

# *Cooking Entrees* With the *Micheff* Sisters

A Vegan Vegetarian Cookbook



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# Foreword

You've heard it said, "The way to a man's heart is through his stomach." But, it's not just a man's heart that is wooed and won by good food, it's also the hearts of children, family members, and friends—and the occasional stranger that might grace your table. And men, if you want to put sparkle back into your wife's eyes, just surprise her with some culinary delight you've lovingly prepared for her! Family counselors agree there's no better way to create great memories than to combine family fun, laughter, and stimulating conversation with the enjoyment of the mouth-watering aromas and taste of great food!

That's why I'm so excited about the Micheff sisters' entree cookbook of more than a hundred totally vegetarian entrees. What a gift they have given to us. With these simple-to-follow recipes you don't need to slave away all day over the stove, mixing, grinding, blending, pureeing, and simmering exotic ingredients in order to create memory-making meals. In fact, there's a whole section of one-dish recipes which are perfect for busy, overcommitted twenty-first century families. The sisters have made the art of gourmet cooking easy—and healthy! Everyone can do it—even I can!

The food and friendship of the Micheff sisters—Linda, Brenda, and Cinda—have not only enriched my life—but the lives of millions of others who have grown to love them through their television ministry on 3ABN. Not only do they volunteer their time to produce 3ABN's children's programming, *Kids Time*, *Kids Time Praise*, and *Tiny Tots for Jesus*, but they combine their humor and wholesome camaraderie on 3ABN's cooking segments as they encourage and teach viewers all over the world how to prepare totally vegetarian meals. You'll grow to love them as they share with you the cooking tips that they've used since they were growing up together under the guidance of their mom, Bernie Micheff.

The entrees in this cookbook are destined to become family favorites. Why not start creating memories today as you mix together love and laughter, with the wonderful taste of the Micheff sisters' award-winning recipes.

Kay Kuzma,  
Friend  
President, Family Matters Ministry

# Acknowledgments

We would like to express our heartfelt thanks to all those who helped make  
*Cooking Entrees With the Micheff Sisters* possible.

We appreciate Three Angels Broadcasting Network and their worldwide ministry in promoting Bible truths and the health message. We are thankful to 3ABN for letting us have a small part in sharing with others the abundant lifestyle that God offers.

We particularly want to thank our husbands for their willingness to taste our endless recipes. Their honest opinions and ideas make them great food critics. But most of all we want to thank Jim, Tim, and Joel for their unselfish love and their support. We love you guys!

We want to thank our precious parents for their unfailing love, listening ears, constant prayers, and for always being there for us. But most of all, thank you for making Jesus the center of our home and inspiring us to share God's love with others. Mom and Dad, we love you with all our hearts!

We want to thank our special friend Kay Kuzma for her encouragement in all the ministries we are involved in. Her love for Jesus is contagious! We love you, Kay!

We also want to thank Pacific Press, our publisher, for their many hours of hard work to make this cookbook possible: Susan Harvey, for her vision and enthusiasm; Tim Lale, for his many hours of hard work, support, and direction; Aileen Andres Sox, for her countless hours editing the recipes; and Michelle Petz for doing such a beautiful job on our cookbook's design and cover.

Most of all we want to thank our awesome God for His many blessings and unconditional love for each one of us. We love You, Jesus, and we are looking forward to spending eternity with You!

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# *Introduction*

From the time we were little we loved “assisting” Mom in the kitchen. What fun we had helping her make scrumptious meals! We would laugh and tease each other while shaping our bread dough into rolls, making cookies and other goodies to surprise Daddy with. We could hardly wait for him to come home so we could give him the food we had made. After the meal was prepared we would help set the table for our special time together. Someone had given Mom some blue goblets that didn’t seem to fit in with our chipped dishes and mismatched silverware. But we thought our table was beautiful!

When Daddy came home, there was great excitement as we all gathered around the table anxious to hear about his witnessing experiences throughout the day. Mom would bring out the casserole or entree and set it on the table. We would join hands and thank God for the good food and ask Him to bless our time together. Looking at our blue goblets and chipped dishes and our simple one-dish meals, we thought we were the richest family in the world! We have found that those times spent around the family table have drawn our hearts together in lasting bonds.

Now that we are grown, we still take pleasure in fixing special meals for our families. The smells of home-baked goodies coming from our ovens and food simmering on top of our stoves entice them to the kitchen. We still love making our tables special and inviting for our families.

Mom taught us that building a meal around a main dish helps take care of some of the stress that a fast-paced life offers. It is also more cost effective! We have put together a cookbook that is filled with recipes focused on entrees. We hope that this will make your meal-planning easier and your meals faster to prepare.

We encourage you not only to fix healthy food for your families but to invite them to help prepare the meals. Set your table like you would for guests and share your meal as a family around the table. The fellowship of sharing the day’s events and the smells of good food will stay in the minds of your loved ones, and when they are grown, those memories will turn their hearts toward home.

We hope this cookbook will be a blessing for you and your families.

With God’s Richest Blessings,  
Linda, Brenda, and Cinda  
The Micheff Sisters

# Substitutions

*Listed below are some of the substitutes we use in our recipes.*

## DAIRY SUBSTITUTES

**Soy Good:** This is a vegan soymilk that is one of our favorites. There are two kinds: plain and simple (which is good for soups and gravies and over breakfast cereals) and the regular classic vanilla Soy Good (it has a green label and is good for anything that requires a sweeter taste.) This does not have a strong aftertaste, which is one more reason that we love this milk!

**Better Than Milk:** This is also a favorite, and we like the original flavor best. This product is great to cook with and is great for cold cereals and any recipe that calls for milk. The vanilla flavor is good for cookies, cakes, and baked goods. This product is great because it too does not have an aftertaste like some soy products do! If you do not have either of our favorite soy milks, you can substitute your favorite brand.

**Soy milk:** All references to *soy milk* in our recipes refer to the plain flavored soy milk unless otherwise noted. Soy milk replaces regular milk cup for cup in any recipe.

**Non-dairy whip topping:** This is a substitute for whip cream but is a dairy free item that can be found in most of your local grocery stores and any natural food store. You can use any brand that you choose.

**Tofutti Better Than Cream Cheese:** This is similar in taste and texture to traditional cream cheese but is milk- and butterfat-free and contains no cholesterol. It comes in 8-ounce containers and is available in ten different flavors. It is great for making entrees or desserts, or just used as a spread for bagels. You can use this whenever a recipe calls for cream cheese.

**Tofutti Sour Supreme:** This product is our favorite. It looks and tastes pretty close to dairy sour cream but is milk- and butterfat-free and contains no cholesterol. This product can be used in any recipe that calls for sour cream. It is available in four flavors.

**Soy cheese:** We like the Tofutti brand best. It has no casein or animal products in it. It is a milk-free soy cheese. Flavor choices are Cheddar, American, or Monterey Jack.

**Soy margarine:** Look in your local grocery or natural food store and find a brand that is vegan and non-hydrogenated and has no trans fats or cholesterol.

## NATURAL SWEETENERS

**Florida Crystals:** People always ask us, “What is pure Florida crystals?” Here is the answer: Pure Florida Crystals offers an excellent alternative to refined sugar. This product is an organic cane sugar milled on the day of harvest, with one simple crystallization. The juice is pressed from sun-ripened sugar cane, washed, filtered, and crystallized right on the farm. No additives or preservatives, nothing artificial—just natural sweetness, and absolutely no animal products used in the filtering process! Most white sugar that you purchase in your local grocery store is processed using bone char from animals in the filtering process. Florida Crystals replaces white refined sugar cup for cup.

**Pure maple syrup:** This is an all-natural product and is used in many recipes as a substitute for granulated sugar. It is less expensive if purchased at large membership stores. It is also available in most local grocery stores.

**100% frozen fruit juices:** We love these all-natural sweeteners. We use apple juice and white grape juice most frequently because its flavor does not overwhelm your recipe or change the color.

**Sucanat by Wholesome Foods:** This is an organic evaporated sugar cane juice with blackstrap molasses added to it. It replaces brown and white sugar cup for cup.

**Evaporated cane juice crystals:** This organic sugar is made from 100 % certified organic sugar cane. It is a “first crystallization” sugar, which means the cane is harvested, the juice is extracted, any field impurities are removed, and it is crystallized. All this is done within twenty-four hours of the harvest. Because it is far less processed than traditional white sugars, it retains a natural blond color and a delicious natural taste. It replaces white or brown sugar cup for cup.

## TOFU

*Tofu is an excellent source of protein and contains no cholesterol. It also is an inexpensive substitute for meat, fish, poultry, and cheese.*

**Silken tofu:** This soybean product has a silky smooth texture, and is great for cheesecakes, pies, puddings, and salad dressings.

**Water-packed tofu:** This comes in soft, firm, or extra firm. It has to be refrigerated and has an earlier expiration date. The texture of even the soft tofu is a firmer, spongier texture, and it is great for things like mock scrambled eggs. It can be crumbled and will hold its shape, so it is very useful in all kinds of recipes. It can be blended until smooth or sliced or baked or boiled. The ideas are endless. It is a wonderful product.

**Mori-Nu Tofu:** These do not have to be refrigerated until opened and have a long shelf life. This is an excellent product and is great for making entrees, desserts, salad dressings, mock egg salad, and many other dishes.

**Mori-Nu Mates:** This is a substitute for pudding mix and it comes in lemon and vanilla flavors. These can be found in the health food section of your large grocery or natural food store.

## MAYONNAISE

**Grapeseed Oil Veganaise:** It is a great mayonnaise replacement. Grapeseed oil is an excellent natural source of vitamin E and essential fatty acids necessary for normal cell metabolism and maintenance. It is found only in the refrigerated sections of your grocery or natural food store and can be used cup for cup to replace any recipe asking for mayonnaise.

## SEASONINGS

**Liquid Aminos by Bragg:** This is an unfermented soy sauce replacement. It is an all purpose seasoning made from soy protein. It can be used in entrees, in Oriental foods, to marinate, in gravies, and in any recipe that calls for soy sauce.

**Vegex:** This is a seasoning that comes in a paste. It is an extract of brewers yeast, and it is an all vegetable composition that has a beef flavor. You can use it in soups, stews, broths, gravies, or any recipe in which you desire a beefy taste. If you can't find this product, use a vegetarian beef bullion, which comes in dehydrated cubes, paste, or powder.

**Nutritional yeast flakes:** This is one of the most perfect foods known. It is a powerful health source of B-vitamins, amino acids, proteins, minerals, enzymes, and nucleic acids. This premium yeast is grown on sugar beets, which are known to absorb nutrients from the soil faster than almost any other crop. As a result, this yeast is exceptionally rich in selenium, chromium, potassium, copper, manganese, iron, zinc, and other factors natural to yeast. It is also gluten free. This yeast can be used in entrees or as a breading, sprinkled on top of foods like popcorn, or tofu scrambled eggs, and so many other ways!

**McKay's vegan Chicken and Beef Style Seasoning:** Dismat Corporation has been producing McKay's Chicken and Beef Broth and Seasonings for over sixty years. They use no meat or meat by-products in their seasonings. They do have products with MSG, so look carefully at the labels. There is NO MSG in their products labeled “vegan.” They do not use hydrogenated shortening—only soy oil, and all their products are gluten-free!

## OTHER PRODUCTS

**Carob chips:** These are a great alternative to chocolate chips. Some carob chips have dairy and lots of sweeteners in them. Be sure and look for the vegan ones sweetened with barley malt. These can be found in your local co-ops or health food stores or larger grocery stores.

**Baking powder:** We use Rumford's because it is an aluminum-free baking powder. You can use any aluminum-free baking powder of your choice.

**Egg replacer:** This is found in natural food stores. Cornstarch works just as well or better and costs a whole lot less. We use 1 tablespoon of cornstarch per egg. If you need the liquid from an egg, add an extra tablespoon of whatever liquid is in your recipe or just add a tablespoon of water.

**Pecan meal:** This is pecans that have been ground into a fine meal. This product can usually be found in your local grocery stores or purchased at the larger grocery stores, or you can make your own by grinding pecans in a food processor.

## MEAT SUBSTITUTES

**Dressler's Soy Add-ums:** This is an unflavored dry textured soy protein made from defatted soy flour, which is the only ingredient, making it easier to digest without gassy aftereffects! When hydrated and flavored, it has the excellent "mouth feel" of a soft chewy meat with no aftertaste. This product takes on whatever flavor you add. It is inexpensive and can be used in any recipe that calls for beef or chicken. Some of our favorite recipes are Rosemary Chicken Potato Pizza, Walnut Chicken Stir Fry, and Vegetarian Fish Sticks, just to name a few!

**Yves Ground Round Veggie Original:** This is a soy protein product that is fat-free and cholesterol-free, and contains no preservatives. It is pre-cooked so all you do is heat and it is ready! This product can be used in any recipe that calls for ground hamburger meat, and of all the veggieburger products that we have tried, this one has a texture that most resembles real hamburger. (At least that is what we are told by meat eaters!) They also have a whole line of other products available that I love as well! Most of their products are NO fat or LOW fat! Try their Veggie Dogs. They taste delicious and are fat free!

**Vibrant Life Foods:** These products are specifically formulated to meet the highest standards of health and nutrition while emphasizing superior taste and texture. They provide a wide selection of natural foods—whole grains, flours, seeds, nuts, soy products—many of which are organically grown, without the use of chemical sprays or pesticides. Their meat substitutes, such as Veggieburger, veggie-franks, veggie-scallops, etc., have an excellent flavor and texture, making them a perfect choice for a wide variety of recipes.

## FLOUR

**White wheat flour:** This flour is made from white wheat berries that are triple-cleaned whole kernels of hard white wheat. It has all the nutrients that traditional red wheats have but is lighter in color and sweeter in taste. It does not contain the strongly flavored phenolic compounds found in red wheats, and because it is naturally sweet tasting, it requires less added sweeteners. It is golden in color and thus the name "white wheat."

## RICE

**Basmati brown rice** (bahs-MAH-tee): This aromatic, long-grain rice is grown in the foothills of the Himalayas and is especially popular in India. The cooked grains are dry and fluffy, so they make a nice bed for curries and sauces. Basmati is available as either white or brown rice. Brown basmati has more fiber and a stronger flavor, but it takes twice as long to cook. Aged basmati rice is better, but more expensive. One cup dried rice yields three cups cooked rice.

Substitutes: popcorn rice (slightly milder than basmati) OR jasmine rice (has shorter grain than basmati, somewhat stickier; cooks slightly faster) OR long-grain rice (less expensive) OR wild pecan rice

**Jasmine rice:** Thai basmati rice = Thai jasmine rice. One cup dry rice yields three cups cooked rice. Jasmine rice is a long-grain rice produced in Thailand that's sometimes used as a cheap substitute for basmati rice. It has a subtle floral aroma. It's sold as both a brown and white rice.

Substitutes: basmati rice (Basmati rice has a longer grain, isn't as sticky, and takes slightly longer to cook.) OR popcorn rice OR patna rice OR other long-grain rice

**Brown rice:** whole grain rice. Many rice varieties come as either brown rice or white rice. Brown rice isn't milled as much as white, so it retains the bran and germ. That makes brown rice more fiber-rich, nutritious, and chewy. Unfortunately, it doesn't perform as well as white rice in many recipes. Long grains of brown rice aren't as fluffy and tender, and short grains aren't as sticky. Brown rice also takes



about twice as long to cook and has a much shorter shelf life (because of the oil in the germ). Keep it in a cool, dark place for not more than three months. Refrigeration can extend shelf life.

Substitutes: converted rice (less chewy, takes less time to cook) OR wild pecan rice OR white rice (Enriched white rice has less fiber, but many of the same nutrients.)

**Risotto rice:** Piedmont rice. This plump white rice can absorb lots of water without getting mushy, so it's perfect for making risotto. The best comes from Italy. Arborio is very well-regarded, but Carnaroli, Roma, Baldo, Padano, and vialone nano (= nano) are also good. The highest Italian risotto rice grade is superfino. Lesser grades are (in descending order) fino, semi-fino, and commune. You can sometimes find brown risotto rice, which has more fiber and nutrients, but it isn't nearly as creamy as white risotto rice. Never rinse risotto rice—you'll wash off the starch that gives it such a creamy consistency.

Substitutes: granza rice (shorter grain, works fine in risottos or paellas) OR short-grain white rice OR pearl barley (works well for risotto, but gives it a chewier texture) OR medium-grain white rice (may make risotto mushy)

## SEAWEED

**Nori:** Nori are thin, dried seaweed sheets. Nori sheets are used in many sushi dishes, for rice balls, and as a topping or condiment for various noodle and other dishes. It is also used in vegan vegetarian recipes whenever a "fishy" taste is needed for a particular dish.

This seaweed is high in fiber, protein, vitamins, and minerals. Compared with dairy products, seaweed provides up to ten times more calcium and iron by weight, and contains other important trace minerals. Seaweed has traditionally been eaten by people in Asian cultures to strengthen the circulatory system and help lower cholesterol. Today scientists are researching other potential health benefits of seaweed.

Seaweed has anxiety-fighting properties, and it is packed with stress-relieving magnesium, as well as pantothenic acid and vitamin B2 (riboflavin).

**Kelp:** It is made from raw seaweed and is used in soups and stews, stir-fried with vegetables, or cooked with beans or grains. It cooks quickly and dissolves in longer-cooking dishes. It contains a natural glutamic acid, a tenderizer that helps beans cook quickly and makes them more digestible. It also contains alginic acid, a substance used as a thickening and stabilizing agent in food production. Kelp can be pre-soaked or added dry to foods with liquids. Kelp absorbs up to five times its weight in liquid.

Buying and storing tips: Dehydrated kelp should be stored in an airtight container in a dark, dry place. Cooked kelp should be kept refrigerated.

Availability: Kelp is sold dehydrated and in flake and powder forms for use as a condiment.

# Black Bean Cakes & Red Pepper Coulis

In a medium skillet over medium-high heat, sauté the carrot and onion in oil until the onion is clear. Add the peppers and sauté 2 to 3 minutes until peppers are soft. Add the black beans, and seasonings to the pan and mix well. Cook for an additional 5 minutes. Set aside to cool slightly. Transfer ingredients in skillet to a mixing bowl and add cornmeal until the mixture is sticky enough to form into patties. Pan fry patties in a small amount of oil or nonstick cooking spray, until browned and crispy. Serve warm with one tablespoon red pepper coulis on each cake.

**For red pepper coulis:** Mix all ingredients in blender and serve at room temperature over black bean cakes.

*For those of you who may not have used the name, a coulis is a puree or thick sauce. You pronounce it koo-lee. You can freeze the uncooked patties between sheets of wax paper. Just make sure they are completely thawed out before frying. I make one-inch patties to serve as appetizers. Everyone loves them so make a lot. They'll disappear fast! —Cinda*

1 cup shredded carrots  
1 medium onion,  
minced  
1/4 cup canola or olive  
oil  
1 medium red bell  
pepper, minced  
1 medium yellow bell  
pepper, minced  
3 cups cooked &  
drained black beans  
2 teaspoons cumin  
1 tablespoon fresh or  
dried parsley  
1/4 to 1/2 teaspoons  
cayenne pepper  
1 1/2 teaspoons salt  
1 cup cornmeal  
Red pepper coulis  
(recipe below)

## RED PEPPER COULIS

1 15-ounce jar roasted  
red peppers,  
drained  
1/2 teaspoon minced  
fresh garlic  
1 tablespoon extra-  
virgin olive oil  
1 tablespoon vegetable  
stock  
Salt to taste

*Yield: 16 servings of 1 3-inch cake + 1 tablespoon coulis*

**Serving:** Cal. 150 Fat 5.6g Sat. fat <1g Sod. 572.4mg Carb. 21.1g Diet. fiber 4.9g Sugars 1.2g Prot. 4.8g

# Refried Beans

6 cups cooked pinto  
beans

1/4 cup taco sauce

2 tablespoons canola  
oil

1/3 cup flour

Combine pinto beans and taco sauce in a large mixing bowl. Mash beans with a potato masher or electric mixer until almost smooth. Small pieces of beans should still be visible.

In a large skillet heat oil and add flour until all oil is absorbed. Stir constantly over medium heat until flour mixture is golden brown.

Add pinto bean mixture to skillet with the browned flour. Mix well and cook on low for 3 to 5 minutes. Serve hot!

*This dish is wonderful to serve with Spanish rice or any Mexican entree. I also use it for bean burritos. I cook the beans the night before or use canned beans to make preparation faster. You can make this dish ahead of time and heat just before serving. —Brenda*

*Yield: 13 1/2-cup servings*

**Serving:** Cal. 128   Fat 3.1g   Sat. fat <1g   Sod. 358mg   Carb. 19.7g   Diet. fiber 5.2g   Sugars <1g   Prot. 5.8g

# Potato & Baked Bean Casserole

Preheat oven to 400 degrees. Slice potatoes in 1/8-inch slices and parboil for 4 to 5 minutes. (They should still hold their shape and not be fully cooked.) Drain and lightly toss with olive oil. Set aside.

In a sauce pan over medium heat, melt margarine. Add onion and sauté until tender and clear. Add tomato sauce, lemon juice, cane juice crystals, and soy sauce. In a separate mixing bowl, stir together with a fork the apple-juice concentrate and cornstarch until smooth. Add to sauce mixture and bring to a boil. Turn down and let simmer for 5 minutes until thick.

Add all remaining ingredients. Pour into casserole baking dish, then layer top with potato slices, overlapping them slightly and completely covering the entire bean mixture. Cover with foil and bake for 40 minutes. Remove foil and bake for an additional 20 minutes until potatoes are golden and lightly browned. Serve hot!

*For variety, try substituting different beans such as black beans, fava beans, etc. I love the combination of potatoes with the beans. It reminds me of traditional baked beans that you would serve with a potato salad! —Brenda*

1 pound potatoes,  
peeled  
2 tablespoons olive oil  
1 tablespoon soy  
margarine  
1 medium onion,  
minced  
1 1/4 cups tomato  
sauce  
1/3 cup lemon juice  
1/4 cup evaporated  
cane juice  
crystals  
1/4 cup soy sauce  
1 cup apple-juice  
concentrate  
1/4 cup cornstarch  
1/4 cup ketchup  
1 14-ounce can lima  
beans  
1 14-ounce can Great  
Northern beans  
1 14-ounce can  
garbanzo beans  
1 14-ounce can pinto  
beans  
1 teaspoon thyme  
1 teaspoon marjoram

**Yield:** 14 1/2-cup servings

**Serving:** Cal. 255 Fat 4.1g Sat. fat <1g Sod. 695mg Carb. 45.8g Diet. fiber 8.9g Sugars 5.8g Prot. 10.4g