

## Plant Based Recipes #3

**Nitrous oxide is about 300 times more potent as a greenhouse gas than carbon dioxide. According to the U.N., the meat, egg, and dairy industries account for an astonishing 65 percent of worldwide nitrous-oxide emissions.**

### Mouthymeals on Instagram

Lindsay is the daughter of Kathy McIlroy [choir] and she loves to cook mostly vegetarian meals. Here is the URL for @mouthymeals - where she posts her recipes.

<https://instagram.com/mouthymeals?igshid=1qmpckr0v929r>

### Jerk Sweet Potato & Black Bean Burgers

A favourite veggie burger from the household of Jo-Anne LaForty

Prep Time - 10 mins. Cook Time - 1 hr 15 mins

Servings: 8 Large Burgers. Calories: 377 kcal

Author: Sam Turnbull • It Doesn't Taste Like Chicken

### Ingredients

- 2 sweet potatoes (enough to make 2 cups mashed)
- 1/4 cup ground chia or ground flax
- 6 tablespoons warm water
- 1 19oz can black Beans (2 cups), drained and rinsed
- 1 cup large rolled oats
- 1 1/2 cups onion (1 medium onion), chopped
- 1 cup bread crumbs (gluten-free if preferred)
- 2 tablespoons Grace Jerk Seasoning (mild or hot)
- 1/2 cup Grace Jerk BBQ Sauce (or to taste)

### Instructions

1. Preheat oven to 400F (200C).
2. Pierce the sweet potatoes with a fork all over, put them on a baking tray, and then pop them in the oven. Bake for about 45 minutes, until you can easily pierce a knife all the way through the potatoes. You can bake the potatoes ahead of time if you like.
3. When you are ready to make the burgers, preheat the oven to 375F (190C). Lightly grease a baking pan.
4. Mix the ground flax with the water in a small bowl and set aside to thicken for 5 - 10 minutes.
5. Add the black beans to a large bowl and use a potato masher to smash them up. Add 2 cups of sweet potato flesh to the bowl along with the oats, onion, bread crumbs, Grace Jerk Seasoning, and the flax mixture. Stir to combine.
6. Divide the mix into 8, and form 8 large patties, and put them on the pan. Bake for 30-40 minutes flipping halfway through.

7. To use the burgers right away: Brush the tops of the hot burgers with a thick layer of Grace Jerk BBQ Sauce. Pile on a bun with all of your favourite toppings and enjoy.

8. To save for later: Let the patties cool completely, then store in an air tight container in the fridge until ready to use. When ready heat up a BBQ and toss the burgers on for just a few minutes on each side to heat through. Brush the tops of the hot burgers with a thick layer of Grace Jerk BBQ Sauce. Pile on a bun with all of your favourite toppings and enjoy.

Recipe Notes

\*To make the burgers gluten free, use gluten free oats, and gluten free bread crumbs and use a gluten free bun.

Sam Turnbull <https://itdoesntastelikechicken.com/jerk-sweet-potato-black-bean-burgers/>

### **MODIFIED CHICKPEA or MIXED LEGUME SALAD**

A favourite from the kitchen of Anne Colquhoun

#### **INGREDIENTS:**

Chickpeas or Mixed legumes	2x 540 ml tins
Green onions, sliced	3-4 –depending on size
Celery stalks, diced	3-4 – depending on size
Sweet red or yellow pepper, diced	1 medium
Curly parsley, chopped	200 ml ( a generous $\frac{3}{4}$ cup)

#### **DRESSING:**

Vegetable oil	75 ml – (5 Tbsp.)
Lemon juice	30 ml – (2 Tbsp.)
Garlic powder	5 ml – (1 tsp.)
Salt	1.2 ml – (1/4 tsp.)
Pepper	0.2 ml—(“pinch”)

1. In large bowl combine all ingredients and toss.

2. Place in refrigerator overnight to blend flavours.

Serves 6-12 depending on use as side salad or entrée.



ADDENDUM; The ingredients can be altered to suit your taste, as I have done from the original recipe which was developed for a larger volume at TEGH in 1993 by the Kitchen Manager when I worked there. I liked the recipe so much that she agreed to give me the original recipe. The dressing is true to the original but it also can be altered to your taste.

I use it as a lunch entrée, sometimes I add crumbled Greek Feta, and serve with a crusty roll or baguette.

## **MAHSHI**

### **A recipe from Egypt from Rexine Hummel**

*My favorite meal on digs in Egypt is called "mahshi". They stuff zucchini, onions, tomatoes and peppers.*

### **Ingredients**

For the rice mixture:

3 Tablespoons olive oil.

1 medium yellow onion Chopped.

2 Tablespoons tomato paste.

1 can (16oz) tomato sauce.

2 cups short grain rice

1 cup fresh parsley chopped.

1/2 cup fresh cilantro chopped.

1/3 cup fresh dill chopped.

1 Tablespoon dry mint.

1/2 teaspoon ground black pepper.

1/2 teaspoon salt or to taste.

- In a pot over medium heat, add oil and sauté onions until translucent for about 2-3 minutes.
- Add the tomato sauce and paste. Stir to dissolve tomato paste. When it starts bubbling, add rice, spices, and herbs cook for just two minutes.
- Wash the veggies thoroughly and clean them well.
- Core veggies and make sure not to tear the walls especially when making zucchini or eggplants.
- Stuff each one with the rice mixture making sure not to reach the top, leave about 1/2 cm of the top of your vegetable.
- Arrange herbs stems, the inside of your veggies that you just took out, lemon slices, tomato slices or onion slices at the bottom of your cooking pot to prevent scorching. Arrange the stuffed veggies in your pot.
- Dissolve bouillon and tomato paste in the hot water. Pour into the pot so that the cooking liquid is halfway through the veggies layers.

- Place pot on medium-high, bring to a boil then reduce heat and simmer for 40 minutes until veggies are cooked. Turn heat off and set aside to cool down.

These photographs were taken on a dig in the North Sinai called Tell Borg. Although it is tiny, this kitchen is very well equipped.

