Tennessee

Preud Pressing

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(All measurements are to personal preference)

Diced onion
Crushed garlic
Sliced celery
Sliced leeks (optional)
Sliced green onions

✓ Steam in water until transparent

Add Diced toast

✓ Season as desired (all seasonings optional)

Gomasio¹
Marjoram
Thyme
Rosemary
Sage
Nutritional food yeast
Beef seasoning
Salt

Add water until moist

- ✓ Needs to be moist. If not, add more water.
 - ✔ Bake at 350 degrees for 1 hour

¹ cup of sesame seeds toasted on medium high stirring constantly until browned and crackling. Remove from heat. Add ½ teaspoon of salt and blend. (Substitute for soy sauce. Can be used in dressings, gravies, roasts, patties, etc.)