

EATING FOR HEALTH

RECIPE CLUB

30 September 2014



**The next meeting will be held on 28th October 2014.
Invite your friends. See you then.**

Our Facebook Group - Eating For Health Recipe Club - Hamilton, Victoria
<https://www.facebook.com/groups/171081359679949/>

To access past Recipe Club recipes, please visit our church website :
<http://hamilton.adventist.org.au/hrc>

COOKING WITH KRYSTAL MORRIS

- **TERIYAKI VEGETABLE STIR-FRY**
- **NUTMEAT CASSEROLE**

A Community Service of the Seventh Day Adventist Church

Nutmeat Casserole

Ingredients:

1 tablespoon oil
4 medium carrots, diced
2 medium onions, diced
1 medium zucchini, diced
2 button mushrooms, diced
1 x 400g can of diced tomatoes
1 x 415g can of Sanitarium Vegie Delights Nutmeat, diced
1 x 425g can of Condensed Tomato Soup
250g any Pasta of your choice, cooked and drained
Small handful of grated Cheese (optional)

Method:

1. Place oil in pot and heat up to HIGH on stove.
2. Place carrots, onions, zucchini and mushrooms into the pot. Continue to stir and cook until onion is transparent. (NOTE: It is OK if the carrots and/or zucchini are a little crunchy.)
3. Add diced tomatoes to the pot and stir in.
4. Add Nutmeat and stir in.
5. Add Condensed Tomato Soup, stir in and cook for 5- 10 mins - until soup is completely heated through.
6. Add cooked Pasta and stir through evenly.
7. Serve with grated cheese of your choice on top (Optional).

Serves 7-8



Teriyaki Vegetable Stir-Fry

Ingredients:

2 Large Carrots, Cut into bite-sized pieces
1/2 Green Capsicum, Cut into bite-sized pieces
1/2 Red Capsicum, Cut into bite-sized pieces
100g Button Mushrooms, Sliced
1 Brown Medium Onions, Cut into bite-sized pieces
1 Zucchini, Cut into bite-sized pieces
1/2 Small Broccoli, Cut into bite-sized pieces
1/2 Small Cauliflower, Cut into bite-sized pieces
1-2 Stalks of Bok Choy, Sliced
1/8 Small Cabbage, Sliced
125g Snow Peas, Peeled and Halved
60ml Soy Sauce
1 x 175g Packet of Teriyaki Chicken Recipe Base
1/2 - 250g Packet of Bean Shoots
1 x 500g Packet of Hokkien Noodles
Medium bowl of Hot-boiled water
1/4 cup of Sunflower Oil
1 Cup of Water (if required)

Method:

1. Heat the fry pan to high.
 2. Pour the oil into the fry pan.
 3. Place all the vegetables into the fry pan and stir- fry until the onion and bean shoots are transparent.
 4. Open the packet of Hokkien Noodles and place in a bowl of hot boiled water and gently separate with a fork. Then spread them over the stir-fry and stir them in for about 1 minute. (If the noodles are sticking to the base of the fry pan add 1 cup of water.)
 5. Add 60g Soy Sauce to the fry pan and stir it in.
 6. Add Teriyaki Chicken recipe base and stir it in.
 7. Allow stir- fry to cook for another 5 - 10 minutes (Stirring occasionally).
- Serve.

Serves 8

