



# Plant-Based Food Recipes for Schools, Camps, Institutions & Homes

All of the recipes outlined in this chapter have been prepared, eaten and enjoyed by people of all ages, young and old alike. They have been made at home, school cafeterias, restaurants, camps, businesses and other institutions. They have great nutritional value and are delicious.

Great thanks and appreciation to Jennifer Raymond, Physician's Committee for Responsible Medicine (PCRM), Vegetarian Resource Group, the Staff of Life Health Food Store, True Nature Health Food Store, Ruth Frase, Ed Crammer, Saturn Café, Keffi's, Sprouts, Patricia Becker, Kerri Creations and David and Annie Jubb for their contributions of recipes that make up this chapter.

Many of the recipes contributed by Jennifer Raymond, an expert in school food preparation, have been analyzed using SNAP, a USDA-approved nutrient analysis software program. Recipes analyzed with this method are indicated with a (USDA/SNAP) symbol next to the nutrition information appearing in an index format at the end of the recipe.

The recipes in this chapter are divided into three sections. The first section, School & Institutional Size Recipes, yields large quantities. Jennifer Raymond designed this first section of recipes specifically for public schools and they also can be used for other institutions. The School & Institutional Size Recipes already meet

the constraints schools have with regard to government regulations, food availability and limited budgets.

The second section, Additional Institutional Size Recipes, are for all institutions and some of them may work great for schools as well, depending upon availability of ingredients. This second section of recipes was contributed by some of Santa Cruz, California's most popular chefs and healthy food establishments, Physicians Committee for Responsible Medicine (PCRM), and Vegetarian Resource Group.

The third section also designed mostly by Jennifer Raymond, are for home-size recipes. These homestyle recipes are identical to many of the School & Institutional Size Recipes so parents can serve the same meals at home that are being offered in school cafeterias. David and Annie Jubb contributed the salad dressings, which are called "living foods" and are designed for optimal health.

## **For information about these and other recipes please contact the creators:**

**Jennifer Raymond** (vegicook@aol.com) teaches cooking and nutrition in schools and spas throughout the United States. She has worked with the wellness programs of Dr. Dean Ornish, Dr. John McDougall, and Dr. Neal Barnard. She is the author of numerous cookbooks, including *The Peaceful Palate* and *Fat-Free & Easy* which may be ordered by calling 1(800) 695-2241 in Humboldt County, California.

**Physician's Committee for Responsible Medicine (PCRM)**. These recipes are from **PCRM's Gold Plan**, a complete institutional guide for healthy low-fat cuisine. Gold Plan includes recipes and educational material suitable for hospitals, schools and large institutions. PO Box 6322, Washington, DC 20015; (202) 686-2210.

**Vegetarian Resource Group (VRG)**. These recipes are from **VRG's quantity Recipe Pak** that contains vegan recipes and a list of suppliers of bulk vegetarian foods. PO Box 1463, Baltimore, MD 21203; (410) 366-VEGE.

The following from **Santa Cruz, CA** were kind enough to contribute some of their best recipes to this project: **Staff of Life** (Health Food Store), **True Nature** (Health Food Store), **Saturn Café** (Restaurant), **Restaurant Keffi**, **Sprouts**, **Kerri Creations** and **Patricia Becker**, Nutritional Counselor, Los Altos, CA.

**David and Annie Jubb** contributed the salad dressings and are authors of many living food recipe books as well as creators and practitioners of **Whole Brain Function**. 514 E. 5th St. #10, NY, NY 10009, (212) 420-8270.

## School & Institutional Size Recipes

### Pita Pizzas

*(contributed by Jennifer Raymond)*

*Yields 75 to 100 pizzas*

- 1 #10 can tomato sauce or crushed tomatoes
- 3 15-ounce cans tomato paste
- 2 tablespoons garlic powder
- 1 tablespoon each: basil, oregano, thyme
- 75 to 100 (pieces) pita breads
- 20 to 30 cups chopped vegetables including green onion, bell pepper, and mushrooms

Procedure: Turn pita bread upside down so it looks like a saucer. Spread with pizza sauce. Top liberally with chopped vegetables. Place on a cookie sheet and bake about 10 minutes at 375°F until the edges are lightly browned.

Nutrition information per pizza:

Calories:	85 calories (9% from fat)
Protein:	7 g
Carbohydrate:	35 g
Fat:	2 g
Sodium:	337 mg
Calcium:	76 mg

### Chili Con Veggie

*(contributed by Jennifer Raymond)*

*Yields about 4 gallons*

- 12 cups chopped onions
- 1/3 cup minced garlic
- 1 quart diced bell peppers, fresh or frozen
- 2 #10 cans crushed tomatoes
- 3 #10 cans pinto beans, including liquid
- 1 #10 can corn, including liquid
- 1 30-ounce package Archer Daniels Midland (ADM) Harvest Burger Dry Mix (or 8 cups other textured vegetable protein)
- 1-1/2 quarts water
- 1 cup chili powder (more for a spicier chili)
- 1/4 cup ground cumin
- 1 teaspoon salt

Procedure: Heat about 1 cup of water in a large pot or steam-jacketed kettle and cook the onions and garlic about 5 minutes until the onions are soft. Add the remaining ingredients and simmer about 30 minutes, stirring occasionally. Add water if the chili becomes too thick.

Nutrition information per 1/2 cup:

(USDA/SNAP)	
Calories:	152
Protein:	9 g
Carbohydrate:	27 g
Fat:	0 g
Cholesterol:	0 mg
Fiber:	7 g
Sodium:	319 mg
Vitamin A:	96 RE
Vitamin C:	13 mg
Iron:	3 mg
Calcium:	65 mg

## Terrific Tacos

*(contributed by Jennifer Raymond)*

**Yields 100 tacos**

**(1/4 cup of filling per taco)**

1 cup water  
3 quarts chopped onion  
1 quart finely chopped green bell peppers (optional)  
1 30-ounce package ADM Harvest Burger Dry Mix (or 8 cups other textured veggie protein-tvp)  
1 #10 can crushed tomatoes or tomato sauce  
1/3 to 1/2 cup chili powder  
1/4 cup granulated garlic  
1-1/2 tablespoons cumin  
100 corn tortillas or preformed taco shells

Garnish options:

1 gallon shredded romaine lettuce  
7 medium tomatoes, diced  
1-1/2 lbs.. cheddar cheese, shredded (optional)  
salsa or taco sauce

Procedure: Heat the water in a large pot or steam-jacketed kettle. Add the onions and bell peppers and cook until soft. Add the tvp, crushed tomatoes or tomato sauce, water, chili powder, granulated garlic, and cumin. Cook over low heat until the tvp is softened and the mixture is fairly dry, about 30 minutes.

Note: Filling may need salt if plain unseasoned tvp is used.

For soft shell tacos: Heat corn tortillas in a warmer or oven. Place 1/4 cup of filling in the center, fold the tortilla in half, and place on sheet pan. Continue until all tortillas are filled. Cover with plastic film and hold in warmer until ready to serve. Garnish options: lettuce, tomatoes, cheese, salsa. For crisp shell tacos: Place 1/4 cup of filling into preformed taco shell just before serving. Garnish with lettuce, onions, tomatoes, and salsa.

Nutrition information per taco:

Calories:	126 (10% from fat)
Protein:	7 g
Carbohydrate:	21 g
Fat:	1 g
Sodium:	75 mg
Calcium:	92 mg

## Hearty Chili Mac

*(contributed by Jennifer Raymond)*

**Yields 100 cups**

5 pounds uncooked pasta spirals  
1 gallon chopped onions  
1/3 cup minced garlic  
1 quart diced bell peppers, fresh or frozen  
2 #10 cans crushed or diced tomatoes  
2 #10 cans kidney or pinto beans, including liquid  
1 #10 can corn, including liquid  
1 30-ounce package ADM Harvest Burger Dry Mix (or 8 cups other textured vegetable protein-tvp)  
1-1/2 quarts water  
1-1/2 cups chili powder  
1/4 cup ground cumin  
2 teaspoons salt

Cook the pasta in boiling water until it is just tender. Drain and rinse.

Procedure: Heat about 1 cup of water in a large pot or steam-jacketed kettle and cook the onions and garlic about 5 minutes until the onions are soft. Add the remaining ingredients and simmer 30 minutes. Combine with the cooked pasta.

Nutrition information per 1/2 cup:

Calories:	109 (2% from fat)
Protein:	6 g
Carbohydrate:	20 g
Fat:	0.4 g
Sodium:	138 mg

## Pueblo Pie

*(contributed by Jennifer Raymond)*

**Yields 3 half-pans (12 x 10 x 20)  
48 servings (2-1/2 x 3 inches)**

Pueblo Pie is a bit like a Mexican lasagna, with layers of tortillas, garbanzo cheese, chili beans, corn, and a spicy tomato sauce. Serve it with a green salad for a very satisfying meal.

1 cup water  
1-1/2 quarts chopped onions  
2 tablespoons minced garlic  
1 #10 can crushed tomatoes  
1-1/3 cups textured vegetable protein (tvp)  
3 cups water  
1/2 cup chili powder  
2 tablespoons ground cumin  
1-1/2 teaspoons salt  
6 cups garbanzo beans, drained  
1-1/2 cups roasted red peppers, chopped (about 3 peppers)  
1/2 cup tahini (sesame seed butter)  
1/2 cup lemon juice  
48 corn tortillas, torn in half  
1 #10 can vegetarian chili beans  
4 cups chopped green onions  
6 cups corn, fresh or frozen  
2 cups sliced or chopped olives (optional)

Procedure: Heat 1/2 cup of water in a large pot or skillet and cook the onions and garlic about 5

minutes, until soft. Add the tomatoes, tvp, balance of water, chili powder, cumin, and salt. Simmer over medium heat 10 to 15 minutes.

Process the garbanzo beans, roasted peppers, tahini, and lemon juice in a food processor or blender until very smooth.

Preheat the oven to 350° F.

Spread a thin layer of the tomato sauce in the bottom of a #200 half pan. Cover with a layer of tortillas, then spread with a thin layer of the garbanzo bean mixture. Sprinkle with some of the chili beans, green onions, corn, and olives. Spread a layer of tomato sauce over the top. Repeat the layers twice, ending with the tomato sauce. Make sure all the tortillas are covered. Cover with foil and bake for 30 minutes.

Nutrition information per serving:

Calories:	282
Protein:	13 g
Carbohydrate:	47 g
Fat:	4 g
Sodium:	347 mg

## Very Primo Pasta

*(contributed by Jennifer Raymond)*

**Yields 50 cups**

Mix some pasta with veggies and beans for a deliciously satisfying meal.

5 pounds uncooked spirals, shells or similar type pasta.  
1 cup water  
1 gallon chopped onions  
1/3 cup minced garlic  
8 stalks celery, sliced  
1 quart diced bell peppers, fresh or frozen  
2 #10 cans crushed tomatoes  
2 #10 cans kidney beans, including liquid  
1/2 cup soy sauce  
2 tablespoons mixed Italian herbs  
2 tablespoons basil  
1 teaspoon black pepper  
1 teaspoon salt

Procedure: Cook the pasta until it is just tender, then drain and rinse. Heat 1 cup of water in a large pot or steam-jacketed kettle. Cook the onions, garlic, peppers, and celery for 10 minutes, stirring occasionally. Add the tomatoes, kidney beans with their liquid, soy sauce, Italian herbs, basil, and pepper. Cover and simmer, 15 to 20 minutes, stirring occasionally. Stir in the cooked pasta. Add salt if needed.

Nutrition information per serving:

Calories:	147 (2% from fat)
Protein:	6.5 g
Carbohydrate:	29 g
Fat:	0.4
Sodium:	137 mg

## Simple Refried Beans

*(contributed by Jennifer Raymond)*

***Yields about 25 cups***

***(50 1/2 cup servings)***

5 pounds dried pinto beans  
2 gallons water  
1/2 cup onion powder  
2 tablespoons granulated garlic  
3 tablespoons cumin  
1 teaspoon cayenne  
2 to 2-1/2 tablespoons salt

Procedure: Pick through the beans to remove any debris. Place in a large pot or bowl and add 2 gallons of water. Soak at least 6 hours or overnight.

Pour off soak water and rinse beans. Place in a large pot or steam-jacketed kettle with 2 gallons of fresh water. Add seasonings (except salt) and simmer, 1 to 3 hours, stirring occasionally until desired consistency is obtained. Stir in salt.

Nutrition information per 1/2 cup:  
(USDA/SNAP)

Calories:	122
Protein:	6 g
Carbohydrate:	23 g
Fat:	0 g
Cholesterol:	0 mg
Fiber:	4 g
Sodium:	322 mg
Vitamin A:	2 RE
Vitamin C:	2 mg
Iron:	3 mg
Calcium:	51 mg

## Quick Bean Burritos

*(contributed by Jennifer Raymond)*

***Yields 45 to 50 burritos***

***(1/2 cup beans per burrito)***

2 #10 cans vegetarian refried beans, heated  
4-5 dozen flour tortillas

Optional garnishes:

10-15 tomatoes, diced (about 3 quarts)  
3 bunches green onions, thinly sliced (about 3 cups)  
1-1/2 to 3 pounds reduced-fat cheddar cheese, shredded  
1 to 2 quarts salsa

Procedure: Heat the tortillas in the package in a microwave oven until they are warm and soft. Fill with 1/2 cup of beans and any desired garnishes. Fold the edges in, then roll the tortilla around the filling and place on a sheet pan. Repeat with remaining tortillas until sheet pan is filled. Cover with plastic wrap and hold in the warmer.

Nutrition information per burrito:

Calories:	300 (10% from fat)
Protein:	2 g
Carbohydrate:	55 g
Fat:	3 g
Sodium:	196 mg
Calcium:	82 mg

Variation: For Black Bean Burritos, use 2 #10 cans of refried black beans in place of the pinto beans. Proceed as directed.

## Bean Burritos

*(contributed by Jennifer Raymond)*

**Yields (using dried beans) about 100 burritos (1/2 cup beans per burrito)**

10 pounds dried pinto beans  
4 gallons water  
1 cup onion powder  
1/4 cup granulated garlic  
1/3 cup cumin  
1 to 2 teaspoons cayenne  
4 to 5 tablespoons salt  
8 to 9 dozen flour tortillas

Optional garnishes:

10 to 15 tomatoes, diced (about 3 quarts)  
3 bunches green onions, thinly sliced (about 3 cups)  
3 quarts salsa

Procedure: Pick through the beans to remove any debris. Place in a large pot or bowl and add 4 gallons of water. Soak at least 6 hours or overnight.

Pour off soak water and rinse beans. Place in a large pot or steam-jacketed kettle with 4 gallons of fresh water. Add seasonings (except salt) and simmer 1 to 3 hours, stirring occasionally, until desired consistency is obtained. Stir in salt to taste.

Heat the tortillas in the package in a microwave oven until they are warm and soft. Fill with 1/2 cup of beans and any desired garnishes. Fold the edges in, then roll the tortilla around the filling and place on a sheet pan. Repeat with remaining tortillas until sheet pan is filled. Cover with plastic wrap and hold in the warmer.

Nutrition information per burrito:

Calories:	300 (10% from fat)
Protein:	12 g
Carbohydrate:	55 g
Fat:	3 g
Sodium:	196 mg
Calcium:	82 mg

Variation: For Bean and Cheese Burritos, add 1-1/2 to 3 pounds of shredded reduced-fat cheddar cheese to the cooked beans and stir well to mix. Proceed as above.

## Super Burritos

*(contributed by Jennifer Raymond)*

**Yields 48 to 60 burritos**

2 #10 cans fat-free refried beans, or 1 batch Simple Refried Beans  
3 quarts cooked brown rice  
4 to 5 dozen flour tortillas (preferably whole wheat)  
1-1/2 pounds cheddar cheese, shredded (optional)  
1 to 2 quarts salsa

Nutrition information per burrito:

Calories:	300 (10% from fat)
Protein:	12 g
Carbohydrate:	55 g
Fat:	3 g
Sodium:	196 mg
Calcium:	82 mg

Procedure: Heat beans and rice. Heat tortillas in their package in microwave or in foil in the oven until they are warm and soft. Spread 1/2 cup beans and 1/2 cup rice down the center of the tortilla. Sprinkle with cheese (if using) and salsa. Fold top and bottom of tortilla toward the center, then start at the side and roll tortilla tightly around filling. Place on a baking sheet. Repeat with remaining tortillas. Cover with plastic or foil and place into warmer until ready to serve.

## Shepherd's Pie

*(contributed by Jennifer Raymond)*

**Yields 50 to 60 servings**

This is a hearty and satisfying vegetable stew with a top "crust" of fluffy mashed potatoes.

- 30 pounds potatoes
- 1 to 2 cups milk (soy, rice, or dairy)
- 2 teaspoons salt
  
- 12 onions, chopped
- 6 large bell peppers, diced
- 12 carrots, sliced
- 12 stalks of celery, sliced
- 2-1/2 lbs. mushrooms, sliced (about 3 quarts)
- 1 #10 can crushed tomatoes
- 1 #10 can kidney beans
- 1 tablespoon paprika
- 2 teaspoons black pepper
- 3/4 cup soy sauce

**Procedure:** Scrub potatoes and cut into large chunks. Place in a pot, cover with water and cook until tender. Mash, adding enough milk

to achieve a spreadable consistency. Stir in salt. Set aside.

Heat 1 to 2 cups of water in a large pot or steam kettle. Add the onions, peppers, carrots, and celery and cook over medium heat, about 20 minutes, until the vegetables are soft.

Add mushrooms, then cover and cook 20 minutes. Stir in tomatoes, kidney beans (including liquid), paprika, pepper and soy sauce. Cover and simmer 10 to 15 minutes.

Preheat oven to 350°F. Spread the vegetable mixture into a full pan, then spread the mashed potatoes evenly over the top. Sprinkle with paprika. Bake until hot and bubbly, about 25 minutes.

## Chili Corn Pie

*(contributed by Jennifer Raymond)*

**Yields 48 servings**

- 2 #10 cans vegetarian chili beans, with their juice
- 3 cups textured vegetable protein (optional)
- 3 cups water
- 6 cups frozen corn
  
- 6 cups corn meal
- 2 tablespoons baking soda
- 1-1/2 teaspoons salt
- 9 cups low-fat milk (soy, rice, or dairy)
- 1/2 cup vinegar
- 1/2 cup oil

**Procedure:** Combine chili beans, textured vegetable protein, water, and corn in a steam tray. Place in a 400°F oven until hot, about 30 minutes.

Combine corn meal, baking soda, and salt in a bowl. Stir in milk, vinegar and oil. Pour over the hot bean mixture. Bake about 30 minutes until the bread is set and golden brown.

**Nutrition information per serving:**

Calories:	234 (14% from fat)
Protein:	9 g
Carbohydrate:	41 g
Fat:	4 g
Sodium:	329 mg
Calcium:	28 mg

## Sweet & Sour Stir-fry Vegetables

(contributed by Jennifer Raymond)

**Yields about 50 cups**

2 cups ketchup  
2 cups vinegar  
2 cups brown sugar or honey  
1/3 cup soy sauce  
2/3 cup cornstarch  
1 teaspoon dried red pepper flakes OR  
1/2 teaspoon cayenne  
3 cups water  
1/4 cup toasted sesame oil  
3 quarts thinly sliced onions  
2 tablespoons minced garlic  
10 carrots, thinly sliced  
10 stalks celery, thinly sliced  
3 pounds mushrooms, sliced (about 1 gallon)  
10 red bell peppers, thinly sliced  
10 medium zucchini, thinly sliced  
10 cups snow peas

Cooked rice for serving

Procedure: Combine ketchup, vinegar, sugar or honey, soy sauce, cornstarch, pepper flakes or cayenne and water in a small bowl. Stir to mix, then set aside.

In a large skillet or wok, heat sesame oil and add onion, garlic, carrots, and celery. Cook about 10 minutes,

stirring often, until vegetables just begin to soften. Add mushrooms and cook 5 minutes. Add bell pepper and zucchini. Continue cooking another 5 to 10 minutes over medium-high heat, stirring continuously, until the vegetables are just tender. Add the snow peas and sauce mixture and cook 2 to 5 minutes, stirring constantly, until sauce is clear and thickened. Serve with rice.

Nutrition information per 1/2 cup: (USDA/SNAP)

Calories:	99
Protein:	2 g
Carbohydrate:	18 g
Fat:	2 g
Cholesterol:	0 mg
Fiber:	4 g
Sodium:	116 mg
Vitamin A:	365 RE
Vitamin C:	37 mg
Iron:	2 mg
Calcium:	44 mg

## Thai Vegetables with Rice

(contributed by Jennifer Raymond)

**Yields 50 cups**

These versatile, spicy vegetables are delicious with rice or try them with pasta or couscous for a variation.

1/3 cup soy sauce  
6 onions, thinly sliced  
1/4 cup minced garlic  
6 pounds yams, peeled and diced  
1 #10 can crushed tomatoes  
3 to 6 tablespoons curry powder  
1 #10 can garbanzo beans  
3 quarts sliced zucchini (about 6 pounds)  
6 red bell peppers, cut into thin strips  
1/4 cup grated lemon peel  
1/3 cup lemon juice

Procedure: Heat 2 cups water and the soy sauce in a large pot or steam kettle. Add onions and garlic and cook about 10 minutes

until soft. Add yams, tomatoes, curry powder and 3 cups of water. Cover and simmer about 20 minutes until yams are just tender. Add garbanzo beans with their liquid, the zucchini, bell pepper, and grated lemon peel. Cover and simmer about 5 minutes until zucchini is just tender, then stir in the lemon juice.

Nutrition information per serving:

Calories:	286
Protein:	7 g
Carbohydrate:	62 g
Fat:	1 g
Sodium:	166 mg

## Sweet & Sour Sauce

*(contributed by Jennifer Raymond)*

*Yields about 2 quarts*

2 cups ketchup  
2 cups vinegar  
2 cups brown sugar  
1/3 cup soy sauce  
2/3 cup cornstarch  
1 teaspoon dried red pepper flakes  
3 cups water

Procedure: Combine all ingredients in a pan and whisk to remove any lumps. Cook, stirring often, over medium heat until sauce is thickened.

## Simple Peanut Sauce

*(contributed by Jennifer Raymond)*

*Yields about 1 quart*

2 cups peanut butter  
2 cups hot water  
1/4 cup soy sauce  
1/4 cup seasoned rice vinegar  
3 tablespoons sugar or honey  
2 tablespoons crushed garlic  
2 teaspoons ginger powder  
1 teaspoon cayenne

Procedure: Mix all ingredients together with a whisk until smooth. Add more water if sauce is too thick.

## Simple Marinara Sauce

*(contributed by Jennifer Raymond)*

*Yields about 1 gallon*

8 onions, chopped (about 12 cups)  
4 tablespoons crushed garlic  
1 #10 can crushed tomatoes  
4 tablespoons mixed Italian herbs  
1/4 cup honey or sugar  
1 teaspoon black pepper

Procedure: Heat 1 to 2 cups water in a large pot or steam kettle, then add onions and garlic. Cook about 30 minutes, stirring frequently, until onions soften and begin to brown. Add remaining ingredients and simmer for 20 to 30 minutes. Use for lasagna and other pasta dishes.

## Simple Pizza Sauce

*(contributed by Jennifer Raymond)*

*Yields just under 1 gallon*

1 #10 can tomato sauce  
3 15-ounce cans tomato paste  
2 tablespoons garlic powder  
1 tablespoon mixed Italian herbs

Stir all ingredients together.