**Black Beans** (Recipe courtesy of Ree Drummond)

* *1 pound dried black beans*
* *4 cups vegetarian chicken broth*
* *3* [*cloves garlic*](http://www.foodterms.com/encyclopedia/garlic/index.html)*, minced*
* *1 medium onion, diced*
* *1* [*green bell pepper*](http://www.foodterms.com/encyclopedia/bell-pepper/index.html)*, seeded and diced*
* *1* [*red bell pepper*](http://www.foodterms.com/encyclopedia/red-bell-pepper/index.html)*, seeded and diced*
* *1 yellow bell pepper, seeded and diced*
* *1 ½ teaspoons* [*chili powder*](http://www.foodterms.com/encyclopedia/chili-powder/index.html)*, plus more if needed*
* *1 ½ teaspoons cumin, plus more if needed*
* *1 teaspoon kosher salt, plus more if needed*
* *Fixings:*
	+ *sour cream*
	+ *fresh cilantro leaves*
	+ *lime wedges*
	+ *diced bell peppers*

**For the beans**: Place the beans in a bowl or pot. Cover with cold water and allow to soak overnight. Drain and rinse before proceeding. (Alternatively, add the beans to a medium pot and cover with hot water. Bring to a boil; boil for 2 minutes. Turn off the heat, cover the pot, and allow the beans to sit for 1 hour. Drain the beans and rinse them with cold water.)

In a medium pot, add the soaked beans, [chicken broth](http://www.foodterms.com/encyclopedia/broth/index.html), 2 cups water, garlic, onions, and peppers. Bring to a boil, reduce the heat to low, cover, and simmer for 1 ½ hours. Then add the chili powder, cumin, and salt. Stir together. Cover and continue simmering until the liquid level is to your liking, about another hour. Taste for seasoning and adjust.

**For the fixings**: Serve in a bowl with [sour cream](http://www.foodterms.com/encyclopedia/sour-cream/index.html), cilantro, lime wedges, and diced bell peppers on the side.

###### **Black Bean Burgers** (Recipe courtesy of Ree Drummond)

* *2 cups black beans, drained and mashed with a fork*
* *1 cup seasoned breadcrumbs*
* *¼ cup grated onions*
* *½ teaspoon chili powder*
* *1 egg*
* *salt and freshly ground black pepper to taste*
* *canola oil (for oiling grill pan)*
* *1-2 kaiser rolls*
* *arugla, for serving*
* *sliced tomatoes, for serving*
* *mayonnaise, for serving*

Mix together the beans, breadcrumbs, onions, chili powder, egg, and some salt and pepper in a medium bowl. Form the mixture into 1 big (or 2 smaller) patties. Preheat a grill pan over medium-high heat and add some [canola oil](http://www.foodterms.com/encyclopedia/canola-oil/index.html). Cook the burger 4 minutes per side. Serve on a kaiser roll with arugula, tomato slices, and mayo.

**Taco Pizza** (Recipe courtesy of Ree Drummond)

* *1 teaspoon* [*active dry yeast*](http://www.foodterms.com/encyclopedia/yeast/index.html)
* *4 cups* [*all-purpose flour*](http://www.foodterms.com/encyclopedia/flour/index.html)
* *1/3 cup olive oil, plus more for oiling baking sheet*
* *1 teaspoon kosher salt*
* *one 14-ounce can black beans or 2 cups homemade black beans*
* *1 teaspoon taco seasoning (prepared or make your own)*
* *1/2 cup canola oil, for frying*
* *4* [*corn tortillas*](http://www.foodterms.com/encyclopedia/tortilla/index.html)*, sliced into thin strips*
* *1 cup grated sharp* [*Cheddar*](http://www.foodterms.com/encyclopedia/cheddar/index.html)
* *1 cup grated Monterey Jack*
* *1 head green* [*leaf lettuce*](http://www.foodterms.com/encyclopedia/leaf-lettuce/index.html)*, sliced or shredded thin*
* *2 ripe* [*tomatoes*](http://www.foodterms.com/encyclopedia/tomato/index.html)*, diced*
* *½ cup fresh* [*cilantro*](http://www.foodterms.com/encyclopedia/cilantro/index.html) *leaves*
* *¼ cup* [*sour cream*](http://www.foodterms.com/encyclopedia/sour-cream/index.html)
* *3 tablespoons hot sauce, or more to taste*
* *salsa, for serving*

Make the pizza dough: Mix the yeast with 1 ½ cups warm water and set aside for 8 to 10 minutes. Mix together the flour, [olive oil](http://www.foodterms.com/encyclopedia/olive-oil/index.html), and salt in a bowl using an electric mixer. With the speed on low, [drizzle](http://www.foodterms.com/encyclopedia/drizzle/index.html) in the yeast/water mixture and mix until totally combined. Cover the bowl with a towel and set in a warm, draft-free place. Allow to rise for 1 to 2 hours.

Pour the [black beans](http://www.foodterms.com/encyclopedia/black-bean/index.html) into a [saucepan](http://www.foodterms.com/encyclopedia/saucepan/index.html). Add the taco seasoning, and heat up the beans over medium-low heat. Use a [potato](http://www.foodterms.com/encyclopedia/potato/index.html) masher to mash the beans to the desired texture. Continue cooking/heating over medium-low heat, stirring occasionally, until the beans are no longer runny (they should be the texture of refried beans). Set aside.

In a small skillet, heat the [canola oil](http://www.foodterms.com/encyclopedia/canola-oil/index.html) over medium heat. When hot enough to fry, drop in the tortilla strips in batches, frying them quickly and removing them from the oil with a fork when crisp--30 to 45 seconds per batch. Transfer to a paper towel-lined plate. Set aside.

Position an oven rack in the bottom position in the oven. Preheat the oven to 500° F. Oil a baking sheet with some olive oil.

With your hands, spread the dough out on the oiled baking sheet, making sure it's relatively thin. Spread a layer of [refried beans](http://www.foodterms.com/encyclopedia/refried-beans/index.html) all over the [pizza crust](http://www.foodterms.com/encyclopedia/crust/index.html). Sprinkle the grated Cheddar and [Monterey Jack](http://www.foodterms.com/encyclopedia/monterey-jack/index.html) over the top. Place the baking sheet on the bottom rack in the oven and bake for about 25 minutes, watching to make sure the crust doesn't burn. Remove the pizza from the oven and sprinkle on the shredded lettuce, diced tomatoes and cilantro leaves.

Mix together the sour cream and hot sauce in a small bowl, adding enough hot sauce to make the mixture pourable. With a spoon (or you can put it in a [pastry bag](http://www.foodterms.com/encyclopedia/pastry-bag/index.html)), drizzle the mixture over the finished pizza.

Sprinkle with the tortilla strips. Cut into squares and serve immediately with good-quality salsa. If using leftover homemade black beans, reheat in ½ tablespoon melted butter.

**Grilled Black Bean Burritos** (Recipe courtesy of Ree Drummond)

* *1 yellow squash*
* *1 zucchini*
* *1 ear yellow corn*
* *olive oil, for brushing*
* *salt and freshly ground black pepper*
* *4 burrito-sized tortillas*
* *2 cups black beans*
* *Mexican rice of your choice*
* *½ cup grated Monterey Jack*
* *2 tomatoes, chopped*
* *½ cup chopped onions*

Prepare a grill for medium heat. Split the yellow squash and zucchini lengthwise down the middle. Brush them and the corn with olive oil, sprinkle with salt and pepper, and grill until the veggies are somewhat soft and have nice grill marks. Allow to cool slightly; then cut the squash and zucchini into large dices. Scrape the corn from the cob.

Warm the tortillas in a microwave. Heat the black beans in a pot and mash with a fork.

To build the burritos, heap some Mexican Rice, mashed beans, and diced veggies in the middle of each tortilla. Top with grated cheese, chopped tomatoes, chopped onions, and sour cream. Tuck in the ends, and roll into a burrito shape.

**Hot Cereal Recipe**

Soak overnight the following ingredients:

* *2 cups old-fashioned oats*
* *½ cups shredded coconut, 3 T brown sugar*
* *½ cups pecans*
* *½ cup blueberries, raisins, cranberries, cherries to taste*
* *2 cups shredded apples layered over the top*
* *3 cups vanilla silk*
* *½ tablespoon salt*
* *1 tablespoon vanilla*

Layer the ingredients in a 9 x 13 pan and cover with silk, salt, and vanilla. Bake 350 degrees for ½ hour – 45 minutes.

**Vegan Crazy Dough** (Recipe courtesy of Kitchen Nostalgia)

* *2½ cup (550 ml, 550 g) non-dairy milk, lukewarm*
* *2 tsp sugar*
* *80 g fresh yeast (or 4 tsp active dry yeast or 4 tsp instant yeast)*
* *6⅔ cup (1 kg) all-purpose flour*
* *4 tsp baking powder*
* *3 tsp salt*
* *½ tsp lemon juice*
* *4 Tbsp + 1 tsp oil*

If you’re using instant yeast, mix it directly to flour. For other types of yeast, in a small bowl combine lukewarm milk with sugar and yeast. Let stand until yeast activates, about 10 minutes.

Put the yeast mixture together with remaining ingredients in a bowl of your food processor or mixer. Mix well until you get soft dough, similar to pizza dough. If the dough seems too dry (depending on the kind of flour you’re using), add a little bit more of milk or water. If it is too soft, add just a little bit of flour.

You can start using Vegan Crazy Dough immediately. Shape it any way you like, wait a little bit until it starts expanding (about 15-20 minutes in the warm kitchen), then pop in hot oven.

**Notes**

If you don’t plan to use Crazy Dough immediately, put it in a plastic bag, squeeze the air out, and close the bag. Put it all together in another bag, because the dough will continue expanding and the first bag could burst.
Refrigerate for up to 7 days. Freeze up to 3 months. Defrost and use as you would use fresh dough.

**Split Pea Dry Soup Mix**

**Ingredients for Dry Mix**

* *2 cups dry split peas*
* *2 bay leaves*
* *¼ cups dried onions*
* *1 tsp. salt*
* *2 Tbsp. McKays Chicken Seasoning*

Combine all dry mix ingredients in a Ziploc bag. Store mixes in a cool dry place.

When ready to make the soup, put in one dry mix with the following ingredients in a crock pot and cook on high for several hours until the peas are smooth when stirred.

* *1 diced carrots*
* *1 rib celery*
* *6 cups water*

**Daal (Lentil) Soup Dry Mix**

**Ingredients for Dry Mix**

* *¾ cup green lentils (not green moong dal)*
* *¾ cup red lentils*
* *4 tablespoons dry onion flakes*
* *1 ¼ tsp garlic powder*
* *¼ tsp turmeric powder*
* *½ tsp chili powder*
* *½ tsp cumin powder*
* *½ tsp salt*

Pour the green lentils into the jar or plastic bag first. Then add onion flakes, garlic powder, turmeric, chili powder, cumin, and salt. Then pour in the red lentils. Seal bag or jar tightly.

**Soup instructions**

Use a large, deep skillet with a lid

* *1 medium tomato, chopped*
* *1 tablespoon oil*
* *3 cups water*

Heat the oil in the skillet. Add the tomatoes to the oil, and sauté on medium heat for about a minute. Add soup mix and stir for 2 minutes.

Pour in 3 cups of water. Bring to a boil. Reduce heat to low, and cover the pan. Simmer for about 20 minutes or until cooked. Add more water while cooking, if needed.