

# Eco- Stewards Program Montana Recipes

## BYRON CONTRIBUTION

- Save and treasure recipes, especially great low-impact ones and vegetarian ones.
- Check out the “More-With-Less” and “Extending The Table” cookbooks, published by Herald Press.
- Store fresh ginger root (washed) in a ziplock bag in your freezer. To use, thaw for a few minutes (while peeling and mincing garlic, which I also store in the same bag in the freezer), then slice thinly with a sharp knife and chop. Partially frozen, the ginger crumbles easily and you don’t have all those strings to contend with!

## African Peanut Soup

YUM, and deliciously easy too, freezes well. Prepare a day ahead as needed!

Blend in food Processor:

1 oz (2 T) fresh ginger root, chopped

2 cloves garlic

1 t crushed chili peppers

Add to food processor and chop - leave chunky, then add to soup pot

3 1/4 c canned or fresh tomatoes, diced

1 3/4 c dry roasted peanuts

1 med onion chopped

Add to soup pot

1 1/2 c chicken stock, or veggie stock

4 c canned or fresh diced tomatoes

3 c water

1/2 chopped chicken or turkey, optional

make a paste of

1/4 c melted butter

1/4 c flour

Add paste as needed to thicken soup. Heat to 160 degrees.

Garnish w/ peanuts

### **Spicy Veggie Black Bean Burgers**

2 cups black beans, drained and rinsed and mashed

chop in food processor - try not to puree as it gets more watery

1/2 bell pepper in 2 inch strips

1/2 onion, in wedges

3 garlic cloves

1 egg

1 T chili powder

1 T cumin

1 t hot sauce or Thai chili sauce

1/2 c bread crumbs

shape into patties - use wheat germ to keep from sticking - it takes a fair amount!  
freeze individually on a cookie sheet, then bag and keep in freezer until needed. Partially thaw prior to cooking. Cook in a skillet with a small amount of oil. I do not think they would survive grilling.

### **Black Bean Hummus**

The best hummus ever. Great with toasted pita.

1 clove garlic

2 c black beans, drained (reserve liquid)

2 T lemon juice, more if desired

1 1/2 T tahini

3/4 t cumin, ground

1/2 t salt

1/4 t cayenne pepper

1/4 t paprika

10 greek olives, optional

mix first 8 ingredients in food processor.  
add additional lemon or bean juice as needed.

### **Hummus**

6 c canned or cooked chickpeas; reserve liquid

1/2 c tahini sauce (sesame butter)

1/2 - 1 c lemon juice

4-5 cloves garlic

1 1/2 t salt

blend in food processor. Thin with chick pea juice or lemon juice

## **Wheat/Oatmeal Chocolate Chip Cookies**

Mix: 2 c butter, 2 c white sugar, 2 c brown sugar

Add: 4 eggs, 2 t vanilla

Then add 2 c white flour, 2 c ww flour, 1 t salt, 2 t baking powder, 2 t baking soda, 5 c ground oatmeal (grind in food processor)(when in a hurry or lacking a food processor, just use the oatmeal (can be steel cut or quick oats)

Mix all and add 24 oz choc chips, 8 oz grated chocolate bar, 3 c nuts (optional)

Bake on ungreased cookie sheets 2 " apart, golfball sized, 400 degrees for 6-9 minutes

## **Zucchini Muffins**

freeze great! Can save unused batter in frig for 1-2 weeks. Great as zucchini bread also.

3 eggs

2 c sugar (1 1/2 is ok)

1 c vegetable oil

2 c grated zucchini

3 t vanilla

2 c white flour, 1 c ww flour ( 1/2 cup more if sugar is decreased)

1 t salt

1 t baking soda

1/4 t baking powder

3 t cinnamon

1 c chopped walnuts

Beat eggs until light and foamy.

Add sugars, oil, zucchini, vanilla; mix light but well.

Combine dry ingredients then add to egg-zucc mixture, stir until blended but no more (as with all muffins!)

Add nuts.

Fill oiled or "vegetable sprayed" muffin pans 2/3 full.

Bake about 15-20 minutes at 400 degrees.

For frozen grated zucchini - I freeze 2 cups zucc in a bag; when thawed, I take 1 cup zucc/water and discard the other 1 cup.

## Artisan Bread

This is EMBARASSINGLY easy and INCREDIBLY good

It takes 24 hours!

Add 3 cups flour ( white or 1 c ww pastry flour and 2 c white)

1/4 teaspoon yeast (that is correct, 1/4 TEASPOON)

1 5/8 c ( 1 1/2 c and 2 T) water - luke warm to cool

Stir until blended. It will be VERY sticky, it is ok. Do NOT knead

Leave for 12-18 hours in a bowl lightly covered. It increases in size 2-3 fold.

Add enough flour to not be dreadfully sticky but still be far stickier than most breads and dump onto counter and let rest for 15 minutes. (Add no more than 1/2 cup flour)

Put a lot of flour onto a towel (not terry cloth, more like a tea towel) and drop the dough onto it. Flour the top of the dough heavily, then cover the top of the dough with the cloth. Let sit for 2-3 hours, it will rise some.

1/2 hour before cooking the bread, heat a heavy pot with a lid at 450 degrees for 30 minutes.

Take pot out of oven, dump the dough into the pot, wiggle the pot to even out the dough, cover with lid, and replace to oven reasonably quickly.

Keep covered 30 minutes, then remove lid and cook another 15-30 minutes.

Remove onto a rack to cool.

Works well with a 2-3 quart pot.

To use a 4 quart pot, increase recipe by 50% and bake about 1 hr 10 minutes.

Use a heavy pot , cast iron skillet, dutch oven, or a rompfertopf (Spelling?) or other clay cookware.

(Make sure the pots do not have wooden handles)

ENJOY!!

## **GRABER CONTRIBUTION**

### **Better Butter**

2 sticks (1 cup) butter

3/4 cup oil

1/4 cup water

Put all ingredients in a mixer or blender and beat until light and well blended.

### **Molasses Crinkles**

Cream together:

3/4 cup butter

1 cup brown sugar

1 egg

1/4 c. molasses

Sift together and add:

2 1/4 cup flour

1/2 tsp salt

2 tsp soda

1 tsp cinnamon

1 tsp ginger

1/2 tsp cloves

Mix thoroughly. Chill dough several hours. Shape dough into balls 1" in diameter. roll in granulated sugar and place 2" apart on greased baking sheet. Bake at 350 for 12-15 min.

### **Grandma's Oatmeal Buns**

Mix in a large bowl and let yeast start to work:

4 cups water

3 Tbsp yeast

1/2 cup sugar

Add:

3 cups quick oats

2 cups whole wheat flour

1 Tbsp salt

1 cup oil

Stir /knead in flour to make stiff dough--5-6 cups. Let rise 45 min. Punch down. Roll out about 1/2" thick. Cut with large size peach can. Place on greased cookie sheets, about 1/2" apart. Cover and let rise 45 min. Bake @ 375 for about 20 min. May be frozen.

## KRISTEN MARK CONTRIBUTION

### **Black-Bean Brown Rice Wraps**

Cook 1 C brown rice according to directions

Drain and rinse 1 can black beans (or 1/2 lb dried black beans, cooked and drained)

Add:

½ C crumbled feta cheese

½ C chopped chives

½ C italian dressing

Toss together gently and chill. Keeps in fridge 3 days.

Fill wraps, or pitas adding some green lettuce or spinach leaves and sliced tomato if desired.

The following recipes taken from:

Extending the Table, a World Community Cookbook

Herald Press, 1991

### **Garbanzo Stew (Spain), serves 6-8**

Soak overnight in a large pot:

**1 lb garbanzo beans**

Discard soaking water.

In a large pot, combine soaked beans with:

**ham bone (opt.)**

**2-3 slices bacon, chopped (opt.)**

**1 onion, chopped**

**2 carrots, cut in chunks**

**4 cloves garlic, chopped**

**½ t. paprika**

**1 t. salt**

**1 bay leaf**

**water to cover.**

Cook until tender. Skim fat and cut meat into pieces.

Before serving, add:

**½-1 lb spinach, chopped,**

**1 large sweet red pepper, chopped,**

**3 eggs, hard cooked and chopped,**

**1 T. oil**

**salt and pepper if desired**

Avoid overcooking to keep spinach bright. Serve with bread.

### **East Indian Spinach and Lentils**

In large saucepan, brown in 3 T oil over med-low heat:

**1 large onion, chopped**

Add and brown lightly:

**4 cloves garlic, minced**

**2 Tbsp. ginger root, finely chopped**

Stir in, being careful not to burn:

**2 t. cumin seed or powder**

**2 t. curry powder**

**2 t. salt**

**¼ t. dried red pepper, or 1 fresh hot chili pepper, seeded and chopped**

Stir in, coating with spice mixture:

**2 C lentils, rinsed**

Add:

**5 ½ - 6 C water**

**2 large potatoes, chopped**

Bring to a boil. Reduce heat and simmer, partially covered, until lentils and potatoes are tender. Add:

**1 pound chopped spinach**

Heat through. Place in serving dish and top with:

**2 T. chopped cilantro (opt.)**

Serve with rice, tomato and cucumber slices, and chapatis

### **Kela Raita- Banana Yogurt Salad (India)- serves 12**

Slice:

**6 bananas**

Sprinkle with:

**2 T. lemon juice**

Toss with:

**2 C plain yogurt**

Top with:

**2 T shredded coconut (opt.)**

**sweeten with a little sugar (opt.)**

### **Tabouli (Middle East)**

Soak several hours:

1 C cracked wheat (bulgur)

3 C boiling water

Meanwhile, mix:

1 ½ C fresh parsley, finely chopped

½ C fresh mint, finely chopped

½ C onions (preferably green onions), minced

1 small cucumber, chopped

3 firm tomatoes, chopped

1 can garbanzo beans, rinsed and drained

1 ¼ t salt

¼ t pepper

¼ C oil

Drain wheat thoroughly in a large seive. Toss with other ingredients, cover and chill.

Just before serving, add:

¼ C lemon juice.

Serve with romaine lettuce and pitas.

## **CHARLOTTE JOHNSON CONTRIBUTION**

### **Rhubarb Strawberry Cobbler**

Ingredients:

Filling:

1 1/4 cups white sugar

3 tablespoons flour

1 1/2 teaspoons cinnamon

6 cups coarsely chopped fresh rhubarb

3 cups sliced fresh strawberries

Topping:

1 1/2 cups flour

3 tablespoons white sugar

1 1/2 teaspoons baking powder

1/2 teaspoon baking soda

1/4 teaspoon salt

3 tablespoons butter

1 cup buttermilk

Directions

Filling:

In a large bowl combine sugar, flour and cinnamon. Add rhubarb and strawberries and toss to coat.

Spread in a 9 x 13 inch baking dish. Bake at 400 degrees F. for 10 minutes.

Topping:

In a medium bowl combine flour, sugar, baking powder, baking soda and salt. Cut in butter until mixture resembles small peas.

With a fork stir in buttermilk to form soft dough.

Drop dough by tablespoon over the hot filling. Make 12 mounds.

Bake at 400 degrees F. for about 25 minutes, until topping is golden brown and has risen.