

Base and Creamy Recipes

Select a portion from each assortment to fill a Vitamix or something similar. Add water and blend.

This process can be repeated until all 4-cup Assortments are blended. They can then be frozen in 7-cup containers.

4-cup Assortments

Frozen Vegetable Assortment: carrots, butternut squash, cauliflower, and green beans

Frozen Vegetable Assortment: corn, peas, mushrooms, avocado, and broccoli

Fresh Vegetable Assortment Chopped and Frozen: zucchini, yellow squash, asparagus, and brussel sprouts

Fresh Vegetable Assortment Chopped, Cooked, and Frozen (Root): Rutabaga, turnips, parsnips, sweet potato, and yams

Dry Legume Assortment Cooked and Frozen: chickpeas, black beans, kidney beans, great northern beans, cannellini beans, adzuki beans, navy beans, soybeans, mung beans, fava beans, black-eyed peas, and pinto beans, along with green, red, brown, and black lentils.

Grains: millet, quinoa, amaranth pop, teff, sorghum, kamut, fonio, rolled oats, polenta, and buckwheat.

Note:

- These combinations were chosen to be incorporated into the Base and other meals.
- Root vegetables, legumes, and grains are cooked in an Instant Pot and then frozen.



The sauce takes on different colors depending on the variety of vegetables, such as beets, which create a red hue.



Creamy

Begin with a cream or base, then create cheese, sour cream, soup, mayonnaise, etc., by adding a few ingredients.

Creamy

- 4 cups of Base
- ½ cup of hemp seeds
- ½ cup of rolled oats

Blend all recipe ingredients until smooth with a Vitamix (or another blender device). Add water as needed for the desired consistency.

Creamy (fridge)/Ice Cream (freezer)

Add a cup of dried fruit, carob, or other flavors to create variations.

Sour Cream

- Creamy
- 1 tablespoon of apple cider

Cream of Soup

- Creamy
- 2 tablespoons of nutritional yeast
- 1 tablespoon of miso
- ½ teaspoon of stevia, 2 teaspoons agave, or 2 pitted dates

Optional: 2 teaspoons dried thyme, 2 teaspoons of garlic powder, and 1 teaspoon onion powder

Cheese Sauce

- Base
- 2 tablespoons of Nutritional Yeast
- 1 tablespoon of Miso
- 1 tablespoon of Sauerkraut
- 1/2 cup of hemp seeds *optional*
- 1/2 cup of rolled oats *optional*

Note: hemp seeds and rolled oats create a creamier consistency.

See Cheese for an alternative.

Mayonnaise

- Base
- 2 tablespoons of apple cider vinegar
- 1 tablespoon of miso
- 1 teaspoon of lemon powder
- 1 teaspoon of umami
- 1 teaspoon of black salt
- 1/2 teaspoon of wasabi powder

See mayonnaise for an alternative.

Tartar Sauce:

- Mayonnaise
- 2 tablespoons of dill weed spice or 3 chopped dill pickles

Salad Dressing:

- Mayonnaise
- 2 cups of vegetable broth, water, or olive oil
- 1 cup nutritional yeast (*optional*)

Refer to Rooted in ME for additional ideas.

