



Rebuild, Restore, Recover – Menu (Week 1)

Sunday

B: Hot meal porridge with honey and rice milk with fresh strawberries.
L: Stir-fry with brown rice
S: Lentil soup, w. w. crackers

Monday

B: Baked apples, soy Kreem, filberts
L: Gluten steaks, green beans, mashed potatoes, gravy, green salad (dressed with olive oil and lemon juice)
S: Summer Dillight soup, croutons

Tuesday

B: Bulger wheat cereal, toast, peanut butter, hot applesauce
L: Cresta's Simple Vegetable Stew, crackers, carrot sticks
S: Fruit and toast

Wednesday

B: Oatmeal waffles, fruit sauce, peanut butter
L: Oat burgers, squash buns, pickles, onions, lettuce salad and baked potatoes
S: Borscht and crackers

Thursday

B: Baked oatmeal, fresh or fresh fruit, toast
L: Pinto beans, corn tamale casserole, fresh salsa, corn on the cob
S: Fresh fruit, w. w. toast

Friday

B: Cornmeal mush, ricemilk, dried currants
L: Sandwiches-lentil sandwich filling, dill pickles, tomato slices, lettuce, carrot sticks (salad with olive oil and lemon juice), baked squash
S: Potato soup and zwieback

Sabbath

B: Granola, fresh fruit, fruit juice or rice milk
L: Haystacks (chips or tortillas, beans, lettuce, onions, salsa)
S: Fresh fruit and bread hot apple juice

Soups

Split Pea Soup

Soak 1-cup split peas in 4 cups of water overnight. Add 2 carrots (diced), 1 large onion (diced), 2 stalks celery (diced), 1 teaspoon salt (sea salt). Simmer at least 1 hour until tender and creamy. For a creamier soup, mash the cooked ingredients with a potato masher (magic stick).

Miracle Soup (to loose weight)

3 large onions chopped, 1 head of cabbage, cut in bite-sized pieces, 2 carrots, cut in bite-sized pieces, 1 green pepper, chopped, 1 bunch celery, chopped, 2 whole tomatoes, fresh. Cover with water, bring to a boil, and add ¼ cup of soy sauce and other seasonings, such as garlic, as desired. Cook until tender.

Cresta's Simple Vegetable Stew

4 large potatoes, 1 large onion, 3 carrots, 1 c. green beans, 1 qt. Canned tomatoes, 1 T salt (sea salt)
Clean and chop vegetables into soup kettle. Cover with water and cook until tender. Add tomatoes. Cook 5 Minutes more. Serve with bread or crackers. For variation, add celery, omit tomatoes, or thicken with flour or cornstarch. Serves 6.

Summer Dillight

3 c. water, 1 c. cashew pieces, ½ Tablespoon salt (sea salt), 1/3 c. nutritional yeast flakes, ½ finely diced onion, 1 clove finely diced garlic, ½ teaspoon fresh dill, 1/8 c. pimientos (or canned diced red pepper).
In soup kettle, steam 4 coups finely chopped broccoli.
In blender: 1 cup of cold water plus all ingredients, except broccoli, until very smooth. Put all in a kettle and remaining 3 cups of water. Cook very slowly on low heat, stirring often to prevent scorching, until mixture boils. Barely simmer for another 15 minutes. Serves 4.

Potato Soup

3 qt. of water, 6 c. peeled and cubed potatoes, 2 large onions, diced, 1 ½ teaspoon of sea salt, 2 stalks of celery (optional),
Simmer until tender. Variation: Thicken with ½ c. flour dissolved in 1 c. of cold water. Adding about 2 cups of creamed or canned corn. Turns this soup into wonderful corn chowder. Serve with home made crackers.

McClure's Lentil Soup

1 ½ c. lentils, 2 qt. water, 2 medium onions, 2 stalks celery, 1 carrot, 1 clove garlic, 2 Tablespoons of olive oil, 2 teaspoons sea salt, 3 Tablespoons lemon juice (optional), ½ c. tomatoes.

Soak lentils ½ hour. Sauté diced vegetables, including garlic in olive oil. Combine all ingredients and bring to boil; simmer ½ hour. Add sea salt, lemon juice and tomatoes. Served with whole-wheat crackers this is a tasty and nutritious meal, satisfying all the requirements for complete protein.

Rushin' Borscht

2 qt. water, 4 beets, 2 shredded cabbage, 1 large onion, diced, 1 large potato, diced, 1 teaspoon lemon juice (optional), Sea salt to taste, 2-4 large tomatoes, 2 carrots grated, ½ c. celery, chopped, 3 cloves garlic, 1 c. precooked navy beans, ½ dill, fresh or dried.

Combine ingredients in a soup kettle; simmer 2 hours.

Navy Bean Soup

Soak 2 cups of navy beans overnight, drain and parboil 15 minutes in fresh water. Drain off water to remove toxins. Rinse beans. Refill bean pot with 8 cups of water and 1 tablespoon of olive oil. Bring to boil and simmer at least 2 hours in covered pot. Add seasonings: 1 clove garlic, 1 large onion (diced fine), and 1 ½ teaspoon sea salt. Variation: 1 Tablespoon bacon bits.

Breads

Squash Rolls

Blend:

1 c. cooked, peeled squash (butternut/pumpkin/acorn), ½ c. brown sugar, 1 ½ sea salt, 1 c. scalded milk (soy). Put 1-tablespoon yeast in ¼ of warm water, add to the above mix. When cool, add ½ cup of olive oil and 5 cup of flour. Mix, knead, and let rise to two times its original size. Form into rolls, place on baking sheet, let rise again. Bake at 350 F for 20-25 minutes. This is soft dough and makes great lunch rolls or hamburger buns.

Crackers

Mix the following ingredients in blender, threading olive oil in last to make mix fluffy:

1 ½ cold soymilk, 1 ½ sea salt, 1 teaspoon lecithin, 1 c. olive oil. Add ingredients to 4 cups flour to form stiff dough. Flatten onto cookie sheet and bake for 10 minutes at 450 F.

Corn Bread

2 c. warm water, 1-tablespoon yeast, 2-tablespoon brown sugar.

Let ingredients work, then add 3 tablespoons of olive oil and 3 teaspoons of sea salt. Combine at once with the dry ingredients. Mix very little: just enough to moisten dry ingredients.

Dry ingredients:

2 c. cornmeal, ½ c. whole-wheat flour, 1 ½ c. unbleached white flour.

Pour the mixture into a baking dish. Bake at 350 F for 40 minutes. Serve it hot with molasses.

Corn Tortillas (6)

1 c. fine cornmeal, 1 ½ white flour, 1-teaspoon sea salt.

Mix dry ingredients together and add 1c. Cold water. Knead slightly and divide into 6 equal parts. Form tortillas on floured surface with a rolling pin, as for pie dough, only much thinner. Bake on ungreased skillet, on low heat until golden spots appear. Eat while hot. May be use for burritos, or dipped in salsa. Older tortillas may be baked in oven and broken up as corn chips.

Croutons

Use older bread by dicing, sprinkling with garlic and/or onion salt and stirring lightly oiled skillet until toasted. May also be baked slowly instead of using skillet method. Serve with soup or salad. Store in a tight container.

Zwieback: “ Twice-Baked Bread”

Slice older bread very thin and bake slowly until crispy. This bread will keep for months. It is good for camping, as it is lightweight and takes awhile to chew.

Entrees and specialty dishes (lunch)

Savory Gravy

1 c. whole-wheat flour, 6 c. cold water, ¼ c. Maggi or soy sauce, ½ diced onion, sea salt to taste. Heat dry skillet and “brown” the flour by stirring it in the skillet on medium high heat for 10 minutes, until it begins to smell toasty and turns brown. Be careful not to burn it! Stir in the 6 cups of cold water all at once; bring to a boil, stir; all the lumps disappear! Add flavorings. Simmer for 15 minutes. Add sautéed onion or meat substitutes for variety. Serve hot over biscuits, bread, potatoes or patties.

Millie’s Garden Gravy

In blender combine:

3 cooked carrots, 1 medium potato, cooked, 1 raw onion, 1 c. flour. Add enough water to fill the blender. Pour contents of blender into a skillet or go with the gravy, use the potato water to thin the gravy. Season with soy sauce or Hebamare salt.

Asparagus Toast

Edge a large serving platter with diagonally sliced toast. Placed steamed asparagus spears at each end of this arrangement and pour a white sauce over the center of the dish. Serve immediately. For white sauce: blend together 2 cups cold water, ½ cup flour, 1 tablespoon olive oil, ½ sea salt. Boil until thick.

Corn Tamale Casserole

Place 2 cups of cornmeal in dry skillet and stir constantly over medium heat till toasted. Place the hot, dry cornmeal in a mixing bowl and add 2 cups of water and then add: 3-½ c. whole canned tomatoes or 4-5 fresh tomatoes, 2 c. black pitted olives, 1 ½ corn of the cob after it is been cooked, ½ chopped green pepper, ½ c. olive oil, 1 large onion, chopped, 2 teaspoon sea salt. Mix well with cornmeal put in oiled casserole dish and bake 1-1 ½ hours at 350 F.

Gluten's Steaks

8 c. warm water. Enough high-gluten whole-wheat flour, or white flour, to knead into firm bread like dough (approximately 12-14 cups). Cover this ball of dough with water and let it remain under water at least 1 hour. Prepare broth: 2 gallons water, 1 c. soy sauce, or 3-tablespoon sea salt, several celery leaves, 2 tablespoons olive oil, 1 large onion diced, 2 gloves garlic. While broth is coming to boil, wash starch and bran out the dough mass with repeated kneading under several changes of water. To keep gluten tender, leave a little starch; do not wash completely clean. Shape gluten dough into 2 inches log; slice dough very thin and press out thinner with your hands. Drop the dough, one piece at time, into the boiling broth. Boil at least 15 minutes. Place steaks on deep cookie sheets and cover with broth. Bake at 400 F turning steaks occasionally, basing with remaining broth at 10 minutes intervals. Bake until broth has been absorbed then remove from oven and serve hot. Store in refrigerator. Variation: after steaks are shaped, they may be rolled in breading meal and fried on each side until golden and crisp. Use within 2 days. Gluten has high protein content and should not be canned for safety shake.

Haystacks

Soak 2 cups of pinto beans overnight. Parboil and pour off water. Cover beans with water and simmer at least 2 hours before serving. To make haystack: each person at the table builds their own stack. Favorite toppings include lettuce, tomatoes, onions, olives, salsa, pimiento cheese, and pickled beets.

Lentil Sandwich Filling

Grind 1-½ cups of dry lentils; set aside. Bring to boil in saucepan: 4 c. water, 1 large onion chopped, 2-teaspoon sea salt, 2-tablespoon soy salt. Pinch of each, garlic powder (or 1-2 fresh cloves), sage, dill, and thyme. When broth is just coming to a boil, add the dry lentil meal and stir while cooking for 3 minutes. Remove from heat and placed in oil container to slice after it has chilled overnight. Good for making sandwiches with alfalfa sprouts, pickles, and leaf lettuce/ or onion slices.

Oat Burgers

Boil together:

8 c. water, 5 cloves garlic, 1 large onion, diced, ¼ c. olive oil, ½ c. nutritional yeast, ½ c. Maggi, soy sauce or salt to taste, fresh or dried herbs to taste (sage, basil), 8 c. oat flakes. Mix and boil everything together except oats for 2 minutes. Add oats and stir only until moistened. Cover, set aside for ½ hour or until cool enough to handle. Form into patties with an oiled jar lid and ring, or dip lid and ring in warm water after each patty is formed. Bake or fry lightly on both sides. Serve with buns, ketchup, and mayonnaise, pickles and or alfalfa sprouts.

Scalloped Potatoes

Into shallow baking dish slice together: peeled potatoes, onions, garlic. Smother with uncooked gravy mixture (1 quart of cold water to ½ c. flour with seasoning of choice; seasoned salts, Maggi or soy sauce). Bake at 375 F for 1 hour.

Stir Fry

This is a very simple, attractive, easy way to use fresh garden produce: slice cabbage, broccoli, onions, carrots, and cauliflower, into bite-sized pieces. Carrots may be sliced diagonally for interest. Rub work or large iron skillet with a garlic and olive oil then heat to medium high. Stir in the vegetables until crispy tender (about 5 minutes), Pour a seasoned thickening mix of 1 c. cold water, 3 tablespoon cornstarch, (or ¼ cup flour), 2 tablespoon Maggi, or soy sauce, over the cooked vegetables and stir until the mix thickens to a glossy shine. Serve with toasted sesame seeds or silvered almonds

Substitutes

Soy Kreem

Blend until creamy:

½ c. soy base, 2 c. pears and pear juice, 1 tablespoon honey, ¼ sea salt, ¼ c. olive oil.

This may be used as a topping over fruit sauces, waffles or desserts.

Soy Base

Blend, bring to boil, and then simmer 30 minutes on medium heat, stirring occasionally:

2-½ c. water, 1 c. soy flour, 1-teaspoon sea salt.