

Appetizers & Side Dishes

Hummus (our favorite)

1 15 ounce can of garbanzo beans (reserve juice)
1 ¼ tablespoon Tahini (can be bought in most grocery stores)
¼ cup lemon juice
1 large clove of garlic
½ tsp. of salt

Strain beans and place into a food processor or blender. Add a little of the reserve juice and put the next 4 ingredients in. Slowly add juice from the beans (not all the juice). Blend until creamy and very smooth. Place in a bowl... serve with pita bread, French bread, or any bread!!!

Crock pot marinara sauce

1 cup packed fresh parsley
3 ribs of celery, chopped
1 medium onion, chopped
2 cloves garlic
1/2 tsp. dried rosemary
1/2 tsp. dried sage
16 oz. can seasoned tomato sauce
16 oz. can regular tomato sauce
16 oz. can seasoned diced tomatoes
16 oz. can regular diced tomatoes
1/4 lb. fresh mushrooms
1 1/2 tsp. salt
Pinch of chili peppers to taste.

Add all ingredients to crock-pot. Cook 5-6 hours on high or 12-18 hours on low. This is an awesome marinara sauce!!!

Soups & Salads

Mount Athos Soup

7-8 Tbsp. Tahini
1 cup rice
juice of 1-2 lemons
2 medium carrots finely grated
a few parsley sprigs finely chopped
salt
10 cups water (approximately)

Boil rice in water and salt until tender. Remove from heat and add lemon juice. In small bowl mix Tahini with enough hot liquid from boiled rice to make a smooth paste. Pour mixture back into soup stirring constantly until liquids are blended. Add grated carrots and parsley and stir well. Serve. Note: Adjust amount of lemon juice according to individual taste.

Bean Soup

1 lb. navy beans
2 quarts water
3/4 cup olive or vegetable oil
1 medium onion, chopped
2 carrots, sliced
1/2 cup chopped celery
1 cup tomato sauce
salt and pepper

Soak beans overnight. Drain and add fresh water. In a deep saucepan, bring beans to a boil. Reduce heat, and cook for one hour. Then add onions, celery, carrots, and oil. When almost cooked, add tomato and salt and pepper. Cook for 15-20 minutes.

Also, can be made in the crock pot... soak beans overnight, rinse, and then put everything into the crock pot!!!

Lentil Soup

*1 cup lentils
1/2 cup tomato sauce
4 tbs. vegetable oil
1 onion chopped fine
1/4 tsp. pepper
1 stalk celery, chopped (optional)
1 clove garlic
5 cups water
1 tsp. salt*

Sort and wash lentils. Place in a deep saucepan and add all ingredients. Cover and bring to a boil. Reduce heat and cook slowly for about 1 1/2 hrs. Add a dash of red wine vinegar. I sometimes add 1/2 cup water and 1/4 cup rice to thicken it up. Or I will add 2 potatoes, cut into cubes. I also will do this in the crock pot!

Pistou

*1 zucchini diced
1 small potato peeled and diced
1 shallot diced
1 carrot diced
8 oz can chopped tomatoes
4 cups vegetable broth
1/2 cup thin green beans cut into 1/2 in. pieces
1/2 cup frozen peas
1/2 cup small pasta shapes
4-6 tbsps. Pesto
1 tbsps. sundried tomato paste
salt and pepper*

Place the first five ingredients in a large stockpot. Add the stock and season with salt and pepper. Bring to a boil. Cover and simmer for 20 minutes. Add the green beans, peas, and pasta. Cook for 10 minutes longer, until the pasta is tender. Taste the soup and adjust seasoning if necessary. Mix together sundried tomato paste and pesto. Stir into each serving.

Vegetable soup

*3 large potatoes
1/2 cup celery, chopped
1 small onion, sliced thin
pepper
2 Tbsps. Rice
2 Tbsps. Tomato paste
3 carrots
1 tsp. salt
2 cups tomatoes (I use diced)
2 cups water
chopped parsley*

Prepare vegetables and cut in cubes of uniform size. Sauté celery and onions slowly in 2 Tbsps of vegetable oil add water and bring to a simmer for ten minutes. Add remaining ingredients and boil until vegetables are soft (about 1 hour). Add more water if needed. This should be a thick soup.

This recipe can also be cooked in a crock pot (just throw everything in). But you have to watch it carefully because it is a very thick soup. Freezes well, too!!!

Vegetarian Chili *(this is not a thick chili)*

3 cloves garlic minced
2 14 1/2 oz cans stewed tomatoes
1 12 oz. can beer or non-alcoholic beer
1 cup water
1 8 oz can tomato sauce
3-4 tsp. Chili powder
1 tsp. dried oregano
1 tbsps. Dijon style mustard
1 tsp. cumin
1/2 tsp. pepper
several dashes bottled hot pepper sauce
1 15 oz can pinto beans, rinsed and drained
1 15 oz can white kidney beans, rinsed and drained
1 15 oz can red kidney beans, rinsed and drained
1 1/2 cups corn (fresh or frozen)
1 1/2 cups chopped zucchini or yellow summer squash

Try this in a crock pot just toss everything in and cook! This is good with corn bread recipe below.

Corn Bread

1 cup corn meal
1 cup white flour
2 tsp. baking powder
2 tsp. sugar
1 tsp. salt
2 Tbsp. vegetable oil
1 1/2 cups soy milk

Mix ingredients. Pour into 8 x 8 pan (slightly grease). Cook at 350 for 30 minutes.

Best Salad Dressing

1 ripe avocado
1 rib celery
1 small tomato
1 small cucumber
1 tsp. distilled water

Blend all ingredients in blender, adding just enough water to make a puree.

Spanakorizo (Spinach Rice)

10 cups fresh, cleaned packed spinach (3 bunches)
6-8 green onions
2 tablespoons water
1/2 cup fresh dill, chopped
1/2 cup fresh parsley, chopped
1 14 ounce can diced tomatoes
salt and pepper to taste
1/4 cup rice plus 1 tablespoon

Thoroughly wash spinach, drain, and set aside. In a large pot heat water and sauté the onions in the water add spinach and simmer for 5 minutes until the spinach is wilted. Add dill, parsley, tomatoes, salt, and pepper and bring to a boil. Add rice... cover and reduce heat. Cook for 20 minutes or until rice is done.