

## ***Ranch Dressing***

***Herb Mix:*** whip into a fine powder using a coffee grinder:

6 tablespoons dried onion	2 teaspoons sea salt
1/2 teaspoon black pepper	1/2 teaspoon garlic powder
3 tablespoons dried parsley	

***Dressing or Dip:*** to make 2 cups, use 1 cup sour cream or yogurt with 1 cup mayonnaise or buttermilk or any combination of these. Add 1 tablespoon of *Herb Mix*. Use water to thin if necessary.

***Non-Dairy Version:*** Use 1 3/4 cups mayo, 1 tsp apple cider vinegar, (could use lemon or lime instead) and thin with water as desired.

***Spinach Dip Version:*** Make 2 cups dip (any version) & add: 1 cup thawed, frozen spinach that has been squeezed to remove excess water and chopped. Add 1 tble. *Herb Mix*, 1 tble. dried mixed vegetables (buy bulk) and chopped water chestnuts or radishes for crunch.

***Herb Mix*** can be sprinkled on cooked veggies, meat before cooking, or tossed with pasta & parmesan.

## ***Spanish Bulgar***

1 1/4 cup bulgar	1 clove garlic
2 TBS olive oil	1 tsp. Salt
1/4 cup chopped onion	1/8 tsp. Pepper
1/2 cup green pepper, diced	1 tsp. paprika
1 large can diced tomatoes	
1/4—1/2 cup beans	

Cook & stir bulgar in oil until golden

Add remaining ingredients

Cover, bring to boil, reduce heat

Simmer 15 minutes, adding hot water or broth, if necessary

Serve with salad

## ***Spicy Bean Cake***

1/4 cup butter	1 1/4 cup flour
2 cups cooked, mashed pinto beans	1 tsp. Baking soda
1/4 tsp. Salt	1 tsp. cinnamon
1 c. Honey	1/2 tsp. Cloves
1/4 tsp. Nutmeg	3/4 cup raisins
2 cups diced apples	1/2 tsp. vanilla
1/4 cup chopped nuts	4 Tbl. cocoa for chocolate cake (optional)
2 eggs	

Cream butter, add eggs, one at a time, beating well. Blend in beans. Sift together dry ingredients. Add to creamed mixture, blending well. Fold in apples, raisins, nuts & vanilla. Pour into buttered 9"x13" pan. Bake at 375 degree oven 45 to 50 minutes or until cake tests done. Cake can be frosted or served with whipped cream.

## ***Refried Bean Soup***

3 cups cooked beans of any kind (or 1 large can refried beans)  
2 cups of chicken or beef broth  
2 tablespoons olive oil  
1 clove garlic, minced  
1 grated carrot  
1/2 medium onion, chopped fine  
1/2 cup sour cream  
1/2 tsp. Cumin  
1/2 tsp. Oregano  
Juice of 1/2 lime or lemon

Saute onion & garlic in olive oil. Add broth, carrot, & spices. Simmer until carrot is somewhat tender, about 7 minutes. Add beans using a wire whip to stir together until smooth. Heat until simmering. Add 1/2 cup sour cream & season with salt & cayenne pepper to taste. Gently heat, do not boil. Sprinkle with cheddar cheese. Serve with green salad. Cost: 45 cents/serving.

## ***Lemon Split Pea & Dill Soup***

2#s green split peas soaked & rinsed  
1 large onion, chopped  
5 stalks of celery, sliced  
5 medium carrots  
4 cloves garlic, minced  
6 cups chicken broth  
2 cups water  
1 tsp. Thyme  
1 medium bay leaf  
3 Tbl. Lemon juice  
1 cup cooked chicken, chopped & cubed.  
Pinch of cayenne  
3 Tbl fresh dill  
1 Tbl salt to taste

Throw all in pot except the chicken, lemon and dill. Simmer until peas are done, about an hour. Add chicken, lemon & dill. Heat through. Salt to taste.