

# ACBC

# Recipes

Volume 2



**CAROLINA ADVENTIST CHRISTIAN BOOK CENTER**

# Recipes Featuring Vegetarian Burger

## Vegetarian Meatloaf



1 can (20 ounce) Vegetarian Burger  
1/2 cup Oleo (1 stick)  
1/2 green pepper, chopped  
1 onion, chopped  
1/2 teaspoon garlic salt  
1/4 teaspoon poultry seasoning or sage  
4 slices whole wheat bread, torn into small pieces  
4 eggs, beaten (or egg substitute)  
2 cups (8 ounces) grated cheese or vegetarian cheese substitute  
Catsup, Brown sugar

### Directions:

Sauté green pepper and onion in Oleo. Add bread and mix in remaining ingredients. In bottom of a loaf pan put a thin layer of catsup and brown sugar, mixed (Do not put on top) Add meatloaf mixture on top of catsup.

Bake 1 hour at 350 degrees. Very easy and delicious recipe.

*Submitted by Patricia M. of South Carolina*

## Easy Vegetarian Chili



1 can Loma Linda Vege-Burger  
1 can (14.5 or 28 oz) chili beans or 1 each (14.5 oz) can chili beans and black beans  
1 can (14.5 or 28 oz) stewed tomatoes or diced tomatoes with basil, garlic & oregano  
1 (10.75 oz) can tomato soup (undiluted)  
1 large onion, chopped fine  
4 cloves garlic, finely chopped  
1 tablespoon sugar

Directions: In large pot add 3 tablespoons olive oil or enough to cover bottom of pan. Add chopped onion and sauté on low-medium heat until onions are almost clear. Using a fork to loosen the Vege-Burger, add it to the onions along with the beans, tomatoes, tomato soup and sugar. Mix well and simmer on low heat until heated. Scramble the eggs or egg substitute in a separate frying pan until well done. Chop them fine with a spatula and add them to the chili just before serving. Serving suggestion: Add a tray of fresh mixed vegetables and your favorite cornbread with honey or molasses.

*Submitted by Kathy R. of North Carolina*

## Cheese Vege-Burger Loaf



1 can Heritage Vege-Burger or Loma Linda Vege-Burger  
1 cup onion, chopped  
1/2 cup margarine  
3 cups cheese, grated  
4 eggs, beaten  
6 slices whole wheat bread, crumbed  
1/2 teaspoon salt  
1/4 teaspoon garlic powder  
1/2 teaspoon ground savory  
1/2 teaspoon poultry seasoning  
3 tablespoons brown sugar  
12 ounces catsup

Directions: Sauté onion in margarine until translucent. Tear bread into very small pieces or make crumbs in a food processor. Pour onion mixture over bread crumbs. Mix in Vege-Burger and cheese. Stir in eggs and seasonings. Spread into a lightly greased 9x9 baking dish. Preheat oven to 350 degrees. Bake 45 minutes. Mix brown sugar with catsup until sugar is dissolved. Spread over loaf and bake 7-8 minutes more or until glaze is shiny. Optional: May use 2 cups grated cheese and 1 cup cottage cheese.

*Submitted by Juanita P. of Illinois*

## Burger Biscuit Loaf

1/2 can (20 ounce) Vege-Burger  
1 1/2 cups Bisquick mix  
6 tablespoons milk  
1 cup shredded cheddar cheese, divided  
2 tablespoons milk  
1 1/4 cups salsa  
1/2 packet taco seasoning  
1/2 cup petite baby peas, frozen  
1/2 cup corn, frozen  
1 small onion, chopped

Directions: Heat oven to 400.

In non-stick skillet, slightly sauté onion in oil (about 1 minute, do not over-cook). Add salsa, Vege-Burger, taco seasoning, vegetables, and 2 tablespoons milk. Heat until frozen veggies have thawed and mixture is hot, stirring frequently. Spoon into 11 x 7 glass casserole dish. Sprinkle with 2/3 cup cheddar cheese. Stir together Bisquick mix and 6 tablespoons milk until wet dough forms (like biscuit dough). Spoon over mixture in casserole dish, keeping about 1/2 inch away from edges and smoothing to cover the top. Bake 20-22 minutes or until edges are golden brown. Sprinkle with remaining cheese and bake an additional 2-3 minutes until cheese melts.

*Submitted by Amanda E. of North Carolina*

# Recipes Featuring “Chicken”

## Chicken Normandy



2 1/2 cups diced FriChik  
1/2 cup mayonnaise  
1/2 cup celery, chopped  
1/2 cup onion, chopped  
1/2 teaspoon black pepper  
1/2 teaspoon salt  
1 1/2 cups milk  
2 eggs, beaten  
1 can (10 ounce) condensed mushroom soup,  
undiluted  
1 cup (4 ounces) mild cheddar cheese, shredded  
Crust:  
1 package (8 ounce) seasoned bread stuffing mix  
1/2 cup margarine  
1 cup water

Note: Prepare this recipe the day before serving

### Directions:

Combine crust ingredients and mix lightly. Spread half in greased 9 x 13 x 2 inch baking dish.

For filling, combine FriChik, onion, celery, mayonnaise and seasonings

Spread filling evenly over bottom crust and top with remaining crust mix.

Blend the milk and eggs in a blender and pour over all.

Cover dish with foil and refrigerate overnight.

An hour before serving, spread undiluted condensed mushroom soup over the top.

Bake at 325 degrees for 40 minutes.

Sprinkle shredded cheese over top and bake ten minutes. Yield 12 servings.

*Submitted by Virginia C. of South Carolina*

## FriChik Salad Sandwich



2 small cans or 1/2 of a large can of FriChik,  
drained

1 cup mayo

1/2 teaspoon paprika

1/4 teaspoon salt

1/4 teaspoon sugar

1 tablespoon mustard

1/2 cup diced dill pickle or dill pickle relish.

Directions: Cut FriChik into small pieces (about  
1/4 inch dice) and mix with rest of ingredients  
Serve on whole grain bread, rolls, tortillas or  
wrap in leaf lettuce.

Remember to adjust mayo and mustard to your  
personal taste. You can substitute bread and  
butter or sweet pickles also. Easy, quick, enjoy!

*Submitted by Joni G. of North Carolina*

## Krusty Chik



1 can FriChik, drained and diced

1/4 cup onion, chopped

1 1/2 cups bread or cracker crumbs

1/2 cup mayonnaise

1 teaspoon chicken style seasoning

2 tablespoons margarine, melted

2 teaspoons lemon juice

1 tablespoon dried parsley

1/2 can evaporated milk

Cracker crumbs

Directions:

Mix together all ingredients except  
evaporated milk. Place in greased 6 x 8  
baking dish. Pour the evaporated milk over  
the mixture and top with cracker crumbs.

Bake at 350 degrees for 30-40 minutes.

Serves 4

*Submitted by Karen P. of South Carolina*

## Chicken a la King



*Modified from recipe by Dr. Jean Slate*

1 large can (42 ounce) FriChik or 2 small (13 ounce) cans

2 sticks butter or margarine

8-16 ounces fresh or canned mushrooms\*

1 jar (7 ounces) pimentos, drained

2 boxes Green **Giant frozen Baby Peas**

**McKay's chicken** style seasoning or George Washington Broth (1-2 tablespoons or to taste)

Lightly toasted sliced almonds

Top with fresh or dried parsley

Directions: Melt 2 sticks of butter or margarine in large pan or Corning bowl on low heat. Blend in 2 cups of flour to make a paste. Tease each piece of FriChik into 6 or 8 pieces using side pressure on the knife.

Add the FriChik juice to the mixture and mix in the FriChik pieces.

Thaw and very lightly cook (2 minutes in microwave) the 2 packages of Baby Peas. Add the peas and McKay's or George Washington seasoning. Cook briefly in the microwave (5 to 10 minutes or so) as this mixture burns easily. When using stove, constant stirring is necessary.

Drain the pimento before adding (Juice gives strange color if added) Add almonds and garnish with parsley

Serve over brown rice, baked potato, in Pepperidge Farm Pastry Cups, or on toast

\*May use Asian straw or oyster mushrooms and water chestnuts over a nest of brown rice served with snow peas or stir-fry and end the meal with a fortune cookie

*Submitted by Catherine W. of North Carolina*

## BBQ FriChik



1 can Loma Linda FriChik, drained

Kraft Honey BBQ Sauce 1 tablespoon vegetable oil

Instructions: Slice each FriChik into 2-3 thin slices. Poke holes in the slices with a fork. Rinse the slices in water and pat dry with a paper towel.

Directions: Brown the slices in a pan with the vegetable oil. Cover and continue to fry, flipping over until both sides are browned. Cover with the barbecue sauce and let simmer until sauce is heated.

Serve with your favorite sides or put it on a bun for a BBQ "Chicken" sandwich.

*Submitted by Charlene P. of North Carolina*

## Asian-Style Broccoli Chik'n



Strips: 1 can (20 ounce) Cedar Lake Chik'n Strips

1 tablespoon La Choy Lite Soy Sauce

$\frac{1}{4}$  teaspoon garlic salt

$\frac{1}{2}$  teaspoon onion powder

1 tablespoon olive oil

2 teaspoons sesame oil

4 large or 6 small heads of fresh broccoli

$\frac{1}{4}$  cup water

1 tablespoon sesame oil

Sauce: 6 large cloves garlic, minced

4 tablespoons sesame oil

4 tablespoons La Choy Lite Soy Sauce

$\frac{3}{4}$  cup water

2 packages George Washington Golden Broth

2 tablespoons cornstarch

1-2 tablespoons red pepper flakes, to taste (if you hate spicy, leave this out!)

Directions: Whisk together garlic, soy sauce, oil,  $\frac{3}{4}$  cup water, broth, and cornstarch in a bowl. Add red pepper flakes and set aside. Cut florets from broccoli and place in a wok or large skillet with  $\frac{1}{4}$  cup water and 1 tablespoon sesame oil. Cover and let steam for a couple minutes, stirring occasionally. (Broccoli will get brighter green in color.)

Meanwhile, cut Chik'n Strips into 1 inch pieces. In a separate skillet, heat 1 tablespoon olive oil, 2 teaspoons sesame oil, and 1 tablespoon soy sauce on med-high heat. When hot, add strips then season with garlic salt and onion powder. Stir/flip frequently with spatula. When broccoli is just barely steamed, add sauce from bowl. Stir well. Sauce should thicken and absorb somewhat into broccoli. Continue cooking 3+ minutes, stirring frequently. (Depending on how well-done you prefer your broccoli, cooking time may increase. If you like it very well done, you may need to add a little more water to prevent the sauce from thickening too much and sticking). Remove from heat and add strips. Stir to combine and lightly coat strips. Best served hot over rice.

*Submitted by Amanda E. of North Carolina*

## Aji de Gallina Peruano



1 can (20 ounce) Vegetable Skallops  
4-5 Peruvian Aji chili peppers (find in freezer section)  
1 medium onion  
2 cloves garlic, crushed  
1 pack of saltine crackers or 5-8 slices of white bread  
¼- ½ cup vegetable broth  
¼- ½ cup milk or soy milk  
Salt to taste

Pinch of Turmeric for color

Directions: Cut Vegetable Skallops into ¼ inch strips  
Place crackers or bread in a bowl and cover with just enough vegetable broth and milk to soak them  
Thaw the Aji peppers until soft enough to cut  
Remove top, seeds, and membranes then boil peppers in water for five minutes (this will decrease the heat level).  
Remove and roughly chop  
In a lightly oiled skillet sauté the onion, garlic and peppers  
Add a pinch of turmeric for color and black pepper and salt to taste. Add the cracker mixture and a bit of vegetable broth as needed to form a loose paste. Place mixture in blender and blend until smooth. Add Vegetable Skallops to the skillet and mix in the sauce. Simmer for a few minutes until heated through. Serve with rice.

*Submitted by Norma S. of North Carolina*

## Pineapple Stir-Fry



1 can (19 ounce) Loma Linda Tender Bits, drained  
1 can (8 ounce) pineapple chunks, drained  
1 green bell pepper roughly chopped  
1 red bell pepper roughly chopped  
1 tablespoon tamari sauce  
1/2 teaspoon sea salt

Directions: Cut Tender Bits into small pieces. Fry in lightly oiled skillet until browned. Add peppers and tamari sauce. Simmer until peppers are just softening. Add the pineapple chunks and heat a few more minutes. Serve with cooked rice. If using pineapple rings, you can grill them for a nice flavor.

*Submitted by Annie R. of North Carolina*

## Slow Cooker Chik'n and Dumplings



### Ingredients:

- 1 can Tender Bits, drained and chopped into ½ inch pieces
- 2 medium onions, chopped
- 5 medium carrots, peeled and chopped
- 7 cups of water
- ¼ cup nutritional yeast
- 3 bay leaves
- 1 tablespoon sea salt
- 1 tablespoon dried parsley
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 1 teaspoon paprika
- 1 teaspoon sage
- 1 teaspoon thyme
- 1 teaspoon rosemary

### Dumpling ingredients:

- 2 cups all-purpose flour, whole wheat pastry flour, or gluten-free baking mix
- 2 teaspoons aluminum-free baking powder
- 1 teaspoon fine grain salt
- 1 teaspoon dried dill
- ¼ cup Earth Balance vegan buttery spread
- ½ - ¾ cup unsweetened non-dairy milk

Directions: Spray slow cooker crock or line it with disposable slow cooker liner. Combine onions, carrots, Tender Bits, water, nutritional yeast, bay leaves, sea salt, spices, and Bragg or soy sauce in slow cooker and stir. Set slow cooker on low for 7-8 hours or high for 4 hours. When 40 minutes remain turn the slow cooker up to high.

In a bowl mix the flour, baking powder, salt, and dill. Add the Earth Balance and cut it into the flour mixture with a pastry blender, cross-cutting with 2 butter knives, or with back of the fork until mixture resembles coarse crumbs. Add non-dairy milk just until dough forms and pulls away from sides of bowl. Turn dough out onto lightly floured surface and knead 10 times, then roll or press into ¼ inch thickness. Slice into squares and add to slow cooker, gently stirring to incorporate dumplings. Close lid and cook on high for 30 minutes. Gently break apart dumplings if necessary and enjoy.

*Submitted by Melita B. of North Carolina*

## Orzo FriChik Salad



1 can (12.5 ounce) Original FriChik, drained and diced

1 box (16 ounce) orzo pasta

1/2 cup spring onions, sliced

1/2 to 1 cup mayonnaise

1 cup red grapes (optional)

1/2 to 1 teaspoon curry powder (optional)

1 to 2 tablespoons olive oil

Directions: Cook orzo according to directions (do not overcook), drain thoroughly

Add enough olive oil to lightly coat orzo

Add curry powder, diced FriChik, sliced spring onions (green & white), and sliced red grapes.

Mix well, then mix in mayonnaise (just enough to moisten) May serve hot or cold.

*Submitted by Jane D. of North Carolina*

## Chik'n Nuggets



1 can (19 ounce) Loma Linda Tender Bits, drained

Batter:

1/3 cup flour (Use garbanzo or almond flour for a nutty taste)

1 teaspoon Vegetarian Express Veggie Chick Seasoning

1 tablespoon wet mustard (any kind)

1/2 teaspoon sea salt

1/4 teaspoon paprika

1/3-1/2 cup water

Dry Mix:

3/4 cup flour

1/4 cup nutritional yeast

2 tablespoons arrowroot powder (optional)

1 teaspoon dried parsley

1/2 teaspoon sea salt

Directions: Tear Tender Bits in half. Combine batter ingredients using just enough water to make a pancake thickness batter. Combine dry mix ingredients in a separate bowl. Coat the Tender Bits in batter then toss them in the dry mix. Fry in lightly oiled skillet or bake in oven at 350 degrees until coating is dry and browned.

*Submitted by Rachel S. of North Carolina*

## Saucy Ranch Tender Bits Casserole



1 can (19 ounce) Loma Linda Tender Bits, drained  
2 cups cooked rice  
1 tablespoon Vegetarian Express Saucy Ranch Seasoning  
1/2 cup diced celery  
1/2 cup diced yellow, orange and red bell peppers  
1 small onion, minced  
1 packet Mayacamas Savory Herb Gravy Mix

### Directions:

Cut Tender Bits into small pieces.  
Mix all ingredients together and place in greased 9x9 casserole dish.  
Bake at 350 degrees until heated through (about 30 minutes).

*Submitted by Steve J. of North Carolina*

## Quick and Easy Chik'n Chow Mein



1 can Heritage Chik'n Bites, sliced into strips  
1 can (28 oz) La Choy Stir Fry Vegetables, drained  
1 teaspoon Bragg Liquid Aminos or soy sauce

### Directions:

Mix all ingredients and heat in sauce pan.  
Serve over crispy chow mein noodles, lo mein noodles or rice.

Try with Loma Linda FriChik, or Cedar Lake Chik'n Strips

*Submitted by Rae S. of North Carolina*

# Recipes Featuring Saucettes

## Italian Sausage Meatball Soup



- 1 can Saucettes, drained
- 1 green pepper, finely chopped
- 1 medium onion, minced
- 8 ounces of seasoned bread crumbs
- ½ teaspoon ground fennel seed
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 1 tablespoon dried parsley
- 2-3 eggs, beaten
- 4 cups vegetable broth
- 1 tablespoon McKay's Chicken Seasoning
- 4 cups chopped kale
- 1 can (15 ounce) northern beans
- 1 can (15 ounce) lima beans
- Juice of half a lime or lemon

### Directions:

Coarsely grind Saucettes in food processor  
Add bell pepper, onion, bread crumbs, eggs, seasonings and mix well  
Form Saucettes mixture into small balls and brown lightly on all sides in a lightly oiled skillet or bake on greased baking sheet in a 375 degree oven for 30 minutes turning once.  
In a medium stock pot add the vegetable broth and McKay's seasoning and bring to a boil  
Stir in the kale, beans and meatballs.  
Reduce heat and simmer about 10 minutes.  
Serve in a bowl with a squeeze of lime juice.

*Submitted by Leigh H. of North Carolina*

## Crescent Sausage Bites



1 can Saucettes, drained  
½ teaspoon dried rosemary leaves, crushed  
2 cups shredded cheddar cheese  
2 eggs, beaten  
1 tube (8 ounce) refrigerated crescent dinner rolls  
2 tablespoons flour  
**Directions:** Grind Saucettes in a food processor or mash with a fork until texture of ground burger. Mix in rosemary, shredded cheese and beaten egg. Unroll crescent dough and coat each side with flour. Using a pizza cutter or knife, cut dough into ¼ inch pieces. Add to Saucettes mixture in small amounts until well blended. Shape into balls and bake on greased cookie sheet. Bake at 375 for 15-17 minutes until golden brown.

*Submitted by Leigh H. of North Carolina*

## Saucettes in the Blanket



1 can Saucettes, drained  
1 tube refrigerated biscuits  
Mustard, mayo, sriracha sauce (mixed or separate, per taste).  
Shredded cheese, optional  
**Directions:** Remove biscuits from tube. Leaving in two equal stacks, cut off one quarter of each stack to make 2 extra biscuits (to total of 10). Separate each biscuit and flatten dough using palm of hand. Place one Saucette in center of each flattened biscuit, along with a thin line of any or all above condiments and cheese. Wrap in dough and seal. Place on greased cookie sheet, seam side down. Bake at 375 for 10-12 minutes until golden brown. May use sauces to dip as well. Great for breakfast or hors d'oeuvres.

*Submitted by Kathy B. of North*

## Sausage Gravy



1 can Loma Linda Saucettes

Vegetarian Express Creamy White Gravy Mix

Olive oil

Directions:

Crumble or mash Saucettes and lightly brown in skillet with olive oil.

Prepare white gravy mix per instructions.

Stir in Saucettes and serve over your favorite biscuits or mashed potatoes.

*Submitted by N.R of North Carolina*

## Italian Sausage Rice

½ can (19 ounce) Saucettes

1 jar (16 ounce) spaghetti sauce

1/2 cup Italian salad dressing

1 medium onion, chopped

1 bell pepper, any color, chopped

Cooked brown rice or pasta

Directions: Slice Saucettes into ¼ inch circles

Sauté onions and peppers until soft

Add sliced Saucettes

Mix together Italian dressing and spaghetti sauce and add to pan

Heat through and serve over brown rice or pasta

*Submitted by Valerie L. of Iowa*

## Cheesy Potato Links

1 can Veja-Links, drained

10 slices of yellow American cheese

3 cups mashed potatoes (boxed or cooked, prepared as desired)

Directions:

Preheat oven to 350. Line a cookie sheet with parchment paper.

Cut Veja-Links in half, length-wise, like a hotdog bun, keeping halves together

Place each pair on the cookie sheet, leaving some space between.

Mound about 1/4 cup of potatoes (more or less as desired) on top of each.

Place a slice of cheese, torn in half and overlapped, on top of the potatoes.

Bake for approximately 15-20 minutes, or until cheese is melted and just starting to brown in places.

Remove from oven and serve hot.

*Submitted by Teresa L. of North Carolina*

# Recipes Featuring Vegetable Skallops

## Sweet & Sour Vege-Scallops



1 can (19 ounce) Heritage Vege-Scallops  
1 can (20 ounce) pineapple chunks, save juice  
1 red bell pepper, chopped  
1 egg, beaten  
2 tablespoons soy sauce  
5 tablespoons cornstarch  
2 tablespoons baking powder  
Salt to taste  
1 tablespoon sugar or to taste  
Rice vinegar to taste

### Directions:

In a bowl mix the egg, soy sauce, 3 tablespoons cornstarch and 1 tablespoon baking powder. Add the Vege-Scallops, stir to coat and let sit for about 1 hour.  
In a separate bowl combine 3 tablespoons cornstarch with 1 tablespoon baking powder. When ready to cook, add a few Vege-Scallops at a time and dust with dry mixture.  
Fry in lightly oiled skillet until browned.  
In a separate pan bring to a boil the pineapple juice, salt, sugar, and rice vinegar.  
Mix 1-2 tablespoons cornstarch in a small amount of water until dissolved.  
Add to the sauce and let thicken.  
Add the pineapple chunks and diced bell pepper.  
Simmer for a few minutes and add the fried Vege-Scallops.  
Serve with rice.

*Submitted by Norma S. of North Carolina*

## Vege-Scallops in Citrus Cream Sauce



1 can (19 ounce) Heritage Vege-Scallops  
1 cup flour  
1 tablespoon Vegetarian Express Lemony  
Dill Zest  
1 cup popcorn (can substitute cracker or  
bread crumbs)  
1 egg, beaten

### Citrus Cream Sauce:

1/4 cup raw cashews  
1 orange, juiced  
1 lemon, juiced  
Water to equal  $\frac{3}{4}$  to 1 cup when combined  
with juices  
1/2 teaspoon sea salt

### Directions:

Place popcorn in food processor and chop  
finely.

Mix with flour and Lemony Dill Zest. Dip  
Vege-Scallops in flour mixture, then egg,  
then in flour mixture again until well  
coated.

Fry in lightly oiled skillet until browned on  
all sides.

In the meantime, combine the raw cashews,  
citrus juices and water, and sea salt.

Blend in a high speed blender until smooth.  
Pour in saucepan and simmer until desired  
consistency.

Serve over Vege-Scallops.

*Submitted by S. S. of North Carolina*

# Recipes Featuring Dinner Cutlets & Vege-Steaks

## Dinner Cutlets en Croûte



1 can (19 ounce) Heritage Dinner Cutlets  
1 package puff pastry dough  
1 onion, sliced  
8 ounces fresh mushrooms, chopped  
2 cloves garlic, crushed  
¼ teaspoon Vegetarian Express Pepper-Like  
Seasoning

4 teaspoons horseradish (optional)

1 egg, beaten

1-2 tablespoons olive oil

Directions: Heat olive oil in skillet and sauté sliced onions, garlic and chopped mushrooms until soft. Set aside to cool.

Sprinkle 4 cutlets on each side with Pepper-Like Seasoning and then brown in lightly oiled skillet. Cut thawed pastry into four equal pieces and roll to a size sufficient to wrap the cutlets. Place 1/8 of onion mixture in the center of each pastry piece. Add a teaspoon of horseradish and set a cutlet on top. Add 1/8 of the onion mixture on top.

Brush the edges of the pastry with the egg and bring the sides up around the filling. Press all of the edges together for a tight seal. Place seam side down on a baking sheet lined with parchment paper. Cut 2-3 slits on top. You can use any extra pastry to decorate the top with leaf cutouts. Brush the top with egg for a browner crust.

Place each in refrigerator to keep cool as you make the remaining ones.

Bake in a pre-heated oven at 425 degrees for 12-15 minutes until the pastry is golden brown.

*Submitted by Rachel H. of North Carolina*

## Vegetarian Steak Diane



- 1 can (19 ounce) Heritage Dinner Cutlets
- 2-3 shallots, thinly sliced
- 4 ounces fresh cremini mushrooms, chopped
- 2-3 cloves garlic, crushed
- ½ cup raw cashews
- 2 cups water, can add broth from cutlets
- ¼ teaspoon sea salt
- 1 teaspoon vegetarian Worcestershire sauce, or to taste
- 1 tablespoon Dijon mustard
- ¼ teaspoon Vegetarian Express Pepper-Like Seasoning
- 1 tablespoon dried or fresh marjoram
- 1-2 tablespoons olive oil

### Directions:

Sprinkle Dinner Cutlets on each side with a good coating of Pepper-Like Seasoning. Brown both sides in lightly oiled skillet. Remove and set aside. Sauté shallots, garlic and chopped mushrooms in skillet until soft.

Blend raw cashews and water in high speed blender until smooth.

Add to shallot mixture and simmer until it reaches desired gravy consistency. Season with salt to taste. Add marjoram and remove from heat. Serve Dinner Cutlets with the gravy on top.

*Submitted by N.R. of North Carolina*

## Lomo Saltado



- 1 can Heritage Vege-Steak, drained and cut into strips
- 1 onion, thinly sliced
- 2 tomatoes, sliced into half moons
- 1 bunch cilantro, chopped
- 1 tablespoon soy sauce
- Salt and Pepper to taste
- French fries, homemade or frozen (small bag)
- Optional, peppers

Directions: In a skillet, sauté the onion and tomatoes until desired texture.

Stir in soy sauce and Vege-Steak strips.

Add the prepared French fries and chopped cilantro.

Add salt and pepper to taste.

Serve with cooked rice on the side.

*Submitted by Norma S. of North Carolina*

## Vege-Steak Banh Mi



1 can Heritage Vege-Steak, drained

1/4 cup ketchup

1/4 teaspoon Chinese Five Spice Powder

1 teaspoon sugar

1 cucumber, sliced lengthwise

1 carrot, thinly sliced in strips

1 bunch cilantro

Leaf lettuce

Mayonnaise or vegan substitute

Baguette or bolillos, toasted in oven

Directions: Mix ketchup, sugar and Chinese Five Spice Powder

Coat the Vege-Steak with the mixture.

Place on cookie sheet or grill pan and put under the broiler. Broil until glaze becomes glossy, flipping over to brown both sides.

To assemble banh mi, spread mayonnaise on bottom, add leaf lettuce, Vege-Steak, cucumber, carrot and cilantro.

*Submitted by Nyla S. of North Carolina*

## Vege-Steak Fajitas



1 can (19 ounce) Heritage Vege-Steak

1 bell pepper, sliced

1 medium onion, slivered

1 tablespoon fajita or taco seasoning

Cooking Oil

Directions: Cut Vege-Steak into smaller strips if desired

Sauté peppers and onions in a lightly oiled skillet

Add Vege-Steaks and seasonings and cook until caramelized

Toast tortilla in a separate skillet or directly on the burner until just warmed and softened Assemble fajitas. You can add additional vegetables, taco sauce, or sour cream.

*Submitted by Rae S. of North Carolina*

## Vege-Steak Mongolian Beef



- 1 can Heritage Vege-Steak, drained and cut into strips
- 1 teaspoon cornstarch
- 3 tablespoons soy sauce
- 1 tablespoon sugar
- 2 cloves chopped garlic
- 1 bunch scallions, sliced diagonally, green and white parts
- 1 small white onion, slivered

Directions: Mix cornstarch, sugar and soy sauce until smooth.

Pour over Vege-Steak strips and let marinate. In the meantime, heat a small amount of oil in a skillet or wok. Add the onions and scallions and stir until they are softened.

Add the Vege-Steak strips with the marinade and continue stirring until heated through.

Serve with cooked rice.

*Submitted by Jane S. of North Carolina*

## Vege-Steak Samosas



- 1 can Heritage Vege-Steak, drained and diced
- 4 parboiled potatoes, diced
- 1 carrot, finely diced
- 1 onion, chopped
- 6 Baby Bella mushrooms, chopped
- Curry powder to taste
- 1 package won ton wrappers

Directions:

Mix all ingredients and fry in light olive oil over medium heat until heated through.

Add 1 teaspoon of mixture to center of won ton wrapper.

Moisten edges with water.

Holding in air to keep filling at bottom, gently pull edges together, sealing them.

Place on baking sheet and make sure edges are completely sealed.

Bake at 350 degrees about 10-12 minutes or until browned.

Serve with cooked rice and yogurt sauce or chutney.

*Submitted by N.R. of North Carolina*

# Recipes Featuring Other Great Products

## Swiss Stake Casserole



- 1 large can (47 ounce) Loma Linda Swiss Stake, cut in chunks
- 1 large onion, chopped
- 4 cloves garlic, finely chopped
- 1 teaspoon oregano
- 1 teaspoon basil
- 2 teaspoons smoked paprika
- 1 small red pepper, sliced or chopped
- 1 small green pepper, sliced or chopped
- 3 tablespoons each of coconut and olive or safflower oil
- 1 (10 ounce) Birds Eye Steamfresh frozen peas
- 1 can reduced sodium cream of mushroom soup
- 1 can reduced sodium cream of celery soup
- 1 box of whole grain small penne pasta, cooked and drained well (Bow tie pasta or brown rice are also great choices in this recipe.)
- Grated cheese

### Directions:

Heat large pan on low heat. Add oils and sauté garlic, onion, red and green peppers with basil, oregano, smoked paprika until cooked.

Add Swiss Stake, celery and mushroom soups; add prepared pasta plus 1-2 cups water as needed.

Mix all ingredients and place in large casserole dish. Top with your favorite grated cheese.

Bake at 350 degrees 45 minutes.

Serve with your favorite vegetable or a green salad.

Serves 8 or more happy people.

*Submitted by Rachel S. of North Carolina*

## Causa Rellena Peruano

### Peruvian Potato Salad



3 cans Loma Linda Fishless Tuna, finely chopped

½ cup red onion, chopped

7 yellow potatoes

3 limes, juiced

1 stalk celery, finely chopped (optional)

3 tablespoons vegetable oil

1/2 cup Vegenaïse or mayonnaïse

Salt, pepper, garlic powder to taste

3-4 hard boiled eggs, sliced

Black olives, sliced

Parsley leaves

#### Directions:

Cook potatoes in salted boiling water until tender. Peel and mash them, adding salt, pepper, and garlic powder to taste. Mix the vegetable oil and lime juice into the potatoes and set aside.

In a separate container add the Fishless Tuna, Vegenaïse, red onion and celery.

Season with salt and pepper to taste.

Press half of the potato mixture into the bottom of a pan and spread evenly.

Add a layer of the Fishless Tuna salad and press down. Cover with the other half of potato mixture, pressing down.

Garnish with parsley leaves, slices of hard boiled eggs and sliced black olives.

For individual salads lightly oil the inside of a can with both ends cut off and use as a mold to form the salad layers.

Optional sauce: Mix lime juice with Vegenaïse and drizzle over salad. May use Diced Chick in the filling.

*Submitted by Norma S. of North Carolina*

## Pecan Patty Casserole



- 1 can Cedar Lake 3 Grain Pecan Patty, drained
- 2 carrots, chopped
- 1 large onion, chopped
- 1 large green bell pepper, chopped
- 7-8 small yellow potatoes, chopped
- Extra virgin Olive to drizzle veggies
- Salt and black pepper to taste
- 8 oz medium pasta (I use whole wheat fusilli)
- Earth Balance vegan buttery spread to coat pasta
- 1 cup flour (I use whole wheat pastry flour but any will do)
- ½ teaspoon smoked paprika
- ½ teaspoon salt
- Oil of choice to brown patties in
- For gravy:
- 5 tablespoons Earth Balance vegan buttery spread
- 10 tablespoons flour + more as needed (I use whole wheat pastry flour)
- 4 cups water
- 1 tablespoon Bragg Liquid Aminos, soy sauce, or tamari
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 tablespoon nutritional yeast
- 1 tablespoon dried parsley
- 1 teaspoon rubbed sage
- 1 teaspoon salt
- ½ teaspoon dried rosemary
- ½ teaspoon dried thyme

Directions: Preheat oven to 400°F. Spray a deep 9"x13" or larger baking dish with cooking spray. Chop all the vegetables and combine them in the baking dish. Drizzle them with the olive oil, season them with salt and pepper. Bake uncovered at for 15 minutes, then stir, cover with aluminum foil, and bake for another 15 minutes or until tender.

Cook pasta according to package directions, then drain and coat with Earth Balance. In a small dish combine 1 cup flour, smoked paprika, and ½ tsp salt. Dredge the pecan patties in the flour mixture. Heat oil in skillet on medium heat. Brown the breaded patties on both sides then set aside. *(Continued on next page)*

### *Pecan Patty Casserole (Continued)*

To make the gravy, melt 5 tablespoons Earth Balance in saucepan on medium heat. Whisk in the flour, using more or less than 10 tablespoons just until you get the roux the consistency of thick wet sand.

Let cook for 3 minutes.

SLOWLY begin adding water and whisking to remove lumps.

Add the Braggs, spices, and salt. Reduce heat to medium-low and continue whisking while simmering for several minutes until flavors meld and desired thickness is achieved.

Taste and add salt as needed.

Combine pasta with the veggies in the baking dish.

Pour half of the gravy over the pasta and veggies and stir to combine.

Place patties in 2 rows on top of the mixture in the baking dish.

Pour remaining gravy over the patties, and serve or take to potluck.

*Submitted by Melita B. of North Carolina*

### **Skallop Veggie Pie**



- 1 can Vegetable Skallops, drained
- 1 medium onion
- 2-3 celery stalks
- 2-3 fresh carrots or 1 can cooked carrots
- 1 can diced new potatoes
- 1 can mushrooms
- 3 cups Brown Gravy
- Bread crumbs or Corn Flakes
- 1 unbaked pie shell

Directions: Dredge each Skallop in bread crumbs or Corn Flakes and brown in lightly oiled skillet

Remove to a plate and cut large pieces into bite-size pieces

Roughly chop (not finely diced) one cup each of onion, celery and carrots

Cook until almost soft, then drain and set aside

Make three cups of brown gravy

Place Skallops in bottom of a deep pie dish

Arrange vegetables and mushrooms over the Skallops

Pour gravy over vegetables until almost covered (you may not need quite three cups)

Break pie crust into medium pieces and place over vegetables until covered. If pie dough is homemade, lay it over the vegetables, crimping dough around the edges

Place pie plate on cookie sheet, in case gravy bubbles over

Bake at 375 degrees for 20-25 minutes, or until pie crust is golden

*Submitted by Terry R. of North Carolina*



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