



Cook Book

Meatless

LINGUINE CON WHATEVER IS IN MY PANTRY

ADRIENNE BOMBELLES

MTCC

Ingredients:

Linguine

Bread crumbs

Olive oil

Garlic

Parsley

Tomatoes

Parmesan cheese

Directions:

Cook Linguine al dente and place it off to the side. In a large pan, heat the oil, garlic and bread crumbs until it is lightly brown and fragrant. When it's ready, toss in the pasta and mix the ingredients well. Garnish with chopped tomatoes, parsley and cheese. Enjoy!

BETTER THAN PASTA RECIPE

SHAY FARMER

MTCC

(This recipe will really fill you up because of all the protein!)

Ingredients:

1 cup Quinoa

½ Red Crimson Lentils (*Preferably Timeless Seed Red Crimson Lentils, as they're made in MT!*)

¼ cup chopped onion
2 cloves chopped garlic
Half a jar of tomato sauce (*your choice/whatever is on sale*)
Chopped veggies of your choice
Melted cheese (*whatever is in the fridge*)

Directions:

Cook Quinoa according to package, cook lentils separately (do not cook lentils too long as they will break down) according to package, and saute veggies up. Mix all ingredients together in one pot and cook until lentils are broken down into sauce. Top with cheese and enjoy!

COCONUT CURRY LENTILS

ABIGAIL EWING

MLSA

Ingredients

2 sweet potatoes cubed
1 onion
1 Pepper (*red or green*)
2 tbs. garlic minced
1 Cup Lentils
1 Can Coconut milk
½ Cup Soy Sauce
2 Tablespoons Curry powder
1 Tablespoon chopped ginger (*optional*)
2 Tablespoons Brown sugar
Optional: Small head of cauliflower, corn, or white potatoes.

Directions

1. Boil lentils until tender, but still not fully cooked.
2. Steam sweet potatoes for five minutes. Drain and set aside.
3. Open can of coconut milk. Skim off the cream and place it

in a skillet.

4. On medium high heat, sauté chopped onion, pepper, garlic, and ginger.
5. Stir in brown sugar to skillet mixture.
6. Add Soy sauce, remaining coconut milk, sweet potatoes and lentils to skillet.
7. Simmer for 30 minutes, occasionally stirring.

ROASTED ROOT VEGGIES

ABIGAIL EWING

MLSA

Ingredients

- 2 Sweet potatoes (*cubed*)
- 2 white potatoes(*cubed*)
- 1 Large Onion (*diced*)
- 3 Large Carrots (*thick slices*)
- 8 cloves of fresh garlic (*peeled and sliced in half*)
- ½ Cup Soy Sauce
- ¼ cup Olive Oil
- 4 Tablespoons brown sugar

Directions

1. Heat oven to 350 degrees.
2. Grease 9 1/2 x 11 Glass pan with olive oil.
3. Put half of garlic on bottom of pan. Mix in half of your soy sauce and brown sugar.
4. Place the rest of your cubed veggies in Pan.
5. In a separate bowl mix remaining brown sugar, oil, and soy sauce.
6. Pour mixture over veggies. Place remaining garlic on top of

veggies.

7. Cover pan with foil and bake for 30 minutes. Remove foil and bake until potatoes are tender.

ENCHIRITOS

RICH COLLINS

MTCC

Ingredients:

Cooked black beans (*You can use dried or canned, but be sure to rinse the beans if you're using canned*)

Cooked rice

Cream Cheese (*or ricotta, cottage cheese, sour cream; whatever you've got*)

Tortillas (10 inch)

16 oz of grated cheddar cheese

Enchilada sauce

Salsa

Optional: Sautéed peppers and onions

The Process:

1. Preheat the oven to 350 degrees.
2. Mix beans, rice, and optional ingredients together in a big bowl.
3. Lay out a tortilla—preferably on a clean surface—and plop a hefty spoonful of this mixture in the middle. Top with a hefty chunk (about a half inch) of cream cheese.
4. Fold left and right sides of tortilla over the filling and roll into bean envelope. To do this, take the bottom of the tortilla and fold it over filling away from you until it forms a burrito like tube. You can check out this video if you need help: <http://video.about.com/busycooks/Burrito.html>
5. Set each of these burritos in a lasagna pan whose bottom you've

coated with salsa. The salsa kind of helps to keep the burritos from sticking. Plus, salsa!

6. When the pan is full, coat the enchilada burrito things with enchilada sauce. Be generous with the sauce. You won't get too much on there, trust me.
7. Top everything with the grated cheddar, but leave the edges of the enchiritos visible since that is how you will find them to lift them out.
8. Bake until cheese is melted and a little browned and the sauce is bubbly. About 20 minutes.
9. Enjoy. And you can freeze any leftovers whole. They are fantastic a few days or weeks later.

This recipe is used with permission from Emily Hipchen, but for original recipe, go to www.itshowicook.blogspot.com/2009/12/beans-beans-theyre-good-for-your-heart.html

VEGGIE JAMBALAYA

RICH COLLINS
MTCC

Ingredients:

- A little olive oil (about 1 tablespoon)
- 1 small onion, chopped into small pieces
- 3 medium carrots, peeled and chopped
- 3 – 5 bell peppers, all colors (*should produce about 2 to 3 cups*)
- 2 cups of okra (1/2 lb), sliced
- 3 cups of vegetable stock
- 1 can of diced tomatoes, undrained
- 2 crushed cloves of garlic
- 2 bay leaves
- 2 teaspoons of basil
- 1/2 teaspoon of thyme

¼ teaspoon of all spice

1 tablespoon of Jalapeno paste, or red pepper flakes

Hot sauce of choice

For Roux: ¼ a cup of vegetable oil and 1/3 a cup of white flour

Some cooked rice

The Process:

1. Chop everything and set aside. This will make things much easier when you're cooking.
2. Cook some of your favorite rice.
3. In a large stockpot, heat the oil over medium-high heat and sauté onion, garlic, bay leaves, and jalapeno paste.
4. When onions have softened and become transparent (1 – 2 minutes) add carrots, peppers, basil, and thyme.
5. Stir every once and a while and cook for about 5 minutes.
6. Add tomatoes, okra, veggie stock, and all spice. Stir to combine. Cover and cook for about 20 minutes over medium heat.
7. While this is cooking, put the oil for the roux in a small skillet and heat it up over medium heat. When it gets warm, put the flour in and stir frequently.
8. After several minutes, turn the heat up and stir constantly.
9. The mixture should turn a dark brown like tanned leather and smell nutty when ready. When it reaches this state, turn the heat off and walk away.
10. After 20 minutes, check to see if the carrots are soft. If they are, scrape the roux into the soup and stir constantly! If you don't, you'll get greasy lumps in your jambalaya. Delicious greasy lumps, maybe, but not what we're aiming for.
11. Serve over rice with your favorite hot sauce.

This recipe is used with permission from Emily Hipchen, but for original recipe, go to www.itshowicook.blogspot.com/2010/01/jambalaya-or-inauthenticity-continues-3.html

SOYRIZO BURRITOS

KRISTEN HOLLUM

MTCC

Super cheap and excellent for breakfast with eggs or lunch/dinner with rice. Soyrizo is vegetarian Chorizo (not sure if it is vegan). It is cheaper, has less sodium, tastes exactly the same, doesn't leave nasty grease, and you can buy it at almost any grocery store.

Directions:

1. To cook it just put a drip of oil or butter in a pan and plop in the amount of Soyrizo you want. All you have to do is brown it -couple minutes on medium/high.
2. Add eggs after the Soyrizo cooks.
3. The rest of the toppings are limitless:
 - Rice Black Beans
 - Salsa Jalapenos
 - Cheese Hash browns, etc.
4. Fold your ingredients up in a tortilla and you're all set!

POTATO AND RED ONION PIZZA

LIZ CLEEK

MTCC

Dough:

Ingredients

2 cups flour

1/2 teaspoon sugar

1 & 1/8 teaspoon instant dry yeast

1 teaspoons kosher salt

3/4 cups water, 110 degrees F

1 tablespoons olive oil, plus 1 teaspoons

Directions

1. Combine the bread flour, sugar, yeast and kosher salt in a bowl. Add the water and 1 tablespoon of the oil and beat until the dough forms into a ball. If the dough is sticky, add additional flour, 1 tablespoon at a time, until the dough comes together in a solid ball. If the dough is too dry, add additional water, 1 tablespoon at a time. Scrape the dough onto a lightly floured surface and gently knead into a smooth, firm ball.
2. Grease a large bowl with the remaining 1 teaspoon olive oil, add the dough, cover the bowl with plastic wrap and put it in a warm area to let it double in size, about 1 hour. Turn out the dough onto a pizza pan, spreading thinly.

Toppings:

- 2 small potatoes, thinly sliced (about 2 cups)
- 1/2 medium red onion, sliced
- 2 cloves of garlic
- 1 Tablespoon olive oil
- 1/2-3/4 cups shredded mozzarella cheese
- Pinch of Red Pepper
- 1/4 Teaspoon Black Pepper
- 1/2 Teaspoon Dried Thyme

Directions:

1. Preheat the oven to 450 F.
2. In a small sauce pan, drizzle olive oil and turn the heat up high. Dice the cloves of garlic and place in the pan. After a minute softening the garlic, turn the heat to medium, and place the sliced onions in the pan. Let saute another minute.
3. Place the sliced potatoes in the same pan, keeping on medium heat, and stirring occasionally, for about three minutes.
4. While the potatoes are softening, take the pan with the dough spread out. Spread the tablespoon of olive oil across the dough and then sprinkle evenly with the black pepper. Then

sprinkle the mozzarella till the dough is practically covered in cheese.

5. Remove the veggies from the stove. In a single layer, place the potatoes on the pizza, and then place the onions on top. Sprinkle a very thin layer of mozzarella.
6. Bake for 15 minutes.
7. Sprinkle with thyme once the pizza is removed from the oven, slice and enjoy.

Meat

PIZZA BAKE

TARA ALVEREZ

MTCC

Ingredients

- 1 lb lean (at least 80%) ground beef
- 1 small onion, chopped (1/2 cup)
- 1 medium green bell pepper, coarsely chopped (1 cup)
- 1 jar (14 oz each) pizza sauce
- 1 package (6 oz) diced pepperoni (*optional*)
- 1 can (2 1/4 oz) sliced ripe olives, drained (*optional*)
- 2 cups Original Bisquick® mix
- 1 cup milk
- 2 eggs
- 1 1/2 cups shredded pizza cheese blend (6 oz)

Directions:

1. Heat oven to 350°F. In 12-inch skillet, cook beef, onion and bell pepper over medium-high heat 5 to 7 minutes, stirring occasionally, until beef is thoroughly cooked; drain.
2. Stir in pizza sauce, pepperoni and olives; heat until hot. Spoon into un-greased 13x9-inch (3-quart) glass baking dish.
3. In medium bowl, stir Bisquick mix, milk and eggs until blended. Pour evenly over pepperoni mixture.
4. Bake uncovered about 25 minutes or until crust is light brown. Sprinkle with cheese. Bake uncovered about 5 minutes longer or until cheese is melted.

Note: Pillsbury's pre-made biscuits may be used instead of Bisquick mix.

EASY CREAMY SOUR CREAM CHICKEN CASSEROLE

TARA ALVEREZ
MTCC

4 boneless skinless chicken breasts, boiled and cubed
1 cup sour cream
1 (10 3/4 ounce) can cream of chicken soup (*mushroom can be substituted*)
25 Ritz crackers
1/2 cup butter, melted
salt and pepper

Directions:

1. Preheat oven to 350°F.
2. Boil chicken breast until tender; drain and cube.
3. Spread evenly over the bottom of a square casserole dish.
4. Salt and pepper to taste.
5. Mix sour cream and chicken soup in a separate bowl.
6. Spread the sour cream and soup mixture over the chicken in the casserole dish.
7. Crush the Ritz crackers and spread over top of the casserole.
8. Spoon melted butter on top over all.
9. Bake in a 350°F oven until top is golden brown, approximately 20-30 minutes.

SOUPS

COCONUT VEGAN BUTTERNUT SQUASH BISQUE

ABIGAIL EWING

MLSA

Ingredients

1 medium to large butternut squash
2 tablespoons olive oil
1/3 cup chopped onion
2 cups vegetable or chicken broth
1 cup coconut milk
1 teaspoon grated fresh ginger
salt, to taste
pepper, to taste

Directions

1. Preheat oven to 375 degrees F. Cut squash in half, scoop out the seeds, and place face down in baking dish. Add a few tablespoons of water. Cook 1 to 1-1/2 hours, or until very mushy. (The mushier the squash, the smoother the soup! Overcook it!) Allow to cool, then peel.
2. Heat olive oil in large pot. Add onions and cook until soft. Add squash, broth, coconut milk, ginger, salt, and pepper; whisk together.
3. Ladle mixture into a blender (or use immersion blender), and blend until smooth.

Source of recipe: I changed my family's recipe to make it vegan

WHITE CHILI

JORDAN BACKSTROM

MTCC

Ingredients:

1 onion, chopped

1 Jalapeno, chopped

2 Poblano peppers, chopped

4 garlic cloves, minced

Salt and pepper

1 T cumin

1 T chili powder

2 (15-ounce cans) cannellini or other white beans, rinsed and drained

1 bunch Swiss chard or kale, stems removed, leaves chopped into 1-inch pieces

1 can or 11/2 cups frozen corn, thawed

4 cups chicken or vegetable broth

Optional: 1 1/2 cups shredded or chopped cooked chicken, Chopped cilantro, Sour cream, crushed tortilla chips

Directions:

1. In a bowl, smash one can of beans with a fork or potato masher until chunky and set aside until needed.
2. Heat oil in a large pot over medium heat. Add onion, peppers and garlic and sauté about 5 minutes or until soft. Add salt and other spices, sauté for another minute. Add chard or kale, corn, broth, both whole and smashed beans and simmer for 25 minutes. If using chicken, add after 20 minutes and simmer for another 5 minutes or until heated through.
3. Serve topped with crushed chips, cilantro and a dollop of sour cream.

WEST AFRICAN PEANUT SOUP

JORDAN BACKSTROM

MTCC

Ingredients:

1 Onion
4 cloves of garlic
2 bell peppers, red or green
1 T ginger, dried or fresh
8 mushrooms, sliced
Salt and pepper
1 t cayenne or crushed red pepper
2 sweet potatoes, diced
3 cups veggie or chicken broth
½ cup peanut butter

Directions:

1. Heat oil in a large pot over medium heat. Add onion, peppers, garlic, ginger and mushrooms.
2. Saute for 5-7 minutes, until soft. Add salt, pepper, cayenne and sauté for another minute. Add sweet potatoes and broth and simmer until potatoes are soft, about 30 minutes. In a bowl, mix peanut butter with a little broth from the pot until smooth, then add back into the soup. Cook another 5-10 minutes and add more seasonings or peanut butter as you like.

Sides

JALAPENO PASTE

RICH COLLINS
MTCC

Ingredients:

Jalapeno peppers – whole with the stems and all
Salt - 1 - 2 teaspoons per 3 medium peppers
Olive oil (*Optional*) ¼ a cup, so per 1 – 1 ½ pounds of peppers
Food processor or blender

The Process:

1. Wash the peppers.
2. Stuff them into a food processor whole. Add salt and/or oil.
3. Process to a paste. Should still see seeds, but will be smoothish like a pesto. Put in a mason jar to store. Keep in the fridge until it turns black and nasty. A year or so?

This recipe is used with permission from Emily Hipchen, but for original recipe, go to www.itshowicook.blogspot.com/2009/12/locked-and-loaded-sir-yes-sir-less-than.html

JALAPENO CHEESE GRITS

RICH COLLINS
MTCC

Ingredients:

½ a cup of real, course ground grits (*Logan's Turnpike Mill from the North Georgia Mountains are some of the best*). You can also use regular grits and just add cheese and jalapenos to them.
1 ½ cups of water

1 teaspoon of salt
1/4 cup of shredded cheese
1 tablespoon of jalapeno paste

The Process:

1. Before cooking the grits, put them in a bowl and cover with water. Pour off the bran that rises to the top of the water.
2. Put water and salt in a pan on high heat and bring to a boil.
3. Dump in the grits. Stir. Turn the heat to medium and keep them simmering.
4. Simmer for 15 – 20 minutes until thick.
5. Stir in cheese and jalapeno paste.

This recipe is used with permission from Emily Hipchen, but for original recipe, go to www.itshowicook.blogspot.com/2010/02/grits-geez-i-dont-know-50-cents-about.html

DRIED BEANS RECIPE FOR A CROCKPOT

RICH COLLINS
MTCC

Ingredients:

1 pound of dried beans
Jalapeno Paste
Crushed Garlic
Red Pepper flakes
A bit of cinnamon
Oregano
Basil
Bay leaves
Cumin

The Process:

1. Cover washed, unsoaked dry beans with about 6 cups of water.
2. Add everything else.
3. Cook for about 6 hours.
4. Stir and check water every couple of hours. Or don't. Whatever. It will probably be fine.

This recipe is used with permission from Emily Hipchen, but for original recipe, go to www.itshowicook.blogspot.com/2009/12/beans-beans-theyre-good-for-your-heart.html

SWEET CREAMY GRITS (AKA YANKEE GRITS)

RICH COLLINS

MTCC

Ingredients:

½ a cup of real, course ground grits (*Logan's Turnpike Mill from the North Georgia Mountains are some of the best*). You can also use regular grits and just add cheese and jalapenos to them.

1 cup of milk

½ cup of water

Some sugar or honey or syrup or something sweet

The Process:

1. Before cooking the grits, put them in a bowl and cover with water. Pour off the bran that rises to the top of the water.
2. Put water and milk in pot and bring to a boil.
3. Dump in the grits. Stir. Turn the heat to medium and keep them simmering.
4. Simmer for 15 – 20 minutes until thick. Keep an eye on the grits because milk likes to boil over, so you may need to stir them every couple of minutes.
5. Stir in your sweetener to taste.

CORNBREAD AS IT SHOULD BE

RICH COLLINS

MTCC

Ingredients:

6 tablespoons of melted butter

1 cup of cornmeal

$\frac{3}{4}$ a cup of flour

1 $\frac{1}{2}$ teaspoons of baking powder

$\frac{1}{2}$ teaspoon of baking soda

$\frac{1}{2}$ teaspoon of salt

2 large eggs, slightly beaten

1 $\frac{1}{2}$ cups of buttermilk

$\frac{1}{2}$ cup of frozen corn

1 chopped deseeded jalapeno pepper OR a few pickled jalapenos

OR 1 tablespoon of jalapeno paste

The Process:

1. Generously grease a 10 inch cast iron skillet with butter and put it in the oven. Preheat oven to 425 degrees.
2. In a large bowl, combine cornmeal, flour, baking powder, baking soda, and salt.
3. In a separate bowl, mix together eggs, milk, and butter.
4. Pour together and add corn and jalapenos. Fold together until there are no dry spots but the mixture is still lumpy.
5. Carefully remove the cast iron skillet from the oven and pour the mixture into the hot skillet.
6. Bake until golden brown. About 20 minutes. To check if done, stick a toothpick or a knife into the center. If it comes out clean, then your cornbread is ready.
7. Let cool before eating.

CHINESE PEANUT SAUCE

ELIZABETH WEAVER

MLSA

1/2 cup. peanut butter
1/2 cup hot water
2 tablespoons soy sauce
2 tablespoons sugar
3 medium cloves of garlic
1 teaspoon of cider vinegar
cayenne to taste
salt to taste (*if peanut butter is unsalted*)
1-2 tablespoons minced cilantro (*optional*)

Directions:

1. Place peanut butter in small bowl and add hot water. Stir until peanut butter dissolves into a uniform mixture. Add in other ingredients and mix.
2. Cover bowl tightly & refrigerate. Let come to room temperature before serving.

It is great as a dip for raw veggies or a sauce for stir fry or noodles.

IRISH SODA BREAD

AMANDA OPTIZ

MTCC

This bread is super moist and almost sweet, like a dessert bread-- not dry like most soda breads. You can add a few tablespoons of caraway seeds or raisins if you like. If you use raisins make sure you soak them in water first.

Ingredients

5 cups sifted all-purpose unbleached flour
3/4 cup sugar
2 teaspoons baking powder

1 1/2 teaspoons salt
1 teaspoon baking soda
1/4 pound (1 stick) butter
2 1/2 cups buttermilk
1 large egg, slightly beaten

Directions

1. Preheat the oven to 350 degrees F. Generously butter 2 (9 by 5-inch) bread pans.
2. Stir together the sifted flour, sugar, baking powder, salt, and baking soda. Cut in the butter and mix very thoroughly with your hands until it gets grainy. Stir in raisins and caraway seeds (if applicable).
3. Add the buttermilk and egg to the flour mixture. Stir until well moistened. Shape dough into 2 loaves and place in the pans.
4. Bake for 1 hour. Test with a toothpick for doneness. Cool in the pans for 3 to 5 minutes. Transfer to a cooling rack.

Treats

MUG BROWNIE

ALI ROSS

MTCC

Ingredients:

- 2 Tbsp all-purpose flour
- 2 tsp unsweetened cocoa powder
- 1 Tbsp sugar
- 1/4 tsp baking powder
- a pinch salt
- 1 Tbsp vegetable oil
- 2 Tbsp milk
- 1 Tbsp peanut butter

Directions:

1. In your mug, stir together the dry ingredients (flour, cocoa powder, sugar, baking powder, and a pinch of salt). Make sure there are no clumps.
2. Stir in the vegetable oil and milk until the mixture is smooth. Drop a tablespoon of peanut butter into the center and push it down into the batter.
3. Microwave on high for one minute and then enjoy!

CHOCOLATE CHIP COOKIES

RICH COLLINS

MTCC

Ingredients:

- ½ cup of unsalted butter, softened
- ½ cup of white sugar
- ½ cup of brown sugar
- 1 egg
- 1 teaspoon of vanilla extract
- 1 ½ cups of all purpose flour
- ½ teaspoon of baking soda
- 1 teaspoon of hot water
- ¼ teaspoon of salt
- 1 cup of chocolate chips

The Process:

1. Preheat oven to 350 degrees.
2. Cream together butter, brown sugar, and white sugar. (Check out this link if you're unsure how: www.instructables.com/id/How-to-Cream-Butter-and-Sugar-by-Hand-or-with-a-M/)
3. Beat an egg into this mixture and then add the vanilla extract.
4. Dissolve baking soda in water and add to the mixture along with the salt.
5. Stir in flour and chocolate chips until you get a nice wet dough that isn't too sticky.
6. Roll the dough into 1 to 1 ½ inch balls and put these on a nonstick cookie sheet.
7. Bake about 10 minutes or until golden brown.

PIE DOUGH

RICH COLLINS

MTCC

This recipe produces enough dough for one double pie or two singles.

Ingredients:

2 ½ cups of flour

1 tablespoon of sugar

1 teaspoon of salt

2 sticks of unsalted butter, very cold

The Process:

1. Fill 1 cup with water and drop in some ice. Set aside.
2. In a large bowl, whisk together flour, sugar, and salt.
3. Dice the two sticks of butter into ½ inch cubes. Be careful when handling the butter. You want to keep the butter as cold as possible throughout this process since the intact butter blobs are what will make your crust flaky.
4. Sprinkle butter cubes over flour and work the with a pastry blender. (A fork will work if you don't have a pastry blender) Work evenly.
5. When you have pea-sized butter chunks, STOP.
6. Drizzle ½ cup of the cold water over mixture. Using spatula and rest of water, gather dough together. Add water 1 tablespoon at a time.
7. Once you're pulling large clumps, start using your hands and gather it all into a mound.
8. Divide dough in half and place each half in plastic wrap. Shape into a disc. Chill in fridge 1 to 2 hours or until needed. (No more than a few days)