



Prep time: 10 min + overnight soak

Cook time: 1 hrs

Beans

Ingredients

- 3 cups dried pinto beans
- 1 quart vegetable broth
- 1 onion (any type)
- Salt to taste
- 2-3 garlic cloves

Instructions

1. Soak your beans overnight.
2. Rinse and drain the next day and place in an instant pot.
3. Roughly chop the onion and add it to the pot.
4. Smash the garlic cloves with the side of a large knife or roughly chop and add to the pot.
5. Add the quart of veggie broth and additional water if needed to cover the beans by 1 inch.
6. Seal the instant pot and cook on high pressure for 40-50 minutes.
7. After the beans are cooked, salt to taste.

Tips

- I usually keep half of this recipe whole and blend the other half into refried beans for burritos and to top my masa cakes.
- Alternatively, you could cook in a large pot on the stove-top for 60-90 minutes until the beans are soft and add more water as needed. Or you could use a slow-cooker on high 8-10 hours.



Prep time: 15 min

Cook time: 20 min

Onion Rings

Ingredients

- 1 large red onion cut into 1/2-inch-thick slices
- 1 cup white flour
- 1 cup Almond Milk
- 1 teaspoon rice vinegar
- 1/3 cup cornmeal
- 3/4 cup bread crumbs 100
- 1/3 cup nutritional yeast
- 2 tablespoons Savory Spice Blend
- 1 teaspoon smoked paprika

Instructions

1. Preheat the oven to 425F. Line a large baking sheet with a silicone mat or parchment paper and set aside. Separate the onion slices into rings. Transfer to a bowl and set aside.
2. In a shallow bowl, combine the flour, Almond Milk, and vinegar. Stir to blend well.
3. In a separate shallow bowl, combine the cornmeal, bread crumbs, nutritional yeast, Savory Spice Blend, and paprika. Mix well.
4. In a row, line up the bowls of onion rings, batter, breading mixture, and the prepared baking sheet. Dip an onion ring into the batter, coating it all over. Transfer the onion ring to the breading, tossing to coat. Use a clean, dry hand to sprinkle the breading onto the onion as needed. Place the coated onion ring on the baking sheet and repeat with the remaining ingredients, arranging the rings in a single layer. Use a second sheet if needed. You should have enough batter and breading for about 20 onion rings.
5. Bake for 10 minutes, then remove from oven and carefully turn rings over. Bake for about 10 minutes longer, or until crisp and nicely browned. Serve hot.

Adapted From: <https://nutritionfacts.org/recipe/baked-onion-rings/>



Prep time: 5 min

Cook time: 10 min

Tofu Scramble

Ingredients

- Fresh tortillas
- 2 boxes organic smoke tofu or regular, firm organic tofu
- 1 cup unsweetened organic soy milk (or almond milk)
- 1 cup nutritional yeast
- 1 cup salsa of choice,
- 2 fistfulls of greens of choice: spinach, collards, kale
- Salt and pepper to taste
- mushroom, zucchini, spinach)
- Salt and pepper to taste

Instructions

- If using smoked tofu: cut outside off of tofu then crumble into medium sized pan with a lid.
- If using regular tofu: press tofu then crumble into pan (add some liquid smoke if desired).
- Heat to medium high.
- Place all other ingredients except greens in the pan and stir to combine.
- Top with greens and cover.
- Heat 3-5 minutes until the greens have wilted.
- Stir again and take off heat.

To serve right away: heat tortillas in a flat pan while tofu is cooking, place tofu in the toasted tortilla, top with creamy tomatillo dressing, wrap and enjoy!

To store for later: After tofu has cooled slightly, place in a storage container and refrigerate. Will stay good for up to a week. When ready to enjoy simply toast your tortillas and heat the portion you want in a microwavable bowl for 2 minutes.



Prep time: 15 min

Cook time: 5 min

THE Daily SMOOTHIE

This smoothie has over 500 calories and delivers 75% of nutritional needs. I divide it 6 ways with my family to give us a boost before we start the day.

Ingredients

- 1 cup almond milk or water kefir
- 1 cup spinach
- 1 cup kale
- 1.5 cups frozen strawberries or raspberries
- 1 cup frozen blueberries
- 1 scoop frozen orange juice concentrate (or .5 cup chopped fresh pineapple)
- 1 small banana
- 2-3 T flax seeds
- .5 inch piece of fresh turmeric
- .25 tsp freshly cracked pepper
- Water to desired consistency

Instructions

Place all ingredients all together in a blender and blend until smooth.

Tips

You may include these daily as well:

- Vitamin D drops (for those who live in colder climates and dont see enough sun)
- Vitamin B5 (pantothenic acid)—4 capsules cracked open and poured in (for my kids in puberty—helps to prevent acne problems and keep skin healthy)

NOTE: it will thicken as it sits due to all the fiber, so drink it right away or thin it out and stir when ready to drink.