

Paula & Curtis Eakins, “*Special Occasions*” • show 04008

Festive Brown Rice

3 c. brown rice steamed
1 med. onion, cut into strips
1 med. green pepper, chopped
2 garlic cloves, minced
1 tsp. onion powder
1 c. diced tomatoes
1/2 tsp. cayenne pepper
1 tsp. sea salt

1. In a large skillet heat oil & saute garlic, onions & peppers until tender.
2. Stir in cooked rice & simmer for 5 minutes; add diced tomatoes & seasonings. Serve warm.

Serves 6

Paula Eakins

Pepper Steak

1 carton boca burger, cut into strips
1/2 ea. red, yellow & green peppers, cut into strips
1 med. onion, cut into strips
2 garlic cloves, minced
1 Tbsp. beef-style seasoning
1 Tbsp. cornstarch
1/2 c. cold water
1 tsp. onion powder
1 tsp. garlic powder
2 tsp. olive oil
Steamed brown rice

1. Heat olive oil in a skillet & saute onions, peppers & garlic until tender.
2. Lower heat & stir in burger strips.
3. In a bowl add cold water & stir in cornstarch to make a paste.
4. Pour mixture slowly over burger mixture & stir lightly.
Liquid will become thick, be careful not to burn.
5. Add beef-style seasoning, onion & garlic powder.

Serve over steamed brown rice.

Serves 4

Paula Eakins

Creamy Basil Dressing

1 container Mori-Nu tofu, firm
1/2 c. soy milk
1 tsp. honey
2 tsp. sweet basil
1/2 tsp. garlic powder
1/2 tsp. onion powder
1/2 tsp. sea salt
1 lemon, juice only
1 Tbsp. olive oil
2 tsp. minced onions

1. In a blender, blend the tofu, soy milk & honey until smooth.
2. Continue to blend while adding the sweet basil, garlic powder, onion powder, salt & lemon juice.
3. Add the olive oil & minced onions slowly.

Chill and serve.

Makes 2 cups

Paula Eakins

Vanilla Frosting

1 container Mori-Nu tofu, firm
1 pkg. Mori-Nu Vanilla Mate Pudding Mix
1 Tbsp. vanilla flavoring
1 tsp. canola oil
2 tsp. fructose

1. In a food processor blend the tofu, vanilla pudding mix, vanilla flavoring, canola oil & fructose until smooth.
2. Stir, then blend again until smooth.
3. Spread frosting on cake with spatula.

Makes 2 cups

Paula Eakins

Creamy Carob Torte

1/2 c. whole wheat pastry flour
1/2 c. unbleached flour with germ
1 1/2 Tbsp. baking powder, aluminum-free
1/2 tsp. sea salt
1/4 c. carob powder
3 Tbsp. Roma granules
1 1/2 sticks soy margarine
3/4 c. fructose
1 tsp. vanilla flavoring
1/8 tsp. almond flavoring
1 Tbsp. egg replacer
1 1/4 c. soy milk

Preheat oven to 375 degrees

1. Place flours in blender & blend on high for 1 minute.
2. Sift flour mixture, baking powder & salt into a large bowl.
3. Add carob powder and Roma; mix well with a fork.
4. Using a hand mixer cream margarine, fructose, vanilla, almond flavorings & egg replacer until light & fluffy.
5. Add dry ingredients alternately with the milk, using a third of the mixture each time.
6. Pour batter into 2 greased & lightly floured 8-inch layer pans.
7. Bake for 25 minutes or until an inserted toothpick comes out clean. Cool in pan for 10 minutes.
8. Remove from pan & place on a wire rack. Cut each cake in half sideways, creating a total of 4 layers.

Spread vanilla frosting between layers & on the top.

Serves 16

Paula Eakins