

index

Note: *Italicized* page references indicate photographs and illustrations

- Alfredo
“Chicken” Pot Pie, 107
Pasta Pie with Toasted French Bread Crust, 71
- Angel Hair Pasta with Autumn Vegetable Ragout, 63
- Appetizer Beer–Cheese Fondue, 16
- Apple, Sweet Potato, and Leek Gratin, 82
- Artichoke–Rosemary Bruschetta, 13
- Artichoke–Spinach Dip, 23
- Asian Rice and Lentil Burgers, 122, 123
- Asparagus, Lemon–Pepper Pasta and, 36, 66
- Asparagus with Spanish Dip, Creamy, 30
- Avocado, Cheese and Tomato Sandwiches, Toasted, 145
- Baked Potato Bar, 174, 175
- Baked “Veggie Burger” Stew, 254
- Banana and Peanut Butter Sandwiches, Grilled, 144
- Barley
and Gouda Salad, Dilled, 48
–Pine Nut Casserole, 172
Stew, Cajun, 221
- Bean(s). *See also specific beans*
about, 209
Baked, Old-Fashioned, 182
and “Beef” Pot Pie, 109
Burgers, and Veggie, 127
Patties, Cajun, 130
Salad, Warm Tuscan, 45
Three–Bean Casserole, 89
Three–Bean Enchilada Chili, 232
and Vegetable Stew with Polenta, 204, 225
- “Beef” and Bean Pot Pie, 109
- Beer–Cheese Fondue, Appetizer, 16
- Beer and Cheese Soup, 207
- Bell Pepper(s)
and Bean Chili with Salsa Cream, 234
Roasted, Olives and Feta, Greek Marinated, 27
and Soybean Stir–Fry, 247
and Tomato Pizzas, Cheesy, 152
- Black Bean(s)
Burgers, California, 128, 129
Chili, Spicy Barbecue, 200, 201
Dip, –Chipotle, 22
and Rice, Cuban, 176
Soup, Zesty, 188
- Black–Eyed Peas, Spicy, 180
- Broccoli
–Cheese Calzones, 163
–Cheese Soup, 255
–Rice Bake, 38, 96
- Brown Rice
and Lentil Casserole, 95
and Vegetable–Cheese Soup, 208
- Bruschetta, Artichoke–Rosemary, 13
- Bulgur and Lentils, Mediterranean, 183
- Burgers
Black Bean, California, 128, 129
Butter Bean, with Southwestern Sauce, 124
Rice and Lentil, Asian, 122, 123
Soy, Cheesy, 126
Veggie and Bean, 127
Wild Rice–Pecan, 125
- Butternut Squash Soup, 194, 195
- Butter Sauce, Herbed, 146
- Cabbage–Rice Pot Pie with Basil–Tomato Sauce, 110
- Caesar Salad Wraps, 131
- Cajun
Barley Stew, 221
Bean Patties, 130
Muffulettas, 143
- California Black Bean Burgers, 128, 129
- Calzones, Broccoli–Cheese, 163
- Caribbean Soybean and Rice Bake, 241
- Carrot and Herb Spread, Roasted, 24, 25
- Casserole(s). *See also Lasagna; Moussaka; Pot Pie(s)*
Barley–Pine Nut, 172
Bean, Three–, 89
Green Chile, 94
Lentil and Mixed–Vegetable, 184, 185
Minestrone, Mediterranean, 164, 171
Pizza, 74
Ravioli, Cheesy, 167
Taco, 168
Tater, Texas, 88
Tortellini, Creamy, 87
- Cauliflower au Gratin, 83
- Cauliflower–Cheese Soup, 255
- Cheese, Cheesy. *See also Lasagna; Pizza(s); specific cheeses*
Avocado and Tomato Sandwiches, Toasted, 145
Bread, Southwest, 14, 15
–Broccoli Calzones, 163
Cheddar–Pasta Salad, and Soybean, Hearty, 251
Dumplings, Cheddar, Tomato–Vegetable Stew with, 227
Fondue, –Beer, Appetizer, 16
–Guacamole Crisps, 21
Macaroni and, Mom’s, 73
and Onion Pie, 116
Potato and “Sausage” Gratin, 85
Quesadillas, Green Chile, 138
Ravioli Casserole, 167
Risotto, Four–Cheese, 54
Sharp Cheddar, Artichoke and Red Onion Pizza, 151
- soup, 207, 208, 255
soy cheese, 258
String Cheese Sticks with Dipping Sauce, 10, 18
- “Cheeseburger” Sandwiches, 202
- “Chicken”. *See Soy–Protein “Chicken”*
- Chicken (variations)
Artichoke, and Red Onion Pizza, 151
and Bean Salad, Warm Tuscan, 45
–Broccoli Rice Bake, 38
Caesar Salad Wraps, 131
Corn and Garlic Risotto, Creamy, 55
Curry with Couscous, 68
Grilled, and Roasted Vegetable Wraps, 133
Minestrone, 206
Nacho Pizzas, 157
Paella, Vegetable and, 40
Pizza, Thai, 156
Ravioli Casserole, Cheesy, 167
Risotto Primavera, 52
Salad, and Gouda, Dilled, 48
Sauce, Triple–Corn Squares with, 46
soup, 214, 215, 216
Tetrazzini, 72
and White Bean Chili, 231
- Chick Pea(s). *See Garbanzo Bean(s)*
- Chili
Black Bean, Spicy Barbecue, 200, 201
Blanco, 236, 237
Enchilada, Three–Bean, 232
Pepper and Bean, with Salsa Cream, 234
Ratatouille, 233
with Tortilla Strips, Spicy, Vegetarian, 198
Vegetable and Bean, 229
Vegetable, Home–Style, 228
Verde, 235
White Bean, 231
- Chili con Queso Bake, 92, 93
- Chili Dog Wraps, 134
- Chimichurri, Spicy, 146
- Chipotle
–Black Bean Dip, 22
Mayonnaise, 146
–Peanut–Noodle Bowls, 58
Smoky, Soft Tacos, 203
- Chop Suey, Easy, 173
- Chowder, Jalapeño–Potato, 220
- Chowder, Vegetable, Chunky, 219
- Chow Mein, Vegetable, Easy, 70
- Classic Risotto, 50
- Corn
Dumplings, Southwestern Stew with, 226
and Garlic Risotto, Creamy, 55
Squares, Triple–Corn, with Bean Sauce, 46, 47
–Zucchini Gratin, 80, 86
- Couscous
Gratin, Mediterranean, 84
Vegetable Curry with, 68, 69
–Vegetable Salad, 78

- Creamy
 Corn and Garlic Risotto, 55
 Split Pea Soup, 193
 Tortellini Casserole, 87
 Wild Rice Soup, 215
- Cuban Black Beans and Rice, 176
- Curry(ied)
 Ravioli with Spinach, 67
 Sweet Potato and Lentil Stew, 190, 191
 Vegetable, with Couscous, 68, 69
- Deluxe Stuffed-Crust Pizza, 160, 161
- Deviled Eggs, Olive and Herb, 31
- Dilled Gouda and Barley Salad, 48
- Dips and Spreads
 Carrot and Herb Spread, Roasted, 24, 25
 Chipotle-Black Bean Dip, 22
 Creamy Spanish Dip, Asparagus with, 30
 Ginger Dip, Fresh Fruit with, 32
 Hummus, Roasted-Garlic, 26
 Spinach-Artichoke Dip, 23
 Tex-Mex Layered Dip, 29
- Edamame Stir-Fry Salad, 242, 243
- Egg(s)
 Bake, "Sausage", Italian, 252
 Deviled, Olive and Herb, 31
 Frittata, Denver Eggs, 253
- Eggplant
 and Gouda Cheese Pie, 114
 Moussaka, 105
 -Pesto Sandwiches, 142
 Ratatouille Chili, 233
- Enchilada Bake, Stacked, 90
- Enchilada Chili, Three-Bean, 232
- Enchiladas, Salsa Rice, 136, 137
- Fajita Pot Pie, 117
- Fajitas, Portabella Mushroom, 135
- Fettuccine Bowl, Southwest, 59
- Fettuccine Primavera, 61
- Focaccia Sandwich, Vegetable, Italian, 148, 149
- Fondue, Beer-Cheese, Appetizer, 16
- Four-Cheese Risotto, 54
- French Bread Pizza, Niçoise, 154, 155
- Fresh Fruit with Ginger Dip, 32
- Frittata, Denver Eggs, 253
- Fruit. *See also* specific fruits
 Fresh, with Ginger Dip, 32
- Garbanzo Bean(s)
 with Raisins, Moroccan, 43
 Sandwiches, 147
 with Vegetables, Savory, 181
- Ginger Dip, Fresh Fruit with, 32
- Golden French Onion Soup, 197
- Gorgonzola- and Hazelnut-Stuffed Mushrooms, 19
- Gorgonzola Linguine with Toasted Walnuts, 62
- Gouda Cheese and Barley Salad, Dilled, 48
- Gouda Cheese and Eggplant Pie, 114
- Grains, about, 78-79. *See also* specific grains
- Gratin(s)
 Cauliflower au, 83
 Mediterranean, 84
- Potato, "Sausage" and Cheese, 85
- Sweet Potato, Apple and Leek, 82
- Zucchini-Corn, 86
- Greek Marinated Roasted Peppers, Olives and Feta, 27
- Green Chile Casserole, 94
- Green Chile Quesadillas, Cheesy, 138
- Grilled Peanut Butter and Banana Sandwiches, 144
- Guacamole-Cheese Crisps, 21
- Ham (variations)
 Brown Rice and Vegetable-Cheese Soup with, 208
 Navy Bean Soup with, 218
 Split Pea Soup with, Creamy, 193
 Vegetable Stew with, Scandinavian, 222
 -Vegetable Strata, Cheesy, 97
- Hazelnut- and Gorgonzola-Stuffed Mushrooms, 19
- Herb(ed). *See also* specific herbs
 Butter Sauce, 146
 and Carrot Spread, Roasted, 24, 25
 and Olive Deviled Eggs, 31
- Home-Style Vegetable Chili, 228
- Honey and Sesame Snack Mix, Roasted, 34, 35
- Hot "Chicken" Sub, 246
- Hummus, Roasted-Garlic, 26
- Indian Lentils and Rice, 42
- Indian Lentil Stew, 224
- Italian
 Grinders, 141
 "Sausage", Egg Bake, 252
 Skillet Supper, Easy, 44
 Vegetable Focaccia Sandwich, 148, 149
 "Veggie Burger" Bake, 240
- Jalapeño-Potato Chowder, 220
- Jambalaya, Tofu and Sweet Potato, 261
- Lasagna
 "Meat Lover's, 100, 101
 Pot Pie, 118, 119
 Primavera, 102, 103
 Slow Cooker, 166
 Vegetable, Roasted, 104
- Layered Pizza Pie, 162
- Legumes. *See* Bean(s); Lentil(s)
- Lemon-Pepper Pasta and Asparagus, 36, 66
- Lentil(s)
 about, 209
 and Brown Rice Casserole, 95
 and Bulgur, Mediterranean, 183
 and Rice Burgers, Asian, 122, 123
 and Rice, Indian, 42
 Soup, Tomato-, 212
 Stew, Indian, 224
 Stew, and Sweet Potato, Curried, 190, 191
 and Vegetable, -Mixed, Casserole, 184, 185
- Linguine, Gorgonzola, with Toasted Walnuts, 62
- Macaroni and Cheese, Mom's, 73
- Manicotti, Vegetable, 99
- Marinara Sauce with Spaghetti, 186
- Meat Analogs. *See* Soy-Protein Burger; Soy-Protein "Chicken"; Soy-Protein "Sausage"
- Meatball Pizza, Meatless, 150
- "Meatballs", Veggie and Bean, 127
- Meatless Meatball Pizza, 150
- "Meat" Lover's Lasagna, 100, 101
- Mediterranean
 Bulgur and Lentils, 183
 Gratin, 84
 Minestrone Casserole, 164, 171
 Pizza, 158
- Mexican Tofu-Rice Skillet, 238, 256
- Middle Eastern Pita Pizzas, 159
- Middle East Vegetable Tacos, 139
- Minestrone, 206
 Casserole, Mediterranean, 164, 171
 Two-Bean, 192
- Mom's Macaroni and Cheese, 73
- Moroccan Garbanzo Beans with Raisins, 43
- Mou Shu Vegetable Wraps, 132
- Moussaka, 105
- Mozzarella and Basil with Marinara Sauce, 17
- Muffulettas, Cajun, 143
- Mushroom(s)
 Gorgonzola- and Hazelnut-Stuffed, 19
 Pizza Pie, Easy, 112, 113
 Portabella Fajitas, 135
 Portabella and Vegetable Pot Pie, 106
 Risotto, Three-, 56, 57
 -Tofu-Teriyaki Noodles, 260
- Nacho Pizza, Santa Fe, 157
- Navy Bean Soup, 218
- Niçoise French Bread Pizza, 154, 155
- Noodle(s)
 Chipotle-Peanut-Bowls, 58
 Tofu-Teriyaki-Mushroom, 260
- Old-Fashioned Baked Beans, 182
- Olive(s)
 Greek Marinated Roasted Peppers, Feta and, 27
 and Herb Deviled Eggs, 31
- Onion
 and Cheese Pie, 116
 Soup, Golden French, 197
- Oriental Wild Rice Soup, 214
- Pad Thai, 60
- Paella, Vegetable, 40, 41
- Pasta. *See also* Fettuccine; Lasagna; Noodle(s); Ravioli; Spaghetti
 Angel Hair, with Autumn Vegetable Ragout, 63
 Italian Skillet Supper, Easy, 44
 Lemon-Pepper, and Asparagus, 36, 66
 Linguine, Gorgonzola, with Toasted Walnuts, 62
 Macaroni and Cheese, Mom's, 73
 Manicotti, Vegetable, 99
 Pie, Alfredo, with Toasted French Bread Crust, 71
 Pizza Casserole, 74
 Rotini-Tomato Soup, 196
 Salad, Soybean and Cheddar-, Hearty, 251

- Pasta (*continued*)
 Salad, Spinach, 76, 77
 with Sweet Beans and Basil “Cream”, 250
 Tortellini Casserole, Creamy, 87
 Tortellini Soup, 210, 211
- Pea(s)
 Black-Eyed, Spicy, 180
 Risotto with, Classic, 50
 Split Pea Soup, Creamy, 193
- Peanut (Butter)
 and Banana Sandwiches, Grilled, 144
 –Chipotle–Noodle Bowls, 58
 Sauce, 146
- Pecan(s)
 Chinese–Spiced, 33
 Savory, 33
 Tex–Mex, 33
 –Wild Rice Burgers, 125
- Peppers. *See* Bell Pepper(s); Chiles
- Pesto–Eggplant Sandwiches, 142
- Picadillo, 170
- Pie(s). *See also* Pizza(s); Pot Pie(s)
 Eggplant and Gouda Cheese, 114
 Onion and Cheese, 116
 Spinach, Easy, 115
 Tamale, 169
- Pine Nut–Barley Casserole, 172
- Pinto Bean and Spaghetti Chili,
 Three–Alarm, 230
- Pinto Beans, Tex–Mex, 179
- Pita Pizzas, Middle Eastern, 159
- Pizza(s)
 Cheddar, Sharp, Artichoke and Red
 Onion, 151
 French Bread, Niçoise, 154, 155
 Meatball, Meatless, 150
 Mediterranean, 158
 Monterey, 153
 Nacho, Santa Fe, 157
 Pie, Layered, 162
 Pie, Mushroom, Easy, 112, 113
 Pita, Middle Eastern, 159
 Stuffed–Crust, Deluxe, 160, 161
 Tomato and Bell Pepper, Cheesy, 152
 Vegetable, Thai, 156
- Pizza Casserole, 74
- Pizzettes, Easy, 12
- Polenta with Garden Vegetables, 39
- Polenta, Vegetable and Bean Stew with,
 204, 225
- Portabella
 Mushroom Fajitas, 135
 and Vegetable Pot Pie, 106
- Potato(es)
 Baked Potato Bar, 174, 175
 Casserole, Texas Tater, 88
 Chowder, Jalapeño–, 220
 “Sausage” and Cheese Gratin, 85
- Pot Pie(s). *See also* Pie(s)
 “Beef” and Bean, 109
 Cabbage–Rice, with Basil–Tomato Sauce,
 110
 “Chicken” Alfredo, 107
 Fajita, 117
 Lasagna, 118, 119
- Portabella and Vegetable, 106
- Shepherd’s Pie, Vegetarian, 111
- Southwestern, 108
- Quesadillas, Green Chile, Cheesy, 138
- Ratatouille Chili, 233
- Ravioli
 Casserole, Cheesy, 167
 with Spinach, Curried, 67
- Red Beans and Rice, 177
- Red Onion, Sharp Cheddar and Artichoke
 Pizza, 151
- Rice. *See also* Risotto; Wild Rice
 Balls, Spicy, Spaghetti and, 64, 65
 Black Beans and, Cuban, 176
 –Broccoli Bake, 38, 96
 Brown, and Lentil Casserole, 95
 Brown, and Vegetable–Cheese Soup, 208
 –Cabbage Pot Pie with Basil–Tomato
 Sauce, 110
 cooking methods, 79
 and Lentil Burgers, Asian, 122, 123
 Lentils and, Indian, 42
 Red Beans and, 177
 and Soybean Bake, Caribbean, 241
 Spanish Rice Bake, 98
 –Tofu Skillet, Mexican, 238, 256
- Risotto
 Cheese, Four–, 54
 Classic, 50
 Corn and Garlic, Creamy, 55
 Florentine, 51
 Mushroom, Three–, 56, 57
 Primavera, 52
 Sweet Potato, 53
- Roasted Carrot and Herb Spread, 24, 25
- Roasted–Garlic Hummus, 26
- Roasted Sesame and Honey Snack Mix,
 34, 35
- Roasted Vegetable Lasagna, 104
- Roasted Vegetable Wraps with Garlic Aioli,
 120, 133
- Rosemary–Artichoke Bruschetta, 13
- Rotini–Tomato Soup, 196
- Salad(s)
 Bean, Warm Tuscan, 45
 Caesar, Wraps, 131
 “Chicken”, Crunchy Oriental, 248, 249
 Couscous–Vegetable, 78
 Edamame Stir–Fry, 242, 243
 Gouda and Barley, Dilled, 48
 Soybean and Cheddar–Pasta, Hearty, 251
 Spinach Pasta, 76, 77
 Wheat Berry, 49
- Salsa Rice Enchiladas, 136, 137
- Sandwich(es). *See also* Burgers; Wraps
 “Cheeseburger”, 202
 “Chicken” Sub, Hot, 246
 Garbanzo Bean, 147
 Grinders, Italian, 141
 Muffulettas, Cajun, 143
 Peanut Butter and Banana, Grilled, 144
 Pesto–Eggplant, 142
- Vegetable Focaccia, Italian, 148, 149
- Veggie Joes, 199
- Santa Fe Nacho Pizza, 157
- Sauce(s)
 Basil–Tomato, Cabbage–Rice Pot Pie
 with, 110
 Bean, Triple–Corn Squares with, 46, 47
 Butter, Herbed, 146
 Chimichurri, Spicy, 146
 Marinara, with Spaghetti, 186
 Peanut, 146
 Southwestern, Butter Bean Burgers with,
 124
 Yogurt–Peanut, Tempeh Stir–Fry with,
 262, 263
- “Sausage”. *See* Soy–Protein “Sausage”
- Sausage (variations)
 Italian, Pizza Pie, Layered, 162
 Italian Turkey, Skillet Supper, Easy, 44
 Smoked, Potato and Cheese Gratin, 85
- Savory Garbanzo Beans with Vegetables,
 181
- Savory Pecans, 33
- Scandinavian Vegetable Stew, 222, 223
- Sesame and Honey Snack Mix, Roasted,
 34, 35
- Sharp Cheddar, Artichoke and Red Onion
 Pizza, 151
- Shepherd’s Pie, Vegetarian, 111
- Shrimp (variations)
 and Asparagus with Creamy Spanish
 Dip, 30
 Lemon–Pepper Pasta and, 66
 Pizza, Mediterranean, 158
 Risotto Florentine, 51
- Skillet “Chicken” Parmigiana, 244
- Slow Cooker Lasagna, 166
- Smoky Chipotle Soft Tacos, 203
- Snack Mix, Sesame and Honey, Roasted,
 34, 35
- Soup(s)
 Beer and Cheese, 207
 Black Bean, Zesty, 188
 Broccoli–Cheese, 255
 Brown Rice and Vegetable–Cheese, 208
 Butternut Squash, 194, 195
 chowder, 219, 220
 minestrone, 206, 291
 Navy Bean, 218
 Onion, Golden French, 197
 Split Pea, Creamy, 193
 tomato, 196, 212, 213
 Tortellini, 210, 211
 Tortilla, 216, 217
 Wild Rice, 214–215
- Southwest(ern)
 Cheese Bread, 14, 15
 Fettuccine Bowl, 59
 Pot Pie, 108
 Sauce, Butter Bean Burgers with, 124
 Stew with Corn Dumplings, 226
- Soy, about, 258–259
- Soybean(s)
 about, 258
 Burgers, Cheesy, 126

- and Cheddar-Pasta Salad, Hearty, 251
- and Pepper Stir-Fry, 247
- and Rice Bake, Caribbean, 241
- Soy-Protein Burger
 - “Beef” and Bean Pot Pie, 109
 - “Cheeseburger” Sandwiches, 202
 - Grinders, Italian, 141
 - Meatball Pizza, Meatless, 150
 - Moussaka, 105
 - Picadillo, 170
 - Spanish Rice Bake with (variation), 98
 - Stew, “Veggie Burger”, Baked, 254
 - Taco Casserole, 168
 - Tamale Pie, 169
 - Tater Casserole, Texas, 88
 - “Veggie Burger” Bake, Italian, 240
 - Veggie Joes, 199
- Soy-Protein “Chicken”
 - Parmigiana, Skillet, 244
 - Pot Pie, Alfredo, 107
 - Pot Pie, Fajita, 117
 - Salad, Crunchy Oriental, 248, 249
 - Sub, Hot, 246
 - Sweet-and-Sour, 245
 - Tacos, Crunchy Nugget, 140
- Soy-Protein “Sausage”
 - Chop Suey, Easy, 173
 - Egg Bake, Italian, 252
 - Frittata, Denver Eggs, 253
 - Lasagna, “Meat” Lover’s, 100, 101
 - Lasagna Pot Pie, 118, 119
 - Lasagna, Slow Cooker, 166
 - Potato and Cheese Gratin, 85
 - Three-Bean Casserole, 89
- Spaghetti
 - Marinara Sauce with, 186
 - and Pinto Bean Chili, Three-Alarm, 230
 - and Rice Balls, Spicy, 64, 65
 - Torte, Basil, 75
- Spanish Rice Bake, 98
- Spicy Black Bean Barbecue Chili, 200, 201
- Spicy Black-Eyed Peas, 180
- Spicy Chimichurri, 146
- Spinach
 - Artichoke Dip, 23
 - Pasta Salad, 76, 77
 - Pie, Easy, 115
- Split Pea Soup, Creamy, 193
- Spreads. *See* Dips and Spreads
- Squash, Butternut, Soup, 194, 195
- Stacked Enchilada Bake, 90
- Stew(s)
 - Barley, Cajun, 221
 - Bean and Vegetable with Polenta, 204, 225
 - Lentil, Indian, 224
 - Southwestern, with Corn Dumplings, 226
 - Sweet Potato and Lentil, Curried, 190, 191
 - Tomato-Vegetable, with Cheddar Cheese Dumplings, 227
 - Vegetable, Scandinavian, 222, 223
 - Vegetable, Winter, 187
 - “Veggie Burger”, Baked, 254
- Stir-Fry(ied)
 - Edamame Salad, 242, 243
 - Pepper and Soybean, 247
 - Tempeh, with Yogurt-Peanut Sauce, 262, 263
 - Tofu, with Almonds, 257
- Strata, Cheesy Vegetable, 97
- String Cheese Sticks with Dipping Sauce, 10, 18
- Sweet-and-Sour “Chicken”, 245
- Sweet Potato
 - Apple and Leek Gratin, 82
 - and Lentil Stew, Curried, 190, 191
 - Risotto, 53
 - and Tofu Jambalaya, 261
- Taco(s)
 - Casserole, 168
 - “Chicken” Nugget, Crunchy, 140
 - Soft, Smoky Chipotle, 203
 - Vegetable, Middle East, 139
- Tamale Pie, 169
- Tempeh Stir-Fry with Yogurt-Peanut Sauce, 262, 263
- Teriyaki-Tofu-Mushroom Noodles, 260
- Tetrazzini, Vegetable, 72
- Texas Tater Casserole, 88
- Tex-Mex Layered Dip, 29
- Tex-Mex Pinto Beans, 179
- Thai Vegetable Pizza, 156
- Three-Alarm Spaghetti and Pinto Bean Chili, 230
- Three-Bean Casserole, 89
- Three-Bean Enchilada Chili, 232
- Three-Mushroom Risotto, 56, 57
- Toasted Cheese, Avocado and Tomato Sandwiches, 145
- Tofu
 - Nuggets, 20
 - Rice Skillet, Mexican, 238, 256
 - Stir-Fried, with Almonds, 257
 - and Sweet Potato Jambalaya, 261
 - Teriyaki-Mushroom Noodles, 260
- Tomato(es)
 - and Bell Pepper Pizzas, Cheesy, 152
 - Cheese and Avocado Sandwiches, Toasted, 145
 - soup, 196, 212, 213
 - Sun-Dried, White Beans with, 178
 - Vegetable Stew with Cheddar Cheese Dumplings, 227
- Tortellini Soup, 210, 211
- Tortilla Soup, 216, 217
- Triple-Corn Squares with Bean Sauce, 46, 47
- Tuna, French Bread Pizza, Niçoise, 154
- Tuna-Jalapeño-Potato Chowder, 220
- Turkey (variations)
 - Bean Enchilada Chili, 232
 - Pizza Casserole, 74
 - Ratatouille Chili, 233
 - Vegetable Chili, Home-Style, 228
- Tuscan Bean Salad, Warm, 45
- Two-Bean Minestrone, 192
- Vegetable(s). *See also specific vegetables*
 - chili, 228, 229
 - Chowder, Chunky, 219
 - Chow Mein, Easy, 70
 - Couscous Salad, 78
 - Curry with Couscous, 68, 69
 - Focaccia Sandwich, Italian, 148, 149
 - Garbanzo Beans with, Savory, 181
 - Garden, Polenta with, 39
 - Lasagna, Roasted, 104
 - and Lentil Casserole, Mixed-, 184, 185
 - Manicotti, 99
 - Mou Shu Wraps, 132
 - Paella, 40, 41
 - Pizza, Thai, 156
 - Pot Pie, and Portabella, 106
 - Ragout, Autumn, Angel Hair Pasta with, 63
 - Soup, -Cheese, Brown Rice and, 208
 - stew, 187 204, 222, 223, 225, 227
 - Strata, Cheesy, 97
 - Tacos, Middle East, 139
 - Tetrazzini, 72
 - Wraps, Roasted, with Garlic Aioli, 120, 133
- Vegetarian Chili with Spicy Tortilla Strips, 198
- Vegetarian Shepherd’s Pie, 111
- Veggie and Bean Burgers, 127
- Veggie Joes, 199
- Warm Tuscan Bean Salad, 45
- Wheat Berry Salad, 49
- White Bean Chili, 231
- White Beans with Sun-Dried Tomatoes, 178
- Wild Rice-Pecan Burgers, 125
- Wild Rice Soup, 214, 215
- Winter Vegetable Stew, 187
- Wraps, 120, 131, 132, 133, 134
- Yogurt-Peanut Sauce, Tempeh Stir-Fry with, 262, 263
- Zesty Black Bean Soup, 188
- Zucchini-Corn Gratin, 80, 86