

HARVEST NUT ROAST

1 ½ cups chopped onions
1 1/2 tsp. salt
3 Tbs. water
2 cups Soy Milk
2 Tbs. oil (olive is best)
1 ¼ tsp. basil
2 ½ cups finely chopped celery
½ tsp. sage or 1 ¼ t. Thyme
¾ cups chopped walnuts
3 cups whole grain Bread Crumbs
¾ cup ground pecans or , sunflower seeds

Sauté onions in water and oil until clear. Put into bowl and add remaining ingredients, omitting bread crumbs. Stir together well. Fold in bread crumbs. Pour into Lethicin-Oiled 8x8 baking dish. Bake at 350 for 60 minutes. To prevent overbrowning on top, may need to cover with foil near end of baking. Delicious served with Country Style Gravy

COUNTRY STYLE GRAVY

2 cups water
¼ tsp. salt
½ cups cashews pieces or 3 Tbs. whole wheat flour
2 Tbs. oil (omit if using nuts)
3 Tbs. soy sauce (Braggs)
1 Tbs. onion powder
1 Tbs. yeast flakes
¼ tsp. garlic powder
1 Tbs. cornstarch

Blend all ingredients on high 2-3 minutes until creamy. Pour into saucepan and cook on medium-high until thick, stirring constantly. Serve over entree roasts or loaves, potatoes, or biscuits.
[Yields 2 A cups]