

August 3, Hillsboro Cooking Class 10

Menu: Taco Bar, Fresh Fruit, Cookies

Simple Pintos

Marla Danielson

2 c. uncooked clean pinto beans

1 t. Each: Salt, coriander

-Wash pinto beans and place in an instant pot. Cover with double the amount of water and pressure cook for 3 minutes on low pressure, this is equivalent to soaking them overnight. Release pressure, drain & rinse beans. Add clean water just a bit above or at the same level as beans. Add salt and coriander. Cook on high pressure for 30 minutes for very soft beans. Let pressure release naturally, or release after 10 minutes. Adjust seasonings to taste and enjoy!

Simple Rice

Marla Danielson

1 c. rice

2 c. water

1 t. Salt

½ T. avocado or olive oil

-Place all ingredients in a small kettle and bring to a boil. Reduce heat to low, cover, and cook until all the water is absorbed and rice is tender. Enjoy!

“Cheesy” Sauce

Marla Danielson

1 c. clean, raw cashews

4 oz. jar pimientos *(with juice)*

1 T. lemon juice

1 T. sesame seeds

1 T. nutritional yeast

½ t. Each: onion powder, salt

Pinch of thyme

Water (½ c., less for a thicker sauce)

-Wash cashews, cover with water in a small kettle, and bring to a boil. Remove from heat and let soak for 10-15 minutes, drain and rinse. Place all ingredients in a blender and blend until very smooth. Sprinkle with oregano. Enjoy!

**Notes: good on nachos, on potatoes, or macaroni, or even pizza!*

Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator.

{Counsels to the Church 222.1}



Simple Salsa

Marla Danielson

1 can crushed tomatoes

Agave, 1-2 t.

Lemon Juice, 1 t.

1 green onion, sliced

1 Roma tomato, de-seeded, chopped

Sprinkle garlic powder, onion powder, basil, and oregano (about ¼ t. each)

Fresh cilantro, chopped, a handful

Pinch or two of salt, to taste

**Notes: you can also use Mexican stewed tomatoes or Italian Recipe diced tomatoes. Blend them briefly in a blender, leaving a little chunky. They are already seasoned so you don't need any extra seasonings! Add a bit of salt, to taste, and all the other ingredients as listed above. Enjoy!*

Jam Thumbprint Cookies

Marla Danielson

2 c. blanched almond flour

⅓ c. maple syrup

1 T. avocado oil

2 t. Vanilla

½ t. salt

-Preheat oven to 325°. Mix all ingredients well. Chill in the freezer for 15 minutes or in the fridge for 30 minutes (or even overnight). Roll into small balls with your hands or using a small cookie scoop, place cookie dough on a parchment-lined baking tray and flatten slightly. With your thumb, make an indent in the middle and fill with your favorite jam. Bake for 12 minutes and let cool on the tray. Makes about 20 small cookies. Enjoy!

1 Corinthians 10:31 *Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.*

For more recipes visit: sdaplantbasedrecipes.com