



Featured Recipes

No-Huevos Rancheros

The idea for this recipe came from the Mexican breakfast of scrambled eggs over tortillas and beans, topped with salsa. The scrambled tofu topping could also be rolled up in a burrito shell with salsa, or just eaten plain. This is fairly quick to put together if you have leftover pinto beans in your refrigerator, as I usually do.

Preparation Time: 10 minutes

Cooking time: 8 minutes

Servings: 4-6

1 cup salsa
2 cups mashed pinto beans (recipe in June 2003 newsletter)
8-10 soft corn tortillas

Tofu Scramble:

1 pound firm, water-packed tofu (not silken)
¼ cup vegetable broth
½ cup chopped green onions
1 tablespoon chopped green chilies (optional)
1 teaspoon soy sauce
¼ teaspoon turmeric
freshly ground pepper
dash sea salt (optional)

Drain tofu well, mash finely with a bean masher and set aside. Heat the mashed pinto beans in a saucepan. Place the vegetable broth in a large non-stick frying pan, add the green onions and cook, stirring frequently for 3 minutes until softened. Add tofu and the remaining ingredients. Mix well and continue to cook, stirring frequently for 5 more minutes. Set aside.

To assemble:

Heat the tortillas briefly on a dry non-stick griddle to warm and soften them. Take one tortilla and place on a plate. Spread beans on one side, cover with a second tortilla and spread beans over the top of that tortilla also. Spoon some of the tofu scramble over the tortillas and beans, then top with several spoonfuls of salsa. Repeat process for each serving.

Hints: Other toppings could also be added such as shredded soy or rice cheese, and/or tofu sour cream. Sprinkle with some fresh chopped cilantro, if desired.

Potato Chowder

This is always a favorite at the McDougall Program and it is quick and easy to make as well. Buy bags of frozen, chopped hash brown potatoes (with no added oils) for really easy preparation of this delicious soup.

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Servings: 4-6

4 cups vegetable broth
1 onion, chopped
2 stalks celery, chopped

1 leek, white and light green part, sliced
6 cups frozen chopped hash brown potatoes
2 cups soy or rice milk
½ teaspoon sea salt (optional)
⅛ teaspoon white pepper
2 tablespoons parsley flakes
2 tablespoons dried chives
dash liquid smoke

Place ½ cup of the broth in a large soup pot with the onion, celery and leeks. Cook, stirring occasionally for 5 minutes, until softened. Add the remaining broth and the potatoes. Bring to a boil, reduce heat, cover and cook for 20 minutes. Using an immersion blender, process the soup while still in the pot. (Unless you are using a non-stick pan, then place the soup in a blender jar and process until fairly smooth. Return to pan.) Add the remaining ingredients and heat through, about 5 minutes.

Three Bean Chili

This recipe is from Colleen Patrick-Goudreau, one of the McDougall Program's cooking instructors. This is always a favorite in her classes. This is a delicious, colorful dish that doesn't take much time to prepare and can be served in a variety of ways (see hints below).

Preparation Time: 20 minutes

Cooking Time: 45 minutes

Servings: 6-8

½ cup water
1 onion, chopped
1 yellow bell pepper, chopped
1 red bell pepper, chopped
1 orange bell pepper, chopped
2-3 cloves garlic, minced
2 tablespoons chili powder
1 teaspoon ground cumin
1 teaspoon ground coriander
1 teaspoon dried oregano
¼ teaspoon cayenne
1 15 ounce can chopped tomatoes
1 ½ cups frozen corn kernels
1 15 ounce can kidney beans, drained and rinsed
1 15 ounce can black beans, drained and rinsed
1 15 ounce can pinto beans, drained and rinsed

Place the water in a large pot and add the onion, bell peppers and garlic. Cook, stirring occasionally until vegetables soften slightly, about 5 minutes. Add the seasonings and mix in well. Add remaining ingredients, stir well to mix, bring to a boil, reduce heat, cover and cook for about 40 minutes.

Hints: Serve over brown rice, rolled up in a burrito shell, or in a shallow bowl with cornbread on the side. Serve with some shredded soy or rice cheese sprinkled over the top, or some tofu sour cream. Sprinkle with some chopped fresh cilantro or parsley. If the chili gets too thick while cooking, add a bit of water to the pot to thin it out before serving. Choose whatever color of bell peppers that you prefer, the more color variety, the prettier the dish. The same is true for the beans, choose whichever color you prefer.

Hummus

There are many variations of Hummus in most supermarkets and natural food stores. Many of them have added olive oil and most have tahini. Some people are convinced that Hummus without tahini is

just not Hummus. However, I have been making no tahini Hummus for years and it is delicious, plus it is healthier for your body. If you can't stand the thought of Hummus without tahini, then add 1 tablespoon of it to this recipe, realizing that you are also adding some fat to the recipe.

Preparation Time: 5 minutes

Servings: makes 1 ½ cups

1 15 ounce can garbanzo beans, drained and rinsed
3 tablespoons lemon juice
2 cloves garlic, crushed
1-2 tablespoons water
dash sea salt

Place all ingredients in a food processor and process until very smooth.

Hints: Add other ingredients to this basic Hummus, for flavor and variety.

1. ½ cup roasted red peppers plus ½ teaspoon ground cumin
2. ½ cup chopped parsley or cilantro
3. 1-2 teaspoons chopped jalapeno pepper

Artichoke Spread

This is delicious as a spread for sandwiches, as a dip for crackers or veggies, or stuffed into pita and topped with chopped tomatoes, cucumbers and sprouts.

Preparation Time: 10 minutes

Servings: Makes about 3 cups

2 14 ounce cans artichoke hearts in water, drained and rinsed
1 15 ounce can white beans, drained and rinsed
4 tablespoons lemon juice
2 cloves garlic, crushed
4 green onions, chopped
1 tablespoon soy sauce
⅛ teaspoon cayenne pepper
Combine all ingredients in a food processor and process until smooth.

Black Bean Dip

This is such a simple dip that you won't believe it can taste so good. Make it a day ahead of when you plan to use it so the flavors can blend. Serve with baked tortilla chips, baked pita chips or on bruschetta or crackers. We also like it with cold, boiled potatoes as a snack.

Preparation Time: 5 minutes

Servings: variable

2 15 ounce cans black beans, drained and rinsed
1 cup fresh salsa

Place the beans and salsa in a food processor and process until smooth. Refrigerate overnight for best flavor.

Hints: Vary this dip by using different salsas or beans. To make bruschetta, slice bread quite thin, rub with a cut clove of garlic, if desired, and toast in the oven or on a grill until crisp.