

New Start Health

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Curried vegetable burgers

1 can chick peas, (garbanzo beans), drained and rinsed

1 small onion or half a large onion

1 cup various cooked vegetables (include pumpkin, sweet potato or potato)

1 level teasp. curry powder

Half cup flour (can use gluten-free flour)

1 teasp. unrefined salt

1 egg

1. Place all ingredients, except water, in food processor and blend.
2. Continue blending. Add just enough water to make a 'dropping' consistency.
3. Scoop by the spoonful, like pancakes, into a heated electric fry-pan, the base of which is spread with a little olive oil.
4. After about 5 minutes, turn once. Then another twice as the burgers cook.

Red Kidney Bean Dip

2 cups red kidney beans, cooked and drained

1 cup tomatoes

1 onion, chopped

1 tablesp. tomato paste

1 teasp. sweet paprika

1 teasp. unrefined salt

1. Cook the tomatoes and onions with salt for 10 minutes in a saucepan.
2. Blend all ingredients in a food processor.
3. Warm through in a saucepan on the stove, or can be eaten cold.

Prepare vegetable sticks for dipping, e.g. celery, carrot, cucumber

Guacamole Dip

2 ripe avocados

1 tablesp. lemon juice

1 clove garlic, crushed

1 spring onion

1 large tomato, skinned and chopped

½ teasp. sweet paprika

2 tablesp. fresh coriander, chopped

¼ teasp. unrefined salt

1. Cut the avocados in half and remove stones.
2. Blend avocado flesh in food processor with all other ingredients.

*To make without a food processor, mash with a fork.
Serve as a dip or spread on pita bread.*

Eggplant and Tahini Dip

2 large eggplants

1 clove garlic, crushed

2 tablesp. tahini

1 tablesp. lemon juice

½ teasp. unrefined salt

½ teasp. sweet paprika

1. Prick eggplants and steam, or bake in casserole dish in oven, with lid on.
2. Cut eggplant into slices and remove skin.
3. Blend eggplant in food processor with all other ingredients.

Serve warm on pita bread or with rice crackers.

Potato and Corn Soup

2 corn cobs

3 medium potatoes or sweet potatoes

½ teasp. sweet paprika

1 onion

1 tablesp. olive oil

2 sticks celery

1 vegetable stock cube or 1 teasp. unrefined salt

1 tablesp. corn flour or brown rice flour

750 ml. Water

1. Dice potato, celery and remove husks from corn.
2. Place potato, celery and corn in large saucepan with water. Cook 10 minutes.
3. Remove corn cobs. Cool and strip corn. Put corn back in saucepan with potato and celery.
4. Chop onion and saute in olive oil. Add to saucepan.
5. Simmer a further 5 minutes, adding stock cube or Celtic salt, and sweet paprika.

Ratatouille

- 1 onion, chopped
- 1 cup chopped eggplant
- 1 cup chopped zucchini
- 1 stick chopped celery
- 1 tablesp. chopped parsley
- 400 g. tin tomatoes, or equivalent in fresh
- 1 can red kidney beans
- 1 dessertsp. cold-pressed olive oil
- 1 vegetable stock cube

1. Saute onion and eggplant in olive oil.
2. Stir in other vegetables, tomatoes and stock cube.
3. Simmer until eggplant is cooked.
4. Serve with quinoa.

Thai style stir-fried vegetables

1 tablesp. olive oil

100 g. snow peas

100 g. broccoli or cauliflower

100 g. cabbage

1 carrot

1 stick celery

½ capsicum

1 onion

1 cup shelled or frozen peas

200g. tin coconut milk

1-piece fresh ginger

lemon grass, dried or freshly chopped

1 tablesp. Tamari (low-salt soy sauce)

1 teasp. corn flour mixed with ½ cup water

1. Stir fry onion in olive oil.
2. Add other vegetables and continue to stir-fry for 30 seconds.
3. Add all other ingredients and cook for 5 minutes.
4. Serve with coconut brown rice. (Stir in some coconut oil to the rice before serving).

Sesame Crunch

1 cup rolled oats

½ cup sesame seeds

½ cup coconut

1 teasp. olive oil or coconut oil

1 tablesp. honey

1. Mix all ingredients together in a large saucepan and stir for a minute over a low heat, just until oil and honey have blended through.
2. Spread out mixture in a shallow oven-proof baking dish.
3. Bake in moderate oven for 10 minutes. Remove from oven and stir, then bake a further 5 minutes.
4. Spoon mixture into a glass jar for storage. Eat from a snack cup with a spoon.