

Forest Grove Class 48 Menu

3-Bean Chili with toppings of olives, tomatoes, avocados, green onions, **Cheesy Sauce, Easy Cashew Sour Cream, Cilantro, Corn Chips** served with **Cornbread** and **Blackberry Chia Jam** and **Dutch Apple Pie**.

3-Bean Chili

FG Class 48

Marla Danielson

Drizzle of olive oil

¼ c. water

¾ c. each: chopped pepper, chopped onion

3 baby carrots, diced

1 t. Minced garlic

1 T. mild green chilies

1 can pinto beans, drained and rinsed (about 1 ½ c.)

1 can red kidney beans, drained and rinsed (about 1 ½ c.)

1 can black beans, drained and rinsed (about 1 ½ c.)

1 can diced tomatoes in tomato juice (14.5 oz.)

1 can tomato sauce (15. oz.)

¼ c. water

1 T. **Vegetable Bouillon Flakes**

1 T. **Homemade Bean Spice**

2 Bay leaves

Drizzle some olive oil in a fry pan. Add water, pepper, onion and carrots. Saute on medium-high until water is absorbed. Reduce heat and add garlic and green chilies and saute for 1 more minute. Add all ingredients to a large kettle. Bring to a boil. Reduce heat, cover and simmer for 30-45 minutes. Remove bay leaves. For “meaty” chili add your favorite meatless burger. Enjoy!

Homemade Bean Spice

Stir together: 2 T. each: onion powder, coriander, cumin, 1 t. each: salt, garlic powder

Use in any recipe with beans!

Vegetable Bouillon Flakes

Stir together: ½ c. nutritional yeast, 1 T. each: garlic powder, onion powder, ½ T. each: Italian seasoning, **Homemade Poultry Seasoning**, parsley flakes and a pinch of turmeric and salt

Homemade Poultry Seasoning

Stir together: 4 t. Sage, 2 t. each: thyme, marjoram, 1 t. Celery seed

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Cheesy Sauce

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Marla Danielson

2 c. unsweetened plant milk (or water)
½ c. raw cashews, rinsed
3 T. nutritional yeast
1 ½ T. flour (I used brown rice flour)
1 T. pimento
1 T. **Vegetable Bouillon Flakes**
½ t. Each: paprika, cumin
Pinch of turmeric
1 t. Salt
1 t. Fresh lemon juice
Thyme, Parsley (stir-in)

In high-speed blender place all ingredients. Blend for 1 minute until very smooth. Place in small kettle and bring just to a boil over medium heat, stirring frequently. Stir in a pinch of thyme and parsley, if desired. Other ways to use this sauce: add some cooked broccoli for a cheesy broccoli topping for baked potatoes or use as a sauce for scalloped potatoes, or as a cheesy sauce for homemade nachos.

Easy Cashew Sour Cream

Recipe from simpleveganblog.com

1 c. raw cashews
½ c. water
2 T. fresh lemon juice
1 T. nutritional yeast (opt.)
¼ t. Salt

Soak cashews overnight covered in water, or for a quick soak, cover with water, bring to a boil and let rest for 15 minutes, rinse and drain. Combine all ingredients in blender and blend until smooth. Keeps well in fridge for a week.

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Cornbread

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Marla Danielson

- 1 c. plant-based milk mixed with 1 t. Lemon juice (imitates buttermilk)
- 1 c. each: cornmeal, white spelt flour
- 1 t. Instant yeast
- $\frac{3}{4}$ t. salt
- 2 T. each: olive oil, maple syrup

Stir plant-based milk with lemon juice and let rest for 5 minutes (to curdle). In medium bowl, add ingredients #2-4. After milk and lemon juice have rested for 5 minutes, microwave for 30 seconds or until very warm. Add olive oil and maple syrup to milk and lemon juice and stir. Add all at once to dry ingredients and stir. Place in oiled or parchment-lined 8 x 8 baking dish or pie dish. Let rise for 30 minutes. During this time, preheat oven to 375°. After rising, bake for 20 minutes, until toothpick inserted in center comes out clean. Let cool, cut in squares and enjoy!

Blackberry Chia Jam

- 4 cups fresh or frozen blackberries
- $\frac{1}{2}$ c. water

Bring blackberries and water to a boil over medium-high heat. Reduce heat to medium and cook for 30 minutes, uncovered. (During cooking, when berries are partially cooked, mash with potato masher, if desired). Remove from heat and stir in 3 T. chia seeds (the more chia seeds, the thicker the jam) and sweetener to taste (Florida crystals or honey or maple syrup). Cover and let rest for 30 minutes to 1 hour for chia seeds to soften and expand then place in a container and refrigerate (it will thicken more in the fridge). Keeps for up to 10 days in the fridge. Freezes well too.

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Dutch Apple Pie

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Marla Danielson

5 c. peeled, thinly sliced apples
1/4 c. Florida Crystals (unrefined cane sugar)
2 T. White spelt flour
1 T. Cornstarch
1 t. Cinnamon
Pinch of Cardamom (opt.)
1/4 t. Salt
1 t. Fresh lemon juice

Preheat the oven to 400°. Combine all ingredients in a bowl and mix well. Place in your favorite large deep-dish pie crust. Make topping, mixing all underlined ingredients with fork, fingers, or pastry blender until crumbly. 1/4 c. brown sugar, 1/4 c. white spelt flour, 1/4 c. quick oats, 2 T. plant-based margarine, and a pinch of cinnamon and salt. Sprinkle evenly over apples. Bake for 45-55 minutes (covering top and crust loosely with large piece foil or parchment paper after 20 minutes to prevent overbrowning) Cool and enjoy!

What are the 10 benefits of apples?

www.healthline.com

- Nutritious
- May support weight loss
- Could be good for your heart
- Linked to a lower chance of diabetes
- May promote gut health
- May help prevent cancer
- Could help fight asthma
- May help protect your brain
- May improve mental health
- May help with digestive diseases

Takeaway

They're rich in fiber and antioxidants. Eating them is linked to a lower chance of getting many chronic conditions, including diabetes, heart disease, and cancer.

Even though more research is needed to better understand how apples affect human health, you can't go wrong with this tasty, versatile, and easily accessible fruit.

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