

# Brown Girl Recipes



**Mushroom stew:**

1 red Onion

½ yellow onion

½ yellow bell pepper

1 shallot

Thumb size piece of ginger

Button mushrooms

Bella mushrooms

Oyster mushrooms

Wild rice

Chickpeas

Onion powder

Basil

Thyme

Bay leaves

Cayenne pepper

Sesame oil

Spring water

Saute' in instapot a tablespoon of sesame oil the onions, bell pepper and shallot and ginger. Add all other ingredients. Then add spring water to cover all contents and turn instapot on stew for 80 minutes.

### **BBQ sauce**

Grape seed oil

1 Shallots

1 thumbsize piece Ginger

½ Onion

1 ½ cup of tomato puree

½ cup apple juice

2 oz date sugar

1 tsp sea salt

1 tsp cayenne pepper

½ lime

2 Tbsp agave nectar

Red pepper flakes

1 tsp ground clove

Onion powder

Saute' sesame oil with the shallot and ginger. Add all remaining ingredients and bring to boil. Then let simmer and reduce until sauce thickens to a bbq sauce.

### **Electric Ketchup**

56 oz Organic tomato paste

Spring water

2 Limes (juice only)

2/3 cup Date sugar

2 tbsp Sea salt

1 Tbsp Onion powder

Water

1 clove

1 tsp Cayenne

1 tsp Shallot powder

Put all ingredients in pot and bring to boil then simmer and reduce until it thickens.

### **Jerk Marinade**

2 shallots

3 sprigs Fresh Thyme

1 thumb size ginger

1 scallion

1 yellow onion

3 habanero peppers

2 Tbps date sugar

¼ tsp oregano

¼ tsp dill

½ tsp achiote

1 tsp savor

2 tsp onion powder

1 tsp smoked sea salt

2 tbsp grape seed oil

1 tsp cayenne pepper

½ lime (juice)

Mix all ingredients together in a blender for marinades. Will last about 1 week

### Electric mayonnaise

- 3/4 cup Grapeseed Oil
- 2 tbsp. Aquafaba
- 1 tsp. Lime Juice
- 1 tsp. Onion Powder
- 1/4 tsp. Sea Salt
- Blender or Stick Blender\*

\*Stick blender is preferred.

1. Add all ingredients except oil to blender or stick blender cup.
2. Blend on a high speed while slowly adding oil. If you add oil too fast it will not thicken so be careful.
3. Keep mixing until it is whipped. Be careful not to over whip it once done or else the mayo will break.
4. Store in a jar and refrigerate the mayo.
5. Enjoy your Alkaline Electric Mayo!

## **Brazil Nut Cheese**

- 1 lb. soaked Brazil nuts\*
- 1/2 of a lime, juiced
- 2 tsp. sea salt
- 1 tsp. onion powder
- 1/2 tsp. cayenne
- 1 1/2 cup Hemp Milk, Cashew Milk, or another Nut
- 1-1/2 cups spring water
- 2 tsp. grapeseed oil
- blender or food processor

\*It is best to soak the brazil nuts overnight, but if you don't have that kind of time, soaking them for about 2 hours is just fine.

### **Directions**

1. Add all your ingredients to your food processor or blender, excluding the spring water.
2. Adding only 1/2 cup of water, blend the ingredients together for 2 minutes.
3. Continue to add 1/2 cup of water and blend until the desired consistency is reached.
4. Enjoy your Alkaline Brazil Nut Cheese!

# Breakfast sausage

## Seasonings for sausage

Parsley  
Sage  
Fennel seeds  
Rosemary  
Onion powder  
Garlic powder  
Nutmeg  
Ground cloves  
Cayenne pepper  
Date sugar  
Red pepper flakes  
Annato powder

## Sausage "meat"

Walnuts (boil for 25 minutes until gummy)  
Finely chopped baby bella mushrooms  
Onions  
Sage  
Sweet onions  
Dill  
Cayenne  
Sage  
Basil  
Onion powder  
Sea salt  
Okra  
Oregano  
Annato powder  
Avocado Oil/sesame oil  
Hemp seeds

## **Louisiana Rub**

This spice mix is mildly hot. Adjust the heat by changing the amount of crushed red pepper flakes. Very versatile mix to have in the pantry.

Prep Time 5 minutes

Total Time 5 minutes

Servings 12

Author Good Dinner Mom

## **Ingredients**

- 2 teaspoons salt
- • 2 teaspoons garlic powder
- • 2 1/2 teaspoons paprika
- • 1 teaspoon ground black pepper
- • 1 teaspoon onion powder
- • 1 teaspoon cayenne pepper
- • 1 1/4 teaspoons dried oregano
- • 1 1/4 teaspoons dried thyme
- • 1/2 teaspoon red pepper flakes optional or adjust to taste

## **Instructions**

Stir all ingredients together and store in an airtight container.

## **Vegan butter**

1 cup Brazil Nuts

½ Lime (juice)

Salt

1 cup Coconut oil

½ cup Nut milk

¼ cup Olive Oil

### **Creamy Tex Mex Sauce**

1/2 cup soaked cashews

1/2 date

2 tsp chili spice

1 tsp onion powder

1 tsp garlic

1 tsp paprika

1 tsp oregano

1 tsp cumin

1/2 a lime juiced

3/4 cup water

Blend on high until smooth

\*Rather than all the spices you can just use 2-3 tablespoons or so of taco seasoning

### **Hummus Sauce**

1 cup cooked chickpeas

2 tbsp tahini

1 date

1 tsp onion powder

1-2 cloves of fresh garlic

1/2 lemon juice

3/4 (or so) cups of water

Blend on high until smooth

### **Spicy Avocado Lime Cilantro**

1/2 avocado

1/2 -1 lime juiced

1 date

1 cup cilantro (loosely packed)

1 tsp garlic powder

1 tsp onion powder

1-2 tsp hot sauce

3/4 (or so) cups of water

Blend on high until smooth