

Black Bean Chili (Serves 4 to 6)

The spices in this recipe are for a fairly hot chili, but you can adjust the amount of red chili peppers to your taste. Add fresh pineapple or orange for a zesty and surprising variation!

Oh you can also use pinto or red kidney beans with this recipe.

1 1/2 cups dry black beans (360 mil.)
2 Tbs. Canola oil (30 mil.)
5 medium garlic cloves, minced
2 medium yellow onions, chopped
1 Tbs. ground cumin (15 mil.)
1 Tbs. dried oregano (15 mil.)
3 Tbs. chili powder (45 mil.)
1 tsp. crushed red chili peppers (5 mil.)
2 cups crushed tomatoes (460 mil.)
3 jalapeno chili peppers, minced
1 cup chopped fresh pineapple or orange (optional) (230 mil.)
2 Tbs. tamari (15 mil.)
Fresh ground pepper
Fresh cilantro, for garnish

Sort through the beans for stones, which should be discarded. Rinse the beans and cover them with water in a large heavy pot. Bring to a full boil, drain and rinse again. Place in a pot with 6 cups (1.5 liters) of water. Bring to a simmer and cook for 2 hours.

When the beans have cooked for 1 hour, heat the oil in a large skillet. Sauté the garlic and onions over high heat for 3 to 4 minutes, stirring frequently. When the onions begin to look translucent, lower the heat to medium and stir in cumin, oregano chili powder, and crushed red chili pepper. Cook for 3 or 4 minutes, then add tomatoes and jalapenos. Simmer for 10 minutes, stirring frequently.

Stir this chili sauce into the pot of beans. Add pineapple or orange if using. Simmer partially covered for another hour until beans are soft. Adjust the tastes to your liking. If you want more spice, add more jalapenos and crushed red pepper. As the chili simmers, keep the consistency as thick as stew by adding more water if necessary. Flavor with tamari and freshly ground pepper before serving. Garnish with cilantro.

Thanks to Bettina Vitell for this recipe, and the three recipes below, which you'll find in her vegetarian cookbook "A Taste Of Heaven And Earth"! When you order Bettina's book, believe me, your dinner guests will hail you as a gourmet chef! To find out why this book was nominated for the Julia Child Cookbook Award(!), and learn more about Bettina's Zen approach to cooking and eating, visit www.amacord.com/taste.

Salsa (makes 2 cups)

(This recipe is fairly hot)

4 Serrano chili peppers
1 cup finely chopped plum tomatoes (230 mil.)
3 Tbs. tomato paste (45 mil.)
1/3 cup finely sliced scallions (75 mil.)
2 large garlic cloves, minced
2 Tbs. chopped fresh cilantro (30 mil.)
2 Tbs. fresh lime juice (30 mil.)
1/2 cup water (120 mil.)
Salt
Freshly ground pepper

Remove the veins and seeds of the peppers before mincing them. Combine all the ingredients, adding the serrano peppers last, one tablespoon at a time, to adjust the hotness. This recipe is fairly hot, and fresh serrano peppers vary in strength. So always taste as you go along to adjust for the spiciness of the salsa!

Noodles with Diablo Sauce and Greens (Serves 4)

The vibrancy of the greens, the toasty flavor of the sobas, and the spicy sauce make this a delightful meal. When making the sauce, be particularly careful with the chili peppers. Also, you may like more or less maple syrup and lime juice, so be prudent with these ingredients and add a bit at a time, tasting as you go.

2 cups canned crushed tomatoes (460 mil.)
3 large garlic cloves, chopped
3 Tbs. ginger juice from a 3-inch piece of fresh ginger (45 mil.)
(Finely grate the ginger, wrap in a thin cloth, and then squeeze the juice through the cloth into a cup).
1/4 cup chopped fresh parsley (60 mil.)
2 Tbs. Maple syrup (30 mil.)
Juice of 1 small lime
1/2 cup sesame oil (120 mil.)
1/4 tsp. crushed red chili pepper (1 mil.)
(more or less to taste).
Salt
3 Cups chopped spinach (700 mil.)
3 Cups (700 mil.) chopped beet greens (700 mil.)
1 Tbs. olive oil (15 mil.)
1/2 red onion, chopped
12 ounces soba noodles (336 grams)

In a food processor, blend the tomatoes, garlic, ginger juice, parsley, maple syrup, lime juice, and sesame oil together until smooth. Taste. Add a pinch of the red hot chili pepper. Blend, taste, and add more if you like. Season with salt.

Wash the greens to remove any sand or dirt. Heat the olive oil in a large sauté pan, add the onion, and cook over high heat for 2 to 3 minutes. Stir in the greens and cook for 5 minutes, until tender.

Meanwhile, bring a large pot of water to a boil, add a tiny bit of oil, and cook noodles until al dente (about 5 minutes). Remove from heat and drain. Place noodles on individual serving plates. Spoon some sauce on the noodles, place greens on top,

and spoon a topping of sauce on the greens. Be decorative. The sauce will warm up from the heat of the greens and noodles.

Corn Chowder (Serves 4 to 6)

Wow! The flavors of this light chowder are rich and subtle, with hints of cilantro, lime, and sweet fennel. Cayenne pepper tickles your palette. For our non-dairy friends, we make it with cashew milk instead of cream. It's not too rich, yet wonderfully flavorful.

2 Tbs (30 mil) canola oil
1 cup (240 mil) chopped yellow onion
3 garlic cloves, chopped
3/4 cup (180 mil) chopped celery
1 1/2 cups (360 mil) peeled and thinly sliced sweet potato
1 Tbs. (15 mil) unbleached white flour
6 cups water (1440 mil)
3 cups (720 mil) fresh corn kernels
2/3 cup (160 mil) diced fennel bulb
2 Tbs. (30 mil) minced fresh cilantro
3/4 cup (180 mil) cashews, roasted
1/2 cup (120 mil) water
1/4 cup (60 mil) each, diced red and green pepper
1 Tbs. (15 mil) fresh lime juice
Large pinch of cayenne
Salt (to taste)
Freshly Ground Pepper (to taste)
Fennel leaves (for garnish)

Heat the oil in a large soup pot. Saute the onions, garlic, and celery over high heat for 3 to 4 minutes, stirring frequently. When the onions begin to look translucent, add the sweet potatoes and continue to cook for 1 or 2 minutes. Lower the heat to medium and stir in flour. Keep stirring for 5 minutes to completely cook the flour. Add the water, cover the pot with a lid, a simmer for 40 minutes.

Stir in 1 cup (240 ml) of the corn. Continue to simmer another 20 minutes. Blend the hot soup in a food processor until creamy and return to the pot. Add the remaining corn, the fennel and the cilantro. Partially cover with a lid and simmer 15 to 20 minutes.

Meanwhile, roast the cashews in a dry skillet over medium heat. Stir continually to prevent burning. In a food processor, blend the cashews with 1/2 (120 mil) cup of water until smooth.

Dice the green and red peppers to the same size as the corn kernels. Stir them into the soup 5 minutes before serving. Season with lime juice and a large pinch of cayenne pepper to taste. Stir in cashew mixture. Season to taste with salt and freshly ground pepper. Remove from heat and serve garnished with the feathery leaves of fennel.

Thanks again to Bettina Vitell for these recipes, which you'll find in her vegetarian cookbook "A Taste Of Heaven And Earth"! When you order Bettina's book, believe

me, your dinner guests will hail you as a gourmet chef! To find out why this book was nominated for the Julia Child Cookbook Award(!), and learn more about Bettina's Zen approach to cooking and eating, visit www.amacord.com/taste.

Holiday Stuffed Pumpkin

A festive main dish. Serve with mashed potatoes, gravy, assorted vegetables, salad and bread or rolls.

Servings: 6-8

Preparation Time: 1 hour

Cooking Time: 1 1/2 hours

1 loaf whole wheat bread, cut into cubes
3 cups vegetable broth (700 mil.)
1 onion, chopped
2 stalks celery, chopped
2-3 Tbs. soy sauce (30 - 45 mil.)
1 Tbs. parsley flakes (15 mil.)
2 tsp. thyme (10 mil.)
2 tsp. sage (10 mil.)
1 tsp. marjoram (5 mil.)
1-2 tsp. poultry seasoning (5 - 10 mil.)
1/2 tsp. rosemary (2-3 mil.)
Several twists of fresh ground pepper to taste
1 medium pumpkin or large winter squash

Preheat oven to 300 F (150 C). Place the bread on a baking sheet and bake for 15 minutes. Place the broth, onions, celery and seasonings in a medium saucepan, and cook over medium heat for 20 minutes. Meanwhile, cut the top off the pumpkin or winter squash and save for a cover (as if you were going to make a jack-o-lantern).

Clean out the seeds and stringy portion, leaving plenty of the squash flesh along the sides. Rinse well and set aside.

Place the bread cubes in a large bowl, pour the cooked broth over the bread, and toss well until bread is saturated with the liquid. Cover the bowl and allow liquid to be absorbed for about 10-15 minutes. Taste and adjust seasonings (adding more poultry seasoning and ground pepper, if needed).

Preheat oven to 350 degrees. Place the stuffing into the cleaned pumpkin and cover with the pumpkin top. Place in a large baking dish. Add 1 inch of water to the bottom of the baking dish.

Bake for 1_ hours or until fork pierces the side of the pumpkin easily. Hint: To save some time, cube the bread the night before and allow it to sit uncovered in a single layer overnight. This will eliminate the need to bake the bread cubes in the oven for 15 minutes.

Thanks to Dr. John McDougall for this recipe! Dr. McDougall has developed a nourishing, low-fat, starch-based diet that not only promotes broad range of

dramatic and lasting health benefits such as weight (fat) loss, but most importantly can reverse serious illness, such as heart disease, without drugs. I highly recommend his books, articles, and products. To find out more, visit www.drmcDougall.com.

Classic Apple Pie

Although apple pie has a natural image, commercial apple pie can have twice as much fat and twice as many calories as French fries(!), and a higher dose of both than even chocolate cake, because of the fat in the crust.

Here's a recipe for REAL old-fashioned apple pie. Our favorite pie apples, alone or in combination, are Granny Smith, Pippin, Golden Delicious, Rome, and McIntosh.

Filling:

3 pounds (1 1/2 kilo) of apples, 6 to 8 apples, or about 9 cups when peeled and sliced (each half cut into eighths).
1/4 cup arrowroot powder (60 mil.)
1 tsp. Cinnamon (5 mil.)
1/2 tsp. Nutmeg (2 mil.)
1/4 tsp. Sea Salt (1 mil.)
3/4 cup brown rice malt syrup (180 mil.), or part pure maple syrup
1 Tbs. Lemon juice (15 mil.)

Double Crust Pastry:

1 1/2 cups whole wheat pastry flour (360 mil.)
1 1/2 cups unbleached white flour (360 mil.)
1/4 tsp. sea salt (1 mil.)
1/2 cup light vegetable oil (walnut, safflower, canola, etc.)
Up to 1/2 cup (120 mil.) dry or wet sweetener (brown rice syrup, FruitSource syrup, pure maple syrup, barley malt), optional.
Up to 1 cup water, apple juice, or cider (230 mil.), less (none to 1/2 cup) with wet sweeteners, and more (1/2 cup to 1 cup) with dry sweeteners.

Glaze:

2 Tbs. brown rice syrup or FruitSource syrup
2 tsp. Water

Preheat oven to 350 degrees F (175 C or Moderate Heat). Brush a 9- or 10-inch pie pan with oil.

To prepare the pastry, mix the dry ingredients. Stir in oil, then sweetener. Add liquid gradually to form a pliable dough.

Divide the dough in half, and roll out each half separately between sheets of wax paper. Lay the bottom pastry in place, and trim so that the dough barely extends over the rim of the pie pan.

To prepare the filling, in a large bowl, mix apples with dry ingredients, then mix in wet ingredients.

Fill the Pie. Invert the top crust onto filled pie shell. Trim the top pastry so it extends 1/2 inch beyond the rim of the pan. Fold excess top pastry under the bottom pastry to form a rim. Crimp or flute with your fingers or press with a fork to seal. With a fork or knife, poke holes in the top crust to serve as air vents.

To prevent excessive browning, cover the rim with foil. Place a baking sheet or a piece of foil on the shelf under the under the pie pan to catch the dripping juices.

Bake the pie until fruit tests tender when pierced with a small sharp knife, 50 to 90 minutes depending on the apples. Remove the foil. If desired, mix the glaze ingredients and brush it over the surface and rim of the pie. Return the pie to the oven for 5 or 10 minutes more. Or brush crust lightly with water and sprinkle with a tablespoon of organic sugar crystals.

Transfer pie to a rack to cool for at least one hour before serving, for the juices to become saucy. If desired, serve with a scoop of your favorite frozen dessert.

Thanks to Meredith McCarty for this recipe! This recipe, and the four recipes below, come from Meredith's award-winning (and mouth-watering) book, "Sweet and Natural -- More than 120 Naturally Sweet and Dairy-Free Desserts". To order a signed copy of Meredith's fantastic book (by check), or to find out about her other recipe books, classes, and services, visit www.healingcuisine.com. To order her book over the Web with your credit card, [click here](#).

Zucchini Carrot Bread

3 cups whole wheat flour (700 mil.)
1 1/2 cups Grated zucchini (360 mil.)
1 1/2 cups Grated carrots (360 mil.)
1 cup Applesauce (230 mil.)
1/4 cup Walnut oil (60 mil.)
1 1/2 cups Sucanat (360 mil.)
1 cup Soy Yogurt (vanilla or plain) (360 mil.)
1/2 cup Walnuts (120 mil.)
1/2 cup Raisins (120 mil.)
2 tsp. Baking Soda (10 mil.)
1/2 tsp. Sea Salt (2 mil.)
2 tsp. Cinnamon (10 mil.)
2 tsp. Powdered Ginger (10 mil.)

Preheat oven to 350 degrees F (175 C or Moderate Heat).

Combine zucchini and carrots after you have grated them, then add applesauce, soy yogurt, walnut oil, and mix thoroughly.

Sift together the flour, baking soda, salt, cinnamon, and dried ginger in a separate bowl, then add dry ingredients to the wet ingredients. Blend well, then add the walnuts and the raisins.

Pour this mixture into 2 loaf pans that are lightly oiled, bake in the center of your oven for 25 minutes. Check to see if they're done by sticking them in the center with a knife or skewer - if either come out dry, the loaves are done, if its got residue on it, bake another 5 minutes and test again (ovens can greatly fluctuate in temperature regardless of settings, so this method is fairly foolproof) until your knife or skewer comes out dry. Let the loaves cool before you slice them, and refrigerate them once they have cooled. Enjoy!

Thanks to Rachel Amaroso for this recipe!