

# The Vegetarian Way

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## *Potato Soup*

### INGREDIENTS

2 onions finely diced  
8 large potatoes small cubed  
1 celery stick finely chopped  
2 cloves crushed garlic  
½ red capsicum finely chopped  
1 litre Massel liquid chicken-style stock  
4 Massel chicken-style stock cubes  
1 litre soy milk  
Parsley finely chopped for garnishing

### METHOD

In a large saucepan add all above ingredients with exception of the last two. Simmer together until potatoes are very tender.

When ready, add soy milk, and garnish it with finely chopped parsley.

Bon appétit!

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## *Millet and Vegetable Croquette*

### INGREDIENTS

2 cups millet – cooked, cold  
½ cup plain flour  
½ cup almond meal  
2 tablespoons arrowroot flour  
2 tablespoons olive oil  
1 cup onions chopped  
2 cloves garlic crushed  
1 cup carrots chopped  
¾ cup celery chopped  
1 cup red capsicum chopped  
2 cups zucchini chopped  
3 Massel chicken-style stock cubes  
2 tablespoons parsley finely chopped  
¼ teaspoon sea salt

### METHOD

To cook millet, use 2 cups water per 1 cup dry millet. Cook 20 minutes, and let it cool.  
Mix cooked millet, plain flour, almond meal and arrowroot together.  
In a medium saucepan add olive oil and sauté onions and garlic.  
Add carrots and celery to mixture and cook until semi-tender.  
Add remaining vegetables, and sauté for a couple of minutes more.  
Break up the stock cubes, and add with the salt and parsley into the sautéed vegetables and mix well.  
Remove the veggies from heat and add to the millet-flour mixture.  
Roll it into balls, using 1/8 - 1/4 cup for each ball.  
Bake the balls at 200°C for approximately 30 minutes until nicely browned.

Serve plain or with sauce or gravy.

Cold leftover balls keep 4-6 days refrigerated. Can be used crumbled as sandwich filling.

Bon Appétit

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## *Raw Tomato Sauce*

### INGREDIENTS

1 ½ cups tomatoes – chopped  
3 dates  
¼ cup olive oil  
1 teaspoon salt  
1 tablespoon apple cider vinegar  
½ cup sun-dried tomatoes

### METHOD

Put everything in blender except for sun-dried tomatoes, and blend till smooth. Add sun-dried tomatoes, and blend until sauce consistency.

Enjoy!!!

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## *Millet Pineapple Pie*

Cook 1 cup millet in 2 cups water for 20 minutes.

### INGREDIENTS

3 cups hot cooked millet  
1 cup pineapple juice  
1 tin crushed pineapple (430gms)  
1 cup coconut cream  
¼ cup lemon juice  
3 tablespoons honey  
2 teaspoons vanilla extract  
¼ teaspoon salt  
1 tablespoon lemon rind  
2 x prepared simple pie crusts or biscuit base of your choice

### METHOD

Heat pineapple juice together with the tin of crushed pineapple, juice included. Blend all ingredients together until very smooth and creamy; pour into pie crusts. Chill for a couple of hours before serving. Can be decorated with fruit or whipped cream of your choice.

## *Simple Pie Crust*

### INGREDIENTS

2 cups wholemeal flour  
2 cups plain flour  
½ teaspoon salt  
1 cup water  
1 cup sunflower oil

### METHOD

In mixing bowl mix flours and salt together, and make well in centre. Blend oil and water together till creamy, and pour into flour. Mix gently and as little as possible. Now ready for shaping. Roll into desired baking dish, and bake for approx. 20 minutes on 200°C.