

## **RECIPES**

by James Robert Deal

June 25, 2016

### Pasta with Bitter Mellon and Sprouted Soybean Noodles

#### Ingredients

3 bitter melons, medium size  
1 container of sprouted soybeans  
4 oz. vegan noodles by weight  
(1/4 of a 1 pound package of Flour Sticks Noodles from the Philippines)  
2 tbsp. dried basil  
1 bunch of garlic cloves  
1 medium onion chopped  
1 medium onion chopped  
¼ cup olive oil  
Salt and soy sauce to taste  
Sesame tahini butter to taste  
Nutritional yeast to taste

#### Instructions

Steam stir fry onions and garlic in olive oil and water for 4 minutes. Add sliced bitter melon, soy beans, and basil and cook for another 4 minutes. Take everything out of the pan except for the remaining water. Add the noodles and more water and boil the noodles for 4 minutes. Add the cooked bitter melon and soybeans back to the pan and cook together for another minute. Garnish with green onions.

On each individual serving sprinkle a generous amount of nutritional yeast or sesame butter.

### Chick Peas and Cabbage

#### Ingredients

1 cup sprouted chick peas  
5 potatoes diced  
½ cup sprouted kamut  
Head of Chinese cabbage chopped  
1 head of garlic chopped  
2 inches of ginger, chopped  
½ cup olive oil  
Salt to taste  
Pepper to taste  
Soy sauce to taste  
¼ cup water  
1 bunch of parsley, chopped

### Instructions

Place chick peas and kamut in pressure cooker and cook for 10 minutes after steam begins to come out. After pressure is released, mash the contents with potato masher.

In a separate pot add olive oil and ¼ cup water, and steam stir fry garlic, ginger. Occasionally stir for 3 minutes. Add diced potatoes. Add another ½ cup of water. Cook for 3 minutes. Add cabbage and parsley and cook for another 3 minutes. Add salt, soy sauce, and pepper to taste. Serve hot.

### Flaxen Smoothie

#### Ingredients

1/8 cup flax seeds, ground in a coffee grinder (to taste)  
3 cups frozen watermelon, or other frozen fruit  
1 cup frozen grapes, or other frozen fruit  
1 cup coconut milk  
Maple syrup  
(to taste, depending on how sweet or sour the fruit is)  
Other frozen fruit: bananas,

#### Instructions

Flax has a strong flavor that you may gradually come to like. Remember that we all need to eat around 4 tablespoons of flax seed ground up or 1 tablespoon of flax oil on average each day. Start with a little flax and gradually work up. We are looking for creative ways to make flax seed taste acceptable.

#### Other fruit:

Freeze grape, plum (cut out seed before freezing), watermelon

### Brown Rice Salad

#### Ingredients:

4 cups brown rice, 4 cups  
½ cup walnuts  
1 bunch green onions  
Soy sauce to taste  
Peppert to taste  
1 bunch cilantro  
1 big cucumber  
1 big carrot  
½ cup nutritional yeast (to taste)  
¼ cup flax oil

## Nutritional Yeast Dressing

### Ingredients:

2 tbs flax oil  
2 tbs olive oil  
1 tbs nutritional yeast  
1 lime juiced

### Instructions:

Mix all the ingredients. Sever this as a dressing for salad or as a topping for steamed greens. Nutritional yeast makes anything taste better. Look for non-GMO nutritional yeast.

## Falafel

### Ingredients:

2 cups chickpeas and/or fava beans soaked overnight in water.  
1 tsp baking powder added to the soak water.  
3 parsley  
1 large onion  
1 tbsp salt  
2 tbsp cumin  
1/2 tbsp all spice  
1/2 tbsp white pepper

### Instructions:

After 24 to 48 hours, drain and rinse off the beans. Run chickpeas and/or fava beans through grinder with other ingredients. Bake in a 350 degree oven until lightly brown. Or fry in coconut oil. Coconut oil is best for frying because it resists breaking down in moderate heat.

## Steamed Okra with Lime Sauce Brussel Sprouts and Shitake Mushrooms in Garlic and Ginger

### Ingredients:

6 cups Brussel sprouts, sliced in halves  
2 inches of fresh finely chopped ginger  
1 bunch of garlic  
2 cups shitake mushrooms sliced in strips  
1/4 cup olive oil  
1/4 cup water  
1 tbsp oregano  
Soy sauce (to taste)

### Instructions:

Steam stir fry ginger garlic with olive oil, water, and oregano until the ginger and garlic are soft. Add brussel sprouts and cook for 5 minutes with lid on pan. Add shitake mushrooms and cook for another 5 minutes more with lid on pan. Add soy sauce (to taste).

## Tomato Sauce

### Ingredients:

- 3 cups tomatoes
- 3 cloves of garlic
- 1/8 cup olive oil
- 1/4 cup water
- 4 tbsp. fresh chopped ginger
- 1 tsp. Italian seasoning
- Salt to taste

### Instructions:

Combine all ingredients and simmer slowly until all ingredients are soft.

## BBQ Sauce:

### Ingredients:

- 1 quart apple cider vinegar
- 1 (20 ounce) bottle ketchup
- 1/4 cup paprika
- 1 pound dark brown sugar
- 1/4 cup salt
- 1 tablespoon black pepper
- 2 tablespoons red pepper flakes
- 1 tablespoon garlic powder
- 1/4 cup Worcestershire sauce
- 1/2 cup lemon juice

### Directions:

In a large container, mix together the apple cider vinegar, ketchup, paprika, brown sugar, salt, pepper, red pepper flakes, garlic powder, Worcestershire sauce and lemon juice. Pour into an empty vinegar bottle, ketchup bottle or other container and store in the refrigerator for up to 1 month.

## Sprouted Mung Bean Mint

### Ingredients:

- 2 cups sprouted mung beans
- 1 cup cooked brown rice
- 1 tbsp soy sauce
- 4 tbsp Flora DHA flax oil
- 1 bunch of well chopped mint
- 3 tbsp nutritional yeast

### Instructions:

Mix it all together and enjoy. It's chewy, tasty, and nutritious.

## Beets, Kale, and Chard

### Pressure Cooker Ingredients:

Bunch of small beets including beet greens  
Bunch of chard  
Or Beets, Red Cabbage, and Carrots

### Stir Fry Ingredients:

10 oz can of bamboo strips  
1 cup of water (for pressure cooker)  
½ cup of water (for stir fry)  
1 big onion  
1 cup olive oil  
2 bunches garlic cloves  
½ cup nutritional yeast  
soy sauce (to taste)

### Directions:

Chop the beets, beet greens, and chard and put them into a pressure cooker with 1 cup of water. Cook for 10 minutes after the steam release starts wobbling.

At the same time use a large pan to sauté chopped onions, whole garlic cloves, bamboo strips, soy sauce, and nutritional yeast in olive oil and ¼ cup of water. Sautee for five minutes.

Then add the steamed beets and chard. Sautee and stir for another 2 minutes. Add soy sauce (to taste).

## Chick Peas With Herbs

### Ingredients:

2 cups sprouted chick peas  
2 tbsp cloves  
2 tbsp Italian seasoning  
2 tbsp dried parsley or 1 cup fresh parsley  
1 tbsp dried ground onion or 1  
1 tbsp ground garlic or 4 cloves fresh chopped garlic  
2 tbsp herbal salt  
3 tbsp extra virgin olive oil  
Enough water to cover the ingredients

### Instructions:

Soak and sprout 2 cups of chick peas. Place all ingredients into a pressure cooker and cook for 15 minutes after the rocker begins rocking.

## Garbanzo Soup with Tahini

### Ingredients:

- 2 big onions
- 1 hand full of dill or fennel strands
- 1 bunch parsley
- 1 cup tahini
- 1 bunch cilantro
- 1 tsp chili peppers
- 1 tbsp dried dill weed
- 1 cup nutritional yeast
- ¼ cup sesame seeds
- ½ cup olive oil
- 3 cups sprouted garbanzo beans
- 2 tbsp herb salt
- 3 cups water

### Instructions:

Cook the garbanzo beans in pressure cooker with 3 cups of water. All the other ingredients go a big stock pot with 4 cups of water and are boiled for 15 minutes. Then the garbanzo is added.

## Lentil Concoction

### Ingredients:

- 2 cups sprouted lentils
- ¼ onion chopped thinly
- 4 tbsp nutritional yeast
- ½ cup olives
- 1 cluster of garlic with husk removed
- Braggs or soy sauce to taste

### Instructions:

Microwave garlic for 1 minute and then chop thinly. Mix all ingredients together without further cooking and enjoy.

## Butternut Squash

### Ingredients:

- 1 butternut squash chopped into 1 inch cubes
- 1 bunch kale, chopped
- 1 cup shitake mushrooms, chopped into 1 inch pieces
- 1 tbsp of ginger
- 3 cloves garlic, chopped
- 1 small onion, chopped
- ¼ cup olive oil
- Soy sauce (to taste)

Instructions:

Bake the squash for one hour 375 degrees. After the first 30 minutes add olive oil, soy sauce to the squash. Cook for another 30 minutes. Remove from stove. Add nutritional yeast.

Steam stir-fry garlic, onions, and ginger in oil with 2 tbsp of water for 5 minutes. Add mushrooms and stir-fry for 5 more minutes. Combine all ingredients and enjoy.

Fennel Bounty

Ingredients:

pressure cooker half full of fennel stalks and fleecy leaves  
½ cup water  
¼ cup olive oil  
3 tbsp sesame oil  
2 tbsp soy sauce or Braggs or to taste  
Nutritional yeast 3 tbsp  
Sesame seeds 1 tbsp

Instructions:

Steam fennel in pressure cooker for 20 minutes. After fennel is steamed stir in other ingredients

Cauliflower & Fennel Salad

Ingredients:

½ head of cauliflower  
2 cups fleecy fennel leaves  
1 chopped onion  
¼ cup nutritional yeast

Instructions:

Run cauliflower through food processor. Run fennel separately through food processor. They have different textures and need different blending time. Then add other ingredients. Eat uncooked as a salad.

Popcorn and Topping Ingredients:

Ingredients:

Organic popcorn  
Olive oil or flax oil  
Nutritional yeast, large flake  
Celery seed  
Dill  
Parsley  
Garlic

Black pepper  
Cumin  
Rosemary  
Sea salt  
Mushroom powder  
Paprika  
Basel

Instructions:

Pop popcorn not in oil but in a microwave popcorn bowl in a microwave. Never fry-pop popcorn in oil. Fried foods are generally to be avoided. After popping, then add the oil, stirring the popcorn to “wet” it so the topping will stick to the popcorn.

Mix the other ingredients in a separate bowl and then mix the topping it into the popcorn.

Som Tam Taeng (Spicy Cucumber Salad recipe from the Philippines)

Ingredients:

3 dried red chilies  
5 cloves garlic  
3 cups thinly shredded peeled cucumber  
1 cup shredded peeled carrot  
4 cherry tomatoes  
3 tablespoons roasted peanuts  
3 tablespoons lime juice  
1 tablespoon soy sauce  
1 teaspoon salt  
2 tablespoons tamarind sauce  
1 tablespoon sugar

Instructions:

Cut open the chilies and remove seeds. Soak for a few minutes in water. Remove chilies, squeeze them dry, and place them in a large bowl together with the garlic, cucumber, carrot, tomatoes and peanuts. Pound well with back of a heavy spoon while seasoning to taste with lime juice, soy sauce, salt, tamarind sauce and sugar. Makes 3 or 4 servings.

Note: Tamarind sauce is available in the Asian foods section of most supermarkets.

Pad Thai

Ingredients:

¼ cup bean sprouts  
2 tablespoons coconut oil  
2 shiitake mushrooms, sliced  
1 tablespoon dried, pickled Chinese radish

1 package (16 ounces) extra-firm tofu, cut into cubes  
1 tablespoon shredded carrot  
3 ½ ounces flat rice noodles, cooked according to package directions  
2 tablespoons sugar  
1 tablespoon vinegar  
2 tablespoons light soy sauce  
1/8 cup water  
Lime wedges for garnish  
2 to 4 tablespoons roasted peanuts for garnish (to taste)

Instructions:

Wash all vegetables well and remove hulls and root tips from the bean sprouts. Set aside.

Heat oil with 1/8 cup of water in a wok. Water added keeps the oil from burning. Add shiitake mushrooms, radish, tofu and carrot and stir-fry several minutes. Add noodles, sugar, vinegar, soy sauce and water and continue to steam stir-fry until done.

Serve pad Thai with lime wedges, peanuts and the bean sprouts. Makes 3 to 4 servings.

### Leaning Tower of Pizza

Pizza Pi in Seattle on University Way, uses Teese as its vegan cheese substitute. See: <http://teesecheese.com>. Another vegan cheese is the one from Daiya. See <http://www.daiyafoods.com>. For maximum health, avoid eating any dairy products, including cheese.

Ingredients:

Avocado oil or olive oil  
3 chopped onions for each pizza, steam stir fried in water and oil  
1 can of tomato puree  
Chopped peppers of any color  
Chopped squash  
Shredded Teese or Daiya vegan cheese  
Sprouted mung beans  
Sprouted lentils  
Chopped mushrooms  
Chopped nuts  
Chopped potatoes  
Any other vegetables you like

Instructions:

Chop and fry up a lot of onions. The more the better. We cheat and buy ready-to-bake pizza crust. Buy wild harvested organic dried mushrooms. Soak them in water until soft. Pre-heat the

oven to 500 degrees and bake (not broil) for around 8 minutes.  
You will have one tasty, healthy pizza.

### Kale-Mung-Pot-Herbs

#### Ingredients:

- 1 bunch of kale
- 2 cups sprouted mug beans
- 1 cluster of garlic chopped
- 1 onion chopped
- ¼ cup olive oil
- ¼ cup water
- 1 large potato
- 1 tbsp oregano

#### Instructions:

Put all the ingredients into the pot, except the kale. Stir well. Set kale and mung beans on the top, put the lid on and cook for 10 minutes. Stir. Cook on low for 20 minutes, covered completely.

### Steamed Kale Salad

#### Ingredients:

- Ginger, ½ inch, chopped finely
- kale from the back yard, 10 big leaves
- ½ red onions, diced
- olive bruschetta, 4 tbsp
- ½ lime
- 1 medium cucumber
- Olive oil, 3 tbsp
- 2 14.5 oz (411 grams) cans of organic diced tomatoes

#### Instructions:

For kale: Wash and chop the kale. Put 1 inch of water in pressure cooker. Insert a metal colander to keep the kale up out of the water. Pressure cook 10 minutes, counting from when the steam starts steaming out.

For salad dressing: Combine ginger, diced onions, olive bruschetta, lime, cucumber, olive oil, and diced tomatoes in bowl. Don't cook.

Add the salad dressing to the kale and let it marinate for 20 minutes.