



RED LASAGNA SOUP

Mix the following for the tofu crumbles:

- 1 block firm tofu, crumbled
- 2 Tbsp. yeast flakes
- 1 tsp. chili powder
- 1/2 tsp. garlic powder
- 1/4 tsp. liquid smoke
- 1 Tbsp. Braggs liquid aminos
- 1 Tbsp. olive oil

Spread on a non-stick baking sheet and bake at 350°F for 30 minutes.

Meanwhile, mix the following ingredients in a pressure cooker:

- 6 cups water
- 1 can (28 oz) diced tomatoes
- 2 Tbsp. McKay's chicken seasoning
- 1 tsp. dried oregano
- 1 tsp. dried basil
- 1 tsp. salt
- 1 Tbsp. olive oil
- 1 onion, chopped
- 1 to 2 Tbsp. minced garlic
- 1 onion, chopped
- 2 1/2 cups small shell pasta

Cook at high pressure for 5 minutes. Release pressure immediately and stir in tofu crumbles.

Notes:

If you don't have an instant pot or other pressure cooker, sauté vegetables in oil until tender. Add remaining ingredients and cook until noodles are tender.

You can replace the shell pasta with 10 uncooked lasagna noodles, broken into small pieces. The pieces will expand as they cook, so don't be afraid to break them up a lot.

Italian Breadsticks

Mix:

- 2 cups warm water
- 2 Tbsp. sugar
- 2½ cups whole wheat flour
- 2 tsp. salt
- ¼ cup olive oil
- 2 Tbsp. Italian seasoning
- ½ tsp. garlic powder
- ½ tsp. onion powder
- 2 Tbsp. instant yeast or bread yeast

Beat well for 5 minutes. Then mix in by hand the following, kneading when dough begins to form a ball:

- 2½ cups white flour

Knead 5-10 minutes. Let rise in a warm place for 20 minutes. Roll into a rectangle about a ½ inch thick, to fit your cookie sheet. Place dough on cookie sheet, filling to edges. Score into ½ inch strips across the width of the pan. Bake at 350°F for 30 minutes. Place on cooling rack and brush bottom and top with olive oil. Break apart along cuts to serve.

Quinoa Salad

Combine the following ingredients to taste:

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| Cooked quinoa | Cilantro, chopped |
| Tomatoes, diced | Olive oil |
| Cucumber, diced | Lime juice |
| Onions, minced | Salt |

Rice Pudding

Combine in a pressure cooker:

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| 1 can (14 oz) full fat coconut milk | ¼ tsp. ground cinnamon |
| 2½ cups water | ¼ cup coconut flakes |
| ⅓ cup sugar | 1 cup arborio rice (dry) |
| ¼ tsp salt | ½ cup raisins |

Close the lid and set the steam release knob to the sealing position. Cook at high pressure for 3 minutes. After 10 minutes' natural release, slowly turn the steam release knob to the venting position to manually release the remaining pressure. If any of the rice pudding starts to come out of the vent, quickly turn the knob back to sealing and release the steam in shorter bursts. When the pin in the lid drops down, open it up and stir the rice pudding. Serve the warm or chilled, topped with toasted coconut, coconut cream, fresh mangoes, or other fruit, if desired.

