

MYE Recipes

Recipes that I use on a regular basis

2022-07-05 19:57:59

1 Main Courses 1

1.1 Alfredo 2

1.2 Mango Blueberry Quinoa Salad 3

1.3 Veggie Chili 4

1 Main Courses

1.1 Alfredo

SERVINGS: 2-3 Servings (makes approximately 3-4 cups of sauce)

INGREDIENTS:

- 16 oz fettuccine or pasta of choice
we often use [Tinkyada \(https://www.tinkyada.com/\)](https://www.tinkyada.com/)
- 1.5 cup raw cashews
- 1-2 TBSP olive oil
- ½ medium sweet onion, chopped
- 6 cloves of garlic, minced
- 2 cups unsweetened almond milk
cashew/soy/coconut also fine
- ¼ cup nutritional yeast
- 1 tsp lemon juice
- 1 tsp salt, or to taste

DIRECTIONS:

1. Cook pasta while making the sauce
2. Bring 4 cups of water to boil. Pour hot water over the 1.5 cups of raw cashews and let soak for 5 minutes
3. Heat 1-2 TBSP olive oil over medium heat and add:
 - ½ medium sweet onion, chopped
 - 6 cloves of garlic, minced
4. Drain the cashews and discard the soaking water and add cashews to the blender
5. Add the following to the blender:
 - Cooked onions and garlic
 - 2 cups unsweetened almond milk
 - ¼ cup nutritional yeast
 - 1 tsp lemon juice
 - 1 tsp salt
6. Blend on high for approximately 1 min, or until sauce is creamy
7. Pour the sauce over the pasta and stir
8. Continue to heat the mixed pasta and sauce on low heat if adding more veggies

Possible Additions

- Cooked peas
- Kale
- Spinach
- Mushrooms
- Freshly grated Parmesan (like Violife)

SOURCE: [Nora Cooks \(https://www.noracooks.com/vegan-alfredo-sauce/\)](https://www.noracooks.com/vegan-alfredo-sauce/)

1.2 Mango Blueberry Quinoa Salad

SERVINGS: 4 servings

INGREDIENTS:

- 1 cup of dry quinoa
- 2 cup water
- 1 cup fresh blueberries
- 1 cup cubed ripe mangoes
- 1 cup cubed cucumbers
- 1 TBSP dried cranberries
- 3 TBSP olive oil
- 4 TBSP (¼ cup) lemon juice
- ½ tsp lemon zest
- 20 basil leaves, chopped finely
- Salt and pepper to taste

DIRECTIONS:

1. Cook the quinoa. Place quinoa and water into medium skillet and bring to boil. Reduce heat and simmer covered for 15 minutes. Remove lid and fluff with a fork. Let cooked quinoa cool to room temperature.
2. While quinoa is cooking, combine the following into a bowl and refrigerate until serving:
 - 1 cup fresh blueberries
 - 1 cup cubed ripe mangoes
 - 1 cup cubed cucumbers
 - 1 TBSP dried cranberries
3. Whisk the following dressing ingredients:
 - 3 TBSP olive oil
 - 4 TBSP (¼ cup) lemon juice
 - ½ tsp lemon zest
 - Salt and pepperWait to add basil leaves until serving
4. Combine all ingredients directly before serving, mix gently.

SOURCE:

[Veggie Belly by Sala \(http://www.veggiebelly.com/2011/06/mango-blueberry-quinoa-salad-with-lemon-basil-dressing-recipe.html\)](http://www.veggiebelly.com/2011/06/mango-blueberry-quinoa-salad-with-lemon-basil-dressing-recipe.html)

1.3 Veggie Chili

SERVINGS: 6 servings (each approximately 2 cups)

INGREDIENTS:

- 2 TBSP olive oil
 - 4 cloves garlic, minced
 - Large onion, diced
 - 3 bell peppers (red, yellow, orange), diced
 - 2 carrots, peeled and diced
 - 2 stalks celery, diced
 - Jalapeno, seeded and diced
 - 1 tsp ground oregano
 - 1 TBSP cumin
 - 2 TBSP chili powder (more/less to taste)
 - 3 cups veggie broth
 - 1 can (12-14oz) plain tomato sauce
 - 1 can (10oz) Ro-tel or 4oz diced green chilies & 8oz diced tomatoes
 - ½ tsp salt (more/less to taste)
 - 1 can (14oz) kidney beans
 - 1 can (14oz) pinto beans
 - 1 can (14oz) garbanzo beans
 - 1 can (14oz) black beans
 - Large zucchini, diced
 - ¼ Masa (corn flour) or cornmeal
 - ½ cup warm water
- [Vegan veggie \(https://www.betterthanbouillon.com/\)](https://www.betterthanbouillon.com/)

DIRECTIONS:

1. Heat 2 TBSP olive oil in large soup pot over medium heat
2. Add the following:
 - 4 cloves garlic, minced
 - Large onion, diced
 - 3 bell peppers, diced
 - 2 carrots, peeled and diced
 - 2 stalks celery, diced
 - Jalapeno, seeded and dicedSaute for 5 minutes (until starting to soften)
3. Add the following:
 - 1 tsp ground oregano
 - 1 TBSP cumin
 - 2 TBSP chili powder (more/less to taste)Stir/cook for a few more minutes
4. Add the following items:
 - 3 cups of veggie broth
 - 1 can (12-14oz) plain tomato sauce
 - Ro-tel (or diced tomatoes and chilies)
 - ½ tsp salt
5. Bring to a boil then reduce heat to low
Cover and simmer for 30 minutes
6. Add the following:
 - 1 can (14oz) kidney beans
 - 1 can (14oz) pinto beans
 - 1 can (14oz) garbanzo beans
 - 1 can (14oz) black beans
 - Large zucchini, dicedStir in, cover, and simmer for 30 more minutes
7. Mix in together:
 - ¼ Masa (corn flour) or cornmeal
 - ½ cup warm water
8. Pour corn/water mixture into the pot and stir
Simmer for 15 more minutes

NOTES: Good with brown rice mixed in

SOURCE: [Pioneer Woman \(https://www.thepioneerwoman.com/food-cooking/recipes/a11980/veggie-chili/\)](https://www.thepioneerwoman.com/food-cooking/recipes/a11980/veggie-chili/)