

## **Broadmead Recipes**

### **Moroccan Stew (vegan)**

2Tbs. Olive oil  
1/2tsp. Crushed red pepper  
1 eggplant, cubed (3-4 cups)  
1 medium onion, chopped  
½ bell pepper, chopped  
2 cloves garlic, minced  
1 cup tomato sauce  
1 cup vegetable broth (or boullion)  
1 15 oz. Can chick peas (garbanzo beans)  
1 cup corn  
1 tsp. Ground cumin  
½ cup fresh basil (or 3 Tbs. Dried)

Heat olive oil in a large skillet with the red pepper. Add the eggplant and saute 5 minutes. Add onion, pepper, and garlic and saute until soft. Pour in the rest of the ingredients. Bring the stew to a boil and then reduce heat and simmer, covered. Stew is ready when the eggplant is tender.

Serves 4-6

### **Ghanaian Peanut Soup (vegan)**

1 onion, chopped  
1 bell pepper, chopped  
½ tsp. Ginger  
½ tsp. Cayenne  
6 cups of water  
16 oz. Natural peanut butter (no sugar)  
1small can of tomato sauce

Mix peanut butter with 4 cups of water and blend with a whisk. Begin cooking on low heat. Meanwhile in a fry pan, mix onions and peppers and cook slightly. Add to peanut mixture along with seasonings. Add tomato sauce and 2 more cups of water. Cook for an hour, uncovered, on low heat, stirring often. Serve it over rice.

Serves 4

## **Heirloom Tomato Tart**

2 Tbs. Mustard (we like Dijon)  
2 Tbs. Mayonnaise  
4 oz. Swiss cheese, grated  
4 large tomatoes (home grown tastes best)  
1/8 tsp. Of each – oregano, basil, majoram, tarragon, thyme  
3 fresh basil leaves, thinly sliced  
2 tsp. Sea salt  
1 tsp. Black pepper  
3 Tbs. Bread crumb  
1 Tbs. Parmesan cheese  
1 tsp. Olive oil

Preheat oven to 425 degrees. Place pie crust in pie pan and pinch the edges. Prick crust all over and place in the oven for 20 min. Take it out and allow to cool. Turn oven down to 375.

Slice each tomato in half and squeeze out the seeds. Slice each half into ¼ in. slices and let them drain in a colander for 10 minutes. Stir together mustard, mayonnaise, salt, pepper, and herbs. Spread half the mixture on the crust, then half the cheese. Layer half the tomatoes over the cheese. Repeat with remaining half. Stir together the bread crumbs and Parmesan cheese, and sprinkle over the pie. Sprinkle basil leaves over crumbs. Drizzle with olive oil. Cover pie with aluminum foil and bake 15-20 minutes until pie is cooked through.

Serves 4

## **Mushroom Bean Medley (vegan)**

½ lb. Fresh mushrooms  
1 small onion, chopped  
2 Tbs. Butter  
mix of wax beans, green beans and carrots  
½ cup of vegetable broth  
¼ tsp. Salt  
½ tsp. Pepper

In a large skillet saute mushrooms and onion until tender. Add vegetables and broth and bring to a boil. Cover, and simmer on low until carrots are tender. Drain.

Serves 4

## **Indian Potao Stew (vegan)**

4 medium russet potatoes  
1 Tbs. Olive oil  
1 medium onion, chopped  
1 clove garlic, minced  
1 small onion, chopped  
1 small pepper, chopped (bell, jalapeno, serrano, or other, depending on heat you wish)  
1 tsp. Cumin  
1 tsp. Ground coriander  
1 Tbs. Tbs. Ginger  
1 tsp. Garam masala (you can also use curry but flavor will be different)  
1 plum tomato, chopped  
1 cup water  
2 tsp. Salt  
1 cup peas fresh or frozen  
¼ cup cilantro, chopped

Scrub potatoes and cut into 1" cubes (do not peel). Boil until slightly tender and then drain. In a large saucepan, heat the oil, add onion, garlic and pepper and saute until tender. Stir in cooked potatoes and rest of ingredients, except cilantro. Bring to a boil and reduce heat. Simmer 20-30 minutes, until potatoes and peas are tender and sauce is thick. Stir in cilantro. Serve over rice.

Serves 4-6

## **Thai Butternut Soup (vegan)**

1 onion, chopped  
2 cloves garlic, minced  
1 Tbs. Grated ginger  
1 Tbs. Red curry paste  
1 can coconut milk  
4 cups vegetable broth  
butternut squash, peeled, seeded, and diced into 1" cubes

Saute in oil – onion and garlic. Add the rest in a large pan. Boil and then simmer for 20 minutes. Puree soup. Stir in 1 Tbs. Lime juice. Serve with chopped peanuts on top.

Serves 6

## **Asparagus Quiche**

8 oz. Asparagus, trimmed to 1&1/2" lengths  
4 large eggs  
1/4 c. whipping cream  
1 tsp. Dijon mustard  
1/8 tsp. Cayenne pepper (or more)  
1/4 tsp. Paprika  
1. small curd cottage cheese  
1 cup Gruyere cheese (or swiss)  
1/4 cup Parmesan

Preheat oven to 350 degrees. Steam asparagus in 1/2 cup of water. Beat eggs, add cream, mustard, pepper, paprika. With a spoon, stir in cheeses. Drain asparagus, put it in a buttered 9" pie pan. Pour in egg mixture. Bake 35-40 minutes. Allow to cool before slicing.

## **Corn Chowder (vegan)**

1 Tbs. Olive oil  
1 cup chopped onion  
6 cups fresh corn kernals  
3 cups vegetable broth  
1/2 cup chopped bell papper  
1/2 txp. Rosemary  
1/2 tsp. Dried thyme  
1/4 tsp. Pepper  
cayenne to taste  
1 tablespoon basil

In a large saucepan, add oil and saute onion for 5 minutes. Add 4 cups of corn and saute 4-5 minutes. Add 2 cups of vegetable broth and cook until corn can be smashed with a fork. Puree until smooth. Put back in pan and turn on very low heat. Add bell pepper, and seasonings and remaining broth and corn. Stir 10 minutes until smooth and creamy.

## **Mexican casserole**

1 cup cooked quinoa or rice  
15 oz. Can of black beans  
1 cup fresh or frozen corn kernels  
1 cup halved cherry tomatoes  
2 diced bell peppers  
½ cup chopped onion  
1 tsp. Cumin  
1 tsp. Salt  
½ cup grated Monterey Jack cheese

Mix all ingredients in a large bowl. Spoon into an 8" baking dish. Bake for 30 minutes. Sprinkle cheese on top and bake another 5 minutes.

Serves 6

## **Greek Salad (vegan)**

2Tbs. Olive oil  
2 Tbs. Vinegar  
1 tsp. Oregano  
2 chopped tomatoes  
½ cucumber, sliced  
¼ chopped red onion (or sweet onion)  
feta cheese, crumbled

Mix first 3 ingredients. Combine vegetables and pour oil over. Add cheese and kalamata olives. Allow to set 5 minutes before eating.

## **Taco Soup**

48 oz. Jar of great northern beans  
2 – 14 oz. Cans diced tomatoes  
2 cans corn with peppers, drained  
1 pkg. Taco seasoning mix  
1 pkg. Hidden Valley ranch fat free dip  
2 cups water

Add all ingredients, and bring to a boil. Allow to simmer 10 minutes. Serve with dollops of sour cream and shredded cheese and crushed tortilla chips.

## **Cream of Potato Soup**

2 lg. Russet potatoes, chopped  
3 cups milk  
1 cup vegetable broth  
1 medium onion, chopped  
½ tsp. Celery salt  
1 tsp. Mortons nature's seasonings and 1/2 cup low fat sour cream  
2 tsp. Parsley  
¼ cup chopped green onion

Ain large pot, combine potatoes, milk, broth, onion salts an seasoning. Bring to a boil  
Lower heat and simmer until potatoes are tender. Remove from heat. Take half the  
mixture and pouree in blender. Return to pot and stir in sour cream. Sprinkle with green  
onions and parsley.

## **Bean Salad**

1 can yellow wax beans  
1 can green beans  
1 can chickpeas  
1 onion, chopped  
1` green peopper, chopped  
½ cup celery

Sauce: ½ c. sugar, 1 tsp. Salt, ½ tsp. Pepper, 1/3 cup salad oil, 2/3 cup vinegar, ¼ tsp.  
Oregano. Whip sauce together and pour over bean mixture.

## **Sheet Pan Ricotta Frittata**

8 eggs  
1 cup ricotta cheese  
½ cup milk  
1 tsp. Baking powder, 1 tsp. Salt and ½ tsp. Pepper  
chopped onion and chopped bell pepper  
6 oz. Chopped fresh spinach

Preheat oven to 350 and spray baking sheet with nonstick baking spray. Mix ingredients  
and spread into baking sheet. Sprinkle with ¼ cup Parmesan cheese. Bake 30 minutes.

## Moussaka

3 lbs. Eggplant, peeled and sliced thin  
olive oil

### For the lentils

2 cups uncooked brown lentils  
1 Tbs. Olive oil  
1 tsp. Asafetida powder  
1 cup peeled or canned tomatoes  
2 TBS. Tomato paste  
2 tsp. Brown sugar  
2 Tsp. Salt  
¼ tsp. Pepper  
2 Tbs. Chopped parsley

### For the cheese sauce

¼ cup buttered  
1/3 cup flour  
2 cups milk  
¼ tsp. Nutmeg  
¼ cup grated Parmesan ( or Grana Padano) cheese  
½ tsp. Salt  
¼ tsp. Pepper

Fry each eggplant slice in olive oil. Drain on paper towel and set aside. Using a large saucepan, Add several cups of water and lentils and cook on high heat. Bring to a boil and reduce to simmer until lentils are soft. Drain. In a saucepan, heat olive oil, add asafetida and tomatoes. Cook about 5 minutes. Stir in the lentils, tomato paste, brown sugar, salt, pepper and parsley. Reduce heat and simmer for about 10 minutes. Meanwhile, melt the butter in a saucepan, stir in flour, and cook over gentle heat a few minutes. Add the milk, increase the heat, and bring to a boil, stirring constantly. Remove from the heat and whisk in the nutmeg, cheese, salt and pepper. Assemble the dish: Butter a 13X9" pan. Place one third of the eggplant, top with half the lentils, add a layer of eggplant and spoon last of lentils and top with remaining eggplant. Spread cheese sauce on top and sprinkle with Parmesan. Bake in a 350 degree oven for 1 hour. Allow the moussaka to stand for 10 minutes before serving.

Serves 6

## **Spinach Pie**

2 Tbs. Butter  
1 Tbs. Sugar  
14 oz. Spinach  
3 eggs  
1 tsp. Cinnamon  
1 tsp. Ginger

Make or buy a pie crust. In a food processor, blend all ingredients. Pour into pie crust in a pie pan. Bake at 350 degrees for 45 minutes.

## **Potato Soup**

Margarine, butter, or the oil of your choice  
Onions  
Potatoes  
Carrots  
Cabbage  
Vegetable bouillon  
Eggs (can use water instead)  
Flour

It is very easy to make as little or as much of this desired. Generally 2 servings require 1 potato, 1 carrot, and 1 egg. 1 onion and a half of a head of cabbage plus 3 potatoes, 3 carrots, and 3 eggs will make 6 good sized servings.

Sautee onion in butter, margarine, or oil. Take the time to caramelize the onions. It will take time but will add lots of flavor.

While the onion is cooking, wash and slice carrots. After onions are golden brown, add them to the pot. Make sure to deglaze the pan to get all that flavor. Add as much water as is necessary. Add carrots. Peel, chop, and rinse potatoes and then add after carrots have almost become tender. Add vegetable bouillon to taste.

Chop cabbage. Set aside. In a bowl, add eggs and flour to make dough. Using water instead of eggs is fine. The dough does not have to be kneaded or heavily worked. When potatoes are nearly tender, add dough by forkfuls into the boiling water. Add cabbage. The soup is done when the cabbage is tender.

