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Basic Pizza Dough

bread machine

5 Servings

-
- 1 1/3 C water
 - 1/4 C olive oil
 - 3 1/2 C white whole wheat flour (optionally some can be semolina flour)
 - 1 t gluten flour
 - 1 T sugar
 - 1 1/2 t salt
 - 2 t yeast
 - 1 T parmesan cheese (optional, but awesome)
-

Use pizza dough cycle, will be done in less than an hour.

Pizza

Preheat oven to 450°F, bake for 12-15 minutes

Par-bake

You can make just the crust, and freeze it for later. 350°F oven, 7-10 minutes, until toasty (you want it to keep its shape after it cools). Can freeze the crust as-is, maybe on some wax paper so it doesn't stick to stuff, then put it in a large ziplock or some other plastic container after it's frozen. Keeps a couple months, but good luck ignoring a large pizza crust in your freezer for that long.

Chinese Cabbage Salad

salad, potluck

5 Servings

-
- 1/2 C vegetable oil/olive oil mix
 - 1/2 C white sugar
 - 1/3 C white wine vinegar
 - 2 flavor packets from vegetarian ramen
 - 1 package coleslaw mix
 - 1 green onion, chopped
 - 2 packages of vegetarian ramen noodles
 - 1/2 C sunflower seeds
 - 1 can Mandarin Oranges (optional)
 - 1 can sliced water chestnuts
 - 1 T margarine
 - 1/3 C sliced almonds
 - 1/4 C sesame seeds
-

Mix the oil, sugar, vinegar and flavor packets. Toast lightly the almonds and sesame seeds in the margarine. Mix the coleslaw with the oil/sugar/flavor mixture. After the coleslaw is coated, mix in the remaining ingredients.

This is a crowd pleaser, take it to any potluck situation and you'll be a hit.

Creamy Pesto Sauce

AKA "Daddy's Famous Pasta"

pasta sauce, vegan

5 Servings

-
- 1 package of self-stable/Silken Tofu
 - 2T fresh Basil (or 1 T of pesto sauce from a jar)
 - 2T Miso, sweet white
 - 2T Olive Oil
 - 1 t Garlic, minced
 - 1/4 t Salt
 - 2 T Parmesan Cheese
-

Combine all ingredients in a blender, and process until fairly smooth.

This makes for a lightning-fast dinner, and is a very common meal at our house.

Fantastic Vegan Pancakes

breakfast, vegan

5 Servings

-
- 3 C Wheat Flour (or Gluten Free if you want)
 - 1/8 C Sugar
 - 1/8 C Baking Powder
 - 1/8 C Flax Seeds, ground
 - 1/2 t Salt
 - 3 C Milk
 - 1/8 C Oil
 - 1/8 C Water
 - 1 1/2 t Vanilla
-

Mix dry ingredients in a medium bowl, mix wet in a small bowl, dump the wet in with the dry, mix together with a wooden spoon, but not too much, a few lumps are fine. Pour on to a hot griddle or a big skillet if you don't have a griddle. Go for about 3-4 in. pancakes, they're fun to eat with your fingers. Or make shapes if you need to entertain people, or yourself.

Options

You can substitute Gluten Free flour if you're cooking for someone with a gluten sensitivity or preference. You can substitute 2 eggs if you don't have the flax seeds, or don't care about being vegan, but, you really should have flax seeds handy.

Field Roast Wild Rice Pilaf

instant pot

5 Servings

- 1 T ingredient

Hoppin' John

from BadManners.com/recipes/hoppin-john

Stovetop

4 Servings

-
- 1 1/2 C dried black-eyed peas
 - 1 T olive oil
 - 1 onion
 - 2 bell peppers, chopped
 - 3 ribs of celery, chopped
 - 1-2 t chipotle peppers in adobo sauce
 - 2 t garlic, minced
 - 1 t dried thyme
 - 1 t smoke paprika
 - 1/2 t dried oregano
 - 1/2 t smoked paprika
 - 1/2 t ground black pepper
 - 2 bay leaves
 - 1/4 t salt
 - 3 C vegetable broth
-

Rinse the black-eyed peas and throw out any grit or fucked up looking peas. Put the peas in a medium container and cover them with a couple inches of water. Let them soak overnight or for at least 6 hours. After they have soaked, drain the peas and start fucking cooking.

Chop up the onion, bell peppers, and celery. In a large pot, warm up the olive oil over a medium heat. Add the onion and sauté that shit until it starts to brown in some places, about 6-9ths minutes. Add the bell peppers and celery and cook until they get a little soft, about 3 minutes. Take the chipotle peppers out of the can, cut them open and scrape out the seeds. These little bastards can be spicy, so taking out the seeds helps you keep that heat wherever the fuck you like it. If you prefer it hot then keep some of the seeds in.

Chop up the chipotles and dice up the garlic real fine. Add both to the pot and stir all that shit up. Add the thyme, oregano, paprika, black pepper, bay leaves, and salt and cook for 30 seconds. Toss in the drained black-eyed peas and the broth and bring that shit to a simmer.

Let it simmer uncovered until the peas are tender. This can take anywhere from 30 minutes to an hour depending on how long you soaked your peas and how old they are. If you start running out of broth before those are ready, add a little more broth or water. If the peas are tender and you've still got too much broth in there, just drain some of that shit off. Not a big fucking deal. Just check the seasoning when you are all done and add more herbs or spices if you think it needs it.

Serve this seasonal standard over your favorite kind of rice, topped with some green onions, and with a side out sautéed collards, spinach, kale, or COCONUT BRAISED COLLARD GREENS for extra luck or some superstitious shit like that. You can add a vinegar based hot sauce (like Crystal or Tabasco) on that shit and take it to another level.

Instant Pot “Boiled” Potatoes

instant pot, staple

5 Servings

-
- 6-8 whole potatoes (red or yukon gold)
 - 1 C water
 - 1/2 t salt
-

Scrub/wash potatoes well, stab them a bit with a fork (you’re making vent holes). Add water to instant pot, put potatoes in a steamer basket. Cook on steam setting for 10 minutes. Natural release. Check tenderness with a fork, if necessary, re-cook for 3-5 minutes. You’ve had potatoes before, you want these to be cooked, not raw. That’s what you’re aiming for.

Cool the potatoes under running cold water, to stop the cooking, and to make them easier to handle. Literal hot potatoes are difficult to hold.

NOTE

Boiled potatoes are fantastic things to have on hand. You can eat them with just a bit of salt, or get really fancy with salsa, sour cream, shredded cheese. Or you can chop them up a bit, sauté with onions and cumin, and use the mixture in rolled tacos, or samosas.

Instant Pot Risotto

instant pot

5 Servings

-
- 1-3 Zucchini or Squash, chopped
 - 3 C Arborio Rice
 - 6 C Water
 - 3 t Better Than Bouillon or broth powder
 - 1 Onion, chopped
 - 1 swig of White Cooking Wine
 - 1 T Olive Oil
 - 1 T Parmesean Cheese
 - salt and pepper, to taste
 - 1 T Butter/Margarine or Goat Cheese (optional)
 - 1/4 t Nutmeg (optional)
-

Sauté the onion in olive oil until translucent (about 5 minutes), add rice, toast the rice... it's done when it goes from clear to a bit brown at edges, and smells nice and toasty. Add a swig of white cooking wine to deglaze. Add broth/water, stir, close cooker, cook for 7 minutes at high pressure. Open cooker with a fast release. Melt 1T of butter, margarine or goat cheese. Add Parmesean cheese, stir. Add nutmeg, stir again, and serve.

Instant Pot Sushi Rice

instant pot, staple

5 Servings

-
- 1 C short grain brown rice
 - 1 3/4 C water
 - 1 T agave nectar
 - 3 dashes salt
-

Dump it all into the cooker, stir, cook for 22 minutes, natural release.

NOTE

If you scale up the recipe, don't let it sit long, or the rice will scald.

This rice will come out looking a tad too wet. Don't freak out, it's done, just stir the rice a bit, and let it sit... it'll soak up that water.

Refrigerate this rice, and use as needed. Keeps up to 5 days.

Reheat cold sushi rice in the microwave for 45 seconds, you can add a splash of rice vinegar after it has been reheated, if you want to spruce up the taste a bit, but it's not necessary and I don't bother.

Kombu Ramen Broth

Recipe courtesy of Hardy's colleague, Alainna

soup

5 Servings

- 3 C water
- 1 piece of kombu
- 1 T cooking wine/mirin

Make Broth

add all ingredients, bring to boil, simmer for 20 minutes

Make Ramen Base

Sauté 1 chopped onion in 1 T olive oil, add a drop of sesame oil if you want. When onion is turning brown at the edges, add 1T of garlic and 1T of ginger. Sauté about 30 seconds more, add broth, simmer.

Ramen!

Boil noodles (steal some from a boring package of noodles, or find some specialty freeze-dried noodles if you want a treat; Amazon has them, probably a local asian food market does, too), combine with Ramen base, garnish with fun Ramen garnishes (shredded carrot, sautéed shitake mushrooms, sliced boiled egg, cubed baked tofu, frozen peas.

Instant Pot Lentil Soup

Instant Pot

5 Servings

-
- 1 T olive oil
 - 1 T garlic, chopped
 - 2 C / 1 large onion, chopped
 - 2 large carrots, chopped
 - 2 large celery ribs, chopped (optional)
 - 2 potatoes, chopped (optional)
 - 3 C brown lentils
 - 9 C water
 - 1 t herbes de provence
 - 2 bay leaves
 - 4 bouillon cubes or the equivalent of better than bouillon or broth powder
-

Set instant pot to saute, add oil, saute the garlic, add onions, saute until translucent or a bit brown at edges, add carrots and celery, saute one minute more, add water, beans, everything else, put on the lid, hit the manual button and adjust cook time to 7 minutes. Now, think of a side to cook, or start slicing bread.

Nepalese Lentil Soup (AKA Dal)

Instant Pot, soup

5 Servings

-
- 1 T olive oil
 - 1/4 t sesame oil
 - 1 onion, chopped
 - 1 t garlic, minced
 - 2 C vegetable broth
 - 1 15 oz can recipe ready tomatoes
 - 1 13 oz can of coconut milk
 - 1 C red lentils
 - 2 t ginger (minced)
 - 1 t ground cumin
 - 2 t curry powder
 - 1 t salt
 - 1/4 t ground cinnamon
 - 1 t lemon juice
 - 1 C fresh cilantro, chopped
-

Heat oils, add onion, sauté until brown at edges, add garlic for 30 seconds, add everything else, put on cooker lid, press the soup or manual button, set time for 7 minutes. Natural pressure release is better, but you can do a quick release if you want. Stir in lemon and cilantro, serve either as a soup, or over rice.

NOTES

- Almost any sort of recipe ready/diced tomatoes will work, but be careful, some of the “fire roasted” options will include spices. “Salsa Style” *will* be spicy hot. Which is fine, if that’s what you want, but spicy Dal isn’t everyone’s cup of tea.

Potato/Tofu Casserole

main dish

5 Servings

-
- 5 or 6 medium potatoes, steamed, cubed
 - 2 T vegetable oil
 - 2 T soy sauce or Tamari
 - 1 Lb tofu, extra firm, pressed and cubed
 - 1 T olive oil
 - 1 large onion, quartered and thinly sliced
 - 1 t garlic, minced
 - 1 4 oz can of green chilies, chopped
 - 1/2 t oregano
 - 1/2 t ground cumin
 - 1 T flour or gluten free flour
 - 2/3 C milk
 - 1 1/2 C Monterey Jack cheese, shredded
-

Preheat oven to 375°F. Press the tofu in a tofu press for about 30 minutes or longer. If you don't have a tofu press, use two plates with something to weigh down the top plate. After 30 minutes, drain off the water, and slice the tofu into 1/2 inch cubes. Set them aside for later in a bowl. Steam and cool the potatoes (instant pot works great for this), cut them up into 1/2 inch cubes, put them in a large mixing bowl. Heat the vegetable oil and soy sauce/Tamari in a large skillet (medium heat). Add the diced tofu. Cook until the tofu is lightly golden on most sides. Add tofu to the mixing bowl with potatoes. In the same skillet, heat olive oil, add the thin onion slices and garlic, sauté until the onion is lightly browned, stir in chilies and spices, sprinkle flour, add milk, stir and simmer until thickened. Add this mixture to the large bowl with tofu and potatoes, mix it all thoroughly. Dump the mixture into a shallow glass baking dish. Sprinkle the top with cheese. Bake 15 minutes.

NOTE

You can do the potatoes while you're waiting for the tofu to press.

Rice Cooker Boiled/Steamed Eggs

Rice Cooker

- 6-12 eggs
 - 1 C water
 - 15 minutes
 - 1 medium bowl of cold water to cool eggs
-

Add eggs to white plastic steamer basket. Add water to cooker bowl. Put steamer basket in cooker. Hit steam button, press the +/plus button to set the time to 15 minutes. When done, cool eggs in a bowl of cold water.

Rice Cooker Oatmeal - Rolled Oats

The oatmeal button takes 20-23 minutes, you can delay the start, and set this up before going to bed, if you want. Experiment with the delayed start before you try for this overnight.

Rice Cooker

4 Servings

-
- 1 C oats
 - 3 C water
 - 1 *splash* of vanilla extract
 - 1 *dash* of salt
-

Dump ingredients, press the oatmeal button.

Rice Cooker Oatmeal - Steelcut Oats

The oatmeal button takes 20-23 minutes, you can delay the start, and set this up before going to bed, if you want. Experiment with the delayed start before you try for this overnight.

Rice Cooker

4 Servings

-
- 1 C oats
 - 3 1/2 C water
 - 1 *splash* of vanilla extract
 - 1 *dash* of salt
-

Dump ingredients, press the oatmeal button.

Simple Tomato Soup

instant pot, gluten free, soup

5 Servings

-
- 1 T olive oil
 - 1-2 onion, chopped
 - 8 cloves garlic, minced
 - 1/2 t dried thyme
 - 1/2 t dried basil
 - 1/2 t dried oregano
 - 2 medium sweet potato, peeled and diced
 - 6 T tomato paste
 - 4 C water
 - 2 t better than bouillon or broth powder
 - 2 28 oz. can crushed tomatoes
 - salt and pepper to taste
-

Sauté the onion until the edges start to brown, add the garlic for 30 more seconds, add the spices. Add the sweet potatoes and tomato paste, stir, deglaze the onion mixture by adding water and better than bouillon or broth powder, add cans of tomatoes. Close lid and cook with the soup button for 8 minutes. When done, blend with an immersion blender until the soup is very smooth, no chunks of sweet potato left. Careful, it'll be hot and want to splash a bit.

Spicy Lentils - Instant Pot Style

from <http://www.thefresh20.com/>

staple, vegan, Instant Pot

4 Servings

-
- 2 T Olive Oil
 - 4 carrots, diced
 - 1 onion, diced
 - 4 garlic cloves, minced (use jared minced garlic, it's easy)
 - 1 chipotle pepper in adobo, minced (freeze the leftovers, makes it easier to handle)
 - 2 T tomato paste (freeze the leftovers in 2T chunks)
 - 1 t Cumin
 - 1 bay leaf
 - 3-4 C vegetable broth (just enough to cover the lentils)
 - 2 C brown lentils
 - 2 T lime juice
-

Hit the saute button, add oil, saute onion and carrots for 3-4 minutes. Add garlic, saute for 30 more seconds. Add chipotle, tomato paste, cumin, saute for 1 minute. Stir well. Add lentils, bay leaf, and enough broth to just cover the lentils, put on cover, hit manual button, set for 15 minutes. When the cooker beeps, do a natural release... or a quick release, it doesn't matter, these are lentils. When you have the lid open, stir in the lime juice.

USES, NOTES

Taco filling, salad topping, or tear up some kale and put it in a tortilla to make an awesome wrap. I recommend goddess dressing with a splash of Sriracha as a sauce for the wrap.

If you can only find a 7 oz. can of Chipotle peppers, don't fret, just chop the entire can, then keep the extra in a small jar in the fridge, because I can guarantee you'll make this recipe again.

Tempeh Taco

staple

5 Servings

-
- 2 8 oz. packages of Tempeh
 - 1 T Olive Oil
 - 3 T Tamari
 - 1/4 C Lime Juice
 - 1 T Chili Powder
 - 1 Onion, chopped
 - 1 T Paprika or Chili Powder
 - 1 t Onion Powder
 - 1 dash Smoked Paprika
 - 12 Taco Shells
-

Crumble Tempeh in a mixing bowl with a fork. Combine Olive Oil, Tamari, Lime Juice and Chili Powder in a bowl, dump on the Tempeh, mix well. Let stand 10-30 minutes (or make ahead and park it in the fridge). When it's taco time, start a large skillet on medium heat, sauté the onion until it's starting to turn brown on the edges, add tempeh mixture, sauté briefly to heat the mixture, whenever it starts sticking to the skillet, it's probably warm, turn it off and concentrate on getting ready for the tacos: you'll want to chop tomatoes, avocado, and whatever other fixings you want (lettuce? onion? cheese? definitely salsa). Enjoy your tacos!

HINT

If you don't have time for marinading the Tempeh, add a bit more Lime Juice, and cook it up right away, it'll be fine!

