

Alternative Grain Recipes

<p><u>Dad's Soup</u> 1lb ground beef or turkey 1 chopped onion 1 c millet 2 c lentils 2 c brown rice 1 c frozen corn 3 tsp salt Pepper to taste 3 quarts water, or more</p> <p style="text-align: right;">-brown meat and add onion. Add water and all other ing. Simmer over low heat, one hour. Add more water as needed.</p>	<p><u>Confetti Succotash</u> 2 c corn meal 4 c water 2 c green beans 1 sweet pepper, chopped 1 large onion, chopped 2 c frozen corn 2 cloves garlic 2 tsp salt</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Steam veggies till just tender, cook cornmeal and water in large pot until thick, about 10 min, stir in other ing. *A beautiful and filling meal!</p> </div>
<p><u>Quinoa and Black Bean Salad</u> 2 c quinoa 4 c water 2 c black beans 2 c frozen corn ½ c onion, chopped 2 c tomato sauce</p> <p style="text-align: right;">Dressing: ½ c olive oil 1 tsp dried parsley 1 tsp dried basil 1 clove garlic 1 TSBP cider vinegar Few dashes cayenne</p> <p>Cook beans till tender (about 3 hours). Cook quinoa in water about 20 min, till water is absorbed. Blend dressing. Mix all ing together. Serve warm with green salad.</p>	<p><u>Millet with Fruit</u> 1 ½ c millet 4 c water ¼ tsp salt 1/3 c honey Zest of one orange 1 orange peeled and diced 1 TBSP coconut oil Fruit (can use soaked dried fruit or any fruit you like.)</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Cook millet, water, and salt for 15 min, or till half the grains pop open. Don't overcook. Add other ing.</p> </div>
<p><u>Chia Seed Pudding</u> ½ c chia seed - 1/3 c. 2 c almond (or other nut) milk 1 tsp vanilla 2 TBSP honey Pinch of salt</p> <p>Put ing in quart jar and STIR. Stir again in 10 minutes. Store in fridge.</p>	<p><u>Apple Chia Pudding</u> 8 c applesauce (blend cored apples with a little water. Why peel them?) 1 c almonds (soak 8 hours, rinse and drain) 1 tsp cinnamon 2 TBSP honey ½ c chia seed Blend almonds and applesauce, stir in other ing. Stir again in 10 minutes. Store in fridge.</p>
<p><u>Jill's Lentil Soup</u> 2 c lentils ½ c brown rice 6 c water 2 diced potatoes 2 diced carrots 1 chopped onion 1 stalk celery with leaves, (chopped) 5 cloves garlic 2 TBSP coconut oil 2tsp salt Dash pepper</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Cook lentils, rice and water 20 min. Add veggies and cook 20 min more. Remove from heat, add oil and salt and pepper.</p> </div>	<p><u>Dana's Quinoa Salad</u> 1 c red quinoa 1 c white quinoa 2 quarts water 1 sweet red pepper, chopped 1 small sweet onion, chopped 2 c frozen corn 1 c cooked black beans 1 c crasins Cook quinoa in water 20 min, add veggies and dressing.</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Dressing: ¼ c olive oil 1/3 c cider vinegar 2 tsp salt 2 cloves garlic ½ c agave nectar or ¼ c honey Dash pepper</p> </div>