

AMERICA'S FIRST COMPLETE GUIDE TO COOKING DELICIOUS NATURAL FOODS

# LAUREL'S KITCHEN

A HANDBOOK FOR VEGETARIAN COOKERY AND NUTRITION
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# Black Bean Soup

11/2 cups black turtle beans 11/2 quarts water or vegetable stock 2 tablespoons oil 1 carrot 1 onion 1 potato 2 stalks celery

1 teaspoon oregano 1/4 teaspoon savory 2 teaspoons salt 1/8 teaspoon pepper juice of 1 lemon 1/2 lemon, thinly sliced

OPTIONAL pinch garlic powder

1 bay leaf Wash the turtle beans and put them in a saucepan along with the stock and 1 tablespoon of oil. Cover tightly, bring to a boil, and simmer for 21/2 hours or so, until beans are quite tender.

Chop the onion and sauté in the remaining oil until soft. Chop the celery, including the leaves. Grate potato and carrot on large grater. Add celery, potato, and carrot to onion and cook over medium heat for

several minutes, stirring all the while.

Add the vegetables to the beans, along with the seasonings, in the last hour of their cooking. Include garlic if desired. Bring the soup to a boil and lower the heat to simmer until the beans and vegetables are done.

Add the lemon juice and lemon slices when the soup has finished cooking.

Makes about 9 cups.

# Vegetable Gumbo Soup

With a little luck, you'll find a produce market that carries fresh okra. Vive la différence!

1 onion, chopped 2 tablespoons oil 3 cloves 1 green pepper, diced 2 cups tomatoes, diced 4 cups vegetable stock 1 cup cooked lima beans 1 cup fresh corn 11/2 cups sliced okra 1 teaspoon salt 1/4 teaspoon allspice

OPTIONAL 1/2 cup cooked brown rice

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#### Eggplant Parmesan

This version is the most delicious eggplant Parme we have had—also the lowest in calories.

1 medium-size eggplant 1½ cups Tomato Sauce (p. 245)

1 cup grated mozzarella cheese

1/2 cup grated Parmesan cheese

2½ cups crushed whole wheat crackers

2 eggs. 1/4 cup milk

1/2 cup whole wheat flour 1 teaspoon salt dash pepper

1/4 teaspoon oregano

#### Prepare three bowls for dipping eggplant slices:

[1] ½ cup whole wheat flour ½ teaspoon salt

[2] 2 eggs, slightly beaten 1/4 cup milk

[3] 2½ cups cracker crumbs ½ teaspoon salt, plus pepper and oregano

Preheat oven to 350°.

Cut eggplant into 1/4-inch rounds. Dip slices in ea

mixture in turn, coating completely.

Layer in 9" × 13" glass dish. (Slices may over but should not cover each other completely.) Sprint each layer with tomato sauce and Parmesan chee Cover tightly and bake for 30 to 45 minutes, or unfork pierces middle slices easily.

Top with mozzarella and remaining Parmesan. Return uncovered to oven just until cheese melts.

Serves 4 to 6.

# Green Goddess Dressing

Good on cabbage as well as lettuce salads.

1/2 cup mayonnaise
1/4 cup yogurt
1/4 cup chopped parsley
1 teaspoon chopped
tresh chives

2 teaspoons vinegar ½ teaspoon salt dash pepper ½ teaspoon basil

Blend everything except mayonnaise. Stir with mayonnaise.

Makes a little more than ½ cup.

## Bleu Cheese Dressing

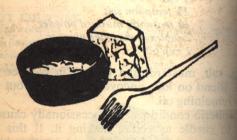
1 ounce bleu cheese
2 tablespoons mayonnaise
2 tablespoons lemon juice
or vinegar
2 tablespoons cottage.

cheese

2 tablespoons buttermilk ¼ teaspoon salt dash dill weed pinch garlic powder pinch white pepper

Crumble bleu cheese with a fork and combine with remaining ingredients.

Makes a scant ½ cup.



## Russian Dressing

4 cup oil 2 tablespoons tomato paste 4 cup mayonnaise 3 tablespoons vinegar 1/2 teaspoon salt
1/4 teaspoon paprika
1/4 teaspoon mustard
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Mix all ingredients together very well. Makes 1 cup.

#### Sesame Dressing

1/2 cup oil
1/4 cup toasted sesame seeds
2 tablespoons lemon juice
1/2 teaspoon salt

OPTIONAL

1 cup chopped parsley

This dressing is fine with or without parsley. Put all ingredients in blender and blend until nearly smooth. Refrigerate.

Makes ½ to ¾ cup.

## Orange-Sesame Dressing

4 cup sesame seeds4/2 teaspoon salt4 cup oil4/8 teaspoon celery seed2 tablespoons lemon juice4/8 teaspoon cumin1 tablespoon vinegar4/8 teaspoon paprika4/2 orange, chopped

Toast sesame seeds by heating in a dry frying pan on medium heat. Grind them in blender. Shake all ingredients together in a jar, or blend.

Makes 3/4 to 1 cup.

#### ORANGE-CELERY DRESSING

Omit the sesame seeds and add ½ cup chopped celery leaves. Blend,