

Herbal Legacy Recipes

Cranks Nut Roast

Ingredients:

- *1 Medium Sized Onion
- *2 TBSP Olive Oil
- *1 ½ Cups Mixed Nuts
- *4 Slices Whole Wheat Bread
- *1 Cup Water
- *2 TBSP Nutri-Soup
- *1 tsp Mixed Herbs (Summer Savory)
- *Salt & Pepper to taste

Directions:

Chop onions and saute in oil until transparent. Grind nuts and bread in a blender or food processor until quite fine. Heat water and add Nutri-Soup. Combine all of the ingredients together and mix well. Turn into a greased shallow baking dish, level the surface, sprinkle with a few breadcrumbs, and bake at 350° for 30 minutes, or until golden brown.