

# Wholesome Recipes

from the *Amazing Wheat Book*

by LeArta Moulton

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## VEGETARIAN SEASONING MIXES

With no preservatives, chemicals, sugars, animal products

Used for flavoring Wheat Meat and other recipes

(see instructions for making Wheat Meat in the Amazing Wheat Book)

### CHICKEN SEASONING

9 T onion powder

8 T salt

7 T garlic powder

5 T plus 1 tsp onion salt

2 T plus 2 tsp nutritional yeast

1 tsp white pepper

½ tsp each parsley powder, celery salt, turmeric

### GRAVY

In saucepan, mix together:

2 C water

2 tsp above seasoning mix

Add thickening (in a container with lid. Shake till smooth)

1/3 C cup water with 5-6 T flour (depending on how thick you want it)

Bring to boil till gravy thickens. Can add 1 tsp honey and 1-2 tsp butter, or oil, for extra richness (optional)

### SAUSAGE SEASONING

12 T each salt and sage

4 T each ground thyme, marjoram, basil

2 T each ground rosemary, cayenne, garlic powder

¼-1/2 C dry minced onion (optional)

1 T dry onion powder

2 tsp black pepper