

Hillsboro Cooking Class 3, June 2, 2024

Menu: Breakfast Burritos made with Tortillas, Tofu Potato Hash, Pinto Beans, Fresh Spinach, Fresh Red Peppers, Olives, Vegan Cheese Shreds, Vegan Sour Cream, Salsa, and Guacamole) Fresh Fruit, Banana Raspberry Apple Smoothies, and Maple Cinnamon Rolls

Tofu Potato Hash with fresh garlic and fresh herbs Recipes by Marla Danielson

2 small garlic cloves, finely chopped
2 c. yellow potatoes, chopped and boiled
15.5 ounce extra firm tofu (twin pack)
Fresh herbs: oregano, dill, cilantro
Vegetable Bouillon flakes, salt

Directions: Melt a little plant margarine (about ½ T.) in a large skillet over medium heat. Add the minced garlic and boiled, chopped potatoes and stir. Add the tofu, crumbling with your hands. Sprinkle with 1 t. Salt and 1 t. Vegetable bouillon flakes and mix well. Turn heat to medium-high and saute for about 15 minutes, stirring and turning every 4-5 minutes, until tofu is beginning to lightly brown and moisture has reduced. Chop finely some fresh oregano, dill, and cilantro, making 1 T. chopped herbs. Stir into hash when almost done.

Vegetable Bouillon Flakes (mix together: ½ c. nutritional yeast, 1 T. each: onion powder, garlic powder, ½ T. each: homemade poultry seasoning, parsley flakes, and Italian seasoning, and a pinch of turmeric and salt)

Homemade Poultry Seasoning, (mix together: 4 t. Sage, 2 t. Each: thyme, marjoram, 1 t. Celery seed).

Pinto Beans in pressure cooker

2 c. dry uncooked pinto beans, or 1 pound bag, rinsed
Water

Seasonings: 1 t. Each: salt, onion powder, coriander, cumin and ½ t. Garlic powder

Directions: Add rinsed pinto beans and 5 c. water to your pressure cooker, set manual timer to 3 minutes and cook. Let pressure release naturally. Rinse beans, place back in the cooker and cover with water to the same level as beans. Push the bean setting (20 minutes) and cook. Release pressure manually. Enjoy!

Easy Guac: mash a ripe avocado, add a bit of fresh lemon or lime juice, a pinch or two of salt and garlic powder and mix well. Chopped cilantro and green onions are a good add-ins!

Easy Salsa: pulse in blender, leaving a bit chunky, a can of Mexican stewed tomatoes or Diced Italian tomatoes, add chopped cilantro, and fresh chopped green onions.

more recipes at sdaplantbasedrecipes.com

Maple Cinnamon Rolls *Recipes by Marla Danielson*

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2 t. yeast

1/3 c. warm water

1 T. brown sugar

1/2 c. raw cashews

2/3 c. warm water

1 t. Vanilla

2 1/2 - 3 c. white spelt flour

1 t. Salt

1/2 t. Cinnamon

Directions: mix yeast, warm water and brown sugar and a small bowl and set aside. In a blender, blend raw cashews and warm water until very smooth and add to yeast mixture. Add vanilla and all remaining ingredients at once, mix with a spoon until a loose sticky ball forms. Place dough onto a well-floured countertop, sprinkle top of dough with flour, and knead just until it's a smooth ball, adding more sprinkles of flour, as needed. Cover with a light cloth and let rest while preparing the filling.

Sugar/Cinnamon/Maple Filling: mix in a small bowl: 1/2 c. brown sugar and 1 1/2 t. Cinnamon, sprinkle on 1 t. Imitation maple flavoring and mix well with the back of a teaspoon (there should be no clumps of flavoring and uniform darker color)

Fold dough over itself 4 times until a small rectangle is formed. Continue rolling out dough with a rolling pin into a 14 x 11 1/2 inch rectangle about 1/4 inch thick (make sure it remains floured on the countertop so it doesn't stick when rolling) . Spread soft plant margarine over dough, like buttering bread. Sprinkle *lightly* with cinnamon, add sugar/cinnamon/maple filling next and smooth out with hand, sprinkle chopped raisins and/or nuts last and roll dough into a tight log. Cut into 12 rolls. Add some olive oil (2-3 T.) to a 9-inch non-stick cake pan (or a 13 x 9 dish). Place rolls topside down in the pan, then turn over, so each side has oil. Put about 1 t. cinnamon in the palm of your hand and sprinkle a bit on each roll. Let rest for 15 minutes. (Preheat oven to 325°) Bake for 20-25 minutes and let cool for 10-15 minutes before drizzling with frosting. Make a **simple maple frosting** by mixing together 1/4 c. powdered sugar, 2 t. Maple syrup and 1/2 - 1 t. Water.

Alternate Method: Follow instructions up to buttering dough like bread. Sprinkle *generously* with cinnamon, add plain brown sugar and smooth it out by hand, sprinkle with nuts and raisins and roll up as instructed above. Proceed as above.

Banana Raspberry Apple Smoothie In a blender, blend until smooth: 2 bananas, 1 c. frozen raspberries, 1/2 apple, and 1 c. milk. Enjoy!