

Indian-Style Rice Salad

Prep Time: 15 min **Total Time:** 30 min **Servings:** 4-8

Ingredients

1½-2 cups brown rice or 1½-2 cups white basmati rice
Salt & freshly ground black pepper
¼ cup scallions, chopped
¾ cup potatoes, cooked and chopped
¾ cup cauliflower florets, cooked
¾ cup green peas, cooked
½ cup coconut milk (or more)
3 tablespoons rice vinegar (to taste)
1 tablespoons curry powder (to taste)
1 jalapenos, stemmed, seeded and minced (or to taste) (optional)
½ cup cilantro, chopped

Directions

1. Cook potato, cauliflower and peas, if necessary.
2. Cook rice in abundant salted water, as you would pasta, until it's just done; white will take 10-15 minutes, brown 20 minutes or more. Drain, rinse in cold water, drain again, then combine with vegetables in a large bowl.
3. Combine black pepper, coconut milk, rice vinegar and curry powder in a blender and turn machine on; a creamy emulsion will form within 30 seconds. Taste and add more vinegar a teaspoon or two at a time until balance taste right to you, then add more curry powder, salt or pepper, if needed.
4. Drizzle vinaigrette over rice and vegetables. Use 2 big forks to combine, fluffing rice and tossing gently to separate grains. Stir in jalapeno if using and cilantro, taste and adjust seasoning or moisten with a little more dressing. Serve at room temperature, or refrigerate up to a day, bringing salad back to room temperature before serving.

Black Bean and Rice Confetti Salad

Prep Time: 15 min **Total Time:** 35 min **Servings:** 12

Ingredients

2 (14 ½ ounce) cans chicken broth
½ cup water
1 (1lb) package long-grain rice (2 cups uncooked)
3 bay leaves
2 (15 ounce) cans black beans, drained, rinsed
Fresh seasonal vegetables
½ cup olive oil
6 tablespoons lime juice
3 tablespoons red wine vinegar
3 teaspoons ground cumin
1-teaspoon chili powder
1-teaspoon salt

Directions

- 1.** Bring chicken broth and water to boil in heavy large saucepan.
- 2.** Add rice and bay leaves.
- 3.** Bring to boil.
- 4.** Reduce heat to low, cover and cook until liquid is absorbed, about 20 minutes.
- 5.** Transfer rice to large bowl and fluff with fork. (If you have time, chill cooked rice overnight).
- 6.** Mix in black beans, peppers, red onion, chopped cilantro, oil, lime juice, vinegar, cumin and chili powder.
- 7.** Season salad to taste with salt and pepper.
- 8.** Cover and refrigerate. Serve chilled.

Argentine Rice-Veggie Salad

Prep Time: 20 min **Total Time:** 40 min **Serving:** 4

Ingredients

½ cup white rice
Salt & pepper
1 carrot, cut into 1/4-inch cubes
¼ cup extra virgin olive oil
2 teaspoon dried oregano
Fresh seasonal vegetables
2 stalks celery, cut into ¼ inch cubes
2 tablespoons celery leaves, chopped
1 small red onions, thinly sliced

Directions

1. In small saucepan, bring the rice, 1 cup water and ¼ teaspoon salt to a boil. Lower the heat, cover and simmer until the water is absorbed, about 17 min. fluff with a fork and let cool.
2. Meanwhile, fill another saucepan with salted water. Add the carrot, bring to a boil and cook for 2 minutes. Using a slotted spoon, transfer to a bowl; toss with 2-tablespoon olive oil, the vinegar and oregano. Season with salt and pepper.
3. In the same saucepan, blanch the corn in the boiling water for 3 minutes; transfer to the bowl with the carrot. Add the peas to the boiling water and cook for 1 minute. Transfer to the bowl.
4. Add the rice, cubed celery, chopped celery leaves and onion to the bowl, season with salt and pepper, drizzle with the remaining 2-tablespoon olive oil and toss.

Southwest Rice Salad

Prep Time: 15 min **Total Time:** 35 min **Servings:** 6

Ingredients

2 cups cooked rice
1 (16 ounce) cans black beans, rinsed and drained
1 bunch green onions, chopped
1/3-cup canola oil
¼ cup fresh squeezed lime juice (3-4 limes)
2 tablespoons apple cider vinegar
1 tablespoon packed brown sugar
2-3 pickled jalapeno peppers, seeded and chopped
2 teaspoons chili powder
2 teaspoons ground cumin
Salt

Optional

1 bunch fresh cilantro, chopped
1 ripe tomatoes, chopped

Directions

1. In a large bowl, combine the rice, beans, corn and onions.
2. Toss to mix.
3. In a food processor, blend remaining ingredients, except the cilantro and tomatoes, until the peppers are finely minced.
4. Pour the dressing over the rice mixture and mix well.
5. Garnish with the cilantro and chopped tomatoes.
6. This salad can be made 1-2 days in advance and served either cold or room temperature.

Black Bean & Rice Salad

Prep Time: 15 min **Total Time:** 15 min **Serving:** 4

Ingredients

2 cups cooked black beans or 2 cups canned black beans rinse & drained, checked
2 cups cooked rice
1½ cups fresh cilantro
¼ cup limejuice
¾ cup oil
½ cup chopped onions
2 cloves garlic, crushed
Salt
Fresh ground black pepper
Fresh seasonal vegetables

Directions

1. Mix the beans, rice, and cilantro together in a bowl.
2. Place the limejuice in a small bowl and whisk in the oil.
3. Add the onion and garlic and toss with the rice and beans.
4. Add salt and pepper to taste.

My My My Minestra – Italian Vegetable Soup With Pasta

Prep Time: 15 min **Total Time:** 1hr **Servings:** 4

Ingredients

1 medium onions, sliced
1 large carrot, cut into matchsticks
2 stalks celery, cut into matchsticks
3 medium zucchini, cut into matchsticks
2 tablespoons olive oil
3 pints water
Salt and pepper
1(420g) cans chopped tomatoes
120 g short-cut macaroni
2 garlic cloves, crushed
2 tablespoons chopped fresh parsley
1-teaspoon fresh rosemary
60g Parmesan cheese, grated

Directions

- 1.** Heat oil in large heavy pan and fry vegetable strips until just browning, stirring occasionally. Pour on water, season to taste with salt and pepper, and let simmer for 30 minutes.
- 2.** Add tomatoes, garlic, macaroni, parsley and rosemary to the soup, and simmer for a further 10 minutes. Adjust seasoning to taste.
- 3.** Serve with grated Parmesan cheese if desired.

Curried Lentil and Vegetable Soup

Prep Time: 10 min **Total Time:** 50 min **Servings:** 6

Ingredients

2 tablespoons oil
3 teaspoons curry powder or ½ teaspoons Asian curry pastes
1 medium onion
6 cups vegetable stock or 6 cups chicken stock
1-tablespoon tomato paste
1 cup dried red lentils, thoroughly rinsed with water and drained
125g broccolis
1 small carrots, chopped
2 sticks celery, chopped
1 zucchini, chopped

Directions

1. Heat the oil in a large saucepan, add onion and fry over a gentle heat until the onion has softened and is clear in color.
2. Increase the heat and add the curry powder or paste and stir for 2 min to release the fragrance. Add the stock and tomato paste bring to the boil and reduce heat.
3. Add the lentils, cover and simmer for 15 minutes.
4. Add all of the vegetables and simmer covered for a further 15 min till vegetables are tender.
5. Serve sprinkled with some chopped basil or parsley, or some grated Parmesan cheese, or a swirl or sour cream or yogurt.
6. For Vegetarian use the vegetable broth.

Thai Fragrant Vegetable Soup

Prep Time: 15 min **Total Time:** 40 min **Servings:** 8-10

Ingredients

4 tablespoons minced garlic
2-tablespoons peanut oil
6 cups chicken broth
1-tablespoon soy sauce
2-tablespoons fish sauce
3 cups coarsely shredded cabbage
2 medium carrots, thinly sliced
1 cup finely chopped celery
Celery
1 stalk fresh lemongrass, pounded with cleaver, and finely minced
3-5 fresh Thai red chili peppers, minced (or to taste)
1-tablespoon fresh limejuice
2-tablespoons finely chopped fresh basil

Directions

1. In a deep saucepan, heat garlic in oil until fragrant; add broth, soy sauce, fish sauce, cabbage, carrots, celery, mushrooms, lemongrass, and chilies.
2. Bring mixture to a boil; then reduce heat and simmer for 10-15 minutes or until vegetables are tender.
3. Adjust seasonings for soy sauce, and fish sauce; then add limejuice and basil; serve.
4. Note: As an option you may also add cooked chicken cooked beef or pork, or raw shrimp to this soup at the en of cooking; for shrimp, just allow enough time for them to turn opaque and curl tight; for meat, just heat through.

Cream of Potato and Vegetable Soup

Prep Time: 15 min **Total Time:** 45 min **Servings:** 6

Ingredients

2-tablespoons butter or 2-tablespoons margarine
½ cup chopped onions
1-cup chicken broth
2 cups cubed potatoes
1/8-teaspoon salt
1/8-teaspoon pepper
¼ cup flour
2 cups half-and-half or 2 cups milk
Fresh vegetables

Directions

1. Melt margarine in large saucepan or Dutch oven over medium heat.
2. Stir in onion; cook 2 to 3 minutes or until crisp-tender.
3. Add broth, potatoes, salt and pepper.
4. Cook 10 to 15 minutes or until potatoes is just tender, stirring occasionally.
5. In a small bowl, combine flour and half-and-half; mix well.
6. Stir into potato mixture; add frozen vegetables.
7. Cook uncovered for 8 to 10 minutes or until vegetables are crisp-tender and soup is thoroughly heated.

Ecuadorean Quinoa and Vegetable Soup

Prep Time: 40 min **Total Time:** 1hr 15min **Servings:** 4-6

Ingredients

½ cup raw quinoa
2-tablespoons olive oil
2 cups chopped onions
1-teaspoon salt
1 cup decided potatoes
1 cup chopped red bell peppers or 1 cup green bell peppers
1-teaspoon ground coriander
1-teaspoon ground cumin
1-teaspoon dried oregano
1/2-teaspoon pepper
3 cups water or 3 cups vegetable stock
1½ cup chopped fresh tomatoes
1 cup diced zucchini or 1 cup yellow squash
1-tablespoon fresh lemon juice

Directions

1. Rinse the quinoa very well in a fine mesh strainer under running water; set aside to drain.
2. Heat the oil in a large soup pot.
3. Add in the onions and salt; cover and cook over medium heat for 5 minutes—stir every now and then.
4. Add in the drained quinoa, potatoes, bell pepper, coriander, cumin, oregano, pepper, vegetable stock (or water), and tomatoes; stir to combine.
5. Cover and bring to a boil; lower heat and simmer for 10 minutes.
6. Add in the zucchini; cover and let simmer for 15-20 minutes or until the vegetables are tender.
7. Add in the lemon juice; stir to combine.
8. Serve.

Dixie Stamped Homestyle Cream of Vegetable Soup- Authentic

Prep Time: 5 min **Total Time:** 15 min **Servings:** 4 **Yield:** 1 Quart

Ingredients

3-tablespoons margarine (I use salted butter)
½ teaspoon onion powder
½ teaspoon garlic powder
1-teaspoon corn syrup
3-tablespoon all-purpose flour
¼ teaspoon white pepper
½ teaspoon salt
½ cup chicken broth
1½-cup water
¾ cup finely chopped cooked vegetables (I use diced canned potatoes and canned carrot slices diced very small, Veg-All will work)
1-pint half-and-half cream (I've also tried it with heavy cream for a richer taste)
Chopped fresh parsley

Directions

1. In a 3-quart saucepot, melt margarine. Add onion, garlic, and corn syrup. Simmer 1 minute. Do NOT brown.
2. Add flour, white pepper, salt, chicken broth, water, and vegetables. Simmer 3 minutes.
3. Add half-and-half. Simmer until desired consistency. Stir constantly – do NOT bring to boil.
4. Garnish with chopped parsley and serve.

Garden Vegetable Soup

Prep Time: 10 min **Total Time:** 35 min **Servings:** 4

Ingredients

$\frac{2}{3}$ cup sliced carrots
 $\frac{1}{2}$ cup diced onions
2 cloves garlic, minced
3 cups fat free broth (beef, chicken or vegetable)
1 $\frac{1}{2}$ cup diced green cabbage
 $\frac{1}{2}$ cup green beans
1-tablespoon tomato paste
 $\frac{1}{2}$ teaspoon dried basil
 $\frac{1}{4}$ teaspoon dried oregano
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ cup diced zucchini

Directions

1. Spray a large saucepan with non-stick cooking spray.
2. Sauté the carrot, onion and garlic over low heat until softened, about 5 minutes.
3. Add broth, cabbage, green beans, tomato paste and simmer, covered about 15 minutes or until beans are tender.
4. Stir in zucchini and heat 3-4 minutes.
5. Serve hot.

Vegetarian Barley-Vegetable Soup

Prep Time: 10 min **Total Time:** 1hr 40min **Servings:** 8

Ingredients

¼ cup butter
2 medium onions, peeled and chopped
2 carrots, diced
2 stalks celery, sliced ¼ -inch thick
2 quarts water
1 lb tomatoes, chopped
2 teaspoons salt
½ teaspoon dried thyme
1 teaspoon dried basil
½ teaspoon ground black pepper
1-cup pearl barley
2 cups frozen green beans
2 tablespoon chopped fresh dill weed

Directions

1. In a large pot, melt butter over medium-high heat
2. Add onion, carrot and celery and sauté until softened.
3. Add water, tomatoes, salt, basil, thyme and pepper; bring to a boil
4. Stir in barley.
5. Lower heat and cover
6. Gently simmer for 1-1/2 hrs or until barley is tender.
7. Stir in frozen green beans during the last 10 min of cooking.
8. Remove from heat and stir in dill weed.
9. Serve warm.

Persian Vegetable Casserole (Kukune Sabzi)

Prep Time: 15 min **Total Time:** 1hr 15min **Yield:** 4-6

Ingredients

2 cups finely chopped leeks, white and green parts
1 cup romaine lettuce or 1 cup butter lettuce, finely chopped
1 cup finely chopped parsley
2 cups finely chopped spinach
1 cup finely chopped green onions
1-½ tablespoons flour
Salt
Freshly ground pepper
1/3 cup chopped walnuts
8 eggs
2 tablespoons butter

Directions

1. Heat the oven to 325°F.
2. Put all the vegetables and herbs in a bowl. Add the flour and salt and pepper to taste. Add the walnuts and mix.
3. Beat the eggs well and add to the vegetables.
4. Melt the butter in a 9-inch cake pan and pour the vegetable mixture into it. Bake 1 hr or until the top is crisp and brown.
5. Makes 4 to 6 servings.

Vegetable Bean & Noodle Casserole

Prep Time: 15 min **Total Time:** 1hr 5 min **Servings:** 6-8

Ingredients

1 ½ cup onions, diced
1 ½ cup celery, diced
3-tablespoons salad oil
1/3-cup flour, whole wheat
3 cups vegetable broth
1 potato, medium, peeled, grated
½ lb mushrooms, fresh, sliced
1 tomato, peeled, chopped
½ teaspoon rosemary
½ teaspoon thyme
½ teaspoon sage
½ teaspoon salt
¼ teaspoon pepper
¼ teaspoon mustard, dry
2 cups soybeans, cooked
3 cups noodles, whole wheat, cooked
3 tomatoes, medium size, sliced
1/3-cup parsley, minced

Directions

1. Sauté onion and celery in oil in a large dutch oven until soft.
2. Stir in flour; cook several minutes, stirring over medium heat.
3. Reduce heat; slowly add soybean stock, stirring constantly.
4. Add carrots, potato, mushrooms, chopped tomato, herbs and seasonings; bring to boil to thicken, stirring constantly.
5. Remove from heat and set aside.
6. Alternate layers of soybeans and noodles in a greased 12 x 8 x 2 inch-baking dish; pour some of the vegetable gravy over each layer.
7. (Gravy should come almost to top of mixture).
8. Arrange tomato slices over top; sprinkle with parsley.
9. Bake in preheated 350°F oven for 40 minutes.

Spicy Root Vegetable & Lentil Casserole

Prep Time: 20 min **Total Time:** 35 min **Servings:** 4

Ingredients

2 tablespoons sunflower oil
1 onion, chopped
2 garlic cloves, crushed
1-½ lbs. potatoes cut into chunks
4 carrots, thickly sliced
2 parsnips, thickly sliced
2 tablespoons curry paste or 2 tablespoon curry powder
1 ¾ pints vegetable stock
4 ounces red lentils
¾ cup fresh cilantro, roughly chopped

Directions

1. Heat the oil in a large pan, then cook the onion and garlic over a medium heat for 3 to 4 minutes until softened.
2. Tip in the potatoes, carrots and parsnips/
3. Turn up the heat, then cook for 6 to 7 min, until vegetables are nicely golden
4. Stir in the curry paste or powder and stock, and then bring to a boil.
5. Reduce the heat and add the lentils.
6. Cover with a lid and simmer for 15 to 20 min. until thickened.
7. Season the casserole, and then stir in most of the cilantro.
8. Heat through for another minute.
9. Serve with a spoonful of yogurt, if you wish, and sprinkle over the rest of the coriander.

Brown Rice Vegetable Casserole

Prep Time: 15 min **Total Time:** 1hr 30min **Servings:** 8

Ingredients

3 cups vegetable broth
1 ½ cup brown rice, uncooked
2 cups onions, chopped
3-tablespoons soy sauce
2-tablespoons butter
½ teaspoon thyme
4 cups cauliflower, chopped
4 cups of broccoli, chopped
2 red bell peppers, chopped
2 garlic cloves
1 ½ tablespoon olive oil
1-cup cashews
2 cups reduced-fat cheddar cheese

Directions

1. Preheat oven to 350°
2. In a 3-quart baking dish combine broth, rice, 1-cup onion, soy sauce, butter, and thyme. Cover and bake 65-70 minutes or until rice is tender.
3. In large skillet sauté veggies, garlic, and remaining onion in oil until tender. Spoon over rice mixture.
4. Cover and bake 10 min. Sprinkle with cashews and cheese, serve after cheese melts.

Southwestern Quinoa Vegetable Casserole

Prep Time: 10min **Total Time:** 1 hr **Servings:** 4 **Yield:** 6 cups

Ingredients

1 (14 ounce) cans Rotel Tomatoes
1 (15 ounce) cans whole black beans, drained
¼ cup sliced jalapenos
1 cup frozen corn
½ cup vegetable broth
¾ cup quinoa
½ teaspoon garlic powder
½ teaspoon ground cumin
½ teaspoon ground coriander
¼ teaspoon salt
¼ teaspoon pepper
1 cup grated cheddar cheese
Sour cream (optional)

Directions

1. Preheat oven to 400°
2. Combine all ingredients except cheese and sour cream in a 2 quart casserole
3. Cover with foil and bake for 30 minutes
4. Remove and stir
5. Bake for another 20 minutes or until all liquid has been absorbed and quinoa is tender
6. Cover with cheese and broil till cheese is melted (usually around 1 or 2 min)
7. Serve with sour cream.

Pasta Salad Supreme

Prep Time: 15 min **Total Time:** 25 min **Servings:** 10

Ingredients

16 ounces rotini pasta or 16 ounces shell pasta (sometimes I use the colored pasta to jazz it up for party's).

1 (8 ounce) bottles zesty Italian dressing

4 tablespoons McCormick salad Supreme Seasoning

5 cups assorted raw vegetables (tomatoes, carrots, broccoli, cauliflower, or red onions).

Sliced olives (optional)

Mozzarella cheese (optional)

Directions

1. Cook pasta, rinse under cold water and drain well.
2. Place pasta in large salad bowl, add dressing and seasoning, and toss gently to coat.
3. Cut vegetables to bite size pieces, add veggies to pasta and mix gently.
4. Cover and refrigerated at least 4 hours.

Oriental Pasta Salad

Prep Time: 20 min **Total Time:** 20 min **Servings:** 7

Ingredients

2 cups macaroni, uncooked
2 large carrots cut into 1-inch strips
1-cup snow peas, halved (could sub regular peas)
2 green onions, sliced
½ cup sweet red peppers, thinly sliced

Dressing

½ cup mayonnaise
½ cup sour cream
1 tablespoon red wine vinegar
1-tablespoon soy sauce
½ teaspoon ground ginger
¼ teaspoon pepper

Directions

1. Cook macaroni according to package directions; drain and rinse in cold water. Place in a large bowl; add the carrots, peas, onions and red pepper.
2. In a small bowl, whisk dressing ingredients until smooth. Pour over salad and toss to coat. Cover and refrigerate for 1-2 hrs.

Cucumber Cilantro Pasta Salad

Prep Time: 20 min **Total Time:** 30 min **Servings:** 4

Ingredients

1 cucumber (peeled & chopped in ½ -inch squares)
1-cup roma tomatoes (diced)
½ cup red onions (chopped)
3-tablespoon limejuice
2 tablespoons cilantro
1-teaspoon sugar
¼ teaspoon pepper
¼ teaspoon salt
1 cup dries pasta shell macaroni

Directions

- 1.** Cook pasta, drain.
- 2.** Combine lime juice, cilantro, sugar, salt and pepper in small bowl
- 3.** In a large bowl, combine pasta and vegetables
- 4.** Toss gently with lime dressing.

Asian Pasta Salad

Prep Time: 30 min **Total Time:** 40 min **Servings:** 4

Ingredients

8 ounces dry linguine
3 cups broccoli florets
12 cherry tomatoes (halved)
4 green onions (sliced)
2 large carrots (sliced diagonally)
¼ cup soy sauce
2 tablespoons sesame seeds (toasted)
2 tablespoons brown sugar
2 tablespoons dark sesame oil
1 tablespoons lemon juice
¼ teaspoon hot sauce
2 garlic cloves (minced)

Directions

1. In large pot with boiling water, cook pasta.
2. Drain, rinse pasta with cold water and let drain again. Place pasta in a large salad bowl, add broccoli, next 3 ingredients and toss well.
3. In a small bowl or jar with lid, combine soy sauce and remaining 6 ingredients. Whisk together or cover tightly and shake vigorously. Pour mixture over pasta and toss gently.

Southwestern Pasta Salad

Prep Time: 20 min **Total Time:** 20 min **Servings:** 4

Ingredients

8 ounces bow tie pasta (or pasta of your choice)
2 hardboiled egg, chopped
½ cup celery, chopped fine
¼ cup fresh salsa (homemade or the refrigerated variety sold in the produce section)
2 scallions, chopped
¼ cup buttermilk
¼ cup Miracle Whip (or mayonnaise)
½ teaspoon garlic powder
1/8-teaspoon cayenne pepper
½ teaspoon salt
1/8-teaspoon fresh ground black pepper

Directions

1. Cook pasta in salted boiling water until tender.
2. Drain pasta and rinse with cold water.
3. Combine all remaining ingredients in a large bowl.
4. Add pasta and stir until the pasta is coated.
5. Refrigerate at least an hour before serving.

Super Easy Pasta Salad

Prep Time: 5 min **Total Time:** 13 min **Servings:** 4-6

Ingredients

½ lb uncooked pasta, of your choice
1 stalk celery, diced
1 medium tomatoes, chopped
½ - ¾ cup Italian salad dressing (to taste)
½ cup mayonnaise
Salt and pepper

Directions

1. Bring a large pot of lightly salted water to a boil.
2. Add pasta and cook for 8 to 10 minutes or until al dente.
3. Drain and pour pasta into a large dish.
4. Stir in the celery and tomatoes.
5. In a separate bowl, whisk together the salad dressing and mayonnaise, then pour this mixture over the salad and toss again, to coat.
6. Cover and chill until ready to serve.
7. Enjoy!!

Easy Lettuce Wraps With Dipping Sauce

Prep Time: 5 min **Total Time:** 20 min **Servings:** 6

Ingredients

For Filling

- ¾ cup chopped carrots
- ½ cup chopped green onions
- ¾ cup water chestnuts
- 1 lb ground pork or 1 lb chicken
- 1-tablespoon sesame oil
- 2-tablespoon soy sauce
- 1 head iceberg lettuce
- 1 cup cooked jasmine rice (optional)

For Dipping Sauce

- ½ teaspoon hoi sin sauce
- ¼ teaspoon chili paste with garlic
- 2-tablespoon soy sauce

Directions

1. Add vegetables to food processor until roughly diced. Add to skillet with sesame oil and sauté until tender. Add pork and cook through, adding soy sauce as it cooks. Serve with lettuce, rice and dipping sauce. If you have extra meat filling leftover, it freezes very well.