

Green Bean Casserole:

3 Packets IP Mushroom Soup
12 Oz. Veggie Broth (or water)
1 teaspoon Bragg Liquid Aminos (optional)
2 Containers of sliced mushrooms (or 1 can) – chopped in small pieces
1 teaspoon ground black pepper
1 teaspoon Sea Salt
3-5 cloves of garlic (minced)
1-2 teaspoons Olive Oil
2 large cans green beans (rinsed)
2 Packets of ground Garlic & Onion Soya Puffs
1 Red Onion
1 teaspoon Onion Powder
1 teaspoon Fresh or spice Dill

Slice Onion into rings and spread on bottom of baking pan. Pour minced garlic, some salt, and dill with olive oil over onions. Bake in oven for 15 minutes at 300 (just to soften them)

Soup Mix - Stir together the soup, veggie broth (or water), Braggs, black pepper, other spices, and mushrooms.

In 3-quart casserole dish mix the green beans, 1 package of crushed IP Garlic & Onion Puffs and soup mix. Then top off with the rings of slightly cooked red onions and the other package of crushed IP Garlic & Onion Puffs

Bake at 350°F for 30 minutes or until the bean mixture is hot and bubbling. Ready to serve.
Optional – Mix before serving

Custard

2 Butterscotch IP Puddings
2 Vanilla IP Puddings
1 Egg White
Dash of Real Salt
Pumpkin Pie Spice & Nutmeg (To Taste)
Bake 20 minutes 350 Degrees / Chill

IP SPICED CHAI TEA

Ingredients:

8-12 Ounces Water

1 Bengal Spice Tea Bag (Celestial Seasoning sold at Fred Meyer)

1 Cinnamon Stick (Optional)

1-4 Oz. IP Ready-Made Vanilla (To Flavor)

1-2 teaspoons WF Marshmallow Dip (Fred Meyer)

Heat Water in tea kettle. Pour 8-12 ounces of heated water into cup with 1

Bengal Spice tea bag and cinnamon stick – steep for 2-4 minutes or, to

desired strength. Remove tea bag. Stir in IP Ready-Made Vanilla – use

cinnamon stick as stirring stick. Optional – Add 1-2 teaspoons of WF

Marshmallow Dip

MASHED POTATOES

Ingredients:

1 head of fresh cauliflower

Onion powder

Garlic powder

REALSALT (Sea salt), to taste

1 packet of Ideal Protein Leek soup or Ideal Protein Chicken soup

Optional: Wasabi Powder (to taste – gives it a zing!)

Optional: 1-2 tsp. Olive Oil

Steam (preferred) or boil the cauliflower until it is very, very soft. Drain the

water (if boiled). Add the seasonings (be creative) and add 1 packet of

any of the soup mixes (to taste). Add Olive Oil and mash well -

serve steaming hot

SAUCE / GRAVY

Pour 6.5 oz. (200 ml) of hot (not boiling) water into a bowl. Add one packet

of Ideal Protein Chicken Soup or Leek Soup and mix with a mixer or hand

mixer. Serve over vegetables and/or meat.

Add more or less water depending on how thick you prefer the sauce.

Stuffing:

2 cups of your favorite vegetables chopped up in food processor
1 cup of diced mushrooms
3 egg whites
1 tsp Poultry Seasoning
1 tsp sea salt and fresh ground black pepper to taste
8 – 16 oz water
1 -2 TBS Braggs Liquid Aminos (optiona)

IP packets:

1 – Chicken Soup

2 – Oatmeal

Optional 1 – Garlic and Onion Soy Nuts

Optional Seasoning:

Rosemary, Basil, Thyme and/or Garlic

Beat 1 egg white then stir the IP Oatmeal packets until mixed thoroughly. Add 2oz. water until batter is thin and spoon able – but not runny. You may want to add a tsp of poultry seasoning or other seasoning of your choice. Spoon batter onto a non-stick baking sheet and bake at 400 for about 10 min. or until golden brown. Once biscuits are cooled tear up and let dry out an hour or two.

In a mixing bowl put dried oatmeal biscuits, seasonings, chopped veggies, mushrooms and Braggs (if desired, add your IP soy nuts). Mix and set aside.

In your blender or other mixer, mix 8 oz of water with your IP Chicken Soup - mix well (more water may be needed). Add two egg whites to soup mix. Mix well then pour over veggie/biscuit mix stir (should be a moist mixture) and then place in an olive oil sprayed casserole dish. Cook about 20 min at 350.

