

## Alternative Grain Recipes

<p><b><u>Dad's Soup</u></b>            1lb ground beef or turkey            1 chopped onion            1 c millet            2 c lentils            2 c brown rice            1 c frozen corn            3 tsp salt            Pepper to taste            3 quarts water, or more</p> <p style="text-align: right;">-brown meat and add onion. Add water and all other ing. Simmer over low heat, one hour. Add more water as needed.</p>	<p><b><u>Confetti Succotash</u></b>            2 c corn meal            4 c water            2 c green beans            1 sweet pepper, chopped            1 large onion, chopped            2 c frozen corn            2 cloves garlic            2 tsp salt</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Steam veggies till just tender, cook cornmeal and water in large pot until thick, about 10 min, stir in other ing. *A beautiful and filling meal!</p> </div>
<p><b><u>Quinoa and Black Bean Salad</u></b>            2 c quinoa            4 c water            2 c black beans            2 c frozen corn            ½ c onion, chopped            2 c tomato sauce</p> <p style="text-align: right;">Dressing:            ½ c olive oil            1 tsp dried parsley            1 tsp dried basil            1 clove garlic            1 TSBP cider vinegar            Few dashes cayenne</p> <p>Cook beans till tender (about 3 hours). Cook quinoa in water about 20 min, till water is absorbed. Blend dressing. Mix all ing together. Serve warm with green salad.</p>	<p><b><u>Millet with Fruit</u></b>            1 ½ c millet            4 c water            ¼ tsp salt            1/3 c honey            Zest of one orange            1 orange peeled and diced            1 TBSP coconut oil            Fruit (can use soaked dried fruit or any fruit you like.)</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Cook millet, water, and salt for 15 min, or till half the grains pop open. Don't overcook. Add other ing.</p> </div>
<p><b><u>Chia Seed Pudding</u></b>            ⅓ c chia seed - ⅓ c.            2 c almond (or other nut) milk            1 tsp vanilla            2 TBSP honey            Pinch of salt</p> <p>Put ing in quart jar and STIR. Stir again in 10 minutes. Store in fridge.</p>	<p><b><u>Apple Chia Pudding</u></b>            8 c applesauce (blend cored apples with a little water. Why peel them?)            1 c almonds (soak 8 hours, rinse and drain)            1 tsp cinnamon            2 TBSP honey            ½ c chia seed            Blend almonds and applesauce, stir in other ing. Stir again in 10 minutes. Store in fridge.</p>
<p><b><u>Jill's Lentil Soup</u></b>            2 c lentils            ½ c brown rice            6 c water            2 diced potatoes            2 diced carrots            1 chopped onion            1 stalk celery with leaves, (chopped)            5 cloves garlic            2 TBSP coconut oil            2tsp salt            Dash pepper</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Cook lentils, rice and water 20 min. Add veggies and cook 20 min more. Remove from heat, add oil and salt and pepper.</p> </div>	<p><b><u>Dana's Quinoa Salad</u></b>            1 c red quinoa            1 c white quinoa            2 quarts water            1 sweet red pepper, chopped            1 small sweet onion, chopped            2 c frozen corn            1 c cooked black beans            1 c crasins</p> <p>Cook quinoa in water 20 min, add veggies and dressing.</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Dressing:            ¼ c olive oil            1/3 c cider vinegar            2 tsp salt            2 cloves garlic            ½ c agave nectar or ¼ c honey            Dash pepper</p> </div>