

Recipes from Sunday Supper on April 30, 2023

Head Chef Susan Hyne, unit 57

Chili (meat), Nadine Larson

- 4 T canned chili sauce
- 1 lb ground beef
- 1 c chopped onion
- 2 medium cloves garlic, minced
- 2 cans kidney or pinto beans, undrained
- 1 can tomato soup
- ½ c water
- 1-2 T chili powder
- 1 T vinegar
- ½ t salt

In heavy saucepan, brown beef, cook onion and garlic. Pour off fat. Add remaining ingredients. Cover and simmer 30 minutes.

Black Bean Chili (vegetarian), Holly Schmidt

- 2-1/4 c. Black beans, dried (soaked overnight in 7-1/2 c. Water)
- 1 c. Tomato sauce
- 6 T. Tomato paste
- 2 T. Lime juice
- 2 T. Red wine vinegar
- 1 c. Chopped onion
- 1 c. Chopped celery
- 1 c. Chopped green pepper
- 1 c. Chopped tomatoes
- 1 jalapeño pepper, chopped
- 4 cloves garlic, diced
- 1 t. Cilantro
- 1-1/2 t. Coriander
- 1-1/2 t. Cumin

- 1-1/2 t. Chili powder
- 2 t. Salt
- Pepper

Cashew Cheese

- 2 c. cashews
 - 1 c. water
 - 1/3 c. red pepper, minced
 - 2 1/2 T green onion, diced
 - 2 T cilantro, minced
 - 1 t garlic, minced
 - 1 t nama shoyu
 - 1/4 t salt
 - pinch red pepper flakes
1. Blend cashews and water on high speed for 40 to 60 seconds or until very smooth.
 2. Place mixture in quart-size open-mouthed glass jar. Cover tightly with plastic wrap and secure with a rubber band. Cover with a towel and allow to sit in a warm place overnight.
 3. Transfer cashew mixture to a large mixing bowl. Stir in red bell pepper, green onion, cilantro, garlic, nama shoyu, salt and red pepper flakes.
 4. Serve immediately or store in airtight glass container in the refrigerator for 3 or 4 days.

Toppings for Green Salad and Baked Potatoes

Cheese, Sour Cream

Cashew Cheese (recipe above)

Green and Red Onions

Green and Red Peppers

Sprouts

Other Veggies/Items that catch the shopper's eye