

Veggie Burgers

Combine in a medium sized bowl:

- 1 cup Planet Organic vegetarian mince**
- cup hot water**
- 1 Tbsp. Ketchup**
- tsp. Oregano**
- tsp. Marjoram**
- tsp. Garlic powder**

Let stand 10 mins., then mix with:

- cup carrot, grated**
- cup celery, finely chopped**
- 2 Tbsp. Green onion, finely chopped**
- 2 Tbsp. Parsley, finely chopped**

Stir in to make a firm mixture:

- cup unbleached or whole wheat flour**

Press mixture firmly into 6 flat patties, using about 1/2 cup of the mixture for each patty. Heat a frying pan and add:

- 2 Tbsp. Oil**

Fry patties for 8-10 mins on medium low heat until browned. Serve in buns.

Per burger: Cal: 129; Carb: 11g.; Protein: 12g.; Fat: 5g.

Red Beans and Rice

Soak overnight in 6 cups of water:

- 2 cups dried red beans, kidney or pinto**

Drain and rinse well. Cook in a pan with:

- 1 large onion, chopped**
- 6 large cloves garlic, crushed**
- 2 litres boiling water**

After beans have cooked 45 minutes, add:

- 2 cups Planet Organic vegetarian mince**
- 3 Tbsp. Chili powder**
- 1 Tbsp. Cumin**

Continue cooking beans until tender, 20 to 40 mins. Most of the liquid should have cooked into the beans and veg mince. Taste and add salt.

Meanwhile, cook brown rice:

- 1 cup brown rice (basmati or short grain)**
- 2 cups water**
- 1 tsp. Salt**

Mix the cooked rice and beans, taste, add a pinch of cayenne or hot sauce if desired.

Per Serving: Cal: 253; Carb: 45g.; Protein: 20g.; Fat: 0g.

Indonesian Fried Rice

Cook until tender:

- 2 cups of brown rice in 4 cups water**

Turn out on a large platter to cool.

Mix and set aside:

- 2 cups Planet Organic vegetarian mince**
- 2 cups hot water**
- 1 Tbsp. Ketchup**
- 1 Tbsp. Tamari**

After the veg mince has soaked 5 mins., add a little water or vegetable broth and simmer on top of stove 20-25 mins. until tender.

Have ready:

- 1 onion, sliced in half moons**
- 1 carrot, cut in thin match sticks**
- 1 green pepper, cut in 3cm squares**
- 1 red pepper, cut in 3cm squares**
- 1 cup celery, diced**
- 1 cup mushrooms, sliced**

Heat a wok or large frying pan and add:

- 2 Tbsp. Dark sesame oil**
- 2 cloves garlic, minced**
- 1 Tbsp. Ginger, minced**

Add the vegies and stir-fry on medium high heat about 5 to 8 mins. Add the cooked veg mince and crumble in the cooled rice. Stir to mix and heat through, adding:

- 2 Tbsp. Tamari**

Taste and add a little salt if needed or more soy sauce. Serve hot, topped with sliced green onions.

Per Serving: Cal: 309; Carb: 52g.; Protein: 15g.; Fat: 5g.

Homestyle Hash

Mix and let stand for 10 mins:

- 1 cup Planet Organic vegetarian mince**
- 1 Tbsp. Ketchup**
- 7/8 cup boiling water**

Have ready:

- 4 large potatoes, peeled and grated coarsely into long, thin strands**

Heat a large frying pan and add:

- 1 Tbsp. Oil**

Over medium high heat, fry the veg mince, **cup onion, chopped**

Mix veg mince with potatoes. Add a little more oil (1-2 Tbsp.) to the hot frying pan. Pat mixture into an even layer, reduce heat and cook 10-15 mins. Cut into 4 wedges and turn over carefully and cook the other side. Sprinkle with:

- 2 Tbsp. Parsley, finely chopped**

Per serving: Cal: 123; Carb: 20g.; Protein: 8g.; Fat: 2g.

Stuffed Mushrooms

Place in a bowl and let stand 5 mins.:

1 cup Planet Organic vegetarian mince
7/8 cup boiling water

Rinse, wipe dry, and remove stems from:

18 large mushrooms (about 500g.)

Chop the stems. Heat a frying pan, add:

2 Tbsp. Margarine or oil

Fry the stems on medium high heat a few mins adding:

2 garlic cloves, finely chopped

Add the mushrooms and garlic to the veg mince with:

1 cup fine bread crumbs
cup walnuts, chopped (optional)
cup parsley, finely chopped
1 tsp. Salt
1 tsp. Sage
tsp. Marjoram
tsp. Black pepper

Place mushroom caps in a lightly oiled baking dish. Spoon stuffing into caps, mounding on top. Bake at 350° about 25 mins.

Per Mushroom: Cal: 53; Carb: 7g; Protein: 4g; Fat: 2g

Hearty Baked Beans

Stir together and let stand 10 mins:

2 cups Planet Organic vegetarian mince
1 cups hot water
2 Tbsp. Ketchup

Place in a 3-4 litre casserole dish, and fry for a few mins on top of stove:

1 Tbsp. Peanut oil
1 medium onion (about 1 cup), chopped

Stir into the onions:

2 x 425g cans vegetarian beans in tomato sauce
1 to 2 Tbsp. Molasses or sorghum

Stir the veg mince into the beans. Cover casserole with foil and bake at 350° about 30 mins.

Per Serving: Cal: 210; Carb: 32g; Protein: 19g; Fat: 2g

Stuffed Eggplant

Cook in boiling water 10 mins, drain and cool:

4 small eggplants

Cut each in half lengthwise, remove the flesh, leaving a shell about 1cm thick. Chop the flesh, combine with:

cup chopped onion

Fry eggplant and onion in **1 Tbsp. Olive oil** until onion is soft. Mix:

cup Planet Organic vegetarian mince
3/8 cup boiling water
tsp. Cumin
tsp. Oregano
tsp. Salt
juice of 1 lemon

Add to the eggplant mixture. Taste and add dash of pepper. Spoon mixture into shells, place in lightly oiled pan. Sprinkle on **1 cup soft bread crumbs (2 slices of whole wheat bread crumbled in blender)** and bake at 350° for 35-40 mins.

Per Roll: Cal: 74; Carb: 12g; Protein: 5 g; Fat: 1 g

Shepherds Pie

Ingredients:

2 cups Planet Organic vegetarian mince
2 Tbsp Ketchup
4 cups Hot Water
4 medium Potatoes
2 Tbsp Olive Oil
1 cup Chopped Onion
1/2 cup Chopped Celery
1/4 cup Whole Wheat Flour
2 cups Potato Water, Carrot Water or Vegetable Broth
1/2 tsp Sea Salt
1/2 tsp crushed Thyme
1/2 tsp crushed Marjoram
1/2 tsp Garlic Powder
1-1/2 cups cooked, sliced Carrots
1 cup Frozen or Fresh Peas
1 Tbsp Butter
Enough Milk to make Mashed Potatoes
1 pinch Sea Salt
1/4 tsp Paprika, Hungarian

In a medium sized saucepan bring 4 cups of water to a boil, add the veg mince and ketchup. Reduce heat, cover and simmer on low for about 20 minutes until veg mince is tender, set aside. Peel and dice up the potatoes; boil until tender. Drain, add butter and a pinch of sea salt, plus enough milk to mash and make potatoes spreadable. Set aside. Boil carrots until just tender (retain liquid) and set aside. In a nonstick frying pan heat 2 tablespoons of olive oil and fry the onions and chopped celery until tender, but not browned. Sprinkle on top and stir in the whole wheat flour. Stir and cook a few minutes, then slowly add 2 cups of liquid (potato water or carrot water or vegetable broth). When the sauce bubbles up, taste and add seasonings (hold back the paprika for later use). Combine with cooked carrots, peas and cooked veg mince mixture. Pour into a 2 litre casserole dish. Spread potatoes on top of mixture and sprinkle with paprika. Place casserole into an oven (uncovered) at 350 degrees and bake for about 30 minutes.