

# Haystacks (Taco Salad)

Recipe for Chili

Recipe for Nacho Cheese Sauce

Lettuce, chopped

Tomato, diced

Olives, sliced

Corn

Avocados

Green onions, chopped

Optional toppings cucumbers, salsa, roasted peppers and onions

For prepping ahead, use canning jars or similar container, and put toppings with more moisture at the bottom. For example layer tomatoes, olives, corn, green onions, and then lettuce. This will ensure your lettuce won't get soggy. Place chili and cheese in a separate bowl so it can easily be warmed.

## Chili Pie

Recipe for chili

Recipe for Corn Topping

Place chili in a small oven ready container. Spoon on corn topping. Bake at 350 F for 20-25 minutes.

## Sweet Potato and Chili

Baked sweet potatoes

1 cup steamed broccoli (or use frozen)

Recipe for chili

Recipe for nacho cheese

Green onions for garnish, chopped (optional)

# Cornmeal Topping

1/4 cup cornmeal

1/4 cup spelt flour, whole wheat flour, or all purpose flour

1/4 teaspoon baking powder

1/4 teaspoon baking soda

1/8 teaspoon salt

1 teaspoon lemon juice

1/4 cup unsweetened nondairy milk

1 1/2 Tbsps applesauce

1/4 cup fresh or frozen corn kernels

1 scallion, green parts only, chopped

1. Mix dry (first five) ingredients together in a bowl. Add lemon juice, milk, and applesauce and stir to combine. Stir in corn and scallions.

# Vegan Nacho Cheese

2 cups potatoes, diced large

1 cup carrots diced large

1/2 cup water

1/3 cup cashews (optional)

2 teaspoon salt

1 tablespoon lemon juice

1/2 cup nutritional yeast flakes

1/4 teaspoon onion powder

1/4 teaspoon garlic powder

## Instructions

1. Boil the potatoes and carrots until soft.
2. Blend the potatoes and carrots together along with the rest of the ingredients on high in blender until the cheese is extremely smooth.
3. Store in the refrigerator for up to a week.

## Spicy 3 Bean Chili

- 1 package ground beef substitute
- 1 large onion, diced
- 1Tbsp onion powder
- 2 tsps dried basil
- 1 tsp garlic powder
- 1/4 cup taco seasoning
- 2 15 oz cans pinto beans
- 2 15 oz cans red beans
- 1 15 oz can black beans
- 1 14.5 oz can diced tomatoes with green chilies
- 1 15 oz can diced tomatoes, or 1 can diced tomatoes with green chilies
- 2-3 cups water

## Instructions

1. Heat onion in a medium skillet is a little bit of water . Add ground beef substitute and cook until onions are soft.
2. Pour onion and beef substitute mixture into slow cooker.
3. Add seasonings, taco seasoning, beans, tomatoes, and water.
4. Cover and cook on medium heat for 5-6 hours or on high for 3-4 hours.