

Vegetarian Irish Stew

From "The (Almost) No Fat Holiday Cookbook-Festive Vegetarian Recipes" by Bryanna Clark Grogan.

Published by Book Publishing Company in Summertown, Tennessee. 1995.

Serves 6; Per serving: Calories: 114, Protein: 5 gm., Fat: 0 gm., Carbohydrates: 22 gm.

- 2 medium onions, sliced
- 1/4 c. unbleached flour
- 4 c. water
- 2 c. mushrooms, thickly sliced
- 1 c. carrot or parsnips, sliced into rounds
- 1 c. turnips or rutabagas, peeled and in large dice
- 1 c. celery, diced
- 1/2 c. split red lentils
- 1/2 c. fresh parsley, chopped
- 1/4 c. soy sauce or mushroom soy sauce
- 3 vegetarian or soy bouillon cubes
- 1 bay leaf
- 2 tsp Marmite or other yeast extract
- 1 tsp. sugar or alternate sweetener
- 1/4 tsp. EACH dried thyme, rosemary, and marjoram
- black pepper to taste
- a dash of Kitchen Bouquet for color (optional)
- 1 c. dry textured vegetable protein chunks (optional)

In a large, lightly oiled, heavy pot, steam-fry the onion until it begins to soften.

Add the flour and stir around thoroughly.

Add the remaining ingredients, mix well, and bring to a boil.

Cover, turn down to low, and simmer for about 30 minutes, or until the vegetables are done.

Taste for seasoning.

Serve with Colcannon

Source: International Vegetarian Union website

Colcannon

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Serves 6; Per serving: Calories: 285, Protein: 7 gm., Fat: 1 gm., Carbohydrates: 61 gm.

- 3 lbs. russet potatoes, peeled
- 2 lbs kale or green or Savoy cabbage
- 2 c. leeks or green onions, minced
- 3/4 c. soymilk or other non-dairy milk
- salt and black pepper to taste

Cut the potatoes into chunks, and boil in water to cover or until tender, but not mushy.

Meanwhile wash and trim the kale or cabbage, discarding any tough stems.

Chop it and steam for 5-10 minutes, or until tender.

Cool it and gently squeeze out the water.

At the same time, in a lightly oiled skillet, steam-fry the leeks until softened.

Drain the potatoes well and mash with a potato masher.

Beat in the soymilk, then the cooked kale or cabbage and leeks.

Add salt and pepper to taste.

Serve hot with stew or gravy.

Source: International Vegetarian Union website

Champ!

From: Darren - Belfast, Northern Ireland

Traditional Irish potato dish.

- Good floury potatoes.
- Scallions (Spring onions!)
- Margarine
- Soya Milk
- Salt

[note: the original ingredients were butter and milk]

Prepare your potatoes, i.e. peel, halve and boil until nearly ready.

This means when you can stick a knife into the spud and it slides off but not too easily and definitely without any help!

When they are at this stage drain them and mash them.

Chop the scallions and put in a big pot and add the soya milk and heat gently for a while to soften slightly.

When they are ready add some margarine (heaped teaspoon) and then the mashed potatoes. Mix well until the scallion pieces are evenly throughout the mix.

Add more margarine. About 1/2 oz or so. Keep on heat until you deem the champ to be ready.

Serve!

You can add garlic to champ as some restaurants do.

Source: International Vegetarian Union website