

Kyong and Larry Weathersby, “Good Home Cooking”

Beef-like Seasoning

1 c. yeast flakes
5 Tbsp. soy sauce powder
1 Tbsp. sea salt
2 Tbsp. onion powder
2 tsp. garlic powder
1/2 tsp. celery seed
1/4 tsp. marjoram
1 tsp. parsley flakes
1 Tbsp. paprika

In blender, combine all ingredients. Blend until it is a fine powder. Store in refrigerator in a glass container with a tight-fitting lid. **Kyong Weathersby**

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Hamburger-like Steak

2 c. ground Walnut Gluten
1/2 c. oat flour
1/2 Tbsp. Beef-like Seasoning
1 onion, sliced
1/2 tsp. additional Beef-like Seasoning
olive oil
Beef-like Gravy

1. Combine walnut gluten, oat flour and beef-like seasoning. Mix well with hands until it holds together well.
2. Spray a cutting board with vegetable-oil spray. Scoop a portion of mixture onto the board and shape into a thick patty. Fry in a little olive oil until browned on both sides, or if desired, bake at 350 degrees for about 30 minutes.
3. Sauté onions and additional beef-like seasoning in olive oil until browned. or to desired doneness. Spoon over finished patties. Spoon beef-like gravy over the top.

Yield: 4 patties **Kyong Weathersby**

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Beef-like Gravy

3/4 c. water
1/4 c. additional water
4 tsp. Beef-like Seasoning
1 Tbsp. cornstarch
1 Tbsp. nutritional yeast flakes

Heat 3/4 cup water in a small saucepan. In 1/4 cup water, dissolve beef-like seasoning, cornstarch and yeast flakes. Add to heated water in saucepan and stir until thickened. If you like a thicker gravy, add an additional 1/2 tablespoon cornstarch to the recipe. **Kyong Weathersby**

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Mashed Potatoes

5 c. potatoes, cut into cubes and steamed
1/2 c. plain soy milk
1 1/2 tsp. onion powder
2 Tbsp. lecithin granules
1/4 tsp. garlic powder
1 - 1 1/2 tsp. sea salt
3 Tbsp. olive oil
2 Tbsp. nutritional yeast flakes

Place all ingredients into food processor and process until smooth, or until desired consistency is reached. **Kyong Weathersby**

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Healthy Biscuits

1 1/4 c. warm water
2 Tbsp. active dry yeast
2 tsp. honey
1 1/2 c. unbleached white flour
1 1/2 c. whole wheat flour
1/2 c. lecithin granules
1 tsp. sea salt
1/3 c. canola oil
1/4 c. Turbinado sugar

1. Add yeast and honey to warm water, stir, and set aside to bubble.
2. Combine and mix dry ingredients together. When yeast mixture is bubbly, add to the dry ingredients along with the canola oil. Mix well with a spoon and then with the hands. The dough will be sticky.
3. Turn dough out onto a floured board and sprinkle flour on top. Do not knead. Roll dough out to 1/2-inch thickness. Cut with biscuit cutters or shaped cutters of your choice. Preheat oven to 350 degrees.
3. Place on oiled baking sheet and let rise until doubled in size. Bake at 350 degrees for 20 - 26 minutes. **Kyong Weathersby**

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Glazed Carrots

1 lb. baby carrots, steamed
1 Tbsp. olive oil
1 Tbsp. Turbinado sugar
1/2 Tbsp. parsley flakes
1/4 tsp. sea salt

In skillet, heat oil and add carrots, sugar, parsley and salt. Continue to saute, stirring constantly, until sugar has melted. **Kyong Weathersby**

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Pumpkin Turnovers

FILLING:

1 - 15 oz. can pure pumpkin
1/2 c. Turbinado sugar
1/2 tsp. ground coriander
1/4 tsp. sea salt
1 tsp. vanilla

DOUGH:

2 c. unbleached white flour
1/4 c. wheat germ
1 tsp. sea salt
1/2 c. canola oil
1/2 c. boiling water

1. In a bowl, combine pumpkin, sugar, coriander, salt and vanilla. Set aside.
2. In another bowl, combine dry ingredients for dough. Mix, using a pastry blender or fork. Add oil and boiling water and mix with pastry blender just until flour is moistened.
3. Turn dough out onto an oiled board. Divide in 12 portions. Roll each portion of dough out into a 5-inch circle. Place 1 tablespoon filling in center, fold in half and seal edges. Place on oiled baking sheet and bake at 420 degrees for 12 - 15 minutes. **Kyong Weathersby**

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