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1 T. each: paprika, basil, parsley flakes

1 t. each: cumin, onion powder, oregano

½ t. dill weed

¼ t. garlic powder

1 bay leaf

Grind all ingredients in spice grinder or stir together (crush bay leaf with pestle/mortar or omit bay leaf).

Homemade Poultry Seasoning

4 t. sage

2 t. each: thyme, marjoram

1 t. celery seed

Stir all ingredients together.

Directions for Pico de Gallo: 2 c. fresh tomatoes, chopped fine (I used Roma, de-seeded), 1 t. onion powder (or fresh onion, finely chopped, ¼ c.) and ¼ c. fresh cilantro, finely chopped. Mix well.

Directions for Salsa: Blend, briefly, one can of Mexican style stewed tomatoes in blender, leaving slightly chunky.

Directions for Guacamole: Peel, remove pit, and mash 2 avocados. Add a small spoonful of vegan mayonnaise, a bit of garlic powder, and salt to taste. Sprinkle with oregano. Enjoy!

Directions for Sour Cream: Soak 1 c. raw cashews overnight or do a quick soak by covering them with water, bring to a boil and let rest for 15 minutes. Drain and rinse. Place in high-speed blender with ½ c. water, 2 T. fresh lemon juice and ¼ t. salt. Blend until very smooth. Stir in ½ t. dried parsley, if desired.

Strawberry Crumble Dessert

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Crumble

1. 4 T. margarine, softened (15 seconds in microwave)
2. ½ c. brown sugar
3. ¾ c. white spelt flour
4. ½ t. salt
5. ½ c. quick oats
6. 2 T. pecans, finely chopped

Strawberry Filling (mix all ingredients)

1. 1 can strawberry pie filling
2. 1 c. fresh strawberries, chopped
3. 1 t. sugar

Mix softened margarine and brown sugar. Stir in flour, oats, pecans and salt. Press ½ of mixture into buttered, extra large pie dish, 8 x 8 dish, or 7 x 11 dish. Cover with strawberry filling. Spread the remaining crumble mixture on top. Bake at 400° for 25-30 minutes. Enjoy!

*To make a 9 x 13 pan, double the recipe!