

Mark Anthony, “Fall Camp Meeting Menu Favorites”

Hot Grain Delight

1 c. hard red wheat berries
1 c. brown rice
5 c. water
pinch of salt

Place water, salt and grains in crockpot. Cover and cook on high overnight - about 8 hours. Scoop into bowls and top with your choice of fruit syrup, sauces, berries, honey, coconut, granola, nuts, or bananas. **Mark Anthony**

Copyright 3ABN 2010. All rights reserved.

Breakfast Sausage

1 c. white kidney beans, rinsed, drained and mashed (may use other beans)
1 c. veggie broth
2 Tbsp. olive oil
2 Tbsp. Bragg's liquid aminos
2 Tbsp. pure maple syrup
1/4 c. yeast flakes
1 tsp. paprika
1 Tbsp. sage
pinch of cayenne
1/2 tsp. thyme
1/2 tsp. rosemary
1/2 tsp. whole fennel seed
1/2 c. soaked T.V.P.
1 1/4 c. vital gluten flour

1. Combine and mix all ingredients, adding gluten last. Wrap pieces of the gluten dough in small squares of foil. Roll up and twist ends.
2. Place on baking tray, with a little water in the bottom and bake at 350 degrees for 30 - 45 minutes. These can also be steamed for about half an hour. **Mark Anthony**

Copyright 3ABN 2010. All rights reserved.

Millet Creations

2 cans frozen fruit juice concentrate
8 c. water
1 Tbsp. salt (opt.)
2 c. millet flour
1 can berry pie filling
2 c. granola
1/2 c. coconut flakes

1. In a medium saucepan, heat fruit juice concentrate and 4 cups of the water. In a separate bowl, combine remaining water, salt and millet flour. When fruit juice mixture comes to a boil, slowly whisk in the millet flour slurry.
2. Cover and let simmer for 20 minutes. Pour into a baking dish and chill for about 4 hours. Cover with toppings of your choice.
3. To make parfaits, layer millet mixture with your choice of pie filling and top with granola. To make flan, use soy milk instead of juice concentrate, add vanilla, cinnamon and nutmeg. Mold in small custard dishes and chill until set. Unmold and drizzle with honey or caramel sauce. **Mark Anthony**

Copyright 3ABN 2010. All rights reserved.

Spinach Enchiladas

1/2 c. olive oil
1/2 c. onions
1 tsp. sea salt
2 tsp. seasoned salt
2 10-oz. pkg. frozen chopped spinach
2 10-oz. pkg. whole leaf spinach
2 c. vegan mozzarella cheese
1/2 c. pecans or other nuts
2 14-oz. cans mild enchilada sauce
12 corn tortillas

1. Heat olive oil in skillet and briefly dip tortillas in the hot oil, coating on each side. In remaining oil in skillet, sauté onions, adding salt and seasoned salt. Add spinach and heat.
2. Place mixture into bowl and stir in nuts and cheese. Pour some enchilada sauce in the bottom of a baking pan. Place some of the spinach mixture in the center of each tortilla, roll up, and place seam-side down in the baking pan. Top with enchilada sauce and veggie cheese and bake at 350 degrees for 20 - 25 minutes. **Mark Anthony**

Copyright 3ABN 2010. All rights reserved.

Chicken Fried Steaks

1 1/2 c. gluten flour
1/2 c. rice flour
2 c. water
6 Tbsp. Braggs liquid aminos
1 - 2 Tbsp. granulated garlic
2 Tbsp. powdered onion
2 Tbsp. beefless base
2 c. bread crumbs
1 tsp. sea salt
2 c. flour
1 pkg. tofu, any kind
1 c. soy milk

1. Combine water, soy sauce and beefless base. In a separate bowl, combine gluten flour, rice flour, onion and garlic. Mix soy sauce mixture into the dry ingredients, adding more gluten flour or water as needed to make a soft dough.
2. Form into patties and place on parchment-lined baking sheet. Bake at 350 degrees for 6 - 7 minutes on each side.
3. Blend soy milk and tofu until smooth. Drop prepared patties into water seasoned with a little beefless or chicken-style base. Remove patties from water one at a time and coat patties with flour on both sides, then dip into soy milk and tofu mixture. Dip into bread crumbs on both sides, then fry in a little oil until golden brown. Serve with vegetables, potatoes and gravy. **Mark Anthony**

Copyright 3ABN 2010. All rights reserved.

