



DINNER BELLE

BY JIL UTTERBACK



I am continuing on with sharing some healthy recipes new to me but that I have tried and really like. In other words, they have to be really good in order to be added to my permanent recipe collection and these definitely are! We spent a week in Florida recently and while there I went to a local grocery store that had all kinds of good healthy food. I tried some Sriracha Carrot Humus that I liked so well, I went online in search of a comparable recipe. I made this and took it to a potluck and everyone loved it! It is a pretty orange fall color!

White Bean & Portabella Stew



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2 Leeks, white part only, halved lengthwise and thinly sliced

2 cloves garlic, minced

1 carrot & 1 celery rib chopped

4 Portabella mushrooms, sliced into ½ inch wide strips

1 TBSP Bragg's Liquid aminos (found with vinegar at the store)

1 TBSP chopped each fresh Rosemary, Thyme and Sage

1 Tsp fennel seeds

3 cups cooked great Northern beans or two 15 oz cans rinsed and drained

4 cups low sodium vegetable broth (or chicken flavored vegetable broth if desired)

1 cup water

1 tsp white miso and 1 tsp liquid smoke

3 cups roughly chopped kale and salt and pepper to taste

In a stew pot saute leeks and garlic in a little water, add the carrot and celery

and sauté, then add the mushrooms, liquid aminos & spices and sauté

(adding a little water as needed). Add all the other ingredients except kale &

liquid smoke and bring to a boil, then reduce the heat and cover-- leaving the

lid open a crack. Simmer 25-30 minutes. Add the liquid smoke and salt & pepper

and fold in the kale and cook just until the kale begins to wilt. Remove from the heat.



Sweet & Spicy Sriracha Carrot Humus

2 carrots, 2 cloves garlic roughly chopped, 2 cans chickpeas (garbanzo beans) rinsed and drained.

¼ cup Olive oil, juice of one lemon, 1 TBSP honey, ¼ cup Sriracha sauce

Salt & pepper, 2-3 TBSP water. Process ingredients gradually adding the

water one TBSP at a time to desired consistency (humus thickens a bit after

refrigerated). Drizzle Sriracha on top for a pretty serving presentation.

Enjoy with crackers or vegetables!

Portabella Mushrooms Burgers with Red Pepper Mayonnaise

I have tried several bean burger recipes and I still have not found one I really like BUT, this recipe fills the hamburger craving for me in a big way! I use Vegenaise found usually at health food stores instead of real mayonnaise but choose your own. I was so glad to find this recipe and will be making this a lot when my meat loving husband grills his hamburgers!

4 Large portabella mushroom caps—marinate 2-3 hours in a Ziploc bag with ½ cup soy sauce, ½ cups balsamic vinegar and 4 chopped cloves of garlic. Roast one red bell pepper on the grill until the skin is blistered and charred, turning often, for about 10 minutes. After cooled, remove and discard the skin, stem and seed the pepper -- then chop. Mix the pepper with the mayo and stir in a little cayenne if desired. Chill until serving time.

Grill the mushroom caps until browned and juicy—about 6 minutes per side. Serve on buns, adding your red pepper mayo and your other favorite toppings.



Buttermilk Biscuits

2 1/3 cups self rising flour, 8 TBSP sugar, 1 stick butter and 1 1/3 cup buttermilk

Mix the flour and sugar, then using a cheese grater, grate the stick of butter into the flour mixture.

Add the buttermilk. Using a 10x 10 square pan buttered, this makes 9 large biscuits, rolling each one in

a little regular flour. Bake 425 degrees for 25 minutes. Brush with butter and bake another 5 minutes.

OMGoodness these are the Best!

Email me at jilu@indian-creek.net with comments!