Wheat Berry Soup

Ingredients:

2 cups wheat berries
3 quarts of water, approx.
1 1/2 pounds inexpensive beef roast or steak
1 1/2 cups chopped onion
2 cloves garlic, minced
1 1/2 cups chopped celery
2 teaspoons salt (or more, depending on your preference)
1/2 teaspoon black pepper
Instructions:

1. Soak wheat berries in 4 cups of the water for 12-24 hours.

2. Trim fat from meat and dice into bite-sized pieces.

3. In a large stock pot, brown meat with onion and garlic. When meat
is browned, add the celery and part of the water (maybe about 6 cups),
so that the meat is completely covered.

4. Cover the pot, and bring to a boil. Stir, cover again, reduce heat, and simmer for about 30 minutes.

5. Add the wheat berries (including the water in which they have been
soaking), cover, and bring back up to a boil. Reduce heat and simmer,
covered, for about 2 1/2 hours. The wheat is fully cooked when the
berries are soft, chewy, and split.

6. Add an additional 2-4 cups of water to make the broth/soup the desired strength. We like less broth, but if you prefer a more watery soup, you might want to add a little more water.

Season with salt and pepper.



Wheat Berry Soup

Roasted Pumpkin Seeds

Ingredients:

2 cups raw pumpkin seeds
1 1/2 tablespoons butter
1/2 teaspoon salt
1/8 teaspoon garlic salt
2 teaspoons Worcestershire sauce
Instructions:

1.
Rinse the raw pumpkin seeds in a colander or strainer, and remove
excess water (either by shaking the strainer, or tossing the seeds onto a
clean, dry dish towel).

2. Melt butter in a sauce pan. Stir in the salts and Worcestershire sauce. Add pumpkin seeds and stir thoroughly to coat.

3. Spread pumpkin seeds in a single layer across a large, ungreased baking sheet.

4. Bake pumpkin seeds at 275 degrees for about 60 minutes,

until crisp, stirring at 15 minutes, 30, 40, and 50 minutes.

5. Allow pumpkin seeds to cool, and then store in an air-tight container or bag.



Roasted Pumpkin Seeds

Golden Veggie Fried Rice

A medley of brown rice cooked in Golden Monkey tea, fried with onion, carrot, broccoli, and bits of egg, peas, and corn
Yield:

6 servings
Ingredients:

3 cups water*
3 tablespoons Golden Monkey black tea leaves (dry)**
1 1/2 cups brown rice
1 stick butter, divided
1 medium onion, chopped
1 large carrot, peeled and grated
1/3 cup frozen corn

1/3 cup frozen green peas
2 cups chopped (bite-size) fresh broccoli florets
3 eggs, beaten
1/2 tablespoon soy sauce
1 teaspoon salt
black pepper, to taste
Instructions:

1.
Heat water to nearly boiling. Add tea leaves and steep for 3-5 minutes.
Strain leaves from tea. Put hot tea into a medium-size saucepan. Add
rice, and then proceed to cook rice according to package instructions,
subtracting 5 minutes from the suggested cooking time for your rice.***

2. Meanwhile, melt 1/4 cup (1/2 stick) of the butter in a large
non-stick skillet over medium heat. Add onion and carrots, and cook and
stir until onions are translucent and carrots are tender.

3. Add corn, peas, and broccoli, and continue cooking until
vegetables are crisp-tender. Pour this vegetable mixture into a bowl and
set aside.

4. Return skillet to heat, and melt remaining 1/2 stick of butter.
Increase heat to medium-high, and add beaten egg. Cook and stir
constantly until egg is fully cooked, breaking it into little bits as it
cooks.

5. Add cooked rice to egg, reduce heat to medium, and cook for

5 to 10 minutes, stirring occasionally.

6. Sprinkle soy sauce, salt, and pepper. Add vegetables, and cook and stir until seasonings are evenly distributed and mixture is well-heated, about 5-10 minutes.



Golden Veggie Fried Rice

Spinach Rice Casserole

An easy baked side dish of spinach, rice, and cheese
Yield:

4-6 servings
Ingredients:

9 or 10 ounces fresh spinach leaves
1 tablespoon water
1 teaspoon dried onion (or 2 tablespoons of fresh, minced onion)
1 cup cooked rice (measurement is after cooking, not before)
1 cup (4 ounces) shredded cheddar cheese

1/3 cup milk
2 eggs, beaten
1 teaspoon salt
1 tablespoon Worcestershire sauce, optional
Instructions:

1. Place spinach and water in a large pan or skillet. Cover and cook over medium-low heat until spinach leaves wilt.

2. In a large mixing bowl, combine all other ingredients. Add the
wilted spinach and stir. Pour into a greased 8×8-inch square baking
dish.

3. Bake at 325 degrees for 35-40 minutes, until set in the middle. (Test with fork.)

To freeze this casserole: Freeze (uncooked) instead of baking. Thaw and bake, or bake from frozen, covered, for about 60 minutes at 325 degrees, or until hot and set.



Spinach Rice Casserole

This recipe is from Tammy’s Recipes.

Broccoli and Cheese Mina

A savory mina, made from layered matzos with a filling of broccoli, onions, egg, and three cheeses
Yield:

4-6 servings (as a main dish) or 8 servings (as a side dish)
Ingredients:

4 cups of bite-sized fresh broccoli florets (or one 14-ounce bag of frozen broccoli)
1 small onion, chopped
8 matzo squares
1/4 cup (1/2 stick) cold butter, chopped
2 1/4 cups (10 ounces) shredded cheddar cheese
1 1/4 cups cottage cheese
3/4 cup freshly grated Parmesan cheese
2 green onions, chopped
5 eggs
3 tablespoons water
2 cloves garlic, minced
Instructions:

1. Boil or steam broccoli and onion until broccoli is bright green and crisp-tender. Drain.

2. Wet 4 matzos (briefly) under running water, then set aside to
soak. Matzos should be slightly soft after soaking, but not soggy or
falling apart.

3. Butter a large baking sheet. The baking sheet needs to be large
enough to place all 4 matzos in a single layer. Use two sheets

if
necessary.

4. Place the dampened matzos on the greased sheet(s). Top with even
layers of broccoli and onion, shredded cheddar cheese, cottage cheese,
Parmesan cheese, and green onions.

5. In a small bowl, lightly beat the eggs and water. Pour slightly
less than half of the egg mixture over the broccoli and cheeses.

6. Wet the remaining matzos and place on top, again, in a single
layer. Pour the remaining beaten egg over the top. Sprinkle minced
garlic, and dot with half of the butter.

7. Bake at 375 degrees for 20 minutes. Dot with remaining butter and return to oven. Bake 10 minutes longer, or until the mina is golden brown and crisp on top. Serve hot or warm.



Broccoli and Cheese Mina

This recipe is from Tammy’s Recipes.

Matzo Meal and Cottage Cheese Latkes

A flavorful patty of matzo meal, eggs, cottage cheese, and onions, fried in shallow oil
Yield:

20 latkes
Ingredients:

1 1/4 cups cottage cheese
3 eggs, separated
1 teaspoon salt
2 1/4 cups matzo meal (9 ounces)
1 large onion, minced
1/2 teaspoon sugar
3 tablespoons sour cream or plain yogurt or water
ground black pepper
oil, for shallow frying
Instructions:

1.
In a large bowl, mash the cottage cheese. Add egg yolks, half of the
salt, the matzo meal, onion, sugar, sour cream, and pepper. Mix well.

2. With an electric mixer on high speed, beat egg whites with remaining half of salt until stiff. Fold a third of the egg whites into
the cottage cheese mixture, then fold in remaining egg whites.

3. Heat a half-inch layer oil in a heavy frying pan, until a drop of water added sizzles. Form latkes into thin patties (if batter/dough is too wet for your hands, shape with two tablespoons or spatulas).

4. Drop into oil and fry over a medium or medium-high heat until the undersides are golden brown. Turn carefully and brown the second side. Remove with slotted spoon and drain on paper towel. Serve immediately, or keep warm on a baking sheet in the oven.



Matzo Meal and Cottage Cheese Latkes

This recipe is from Tammy’s Recipes.

Mushroom Lasagna

This
recipe uses the usual noodles and cheeses that you would expect to use
for everyday lasagna, but the sauce is white, rich, and buttery, and
loaded with lots of sliced mushrooms!
Yield:

8 servings
Ingredients:

8 ounces lasagna noodles
1 pound sliced, fresh mushrooms
5 tablespoons butter
2 cloves garlic, minced
1/2 teaspoon salt
1 teaspoon lemon juice
1/4 cup plus 1 tablespoon all purpose flour
3 cups milk
1/2 cup chopped parsley, divided
15 ounces ricotta cheese
2 cups (8 ounces) shredded mozarella cheese
1/2 cup grated parmesan cheese
Instructions:

1. Cook lasagna noodles according to package directions; Drain well and set aside.

2. Saute mushrooms and garlic in melted butter in large skillet over medium heat, stirring constantly, until tender.

3. Stir in salt and lemon juice. Reduce heat to low. Add the flour,
and cook for 1 minute, stirring constantly. Gradually add milk; cook
over medium heat, stirring constantly, until mixture is thickened and
bubbly. Add 1/3 cup parsley, stirring well.

4. Spread 1 cup of the mushroom mixture in a lightly greased
9×13-inch baking dish. Layer 1/3 of lasagna noodles over mushroom
mixture. Spread 1/3 of mozzarella cheese over ricotta cheese. Spread 1
cup of mushroom mixture over mozzarella cheese. Sprinkly with 1/3 of
parmesan cheese. Repeat layers twice. Sprinkle with remaining parsley.

5. Cover and bake at 350 degrees for 30 minutes or until lasagna is hot and bubbly. Let stand for 10 minutes before serving.



Mushroom Lasagna

This recipe is from Tammy’s Recipes.

Egg Salad Sandwiches

Tangy and flavorful egg salad sandwich recipe!
Yield:

3-4 sandwiches
Ingredients:

9 eggs, hard boiled, cooled,Â and peeled
1/3 cup Miracle Whip (or off-brand equivalent) salad dressing
1 heaping tablespoon mustard
1/2 to 1 teaspoon salt (to taste)
1/4 teaspoon black pepper

Lettuce, for serving
Bread, sandwich buns, or pita pockets, for serving
Instructions:

1.
Place ingredients in a mixing bowl. Mash with potato masher until
well-combined. Alternately, you can dice the hard boiled eggs and then
stir into the other ingredients.

2. Serve egg salad in a sandwich with lettuce.



Egg Salad Sandwiches

This recipe is from Tammy’s Recipes.

Cooked Pinto Beans

Simple instructions for making delicious pintos from dried beans!
Yield:

varies

Ingredients:

Dried pinto beans
Water
Salt
Instructions:

1.
Wash pinto beans in water. Sort out any rocks or other items, if
needed. Be sure you're using beans that aren't too old, or they will
never cook soft enough no matter how long you cook them!

2. Choose a soaking method:

Overnight Soak:

Place washed beans in a large stock pot. The pot should be no more
than 1/4 filled with dry beans. Fill the pot 3/4 of the way with cold
water. Allow beans to soak overnight or at least 6-8 hours. Drain
soaking water. Rinse beans.

Quick Soak:

Use 10 cups of water per pound of dried pintos. Put water and beans
into a large stock pot. Bring to a boil. Boil 2 minutes and then allow
beans to rest in the water for an hour, covered. Rinse beans.

3. Cooking:

See additional notes below for crockpot instructions!

Fill pot with soaked beans and fresh water to 3/4 full. Cook over

medium heat and allow to boil until tender (1-2 hours). Drain beans.

Add a little fresh water (1 cup or so for about 8 cups of cooked beans) and stir in salt to taste (important step!). Keep warm until ready to serve, or refrigerate and re-warm when needed.



Cooked Pinto Beans

Additional Notes:

For
beans that are more like refried beans (but still lumpy!), add some
additional water and salt and cook beans, stirring occasionally, until
desired consistency. Yum!

Pintos and Cheese: Sprinkle cooked and salted pintos with shredded cheese for a yummy quick snack or lunch!

Crockpot pinto beans:
Cover soaked beans with water, at least an inch above the level of the
beans. Cook on low for 8-10 hours or until soft. (Remember, old beans

might refuse to ever get soft, so be sure you’re using good beans!)

Grilled Salmon Fillet

Moist seasoned grilled salmon, with a salty, smokey flavor
Yield:

Varies, depending on size of fillet
Ingredients:

Salmon fillet, fresh or thawed
liquid smoke flavoring (we put into small spray bottle)
lemon juice (optionally, squeeze fresh lemon slices onto salmon)
hickory smoke salt
seasoned salt
garlic salt
oil (in spray bottle)
pepper
paprika
lemon pepper
sage
basil
marjoram
butter, sliced
Instructions:

1. Lay salmon fillet, skin-side-down, on flat surface. Apply seasonings in order listed.

2. Grill according to grill directions for temperature and time.

Our Weber grill says for fish fillet:
1/4-1/2″ thick 3-5 minutes High
1/2-1″ thick 5-10 minutes High
1-1 1/4″ thick 10-12 minutes High

Fish is done when the inside flakes easily with fork.

Note: Salmon steaks typically cook well directly on a grill but you may need to cook fillets on a surface that you can be put on the grill and later removed. This will prevent sticking, but you may need to increase grilling time to compensate.



Grilled Salmon Fillet

This recipe is from Tammy’s Recipes.