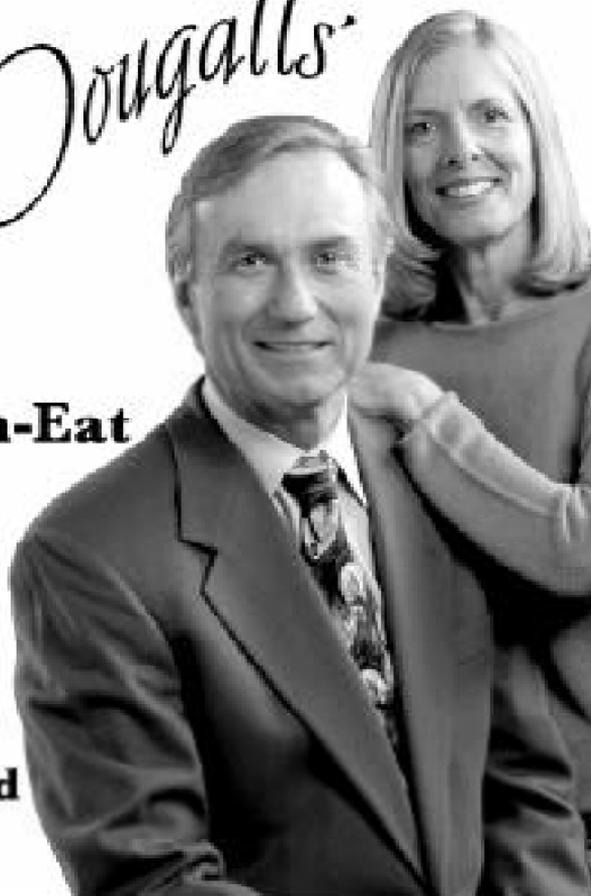


*McDougalls*

**All-You-Can-Eat  
Vegetarian  
Cookbook**

**and Dietary  
Myths Dispelled**



**John and Mary McDougall**



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## **A Note to the Reader**

Do not change your diet if you are seriously ill or on medication except under the care of a medical doctor. Do not change medications without professional advice. The information in this book is general and not to be taken as professional advice for your specific health problems. Any decision you make involving the treatment of an illness should include the advice of the medical doctor of your choice.

The McDougall Program uses a starch-centered diet with the addition of fruits and vegetables. If you follow this diet strictly for more than three years, or if you are pregnant or nursing, take a minimum of five micrograms (mcg) supplemental B<sub>12</sub> each day.



# Introduction

## Starches are the key to discovering health

The secret of the McDougall Program is in making starches the centerpiece of your diet. Among the many starch-based foods included in the McDougall diet are brown rice, barley, oats, wheat, and other grains; whole-grain products such as pasta, tortillas, breads, and puffed grains; the squashes, such as acorn, buttercup, butter-nut, and pumpkin; many root vegetables, such as potatoes, yams, and sweet potatoes; and beans, including adzuki, black beans, chickpeas, lentils, navy beans, and pintos. People think of starches as “comfort foods,” but many people fear they will make them fat. Consider this: when you look around the world, you see populations of millions of people living on starches, such as the people in China and Japan who consume lots of them. Are they fat?

I like to tell people this is “an eating program”—and the more you eat (of the right things), the thinner and healthier you will become.

To make these meals taste great, add your favorite sauces, seasonings, and dressings to such health-promoting foods as pasta, potatoes, and rice. When someone asks, “What’s for dinner?” your response will be “spaghetti,” “bean burritos,” “hash browns,” “spicy Spanish rice,” or any one of the hundreds of McDougall recipes. Make your favorite sauces healthful by removing any oil or animal products and then pour them over your newly chosen centerpieces. There are over 1,500 recipes published in the McDougall books (found in bookstores and available by calling (800) 570-1654); finding new favorites will be an enjoyable adventure.

### Allow me to review the foods on the program:

- Whole grains and whole-grain cereals such as brown rice, barley, corn, millet, quinoa, oatmeal, bulgar wheat, and wheat berries.

- Whole-grain products such as pasta, bread, tortillas, cereals, and puffed grains.
- Squashes, including acorn, buttercup, butternut, pumpkin, and summer squash as well as zucchini.
- Roots and tubers, including potatoes, sweet potatoes, yams, carrots, rutabagas, and turnips.
- Beans and other legumes such as adzuki, black beans, garbanzos, lentils, kidney beans, navy beans, pinto beans, peas, split peas, and string beans.
- Green and yellow vegetables such as broccoli, cabbage, collard greens, kale, various kinds of lettuce, greens, watercress; also celery, cauliflower, asparagus, and onions.
- Fruits such as apples, bananas, berries, grapefruit, melons, oranges, peaches, and pears (limit servings to two to three per day).

There is an endless number of ways to prepare these healthful starch-based foods to make them truly delicious and satisfying. I recommend that people start out by eating a lot of the foods they were raised on. If, for example, you were raised on potatoes, use lots of different recipes that include potatoes. If rice is a familiar ingredient from your past, try a wide variety of rice recipes. Choose recipes that contain your favorite spices and whenever possible adjust the spicing to your taste. When you become more adventurous, you will, of course, want to try dishes with unfamiliar vegetables and spices. Pick one or two recipes that look like good possibilities because they look interesting and have ingredients and spices you have enjoyed in other recipes. Find about a dozen dishes that you enjoy so that you won't end up eating the same thing every day.

In addition to providing you with recipes for snacks and desserts, I have included a 12-day menu plan with recipes. You do not have to follow it exactly. When you find favorite meals, feel free to repeat them over and over again. You can have the same thing for breakfast, lunch, and dinner every day. Consider those diets followed in Asia, where almost everyone is thin and heart disease, diabetes, and cancers common to the West are almost unknown. The people from many Asian countries eat rice and vegetables three times a day.

Let's begin with some practical tips that will help you make the program a huge success. In the next few pages, I provide some helpful information for you on shopping, seasoning, snacking, and choosing cookware, followed by suggestions for baking, sautéing, and browning vegetables. Finally, Mary, my wife, provides you with some of our favorite recipes and a possible menu plan.

The diet is the most powerful of the three tools used in the McDougall program. The other two tools are daily exercise and your willingness to clean up some bad habits that you probably have always wanted to clean up anyway, because deep down you know they are making you ill and causing you much suffering. These three healing changes are more powerful medicines than any pharmacist, doctor, or hospital can offer you.

### Shopping habits

Before you go to the store, make a shopping list based on a full week's menu. Then pick the best market where you'll be able to find healthful grains, vegetables, beans, fruits, snacks, condiments, and supplies. Natural-food stores have been expanding to the size of supermarkets during the last two decades. They sell everything from dog food to toilet paper (recycled, of course). The success of these natural-food stores has forced other supermarkets to meet consumers' demands for more healthful products. Also, increased sales volume has brought down the cost of healthful foods in both kinds of stores.

Although this diet may seem expensive at first, you will find, once you have stocked up on some necessary ingredients, that it is cheaper than your previous, unhealthy diet. In addition, as your health improves, you will find that you no longer need many of the pharmaceutical drugs you may have been taking. This diet will also help you avoid the tremendous medical bills that accompany medical tragedies.

In addition, you may have reservations about the large yields of some of the recipes if you are cooking for only one or two. We suggest you make the full quantity called for in the recipe and refrigerate or freeze the leftover portions. This will save you preparation

time later, as well as money, and will enable you to have something healthful and tasty on hand when you need something quickly. Make an extra effort to have on hand portions of frozen beans and rice. This will cut down on preparation time for recipes that use these slow-cooking foods.

The key to effective shopping is careful reading of labels. Ingredients are supposed to be listed in descending order of amounts contained in the package. Manufacturers can deceive you with the present food labels. Sometimes simple sugars such as sucrose, corn syrup, fructose, and fruit concentrate can be listed individually in order to move “sugar” from the first ingredient to farther down the list. Manufacturers have found ways of hiding fats in ingredient lists by calling them “monoglycerides” or “diglycerides.” You might recognize “triglyceride” as being a complex fat but may fail to recognize the “mono” or “di” forms, or think they are additives, unrelated to fats.

Lecithin is also a fat you may not recognize as such. Most lecithin is made from soybeans and is no more effective at lowering cholesterol in the blood than is any other vegetable oil. You want to avoid fat as much as possible. Look for oils that are listed as ingredients on the label and avoid those products.

Labels can be deceiving even when they are trying to inform. For example, very often a low-fat food lists “1 gram of fat” on the nutrition-facts label even when the food would seem to have no added fat at all. That 1 gram represents the total amount of fat found naturally in low-fat vegetable foods; the food is fine.

The presence of dairy products in foods is often concealed on the ingredient list as whey, casein, and lactose. Such ingredients should be avoided, of course.

### **Handy snacks**

- rice cakes and rice crackers
- pretzels
- whole-wheat crackers (oil-free)
- fresh fruits and fruit snacks
- sliced raw vegetables

- seaweed
- whole-grain and sprouted-wheat breads, whole-wheat pita and bagels (oil-free)
- instant oatmeal
- baked potatoes (leftover; eaten cold or microwaved)
- frozen hash browns
- dry packaged or canned soups (Dr. McDougall's Right Foods, for example)
- canned beans
- leftovers
- fruit-juice popsicles
- sorbet
- herbal teas and other non-caffeinated hot drinks
- soda water (low sodium; flavored or unflavored) or mineral water

Fill your kitchen cupboards and refrigerator with healthful snacks and treats that you enjoy and that will satisfy you without hurting your health. A suggestion: popcorn. (Spice this up by sprinkling it with garlic, chili, curry, onion powder, poultry seasoning, or diluted Tabasco sauce. If you're not salt sensitive, spray soy sauce on it or moisten the popcorn with water and sprinkle it with table salt.)

Note: Be careful not to add too many simple sugars (such as sorbet and fruit snacks) and refined grains (such as pretzels) to your diet—especially if you are trying to lose weight or lower your triglyceride level.

### Choosing cookware

An easy way to eliminate oil from your cooking is to use pans coated with nonstick surfaces. Acceptable materials for cookware include glass coated with silicone (e.g., Arcuisine), stainless steel, iron, nonstick coated baking pans (such as Dupont's Silverstone or Teflon), silicone-coated baking pans (such as Baker's Secret), and porcelain. A light oiling when you first get a Teflon or Silverstone implement will help to prevent sticking. Cast-iron pans

and woks should be oiled before they're first used and then "seasoned" by heating.

When buying cookware, pay particular attention to the surface of the pot in which your food will be cooked. Cooking will cause your food to pick up molecules from the utensil's surface, so choose your cookware carefully and buy quality goods. Aluminum cookware should be avoided because of the association between aluminum ingestion and Alzheimer's disease.

Parchment paper also keeps food from sticking to the surface of the pans. Use parchment paper between the metal and your food when using cake pans, loaf pans, and baking sheets. It can be found in most grocery stores. Parchment paper can also be used under (or over) aluminum foil to prevent the aluminum from coming in contact with the food. Place a layer of parchment over the food in a baking dish and then cover with foil. Turn the edges of the paper over the pan to hold in the steam.

If vegetables stick while cooking in a pan or baking tray, allow them to cool for five to ten minutes. Once cool, they should loosen easily. Cooling will also loosen muffins from the tins.

### **Recommended cookware**

- 1 2-quart saucepan (stainless steel)
- 1 3-quart saucepan (stainless steel)
- 1 4-quart saucepan (stainless steel)
- 1 6-quart stockpot (stainless steel)
- 1 8-quart steamer/pasta cooker (stainless steel)
- 1 12-quart stockpot (stainless steel)
- 1 griddle (nonstick coating)
- 1 large frying pan (nonstick coating)
- 1 electric wok (nonstick coating)
- 1 9 x 5-inch loaf pan (silicone coated)
- 1 9 x 13 x 2-inch oblong baking pan
- 1 8 x 8 x 2-inch square baking pan (silicone-coated)
- 1 muffin tin (silicone-coated)
- 2 baking trays (silicone coated)
- 1 2-quart covered casserole dish (glass)

- 1 3-quart covered casserole dish (glass)
- 1 6-quart square covered casserole dish (glass)
- 2 9 x 13-inch oblong uncovered baking dishes (glass)
- 1 7 x 11-inch oblong uncovered baking dish (glass)

### Seasoning foods

So much of a food's flavor depends on the way it is prepared and the seasonings, sauces, and dressings you use to enhance that flavor. Use the recipes in this and the McDougall books as guidelines. Seasoning can make dishes more delicious, interesting, and enjoyable. You should pick familiar spices to use in your cooking, and you may want to add more or less of a particular spice than our recipes call for. Mary has tried to flavor the foods to satisfy the average palate. When deciding whether to use fresh herbs or dried ones, consider how long the food is going to cook. Dried herbs are preferable for longer cooking times. For shorter cooking times, use fresh herbs, if available, to really appreciate the flavors they can add. Generally, you'll need more fresh herbs to equal the flavor of dried ones, because the dried herbs are more concentrated. However, dried herbs lose their potency and their taste when stored for too long.

People love salt and sugar—and for a very good reason: The tip of the tongue has taste buds that are sensitive to and satisfied by the flavors of salt and sugar. Nature designed us to desire sweet-tasting carbohydrates, because those foods are the richest in nutrition and energy.

In order to get the most pleasure from salt and sugar—and do the least damage to your health—sprinkle those condiments on the surface of the food, where your tongue can easily contact them. If you're going to use them, you might as well enjoy them.

Having the right condiment or prepared sauce on the table can save the meal for family members not yet ecstatic about the new dishes. I have heard people say that they would eat cardboard if it had Tabasco sauce sprinkled on top. You can make your own condiments or rely on any of the many healthful bottled or packaged products found in your market.

### **Handy toppings and seasonings to have on hand**

- low sodium, oil-free salad dressings
- lemon juice (bottled)
- low-sodium ketchup
- salsas (oil-free)
- Tabasco sauce
- hot-pepper sauces
- horseradish (oil-free)
- low sodium soy sauce
- barbecue sauces (bottled; no oil)
- spaghetti sauce (bottled; no oil)
- salt-free vegetable seasonings and seasoning mixes
- sugar, honey, molasses, sugar-free syrups, pure-fruit jams

### **Browning vegetables**

Browned onions have an excellent flavor and can be used alone or mixed with other vegetables to make a dish with a delicious taste. To achieve the color of browning, as well as to flavor your foods, place one cup of chopped onions in a large nonstick frying pan with one cup of water. Cook over medium heat, stirring occasionally, until the liquid evaporates and the onions begin to stick to the bottom of the pan. Continue to stir for a minute, then add another cup of water, loosening the browned bits from the bottom of the pan. Cook until the liquid evaporates again. Repeat this procedure one or two more times, until the onions (or mixed vegetables) are as browned as you like. You can also use this technique to brown carrots, green peppers, garlic, potatoes, shallots, zucchini, and many other vegetables, alone or mixed in a variety of combinations.

### **Baking without oil**

Eliminating oil in baking is a real challenge, because oil keeps the baked goods moist and soft. Replace the oil called for in the recipe with half the amount of another moist food, such as applesauce, mashed bananas, mashed potatoes, mashed pumpkin, tomato sauce, soft silken tofu, or soy yogurt. (Keep in mind, though, that tofu and

soy yogurt are high-fat foods.) There are several new fat replacers in the market; for example, Wonderslim Fat and Egg Replacer™ and Sunsweet Lighter Bake™.

Cakes and muffins made without oil usually come out a little heavy. For a lighter texture, use carbonated water instead of tap water in baking recipes. Be sure to test cakes and muffins at the end of the baking time by inserting a toothpick or a cake tester in the center to see if it comes out clean. Sometimes oil-free cakes and muffins may need to be baked longer than the directions advise, depending on the weather or the altitude at which you live.

### Sautéing without oil

Sautéing implies the use of butter or oil, but in McDougall cooking, oil is eliminated. Instead, we use other liquids to provide taste without the health hazards. Surprisingly, plain water makes an excellent sautéing liquid. It prevents foods from sticking to the pan and still allows vegetables to brown and cook. For additional flavor, try sautéing in any of the following:

- soy sauce (Tamari)
- vegetable broth
- tomato juice
- lemon or lime juice
- Mexican salsa

For even more taste, add herbs and spices, such as ginger and garlic.

Now that you have the basics, let's take a look at the menus and recipes. Let's start with snacks.

# UPLI Recipes

## Dips, Spreads, and Hor d'oeuvres

### **Baked Potato Skins**

Servings: variable

Preparation time: 5 minutes

Cooking time: 1 hour

**Medium-size baking potatoes**

**Seasonings of your choice, optional**

**Oil-free dressing, optional**

Preheat oven to 450 degrees.

Scrub the potatoes and prick them several times with a fork. Bake for 45 to 50 minutes. Cut the potatoes in half lengthwise. Gently scoop out the insides of the potatoes, leaving about 1/4 inch next to the skin. Reserve the insides for other uses.

Turn on the broiler. Season the potato skins with the seasonings of your choice or brush them with a small amount of oil-free dressing. Place them on a broiler pan and broil until lightly browned. Watch them carefully to make sure they don't burn.

Serve with any oil-free dressing or salsa.

### **Sautéed Italian Zucchini**

Servings: 4

Preparation time: 10 minutes

Cooking time: 10 minutes

**1/4 cup water**

**2 tablespoons soy sauce**

**1/2 teaspoon dried oregano**  
**5 to 6 small zucchini (1 pound), trimmed and sliced**  
**1 clove garlic, minced**  
**2 tablespoons chopped fresh parsley**  
**1/2 teaspoon dried basil**

Put the water and garlic in a pan. Add the remaining ingredients. Sauté, stirring occasionally until softened, but not mushy, about 10 minutes.

### **Fresh Salsa**

Servings: makes 2 cups  
Preparation time: 15 minutes

**2 cups finely chopped tomatoes**  
**1/3 cup chopped canned green chilies**  
**1 tablespoon fresh lime juice**  
**1 small onion, finely chopped**  
**1/4 to 1/3 cup finely chopped fresh cilantro**  
**seasoning to taste**

Combine all the ingredients in a small bowl and mix well. Taste. Use as a topping for burritos or other Mexican-style food or serve as a dip for oven-baked tortilla chips or raw vegetables.

**Note:** This salsa will keep in the refrigerator for about a week.

### **Roasted Garlic Spread**

Servings: variable  
Preparation time: 5 minutes  
Cooking time: 1 to 1 1/4 hours

**1 head garlic (try elephant garlic)**

Preheat oven to 300 degrees.

Remove the loose, papery, outer skin from the garlic. Put the

whole head, root-end down, in a shallow baking dish. Roast for 1 to 1 1/4 hours or until the garlic is soft. Cool until it is easy to handle.

Squeeze the soft garlic out of the skin.

**Variation:** Mix the roasted garlic with 3 cups cooked white beans. Process in a blender or food processor until smooth. Add 1/4 teaspoon crushed red-pepper flakes for a spicier spread.

Spread on toast or crackers for a delicious treat.

## **Garbanzo Guacamole**

Servings: makes 2 cups

Preparation time: 15 minutes

Chilling time: 2 to 4 hours

**1 tablespoon fresh lemon juice**

**1 medium onion, chopped**

**1 medium tomato, chopped**

**4 scallions, thinly sliced**

**1 clove garlic, crushed**

**1/2 small avocado, peeled and chopped (optional)**

**1 tablespoon canned chopped green chilies**

**1 15-ounce can garbanzo beans, rinsed and drained**

Place the garbanzo beans in a food processor or blender. Add the lemon juice and garlic. Process briefly, until the garbanzos are slightly chopped. Add the onion and the avocado, if desired. Process again until the mixture is chunky. Place the mixture in a bowl and add the remaining ingredients. Mix well. Cover and chill before serving.

**Note:** This is a lower-fat version of the traditional guacamole. Because of the small amount of avocado used, however, it still contains some fat. To reduce the amount of fat, eliminate the avocado. The recipe will still be delicious. Serve with oil-free tortilla chips or fresh vegetables.

## **Oven-Baked Tortilla Chips**

Servings: makes 96 chips

Preparation time: 5 minutes

Cooking time: 5 to 7 minutes

### **12 soft corn tortillas**

Preheat oven to 450 degrees.

Cut each tortilla into eight wedges. Lay them on a dry baking sheet in a single layer. Bake for 5 to 7 minutes, or until crisp. Watch them carefully so they don't burn. Store in an airtight container.

These are a delicious substitute for the greasy corn chips often used to dip in salsas and bean dips.

## **Suggested Menus**

The following is a twelve-day menu plan. Remember that you don't have to follow these recipes exactly. You're welcome to choose from these suggestions any meals that look tasty and practical to you and to repeat them as often as you like.

### **Day 1**

#### ***Breakfast***

#### **Instant Dream Waker**

Servings: 2

Preparation time: 5 minutes

Cooking time: 5 minutes

**1 cup quick oats**

**1/2 cup applesauce**

**2 tablespoons raisins or chopped dates**

**1/2 cup sliced bananas, blueberries, sliced strawberries, or another fruit**

**1 1/2 cups boiling water**

**a dash of cinnamon or mace**

Combine oats, applesauce, raisins or dates, and cinnamon or mace in a medium bowl. Add boiling water and fruit, stir, let rest for 5 minutes, and then eat.

## *Lunch*

### **Savory Sandwiches**

Servings: 4

Preparation time: 15 minutes

Chill time: 1 hour

**1 15-ounce can garbanzo beans, drained and rinsed**

**1/4 cup finely chopped sweet onion**

**1/4 cup finely chopped green onions**

**1/2 cup finely chopped celery**

**2 tablespoons sweet or dill pickle relish**

**1 tablespoon lemon juice**

**1/4 cup fat-free mayonnaise**

**8 slices whole-wheat bread**

**tomatoes**

**lettuce**

Mash beans with a hand masher. Place in a bowl and add celery, onions, relish, lemon juice, and fat-free mayonnaise. Mix well. Chill to blend flavors. Make the spread early to allow it to chill.

Place about 1/2 cup of the spread on four of the bread slices. Add lettuce and tomatoes, close up the sandwich, and eat.

## *Dinner*

### **Chip and Salsa Soup**

Servings: 4

Preparation time: 10 minutes

Cooking time: 10 minutes

**3 1/2 cups vegetable broth**

- 1/4 cup chopped green onions**
- 1 tablespoon canned diced green chilies**
- 1 cup avocado chunks**
- 1 15-ounce can black or pinto beans, drained and rinsed**
- 1 1/4 cups fresh salsa, mild or medium**
- 1 cup corn kernels**
- 2 cups fat-free tortilla chips, broken into bite-size pieces**

Place the broth, beans, salsa, corn, green onions, and chilies in a medium saucepan. Cook over low heat for 10 minutes to blend flavors.

Place 1/2 cup of chips and 1/4 cup of avocado in each of four bowls. Ladle the soup over the avocado and chips and serve at once.

### **Mexican Bean Burritos**

Servings: 10 to 12

Preparation time: 20 minutes

Cooking time: 3 to 4 hours

- 2 cups dried pinto beans**
- 8 cups water**
- 1/2 to 1 cup bean-cooking liquid**
- 2 chopped tomatoes**
- 10 to 12 whole-wheat flour or corn tortillas**
- 1 bunch green onions, chopped**
- 2 cups shredded lettuce**
- 1 cup shredded soy cheese (optional)**
- assorted Mexican salsas**

Place the beans in a large pot with the water. Bring to a boil, cover, reduce heat slightly so the beans don't boil over, and cook until tender—3 to 4 hours. (This can also be done in a slow cooker. Cook on high for 8 to 10 hours.) Drain, reserving the cooking liquid.

Mash the beans with a hand masher or portable electric beater. Add some bean-cooking liquid after mashing and mix until the beans are a soft, moist consistency.

Place all the ingredients except the tortillas in bowls. Let each person make his own burrito by layering on the ingredients of his choice. For instance, take a tortilla, spread a line of beans down the center of it, and then add some tomatoes, onions, and lettuce. Spoon a little of your favorite salsa over all of this, roll up the tortilla, and either place on a plate and eat it using a fork, or pick it up and eat it using your fingers.

**Hint:** Make rice for the next two days' meals.

## Day 2

### *Breakfast*

#### **Breakfast on the Run**

Servings: 2

Preparation time: 5 minutes

Cooking time: 15 minutes

**2 large Yukon Gold potatoes**

**2 tablespoons ketchup or barbecue sauce**

**4 slices whole-wheat bread**

Scrub and prick potatoes all over with a fork. Microwave on high for 5 minutes. Remove and thickly slice lengthwise. Place on a non-stick griddle and brown on both sides—about 10 minutes.

Toast bread and then spread with ketchup or barbecue sauce; place potato slices on bread and serve at once.

### *Lunch*

#### **Tricolor Bean Salad**

Servings: 6 to 8

Preparation time: 15 minutes

Chill time: 1 hour or longer

**1 15-ounce can black beans, rinsed and drained**

**1 15-ounce can kidney beans, rinsed and drained**

- 1 thinly sliced celery stalk**
- 2 tablespoons canned chopped green chilies**
- 1 tablespoon lime juice**
- 1 15-ounce can cannellini beans, rinsed and drained**
- 4 chopped green onions**
- 1 chopped tomato**
- 1 cup Mexican salsa, mild or medium**
- 1 teaspoon chili powder**

Combine the beans, onions, celery, tomato, and chilies in a large bowl. Place the salsa in a small bowl or jar. Add the lime juice and chili powder. Mix well.

Pour the salsa mixture over beans. Toss to mix well. Cover and refrigerate for at least an hour to allow flavors to blend.

**Hint:** Make early to allow flavors to blend. You can also use different kinds of beans to vary the taste of this delicious salad.

## *Dinner*

### **Harvest Moon Soup**

Servings: 6

Preparation time: 15 minutes

Cooking time: 15 minutes

- 1 chopped onion**
- 1 chopped yellow or orange bell pepper**
- 3 1/2 cups vegetable broth**
- 2 cups corn kernels**
- 1 tablespoon soy sauce**
- 3/4 teaspoon dill weed**
- 1 1/2 cups soy milk**
- 1/2 teaspoon bottled minced garlic**
- 3 tablespoons unbleached flour**
- 2 diced zucchini**
- 2 cups chopped fresh tomatoes**
- 3/4 teaspoon ground cumin**

Place 1/2 cup of the vegetable broth in a large soup pot. Add onion, garlic, and bell pepper. Cook, stirring frequently, for 3 to 4 minutes. Mix in the flour. Add remaining broth, zucchini, corn, tomatoes, and seasonings. Cover, bring to a boil, reduce heat, and simmer for 10 minutes. Stir in soy milk. Heat through and serve.

### **International Confetti Rice**

Servings: 6 to 8

Preparation time: 15 minutes (need cooked rice)

Cooking time: 15 minutes

**3/4 cup vegetable broth**

**1 celery stalk, chopped**

**1/2 pound sliced fresh mushrooms**

**1/2 teaspoon minced fresh garlic**

**1/2 cup frozen corn kernels**

**1/2 cup frozen peas**

**1 chopped onion**

**1 chopped red bell pepper**

**1/2 cup chopped green onions**

**1/4 cup chopped fresh cilantro or parsley**

**1 4-ounce can chopped green chilies**

**1 14 1/2-ounce can stewed tomatoes—Mexican, Cajun,  
or Italian style**

**2 tablespoons soy sauce**

**1 teaspoon chili powder**

**a dash or two of Tabasco sauce**

**4 cups cooked brown rice**

Place the vegetable broth in a large pot. Add onion, celery, bell pepper, mushrooms, green onions, and garlic. Cook, stirring occasionally, for 5 minutes. Add remaining ingredients except rice and cilantro or parsley. Cook, stirring occasionally, for 5 more minutes. Add rice. Cook an additional 5 minutes. Stir in cilantro or parsley. Serve hot.