Accumulated Recipes

**Black Bean Burgers:**

* 1 can black beans well rinsed
* 1/2 cup of quick oats (rolled)
* 1/2 tsp salt
* 1/4 cup salsa (more to taste if you want, pico de gallo works great too)

just mix it all up in a bowl, get it really mashed but not completely. On a baking sheet w/ parchment paper it makes ~3 patties, bake for ~8 mins at 400 and then freeze to store for several weeks or pan fry to serve.

**Gnocchi:**

-1 pack shelf stable gnocchi of choice

-5oz baby spinach (add more if you like spinach)

-1 can cannellini bean (rinsed)

-4oz or ½ jar of sundried tomatoes (julienne cut makes it easy so you don't have to cut it)

-1 can coconut cream or full fat coconut milk (careful DO NOT mix, we want it to separate)

-½ lemon

-olive oil

-1 shallot (minced)

-⅓ cup veg broth

-salt & pepper to taste

-fresh basil leaves

Steps:

1. In a large pan/wok on med-high heat, add olive oil and all the gnocchi. Let simmer, mixing every minute or so. Refresh oil as needed, the goal is to get them relatively crispy the whole way round (golden).
2. Once gnocchi is done, put in a separate bowl and reduce the pan to medium heat. Add beans and spinach, mix until spinach is wilted and put into a separate bowl from the gnocchi.
3. Now on med-high heat add tomatoes (julienned) and shallot (minced) and heat for 1 min.
4. Turn to high heat and add veg broth, reduced broth to ~½ of what you started with (it's fine to eyeball, just get it to a darker hue.
5. Now reduce heat to low and let simmer for 2 mins. Add ONLY the more solid white part of the coconut cream, be careful not to mix with the liquid bottom part. Add salt/ pepper to taste.
6. Add lemon to taste and add the gnocchi, beans, and spinach to the pan. Mix together and serve with fresh basil on top.

**Peanut Butter Noodles:** from https://sammymontgoms.com/wprm\_print/peanut-noodles

### **Ingredients**

* 220 grams capellini *or pasta of choice*
* 1/3 cup reserved pasta water *start with 1/4 cup*
* 2 tbsp olive oil
* 2 garlic cloves *chopped fine*
* 1 inch piece ginger root *chopped fine*
* 1/2 cup smooth peanut butter
* 1/4 cup soy sauce *low sodium*
* 1 tbsp sesame oil
* 1 tbsp rice wine vinegar
* 2 tbsp honey
* 1 tbsp sriracha *or hot sauce of choice*
* green onions *to garnish*
* sesame seeds *to garnish*

### **Instructions**

1. Begin by bringing a large pot of lightly salted water to a boil.
2. Add your pasta and let cook until al dente while you prepare your sauce.

Be sure to reserve 1/3 cup of pasta water.

1. Chop the garlic and ginger really fine and set aside until ready to use.
2. To a large frying pan set to medium heat, add the olive oil.
3. Once hot, add the garlic and ginger and let saute for 1-2 minutes, or until fragrant.
4. Reduce heat to low/medium and add the peanut butter, soy sauce, sesame oil, rice wine vinegar, honey and sriracha.

Let simmer, stirring often, until combined well.

***Sammy's Tip:*** *if the sauce appears to be chunky, continue whisking together, breaking down the peanut butter with the whisk or spoon until smooth.*

1. Add the cooked pasta and 1/4 cup of reserved pasta water and mix together until well combined and the sauce begins to turn silky and creamy.
2. Add the remaining pasta water if you want the sauce a bit thinner and even creamier.
3. Dish up and top with green onions and sesame seeds.
4. Enjoy right away!

**Butternut Squash Soup:**

Ingredients:

- 1 butternut squash (peeled and cubed)

- 2 shallot (Wedged)

- olive oil (lightly coat squash)

- salt/pepper

- celery (2-4 shoots)

- veg broth (enough to cover squash)

- cinnamon

- cayenne pepper

- heavy cream (optional), can use coconut cream instead.

Peel and cube squash and roast with shallots in olive oil and salt and pepper (around 400 deg F). Once soft, put it all in a pot and add chopped celery and broth. Add cayenne pepper and cinnamon (to taste) and simmer. Then remove from heat, blend together w/ emulsion blender, and stir in cream of choice.

More comming soon