



The McDougall Newsletter

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Featured Recipes

Three Bean Chili

Prep: 20 minutes Cook: 45 minutes

Serves:6-8

Ingredients

- 1/2 cup water
- 1 onion, chopped
- 1 yellow bell pepper, chopped
- 1 red bell pepper, chopped
- 2-3 cloves garlic, minced
- 2 Tbsp chili powder
- 1 tsp cumin
- 1 tsp coriander
- 1 tsp oregano
- 1/4 tsp cayenne
- 1 15 oz. can tomatoes, chopped
- 1 1/2 cups frozen corn kernels, drained and rinsed
- 1 15 oz. can kidney beans, drained and rinsed
- 1 15 oz. can black beans, drained and rinsed
- 1 15 oz. can pinto beans, drained and rinsed



Directions

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.

Hint: 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.

Cornbread #2

Prep: 15 minutes Cook: 20 minutes

Serves:9

Ingredients

- 1 cup cornmeal
 - 1/2 cup whole wheat pastry flour
 - 1/2 cup unbleached white flour
 - 2 tbsp organic sugar
 - 2 tbsp baking powder
 - 1/4 tsp salt
 - 1 cup soy milk
 - 1/2 cup frozen corn kernels, thawed
 - 1/2 cup of fat replacer "**prune puree**"
 - 1 tbsp egg replacer mixed in
 - 4 tbsp water
 - 2 tbsp chopped green chilies (optional)
- Directions



Preheat oven to 400 degrees.

Mix the dry ingredients together in a large bowl.

Mix the soy milk, corn kernels and fat replacer together in another bowl. Combine the egg replacer and water and mix with a whisk until frothy. Add to wet ingredients and mix. Stir in the chilies, if desired.

Pour the wet ingredients into the dry ingredients and stir until just moistened. Do not over-mix. Pour into a non-stick square baking pan and bake for 20 minutes, until toothpick comes out clean.

Gigante Beans

On our last McDougall Travel Adventure we were served many delicious meals by the kitchen staff. This dish seemed to be the most popular as we received the most requests for the recipe for these wonderful beans.

From Chef Michael Young at the Sheraton Kauai Hotel



Time Required: 11-12 hours

Servings: 6-8

Ingredients:

1 pound dried gigante beans or large dried lima beans (about 2 1/2 cups)

2 bay leaves

3 cups chopped onion

1 cup chopped celery

1 cup finely chopped carrot

3 garlic cloves, minced

2 teaspoons dried oregano
2 - 14.5 oz can crushed tomatoes, undrained
2 teaspoons agave
1 1/4 teaspoons salt
1/2 teaspoon freshly ground black pepper
1/4 cup chopped Italian parsley
1 1/2 teaspoons fresh thyme, picked and chopped
Zest from 1 lemon
1-2 cups roughly chopped and steamed kale

Procedure:

Rinse the beans. Place beans in a large Dutch oven covering them with water (there should be 2 inches of water above the beans), cover the pan and let stand 8 hours or soak overnight. Drain beans and rinse again.

Cover the beans with water (there should be 4 inches of water above beans), add bay leaves, and bring to a boil. Cover, reduce heat, and simmer approximately 90 minutes or until beans are tender. Drain beans.

Preheat oven to 325°.

While beans cook, heat a large nonstick pan over medium heat. Add onion, celery, carrot, and garlic. Cook for 10 minutes, stirring occasionally. Stir in oregano and tomatoes and simmer for 10 minutes. Stir in agave, salt, and pepper. Combine the cooked beans and tomato mixture in a 3-quart casserole dish and bake at 325° for 1 to 1 1/2 hours until beans are tender. Stir in lemon, thyme and parsley when dish is removed from oven.

For the McDougall Adventure the kitchen grilled the kale, rough chopped it and then steamed it until soft. The kale was then tossed with the beans and served. I would skip the grilling step and just roughly chop and pan steam/sauté the kale in a bit of water until tender before tossing with the beans.