

Melody Prettyman, “South of the Border”

Cheesy Sauce

1 c. raw cashews, rinsed
1 c. pimentos
1/2 c. yeast flakes
2 Tbsp. onion powder
3 Tbsp. arrowroot powder or cornstarch
2 Tbsp. lemon juice
1 Tbsp. salt, opt.
2 c. water

1. Combine all ingredients except half of the water in a blender and blend until smooth, adding the rest of the water gradually as the mixture begins to thicken.
2. Pour into a saucepan and cook, stirring, until thickened. **Melody Prettyman**

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Enchilada Sauce

1 8-oz. can tomato sauce
2 Tbsp. olive oil
1/2 Tbsp. mild chili powder
1 Tbsp. masa harina or corn flour
1 tsp. cumin
1 tsp. oregano
1 tsp. onion powder
1/2 tsp. garlic powder
1 tsp. salt, opt.
2 c. water

1. In blender, combine all ingredients except 1 cup of the water. Blend for approximately 1 - 2 minutes on high speed. Pour into medium saucepan. Rinse blender with remaining water and pour into the saucepan.
2. On medium heat, bring mixture to a slow simmer, reduce heat and continue cooking for 3 - 4 minutes, stirring mixture occasionally to keep from sticking. Remove from heat and cool.

Melody Prettyman

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Black Bean Enchilada

20 - 24 corn tortillas
2 15.5-oz. cans black beans, drained and mashed
1 enchilada sauce recipe, warmed
1 1/2 - 2 c. cheesy sauce
2 c. diced onion
1 6-oz. can sliced olives
1 c. Tofutti Sour Supreme

1. Coat an oblong 9 x 13" baking dish with oil spray. Pour a little enchilada sauce in the bottom.
2. Dip a corn tortilla into the warm enchilada sauce, spread with a little mashed beans, sprinkle with onions, olives and cheesy sauce and roll up.
3. Place seam side down in baking dish. Repeat until pan is filled. Sprinkle with olives, sour cream, onions and cheesy sauce. Cover with enchilada sauce and bake at 350 degrees for 20 - 30 minutes. Serve warm with a dollop of soy sour cream. **Melody Prettyman**

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Spanish Rice

1 Tbsp. olive oil
2 c. diced red onions
1 c. diced celery
1 1/2 diced green bell peppers
4 cloves fresh garlic, minced
1 Tbsp. chili powder
1 tsp. vege sal
1/2 c. water
5 c. cooked long grain brown rice
1 28-oz. can diced tomatoes
1 Tbsp Earth Balance margarine

1. In a deep skillet, sauté onion, celery, bell pepper, garlic, seasonings, olive oil and water for 3 - 4 minutes over medium heat. Simmer for a few minutes to fuse the flavors. Add rice and steam for a couple of minutes. Add tomatoes and simmer until liquid is absorbed, stirring occasionally. Remove from heat, stir in soy margarine and serve. **Melody Prettyman**

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Perfect Guacamole

3 ripe avocados
1/3 c. minced red onion
2 cloves fresh garlic minced
2 Tbsp. fresh cilantro, chopped
1 1/2 tsp. fresh lime juice
1/2 tsp. salt
1/4 c. diced fresh tomatoes

Mash avocados, add onion, garlic, cilantro, fresh lime and salt and mix. Mix in tomatoes. Cover tightly and chill until ready to serve. Garnish with fresh cilantro and diced tomatoes.

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Mexican Salsa

1 28-oz. can diced tomatoes
1 tsp. lemon juice
1 1/2 tsp. granulated garlic
1 1/2 tsp. onion powder
1 tsp. salt
8 or more canned jalapeño rings
10 or more cilantro tops, about 1/3 cup

Place all ingredients in food processor and process for just a minute or two. Store in refrigerator until needed. **Melody Prettyman**

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Mexican-Style Torta with Creamy Salsa

1 15-oz. can black beans or pinto beans, rinsed, drained and mashed
1/3 c. + 3 Tbsp. prepared Mexican Salsa
1/2 tsp. ground cumin
3/4 c. Vegenaise
1 tsp. onion powder
2 Tbsp. fresh parsley chopped
2 Tbsp. fresh chives, chopped
1 c. prepared Perfect Guacamole
1 baguette, preferably whole grain
1 1/2 c. shredded or torn romaine lettuce

1. Mix beans, 3 tablespoons salsa and cumin. In a separate bowl, combine vegenaise, 1/3 c. salsa, onion powder, parsley and chives.
2. Cut baguette in half lengthwise. Scoop out center of the bottom half, leaving mostly crust. Spread with beans and guacamole and top with romaine. Replace top. Use creamy salsa vegenaise mixture in the sandwich or serve on the side as a dip. **Melody Prettyman**

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