

Table 1

BASIC ROAST		
Choose 1 from each of the following categories:		
<u>Protein (2 cups)</u>	<u>Liquid</u> (1 to 1 1/2 cups as needed)	<u>Binding</u>
Kidney beans	Tomato sauce	3 T Dried potato flakes
Lentils	Tomato juice	1/2 c Cooked oatmeal
Garbanzos	Vegetable broth	3 T Tapioca
Black beans	Broth from steamed vegetables	2 T Flax seeds
Cannellini beans	Broth from cooked beans	2 T Chia seeds
Non-GMO Tofu		
<u>Carbohydrate (1 cup)</u>	<u>Seasoning</u> (1/4 teaspoon of one or more)	<u>Salt</u> (1 teaspoon) and/or:
Uncooked oatmeal	Sage	Bragg's Liquid Aminos
Cooked brown rice	Thyme	Garlic salt
Crushed non-GMO corn flakes	Cumin	Onion salt
	Oregano	Celery salt
<u>Nuts</u> (1/2 cup) - chopped or ground, raw	Mrs. Dash seasonings	Real salt
Almonds	Marjoram	
Walnuts	Italian seasoning	<u>Fresh Vegetables</u>
Sunflower seeds	Sweet basil	Chopped onion (1 medium)
Pine nuts	Parsley	Minced garlic (2-3 cloves)
Hazelnuts	Onion powder	
etc.	Garlic powder	
Mix together. Press into a loaf pan. Bake for 45 minutes at 350 degrees. Serve with gravy, if desired.		
Adapted from <i>Instructor's Guide for Heart Disease Prevention Cookery</i> by J. A. Poharffenberg, M.D.		