

Instant Pot Vegan Chili

Ingredients (use all low sodium)

- 1 large onion
- 1 red bell pepper
- 4 chili peppers
- 3 minced garlic cloves
- 8 oz mushrooms
- ½ tsp garlic powder
- ½ tsp black pepper
- 1 tsp paprika
- 1 tsp oregano
- 1 tsp chipotle chili powder
- 2 tsp ground cumin
- ½ tsp granulated onion powder
- ½ tsp smoked paprika
- 1 – 15 oz can pinto beans
- 2 – 15 oz cans kidney beans
- 1 – 15 oz can black beans
- 3 cups chopped hydrated soy curls
- 1-2 cups vegetable broth/water
- 1 – 6 oz can tomato paste
- 1 – 8 oz can tomato sauce
- 4 tbsp corn flour (or ground polenta)
- Frank's Hot Sauce

Directions

1. Preheat Instant Pot – using sauté, until “hot” is displayed.
2. Add all vegetables and lightly sauté in small amount of water until softened.

3. Add 1 cup of water and all spices, except polenta (corn meal) flour and stir well.
4. Mix in beans and hydrated chopped soy curls and stir well.
5. Add tomato sauce and diced tomatoes to TOP of stew and DO NOT STIR.
6. Add lip to Instant Pot and set to MANUAL mode for 10 minutes. Allow to naturally vent when completed for 10 minutes before CAREFULLY releasing additional pressure.
7. Stir in tomato paste, hot sauce and corn flour.
8. Let rest for 10 minutes to thicken, stirring occasionally.

Bean Salad

Ingredients

- 2 cans kidney or black beans, drained and rinsed
- 2 cans garbanzo beans, drained and rinsed
- 1 onion, chopped (or half of the container of ready-chopped onion)
- Celery to taste, chopped (or half of the container of ready-chopped celery)
- Balsamic vinegar to taste
- Garlic and Italian seasoning to taste

Directions

1. Mix all ingredients in a bowl
2. Allow the salad to sit overnight and marinate for best flavor

Mint Lemonade Chickpea Salad

Ingredients

1 ¼ 15-oz cans of chickpeas

Freshly ground black pepper

¾ cup cherry tomatoes

For Dressing:

¼ cup fresh lemon juice

2 tbsp fresh mint

2 cloves garlic

Himalayan sea salt

Directions

1. Place the chickpeas and quartered tomatoes in a medium bowl
2. Whisk the lemon juice, mint, and garlic in a separate bowl; season with a few grinds of fresh Himalayan salt and pepper to taste
3. Add the dressing to the chickpeas and tomatoes and toss
4. Divide salad among plates and serve, garnished with mint and lemon slices

Napa Kimchi (Spicy Pickled Cabbage)

Ingredients

5-7 lbs Napa Cabbage

Salt

½ cup rice flour (Mochiko)

1 cup garlic

1 cup chopped yellow onion

1 cup Daikon radish

2 tbsp ginger

2 tbsp sesame seeds

1-2 cups dried chili flakes

Soybean sprouts

Chopped green onion

Directions

1. Preparing Cabbage:
 - a. Slice cabbage into bite-sized pieces.
 - b. Lightly salt each layer and place into large bowl or pail.
 - c. Cover with heavy plate and add a weight to extract moisture from cabbage.
 - d. Rinse away saltiness three times with fresh water.
 - e. Squeeze liquid from handfuls of cabbage and set aside.
2. Sauce:
 - a. Add 3 cups of water into a saucepan (heat water to warm, not boiling).
 - b. Add rice flour. Stir to dissolve.
 - c. Blend garlic, yellow onion, carrots, Daikon radish, ginger, and sesame seeds in food processor. Add this mixture to the saucepan.
 - d. Add dried chili flakes
3. Add cabbage pieces to sauce
4. Stir by hand, coating every piece (option: wear gloves)
5. Sprinkle on soybean sprouts and chopped green onion
6. Enjoy immediately as a salad or cover and ferment at room temperature for several days (bottle, then refrigerate)

Red Cabbage and Orange Salad with Cranberries

Ingredients

- 3 oranges
- 1 can rinsed Mandarin oranges
- 4 cups shredded red cabbage
- ½ cup dried cranberries
- 2 shallots, finely chopped (¼ cup)
- 2 tbsp finely chopped fresh parsley, divided
- 3 tbsp balsamic vinegar
- 1 tbsp pure maple syrup
- Sea salt to taste

Directions

1. Using a small, sharp knife, slice off the ends of the oranges and stand them on one flat end. Working in sections around the orange, slice off all peel and pith. You will be able to see the membranes that separate each segment. Tip the orange on its side and slice each segment free from the membranes on either side.
2. In a salad bowl, combine the sectioned oranges, mandarin oranges, cabbage, cranberries, and shallots. Add parsley. Mix salad well.
3. In a small bowl, whisk together vinegar, maple syrup, salt, and 2 tablespoons of water. Pour dressing over salad and toss well.
4. Chill the salad for at least an hour before serving. Serve garnished with extra parsley.

(Almost) Classic Chickpea Vegan Meatloaf

Ingredients

For meatloaf:

- 3 1/3 cups chickpeas cooked, drained and rinsed (or 2 cans of 15-oz garbanzos)
- 1 onion, diced
- 2 celery stalks, chopped
- 2 carrots, diced
- 2 garlic cloves, minced
- 2 cups panko breadcrumbs
- ½ cup unflavored soymilk
- 3 tbsp vegan Worcestershire sauce
- 2 tbsp soy sauce or tamari
- 2 tbsp ground flax seeds
- 2 tbsp tomato paste
- 1 tsp liquid smoke
- ¼ tsp black pepper

For Texas BBQ Sauce glaze:

- 2 cups tomato sauce/puree (not tomato paste)
- ¼ cup pure maple syrup
- 2 tbsp regular molasses (not blackstrap)
- 2 tbsp apple cider vinegar
- 3 tbsp Worcestershire sauce (vegan, Annie's, Whole Foods or Sprouts)
- 2 tbsp liquid smoke
- ¼ tsp regular American chili powder
- 1 tbsp garlic powder
- ½ tsp ground black pepper
- ¼ tsp fine salt

Directions

1. Preheat oven to 350°F. Lightly oil a 9-inch loaf pan and arrange a strip of parchment paper width-wise along the center, with just a bit hanging over the sides.
2. Working in batches if needed, place all meatloaf ingredients into food processor bowl and pulse until chickpeas are broken up and ingredients are well mixed, stopping to scrape down sides of bowl as needed. Do not over-blend. If working in batches, transfer each batch to a large mixing bowl when complete and then mix by hand.
3. Press mixture into prepared loaf pan and bake 30 minutes.
4. For the BBQ sauce:
 - a. Add all the ingredients to a blender or food processor and process until smooth.
 - b. Add to a pot over medium heat. Once it begins to simmer, cook for 3-5 minutes, whisking continuously until the spices cook through and it is warmed throughout.
 - c. This BBQ sauce is delicious right away, of course, but the flavors truly enhance to amazing flavor by the next day after chilling overnight!
5. Remove loaf from oven after 30 minutes and spoon BBQ sauce over top of loaf. Bake another 20-25 minutes. Remove from oven and allow to cool at least 10 minutes before cutting.
6. The longer the meatloaf sits, the firmer it gets. If it initially feels a bit soft for your liking, let it sit for a few minutes or prep it a day in advance and reheat the day of serving.

Broccoli and Mushroom Stir Fry

Ingredients

1 red onion, sliced
3 cloves of garlic, minced
1-inch piece of ginger, minced
4 cups broccoli
8 oz sliced mushrooms
4 tbsp rice wine vinegar
½ cup water
3 dates
2 carrots, shredded
Braggs Liquid Amino Acid
Brown rice

Directions

1. Turn burner on high heat. Add a few tbsp of water to the pan. Add the onions, garlic, and ginger and sauté for a few minutes.
2. Add the broccoli and mushrooms and sauté for about 5 minutes.
3. Add rice wine vinegar, water and dates to a blender and blend until smooth.
4. Add the carrots to the pan.
5. Pour the blended sauce over entire mixture and sauté for just 3 more minutes.
6. Add a couple tbsp Braggs Liquid Amino Acid.
7. Serve over rice or cauliflower rice. Serves 4.

Instant Pot Vegetable Soup

Ingredients

- 2 garlic cloves, minced
- 1 small trimmed leek (1 cup), well-rinsed, sliced
- 3 small carrots (6 ounces total, 1 ½ cups), sliced
- 3 stalks of celery with leaves (6 ounces total, 2 cups), sliced
- 8 ounces mushrooms (3 cups), sliced
- 7 cups water
- 2 cubes vegetable bouillon
- 1 tbsp Italian seasoning
- ¼ tsp ground black pepper
- ½ cup dried pearled barley

Directions

1. Place all ingredients in the container of the Instant Pot and stir well.
2. Cover and close shut.
3. Set it for “Soup” (30 minutes).
4. When the Instant Pot soup setting is done, release pressure by opening the valve, and unlocking the lid.
5. Open lid and allow to cool.
6. Serve immediately.
7. Makes 10 cups, about 10 one-cup servings

Pressure Cooker Chili

Ingredients

- ½ cup chopped green bell peppers
- ½ cup chopped yellow bell peppers
- ½ cup chopped red bell peppers
- 1 cup chopped onions
- 1 cup super greens
- ½ cup grated garlic
- 1 can 15.5 oz pinto beans (low sodium)
- 2 cans 15.5 oz kidney beans (low sodium)
- 3 cans 14.5 oz petite diced tomatoes (no salt added)
- 1 can 15 oz black beans (low sodium)
- 2 tbsp chili powder
- 1 tbsp cumin
- 1 tbsp coriander

Directions

1. Combine all ingredients in the pressure cooker
2. Let cook until all the ingredients are tender

Butternut Squash Soup

Ingredients

- 2 cups steamed cauliflower florets
- 1 medium onion, diced
- ½ red & yellow peppers, diced
- 1 tbsp minced garlic
- 1 tsp caraway seeds
- 2 bay leaves
- 5 cups of butternut squash, peeled and cut into 1-inch cubes
- 3 cups plant-based milk
- 4 tbsp red wine vinegar
- Salt and pepper to taste
- Nutmeg and cinnamon to taste

Directions

1. Steam cauliflower and remove from heat to cool.
2. Heat skillet on high, add a bit of vegetable broth with onions, bell peppers, garlic and caraway seeds until onions are translucent (10-15 minutes).
3. Add bay leaves, butternut squash, and 3 cups of vegetable broth. Cook on medium heat until squash is tender (about 20 minutes).
4. Add cauliflower, plant-based milk, and vinegar. Remove bay leaves and puree the soup with a hand blender.
5. Add salt, pepper, nutmeg, and cinnamon to taste.

Smoky Tofu Bacon

Thinly sliced tofu is dipped in a smoky marinade and baked until chewy to make a tofu “bacon” that’s great for sandwiches and cooking.

Ingredients

- 8 oz extra-firm or super-firm tofu
- ¼ cup low-sodium soy sauce (use tamari for gluten-free)
- 1 tbsp maple syrup
- 1 tbsp tomato paste
- 1 tbsp liquid smoke
- 1 tsp apple cider vinegar
- ½ tsp ground black pepper
- ¼ tsp smoked paprika
- ¼ tsp onion powder
- ¼ tsp garlic powder

Directions

1. Drain the tofu. If not using vacuum packed super-firm tofu, wrap it in a clean towel and stack a heavy object (like a cast iron pan) on top of it to press out excess liquid. (Or, use a tofu press if you’ve got one). Leave the tofu to press while you measure out the other ingredients.
2. Preheat the oven to 400°F. Place a metal rack on top of a baking sheet. (If desired, put a piece of parchment on the baking sheet to catch drips, for easy cleanup.)
3. Whisk together the remaining ingredients in a medium sized bowl.
4. Cut the tofu into thin strips, approximately 1/8 inch thick. Take each tofu slice and dip it fully into the marinade, then place it on the prepared baking rack. Repeat until all of the tofu slices are dipped, spacing them out evenly on the rack. Set aside the excess marinade.
5. Bake for 10 minutes. Remove the baking sheet from the oven. Gently flip over each piece of tofu. Brush or dab the tops of each tofu piece with some of the remaining marinade. Return to the oven and bake for another 5 to 10 minutes, or until browning around the edges and starting to take on a firm texture – it can burn quickly so keep a close eye on it. Remove from the oven, let cool, and enjoy!

Cauliflower and Tofu Ground

Ingredients

- 1 small head of cauliflower (about 1 ½ cups)
- 4 oz fresh mushrooms
- Tofu (extra firm)
- 2 tbsp soy sauce
- 2 tbsp chili powder
- 2 tsp ground cumin
- 1 tsp smoked paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp ground pepper
- ¼ tsp salt

Directions

1. Preheat oven to 350°F
2. Lightly pulse the mushrooms in a food processor until you have a rice-like consistency
3. Now, chop the tofu to the same consistency and mix in a large bowl
4. Remove the core and leaves of your cauliflower and cut into small pieces
5. Pulse the cauliflower to the same consistency and add to bowl
6. Stir in soy sauce and mix
7. Stir in spices and mix well, making sure everything is mixed thoroughly
8. Spread mixture onto a parchment-lined baking sheet and bake for 30 minutes
9. Stir lightly and continue baking for an additional 10-15 minutes

Jackfruit Tacos – Servings for 3

Ingredients

4 20-oz cans of green, young jackfruit

Fresh lime juice

Mexican oregano

Ground cumin

Sea salt

Organic corn tortillas (Mi Rancho)

Directions

1. Drain and rinse the jackfruit. Pull apart with a fork.
2. Place everything in a saucepan and mix together.
3. Add sea salt for taste and top with fresh squeezed lime juice and fresh salsa.
4. Fill contents in the corn tortilla.

Tomatillo (Green Salsa) – Servings for 3

Ingredients

- 1 ½ lbs of tomatillos (remove the husk)
- ½ cup chopped white onions
- 2 cloves or more of fresh garlic
- ½ cup cilantro
- 1 tbsp fresh lime juice
- 2 jalapeno peppers or 2 serrano peppers
- Sea salt for taste

Directions

1. Boil the tomatillos until they turn a different color (browning) and toss everything in the food processor or blender for chopping. You will need to determine the thickness and hotness.
2. Add the fresh squeezed lime juice with sea salt for taste.

Whole-Wheat Berry Muffins

Ingredients

- 2/3 cup unsweetened almond milk
- 1 tbsp ground flaxseeds
- 1 tsp apple cider vinegar
- 2 cups whole-wheat pastry flour
- 2 tsp baking powder
- ¼ tsp baking soda
- ¾ tsp salt
- ½ cup unsweetened applesauce
- ½ cup pure maple syrup
- 1 ½ tsp pure vanilla extract
- 1 cup frozen blueberries
- 5 drops butter flavor emulsion

Directions

1. Preheat the oven to 350°F. Line a 12-cup muffin pan with parchment paper
2. In a large measuring cup, use a fork to vigorously mix together the plant-based milk, flaxseeds, and vinegar. Mix for about a minute, until it appears foamy. Set aside.
3. In a medium mixing bowl, sift together the flour, baking powder, baking soda, and salt. Make a well in the center and pour in the milk mixture. Add the applesauce, maple syrup, vanilla, and butter flavoring to the well and stir together. Incorporate the dry ingredients into the wet ingredients until the dry ingredients are moistened (do not overmix). Fold in the berries.
4. Fill each muffin cup three-quarters full and bake for 26 minutes, or until a knife inserted through the center of the muffin comes out clean.
5. Let the muffins cool completely, about 20 minutes, then carefully run a knife around the edges of each muffin to remove them from the pan. After 20 minutes, the parchment paper will peel off easily.

Tabbouleh

Ingredients

- 1 cup Bob's Red Mill Red Bulgar
- 1 cup boiling water
- 3 cups finely chopped fresh parsley
- ¼ cup finely chopped mint
- ¼ cup minced scallions
- 2 medium tomatoes, seeded and diced
- 1 medium cucumber, seeded and diced
- ½ tsp salt (optional)
- ¼ tsp ground cumin
- ¼ tsp ground black pepper
- 3 tbsp fresh lemon juice
- 3 tbsp aquafaba (liquid from a can of chickpeas/garbanzo beans)

Directions

1. Combine bulgur and boiling water and soak for 1 hour. Drain well and squeeze out any excess water.
2. In a large bowl, combine bulgur, parsley, mint, scallions, tomatoes, cucumber, red bell pepper, salt, cumin, black pepper and lemon juice. Chill for 1 hour.
3. Immediately before serving, add aquafaba and toss well.

Autumn Blend with Sweet Potatoes and Kale

Ingredients

- ¼ cup white onion, small diced
- 2 large carrots, peeled and small diced (about 1 cup)
- ½ lb sweet potato and yam, peeled and diced into ¼ inch cubes (about 1 cup)
- ½ lb yam, peeled and diced into ¼ inch cubes (about 1 cup)
- 1 clove garlic, minced
- 1 tsp cumin
- ½ tsp all spice
- 1 cup Pereg Gourmet Autumn Blend Lentils (from the Nugget) – picked through and rinsed well
- 3 1/3 cup vegetable stock
- 3 cups dinosaur kale, washed well, de-stemmed and cut into pieces
- Salt to taste
- ½ cup cilantro, minced
- Oil-free pita bread for serving

Directions

1. Heat a heavy saucepan over medium heat. Sauté onion, carrot, and sweet potato with ¼ tsp salt using some of the vegetable broth. Cook until onions are translucent and carrots and sweet potatoes are slightly soft, stirring occasionally, about 7 minutes. Add garlic, cumin and all spice, stir and cook for one more minute.
2. Add lentils and stock and bring to a boil. Lower heat to medium low and simmer uncovered for 20-30 minutes or until lentils are tender and have absorbed most of the liquid. Add extra stock if needed. Season with salt to taste. Stir in kale and cook until kale wilts.
3. Garnish with cilantro and serve with oil-free pita bread.
4. Serves: 4, 1 ¼ cup servings