

# Vegetarian Freezer Cooking

from 30 Day Gourmet

by  
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## From 30 Day Gourmet

Dear Vegetarian Cooks:

As a child, I always loved to cook. When my mother used to pull out her mixer, I would be there, asking, “Can I help?!” My mother’s cooking method, however, precluded “making a mess,” so young helpers weren’t allowed in her kitchen! If I was lucky, there would be beaters to lick clean (still one of my favorite parts of cooking). Once I was a little older, though (past the “make a mess” stage), my efforts were gladly welcomed. In fact, my mother told me that I made some dishes better than she did—probably because I had the free time to chop the vegetables very thin and deal with the larger number of “things” to cook!

When I was in high school, I decided I would no longer eat meat. My mother’s condition was that I cook my own meals; I think she thought that was a threat! (My family ate meat almost every night.) While I wasn’t always thrilled to have to make my own meals, it was an opportunity to learn to cook “for real” rather than just for special occasions. The fact is that my diet was very repetitive back then. I’ve learned a lot about vegetarian cooking in the last 25 years!

Now that I’m cooking for a whole family of vegetarians (except on those days when my husband cooks), I have created a large number of recipes that we all enjoy. Not to mention a few that one kid will eat only if there’s nothing else for dinner. Probably because of my mother’s early “no messy kids” rule, I never really learned to follow a recipe. When I see an interesting recipe in a magazine, cookbook, or on the ‘Net, I always think, “That sounds great, but wouldn’t it be better if I left out that ingredient and added a different one?” And, particularly when I had 3 teenage boys (also known as “eating machines”) in the house, following a recipe almost always meant doubling it!

One thing we’ve discovered over the last few years is that we enjoy eating different ethnic dishes. Italian is one of our favorites, but we also like French, Chinese, Middle Eastern, Mexican, and Indian meals sometimes. The nice thing is that there are a wide variety of vegetarian ethnic meals. A lot of the recipes I’ve included here are ethnic ones.

And I also discovered the joy of cooking with children! Yes, there is more of a mess, but there’s also the wonder of watching a child learn a new skill—one that will be important to them throughout their lives. (Not to mention how useful it is when your 22 year old is home from college between semesters and you have a young baby in the house who keeps you busy all afternoon and you don’t have a meal in the freezer!) And the look of pride on a child’s face when dinner includes “bread that I made!” is simply unimaginable if you haven’t experienced it. And I also, like my mother, find that my older kids sometimes do a better job cooking than I do because they have the free time to chop the vegetables very thin and deal with the larger number of “things” to cook.

Whether you are a vegetarian family, a family with one or two vegetarians, or just trying to incorporate more vegetarian meals into your meat-eating diet, I hope you’ll find some great recipes here.

### **Brandel**

If you have any comments or questions, please feel free to e-mail me at: [brandel@30daygourmet.com](mailto:brandel@30daygourmet.com) or visit the Vegetarian Freezer Cooking message board thread on our website at [www.30daygourmet.com](http://www.30daygourmet.com)

## SOUP AND SANDWICH RECIPES

### Peach Fruit Soup (Lv)

Recipes	1	2	3	4	5	6
<b>Servings:</b>	6	12	18	24	30	36
<b>Makes:</b>	4-1/2 C.	9 C.	13-1/2 C.	18 C.	22-1/2 C.	27 C.
<b>Ingredients:</b>						
Fresh yellow peach chunks	2-1/2 C.	5 C.	7-1/2 C.	10 C.	12-1/2 C.	15 C.
Cinnamon	1/2 t.	1 t.	1-1/2 t.	2 t.	2-1/2 t.	1 T.
Cardamon	1/2 t.	1 t.	1-1/2 t.	2 t.	2-1/2 t.	1 T.
Vanilla	1 t.	2 t.	1 T.	1 T. + 1 t.	1 T. + 2 t.	2 T.
Orange juice concentrate	1 C.	2 C.	3 C.	4 C.	5 C.	6 C.
Milk	1-1/4 C.	2-1/2 C.	3-3/4 C.	5 C.	6-1/4 C.	7-1/2 C.
Apple juice concentrate	1/2 C.	1 C.	1-1/2 C.	2 C.	2-1/2 C.	3 C.
Mint leaves	8	16	24	32	40	48
Grated lemon peel	1 t.	2 t.	1 T.	1 T. + 1 t.	1 T. + 2 t.	2 T.
<b>On Hand Ingredients:</b>						
Sprigs of mint (for garnish)	6	12	18	24	30	36
Twists of lemon peel (for garnish)	6	12	18	24	30	36

#### Assembly Directions:

Place all ingredients except garnish in food processor bowl.  
Process until smooth.

#### Freezing Directions:

Pour soup into freezer containers. Label, seal, and freeze.

#### Serving Directions:

Thaw briefly at room temperature; break into chunks with a fork. Place in refrigerator for several more hours to finish thawing. Serve cold, with a sprig of mint and a bit of lemon peel on top for garnish

#### Comments:

If you cannot get yellow peaches, you can use white, but replace about 1/3 of the fruit with apricot chunks for color and flavor. This is a great summer appetizer that can also work as a dessert!

To make this vegan, substitute any vegan milk for the dairy milk.

#### Nutritional Info:

Per Serving: 174 Calories; 1g Fat (6.2% calories from fat); 4g Protein; 39g Carbohydrate; 2g Dietary Fiber; 4mg Cholesterol; 33mg Sodium.  
Exchanges: 2-1/2 Fruit.



## SIDES AND SALAD RECIPES

### Egg Rolls (V)

Recipes:	1	2	3	4	5	6
Servings:	6	12	18	24	30	36
Makes:	12	24	36	48	60	72
<b>Ingredients:</b>						
Oil	1 T.	2 T.	3 T.	1/4 C.	1/4 C. + 1 T.	1/4 C. + 2 T.
Grated cabbage	3 C.	6 C.	9 C.	12 C.	15 C.	18 C.
Grated carrots	1-1/2 C.	3 C.	4-1/2 C.	6 C.	7-1/2 C.	9 C.
Grated onion	1/4 C.	1/2 C.	3/4 C.	1 C.	1-1/4 C.	1-1/2 C.
Garlic cloves, minced	2	4	6	8	10	12
Soy sauce	1 T.	2 T.	3 T.	1/4 C.	1/4 C. + 1 T.	1/4 C. + 2 T.
Powdered ginger	1-1/2 t.	1 T.	1-1/2 T.	2 T.	2-1/2 T.	3 T.
Egg roll wrappers (6-7" square)*	12	24	36	48	60	72

#### Assembly Directions:

Heat oil in a large pot and fry vegetables together with soy sauce and ginger for about 15 min. Cool. Place one wrapper flat on table. Spread about 1/4 C. filling across one end of the square, leaving about an inch on each of the three sides. Fold over the 2 sides, then the end of the square. Roll up towards the other end. Press gently to seal and flatten slightly.

To deep fry, heat oil in a large pot or wok. Fry egg rolls until they start to turn brown, about 15 minutes. You may have to turn them over to brown evenly. To pan fry, heat oil in a frying pan. Fry egg rolls on one side until starting to brown. Flip them over and fry on the second side. For an alternative that is lower in fat and faster to make, these can be oven-fried. Lightly grease a baking dish; place egg rolls on the greased surface and brush each lightly with oil. Preheat oven to 350 degrees and bake for about 15 minutes, turning once after about the first 10 minutes.

#### Freezing Directions:

Egg rolls can be frozen before or after frying. In either case, lay them out flat on a cookie sheet until frozen, then place in a freezer bag or container; seal and label.

#### Serving Directions:

To reheat fried egg rolls, bake in a 350 degree oven for about 10 minutes after thawing, or about 15-20 minutes if heating still-frozen egg rolls. Raw frozen egg rolls can be cooked as above, but it may take a few more minutes. Cook until light brown.

#### Comments:

I invented this recipe when I had a craving for egg rolls and couldn't run out and buy them at a Chinese restaurant. They taste as good as the professional ones, and you can adjust the vegetables (fresh mushrooms or bean sprouts are great additions!) and flavorings to your own taste.

#### Nutritional Info:

Per Serving: 236 Calories; 3g Fat (13.1% calories from fat); 8g Protein; 43g Carbohydrate; 2g Dietary Fiber; 6mg Cholesterol; 551mg Sodium. Exchanges: 2-1/2 Grain (Starch); 1 Vegetable; 1/2 Fat.



## SNACK AND DESSERT RECIPES

### Carrot Cake (V)

Recipes:	1	2	3	4	5	6
<b>Servings:</b>	<b>16</b>	<b>32</b>	<b>48</b>	<b>64</b>	<b>80</b>	<b>96</b>
<b>Ingredients:</b>						
Grated carrot	2 C.	4 C.	6 C.	8 C.	10 C.	12 C.
Brown sugar	3/4 C.	1-1/2 C.	2-1/4 C.	3 C.	3-3/4 C.	4 1/2 C.
Oil	1/3 C.	2/3 C.	1 C.	1 1/3 C.	1-2/3 C.	2 C.
Water	1/2 C.	1 C.	1-1/2 C.	2 C.	2-1/2 C.	3 C.
Vinegar	1 T.	2 T.	3 T.	1/4 C.	1/4 C. + 1 T.	1/4 C. + 2 T.
Raisins	1 C.	2 C.	3 C.	4 C.	5 C.	6 C.
Flour	2 C.	4 C.	6 C.	8 C.	10 C.	12 C.
Baking soda	1-1/2 t.	1 T.	1-1/2 T.	2 T.	2-1/2 T.	3 T.
Cinnamon	1 t.	2 t.	1 T.	1 T. + 1 t.	1 T. + 2 t.	2 T.
Cloves	1/2 t.	1 t.	1-1/2 t.	2 t.	2-1/2 t.	1 T.
Cardamon	1/2 t.	1 t.	1-1/2 t.	2 t.	2-1/2 t.	1 T.
Nutmeg	1/4 t.	1/2 t.	3/4 t.	1 t.	1-1/4 t.	1/2 T.

#### Assembly Directions:

Grease an 8" square baking dish or line the bottom with parchment paper. (Greasing is preferred if you want to cut the cake before freezing; lining if you want to freeze it whole.) Preheat oven to 350 degrees. Mix carrot and sugar. Stir in oil, water, and vinegar; mix in raisins. In a separate bowl, mix flour, baking soda, cinnamon, cloves, cardamon, and nutmeg. (Or add everything to flour in its measuring cup and mix with the back of the spoon.) Add flour mixture to carrot mixture and mix together well. Pour into baking dish. Bake cake for about 30 minutes until a toothpick stuck into the cake near the middle comes out with no wet crumbs on it.

#### Freezing Directions:

Cool. Place in freezer bag, label, seal, and freeze. Or cut cake into 16 pieces and place on a cookie sheet to freeze; one solid, place individual pieces in individual sandwich bags and place these bags into freezer bags or containers. Label and seal.

#### Serving Directions:

To thaw, heat in oven for about 15 minutes for individual pieces or 20 minutes for a whole cake. Or eat cold right out of the freezer; this cake doesn't freeze solid.

#### Comments:

Best served warm. This cake has a nice mild spice flavor. If you don't have cardamon, you can leave it out, but it is even better with it!

#### Nutritional Info:

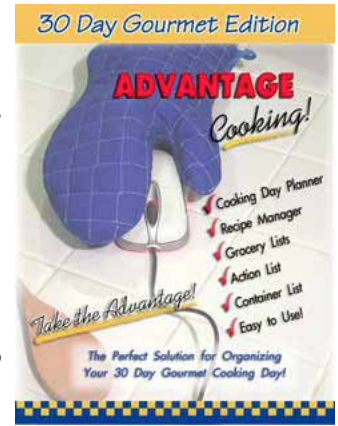
Per Serving: 157 Calories; 5g Fat (26.7% calories from fat); 2g Protein; 28g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 128mg Sodium.  
Exchanges: 1 Grain (Starch); 1/2 Vegetable; 1/2 Fruit; 1 Fat; 1/2 Other Carbohydrates.



## 30 Day Gourmet Edition of the Advantage Cooking Software

Looking for a better way to organize your recipes, cooking supplies and grocery lists for freezer cooking? Let the **30 Day Gourmet Edition of the Advantage Cooking Software** help you! This fully downloadable software is available from 30 Day Gourmet, Inc. for \$34.95. Use the included recipes or easily add your own. Group them together based on how you cook. Once you've selected which recipes you want to make, the **30 Day Gourmet Edition of the Advantage Cooking Software** quickly gives you a detailed shopping list. To help your cooking day go smoothly, use the variety of reports offered.

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