

November 2016 Cooking Class

Vegetarian Lentil and Mushroom Meatballs or Patties

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Prep time: 45 mins

Cook time: 35 mins

Total time: 1 hour 20 mins

Serves: 4

Hearty vegetarian "meatballs" with just the right amount of spice. Serve with ample marinara sauce or pesto, on their own or on a bed of pasta. These make great leftovers (they taste even better a few hours later).

INGREDIENTS

- 1 cup dried brown lentils, picked over and rinsed
- 1 bay leaf
- 2 cups vegetable broth (or water)
- 8 ounces cremini mushrooms (or white mushrooms), finely chopped
- ½ cup old-fashioned oats
- ½ cup flat-leaf parsley leaves, finely chopped
- 1 teaspoon dried oregano
- ½ teaspoon red pepper flakes
- ½ teaspoon dried thyme
- ½ teaspoon dried tarragon
- 2 tablespoons olive oil
- 1 medium white onion, chopped
- 3 to 4 garlic cloves, minced
- ¼ cup red wine
- 1 Tablespoon tamari soy sauce (optional)
- 2 eggs
- sea salt and pepper to taste

INSTRUCTIONS

1. Combine lentils, bay leaf, and vegetable broth/water in a medium saucepan. Bring to a boil, then reduce heat to low, and simmer for 10 minutes. (Don't worry, you want the lentils to be a little undercooked.) Remove from heat, drain and let cool for a few minutes. Discard the bay leaf.
2. In a bowl, combine the mushrooms, oats, lentils, parsley and spices (oregano, red pepper flakes, thyme and tarragon). Mix the ingredients really well. You may use a food processor to pulverized the ingredients but not turn it to mush.
3. In a large skillet over medium heat, warm the olive oil, then add the chopped onion and a pinch of salt. Cook, stirring often, until onions are translucent and turning golden at the edges, about 5 minutes. Add the garlic and cook, stirring, for about 30 seconds. Stir in lentil-mushroom mixture and cook until browned, about 5 minutes, stirring constantly.

4. Add red wine and soy sauce to skillet. Continue to cook, stirring constantly, until liquid has been absorbed. Remove from heat and, if you're using a pan that retains heat like cast iron, transfer the mixture to a heat-safe bowl. Season with salt and pepper to taste. Allow the mixture to cool until it is comfortable to handle.
5. In a small bowl, whisk together two eggs, then thoroughly mix the eggs into the lentil and mushroom mixture.
6. To make patties: Heat a small amount of olive oil in a large pan over medium heat. Use your hands to scoop up one small handful of the mixture at a time, press in between your palms to shape into a patty. Place each patty onto a skillet and cook on each side for 3-5 minutes, or until golden brown.
7. If you want to make the meatballs: Use your hands to scoop up one small handful of the mixture at a time, shaping it into a golf-ball sized ball (about 1½-inch diameter). Place each "meatball" onto the baking sheet, leaving an inch of space around each one (you should end up with 15 or more meatballs). Bake for 35 minutes at 400 degrees, or until golden brown.

Source: <http://cookieandkate.com/2013/lentil-and-mushroom-meatballs/>

Raw Brussels Sprout Salad with Spicy Maple Vinaigrette

Dressing Ingredients

1 Tablespoon apple cider vinegar
1 Tablespoon maple syrup
1 dash cinnamon
salt, black pepper, and cayenne pepper to taste
2 Tablespoon olive oil

Instructions

Whisk all ingredients together in a bowl.

Salad Ingredients

About a pound of brussels sprouts, shredded on a mandolin or finely sliced
1 honey crisp apple, julienned
handful of raw walnuts, chopped

Instructions

Toss all the salad ingredients together in a large bowl & drizzle with Dressing.

Source: <http://andreasrealfoodkitchen.blogspot.com/2012/01/this-salad-will-convert-you-to-raw.html>

Carrot Ginger Butternut & Parsnip Soup

Yields 4-6 servings

Ingredients

1 large chunk of ginger	4 c broth
1 large onion	1 lb carrots
5-6 cloves of garlic	3/4 lb parsnip
2 large shallots	1 lb butternut squash (choose a smaller size)
1/4 cup extra virgin olive oil	1 c water
1 teaspoon sea salt	
juice of 1/2 small lemon	
1 Tablespoon liquid aminos, tamari, soy sauce or coconut aminos (optional for extra flavor)	

Instructions

1. Peel and remove the ends of the garlic cloves, shallots, and onion. Chop everything as small as possible.
2. Wash and chop the vegetables. Cut off the top end the carrots, chop into about 1/2 inch pieces. Do the same with the parsnip, but it will need to be chopped in a few more pieces towards the top where it gets thicker. Peel and cut off the very ends of the butternut squash. Cut the squash in half length-wise and using a spoon, scoop out the seeds. Then cut the squash into cubes. Set the chopped vegetables aside in a large bowl.
3. Heat the olive oil up in a large pot over medium-high heat and add in the minced garlic, ginger, onion, shallot mixture along with the salt. Reduce to medium heat and sauté for about 10-15 minutes or until the onion is translucent.
4. When most of the liquid has cooked off, add in the lemon juice and let it cook a minute or two.
5. Then add in the broth and chopped vegetables, bring to a boil over high heat.
6. Once bubbling, cover, and reduce heat to med-low. Let simmer for 45 minutes.
7. Then turn off the heat, add in the extra cup of water, and let cool at least 10 minutes before blending. You can blend with an immersion blender right in the pot, or in batches in a regular blender. Just remember when blending hot liquids in a blender you should pulse at first and hold the lid on tight with a dish towel to prevent it from splattering everywhere.
8. Mix all the batches back together and add additional water if you'd like it to be thinner. You can add the liquid aminos, tamari, soy sauce, or coconut aminos at the end if you'd like a little more flavor, but you can taste it first to determine if you want it. You can also use salt to taste if you don't have any of those sauces on hand. Depending on how flavorful your stock is, you might not need it.

Source: <http://sweetbeetandgreenbean.net/2012/02/16/blended-winter-veggie-soup/>