



The Nutrition CODE

CHILI

Brown in a large pot:

2 packages Beyond Meat or Impossible burger crumbles
1 large onion, chopped
2 Tbsp. oil

When onions are cooked, stir in (no need to drain anything):

2 cans (15.5 oz) pinto beans
1 can (15.5 oz) light red kidney beans
1 can (15 oz) whole kernel corn
1 can (14.5 oz) Mexican style stewed tomatoes
1 can (28 oz) diced tomatoes
1 can (10 oz) Rotel
1 can (7 oz) diced green chilies
1 package taco seasoning
1 package ranch dressing mix (Kroger has a vegan one)

Cook until heated through.

MEXICAN RICE

Rinse well under cold running water:

2 cups white rice, long grain

Set instant pot on sauté mode. Drain rice well and place in instant pot with

4 Tbsp. oil

Cook, stirring occasionally, for 5 minutes. Meanwhile, blend the following ingredients:

1 can (10 oz.) mild Rotel
1 medium white onion, quartered
4 garlic cloves
2 cups vegetable broth (or 2 cups water and 2 tsp. chicken style seasoning)
½ Tbsp. salt

Pour over rice. Pressure cook for 12 minutes. Let the pressure release naturally for 10 minutes. Release pressure, remove lid, and fluff rice with a fork.

CORNBREAD

Stir together and set aside:

4 Tbsp. flax meal
10 Tbsp. water

Mix dry ingredients:

2 cups whole wheat flour
2 cups cornmeal
1/2 cup sugar
8 tsp. baking powder
1/2 Tbsp. salt

Cut in:

1/2 cup margarine

Stir in:

2-1/2 cups non-dairy milk
flax mixture from above

Optionally, add either or both of the following ingredients:

1 cup corn kernels, fresh, frozen or canned
1 can (4 oz) green chilies

Pour batter into a 9 x 13 pan. Bake at 425°F for 25 minutes.





VEGAN CHOCOLATE SHEET CAKE

2 cups all-purpose flour
2 cups sugar
1 stick plant butter or margarine (I used Earth Balance, which can be found at Walmart)
1/2 cup oil
4 Tbsp. cocoa powder or 3 Tbsp. carob powder & 1 Tbsp. coffee substitute (Roma) powder
1 cup water
1 cup vegan buttermilk (1 Tbsp. lemon juice + plant milk)
2 flax eggs (2 Tbsp. ground flaxseed + 6 Tbsp. water)
1 tsp. baking soda
1 tsp. vanilla
1 tsp. cinnamon
Pinch of salt

Combine flour & sugar in a bowl; combine butter, oil, cocoa or carob and water in a saucepan, bring to a boil. Pour over flour mixture and beat well. Add remaining ingredients and mix well. Pour into an 11 x 15 inch oblong pan that is sprayed with nonstick spray. Bake at 400°F for 20 minutes.

Icing:

4 Tbsp cocoa or 3 Tbsp carob & 1 Tbsp coffee substitute powder
1 stick plant-based butter
6 Tbsp. plant-based milk
1 lb. sifted powdered sugar
1 cup chopped nuts (optional)

Combine cocoa, butter and milk in pan and bring to boil. Pour over powdered sugar, add nuts and stir well. Frost cake while warm.

Can use Silk Caramel creamer for milk in cake and frosting.