



# Favorite Recipes

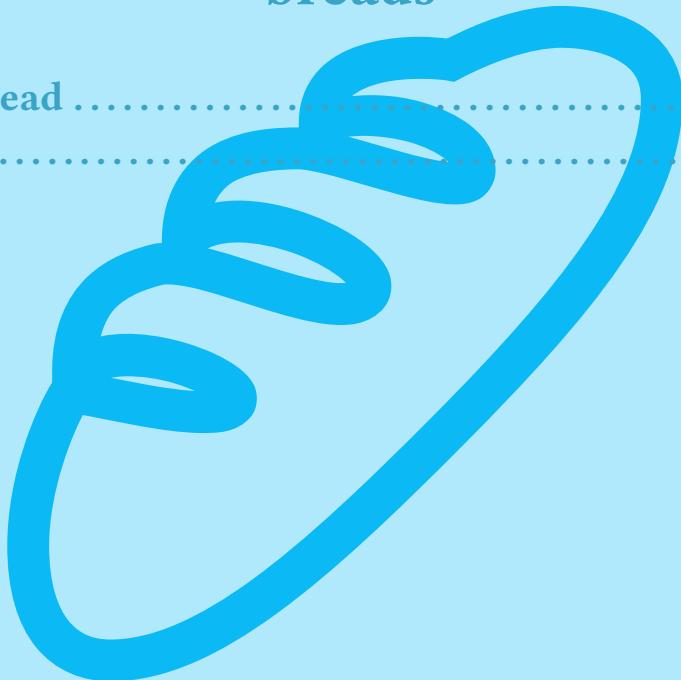
*compiled by Vivian and her lover*

## - outlines -

breads .....	2
breakfasts .....	5
sides .....	8
mains .....	15
treats .....	27

- breads -

Red Bean Bread .....	3
Focacia .....	4



# Red Bean Bread

NF

adapted from *The Korean Vegan Cookbook*

**1 cup** warm water 100–110°F  
**1½ cup** plant milk warmed, 100–110°F  
**2 Tbsp** plant milk  
**1 Tbsp** sugar  
**4 tsp** active dry yeast  
**4 cups** bread flour  
**½ Tbsp** salt  
**⅓ cup** extra-virgin olive oil  
**3 cups** paht sweet red bean paste  
**1 Tbsp** maple syrup  
coarse sea salt for sprinkling  
**1 Tbsp** toasted sesame seeds

In a small bowl, mix **1 cup** warm water, **½ cup** warmed plant milk, **2 Tbsp** sugar, and **2 tsp** active dry yeast. Set aside **10 mins**, until foamy.

In a large bowl, combine **4 cups** flour, **1 tsp** salt, and **2 Tbsp** olive oil. Add yeast mixture and stir with a wooden spoon until a dough forms.

Turn dough onto a floured surface and knead **5 mins** until smooth. Shape into a ball, place in a bowl, cover, and let rise in a warm place **1 hour**, until doubled in size.

Preheat oven to **400°F**. Line a large baking sheet with parchment paper.

Punch down dough, knead **2 mins**, and divide in half. Return one half to the bowl and cover.

Divide remaining dough into **3** equal pieces. Roll each into a **10×7-inch** rectangle. Spread **½ cup** red bean paste over dough, leaving a **½ - inch** border. Roll into a log and pinch edges to seal. Repeat to make three stuffed ropes.

Place ropes side by side on baking sheet. Pinch tops together, then braid by crossing left over middle, right over middle, repeating to the end. Pinch ends to seal.

Repeat shaping and braiding with remaining dough to form second loaf.

In a small bowl, mix **2 Tbsp** plant milk with **1 Tbsp** maple syrup. Brush over loaves. Sprinkle with sea salt and sesame seeds.

Bake **50 mins**, until golden brown. Cool completely before slicing.



# Focaccia

NF

adapted from *Bon Appetit*

- 1 envelope active dry yeast**  $\frac{1}{4}$  oz., about  $2\frac{1}{4}$  tsp
- 2 tsp maple syrup**
- 5 cups all-purpose flour** 625 g
- 5 tsp Diamond Crystal kosher salt**
- 1 Tbsp Morton kosher salt**
- 6 Tbsp extra-virgin olive oil** divided, plus more for hands
- 4 Tbsp unsalted butter** plus more for pan
- flaky sea salt** for finishing
- 2-4 cloves garlic**

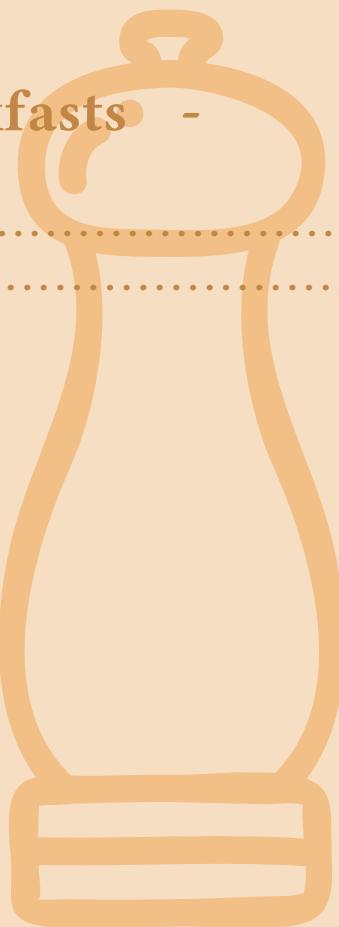
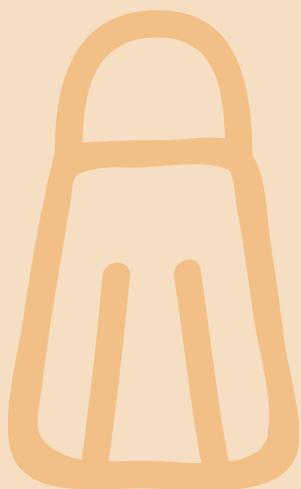
Whisk one  $\frac{1}{4}$ -oz. envelope active dry yeast (about 2 $\frac{1}{4}$  tsp.), 2 tsp. honey, and 2 $\frac{1}{2}$  cups lukewarm water in a medium bowl and let sit 5 minutes or until foamy. Add 5 cups (625 g) all-purpose flour and 5 tsp. Diamond Crystal or 1 Tbsp. Morton kosher salt and mix with a rubber spatula until a dough forms. Pour 4 Tbsp. extra-virgin olive oil into a big bowl. Cover with a silicone lid and let it rise at room temperature until doubled in size, 3–4 hours. Generously butter a 13x9" baking pan. Pour 1 Tbsp. extra-virgin olive oil into center of pan. Keeping the dough in the bowl and using a fork in each hand, gather up edges of dough farthest from you and lift up and over into center of bowl. Give the bowl a quarter turn and repeat process. Do this 2 more times; you want to deflate dough while you form it into a rough ball. Transfer dough to prepared pan. Pour any oil left in bowl over and turn dough to coat it in oil. Let rise, uncovered, in a dry, warm spot until doubled in size, at least 1 $\frac{1}{2}$  hours and up to 4 hours. Place a rack in middle of oven; preheat to 450°. To see if the dough is ready, poke it with your finger. It should spring back slowly, leaving a small visible indentation. Lightly oil your hands. If using a rimmed baking sheet, gently stretch out dough to fill. Dimple focaccia all over with your fingers, like you're aggressively playing the piano, creating very deep

depressions in the dough (reach your fingers all the way to the bottom of the pan). Drizzle with remaining 1 Tbsp. extra-virgin olive oil and sprinkle with flaky sea salt. Bake focaccia until puffed and golden brown all over, 20–30 minutes. Hold off on this last step until you're ready to serve the focaccia: Melt 4 Tbsp. unsalted butter in a small saucepan over medium heat. Remove from heat. Peel and grate in 2–4 garlic cloves with a Microplane (use 2 cloves if you're garlic-shy or up to 4 if you love it). Return to medium heat and cook, stirring often, until garlic is just lightly toasted, 30–45 seconds. Brush garlic-butter all over focaccia and slice into squares or rectangles.



- breakfasts -

Chia Seed Pudding .....	6
Southwest Tofu Scramble .....	7





In a blender, combine the fruit, plant-based milk, coconut milk, maple syrup, and vanilla. Transfer the mixture to a sealable container and stir in the chia seeds until evenly dispersed. Cover and allow to set in the fridge for at least 2 hours. Once thickened, transfer to jars with your vegan yogurt of choice on top.

GF

## Chia Seed Pudding

NF

*adapted from PlantYou*

**½ cup** fruit of choice (mango for yellow, raspberries for pink, blueberries for purple)

**¾ cup** unsweetened plant-based milk (soy, almond, cashew, or oat)

**¼ cup** coconut milk

**1 teaspoon** pure maple syrup

**1 teaspoon** vanilla extract

**3 tablespoons** chia seeds

**1 cup** unsweetened Vegan Yogurt

*adapted from Minimalist Baker*



- 8 oz extra-firm tofu** A↓
- 1–2 Tbsp olive oil**
- 1/4 medium red onion** thinly sliced
- 1/2 medium red bell pepper** thinly sliced
- 2 cups kale** loosely chopped
- 1/2 tsp sea salt** reduce amount for less B↓  
salty sauce
- 1/2 tsp garlic powder**
- 1/2 tsp ground cumin**
- 1/4 tsp chili powder**  
water to thin
- 1/4 tsp turmeric** optional
- For serving, optional** C↓  
**salsa**  
**cilantro and/or hot sauce**  
**toast, butter, jam**  
**breakfast potatoes**  
**fresh fruit**

Press the tofu While tofu is draining, prepare the sauce: combine dry spices in a small bowl and add enough water to make a pourable sauce. Set aside.

Prep vegetables and heat a large skillet over medium heat. Add olive oil, onion, and red pepper. Season with a pinch of salt and pepper and stir. Cook until softened, **5 mins**. Add kale, season with a bit more salt and pepper, cover, and steam **2 mins**.

Unwrap tofu and crumble with a fork into bite-sized pieces.

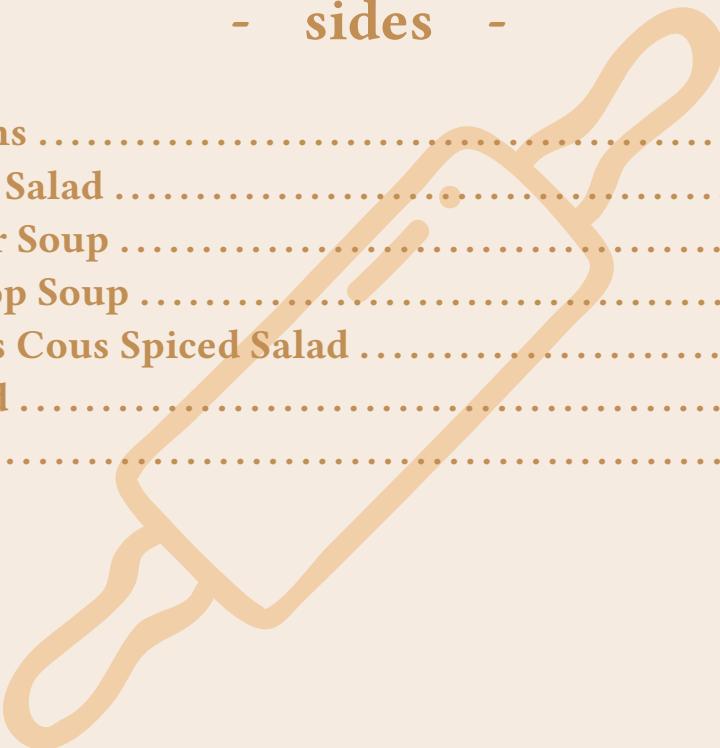
Move vegetables to one side of the pan. Add tofu and sauté **2 mins**. Pour sauce mostly over tofu and a little over the veggies. Stir immediately to evenly coat. Cook **5–7 mins**, until tofu is slightly browned.

Serve Serve immediately with breakfast potatoes, toast, or fruit. Optional: add salsa, hot sauce, or fresh cilantro for extra flavor.



- sides -

Fried Onions .....	9
Black Bean Salad .....	9
Cauliflower Soup .....	10
Eggless Drop Soup .....	11
Warm Cous Cous Spiced Salad .....	12
Green Salad .....	13
Pasta Salad .....	14





## Fried Onions

**GF**

3 yellow onions cut into strips  
2 Tbsp corn starch  
1 cup frying oil

Heat oil. Mix onions in corn starch until well-coated. Fry in pot until golden and crispy.



## Black Bean Salad

NF

*adapted from Mystery Magazine*

**¾ cup olive oil**  
**2 teaspoons maple syrup**  
**juice of 3 limes**  
**2 cans (15-ounce) black beans** rinsed and drained  
**1 can corn**  
**1 bell pepper** diced  
**1 bunch scallions** chopped  
**½ cup fresh cilantro** chopped  
**to taste salt**  
**to taste pepper**  
**1 avocado** diced  
**as needed tortilla chips**

In a small bowl, whisk together the olive oil, maple syrup, and lime juice. Add the black beans, corn, bell pepper, scallions, and cilantro and toss to combine. Season with salt and pepper to taste. Gently fold in the diced avocado just before serving. Serve chilled or at room temperature with tortilla chips.



Divide the cauliflower head into florets or roughly chop it. Sauté 2 cloves minced garlic in 1 tablespoon olive oil in a large skillet until fragrant, for about 2 minutes. Add 1 1/2 cups vegetable stock, 2 thyme sprigs and cauliflower florets. Bring to a boil, cover, reduce the heat and cook for 15-20 minutes, until the cauliflower is nice and soft. Discard the thyme and blend until smooth, using a blender. Add 1/2 cup light coconut milk and season with salt and freshly ground black pepper to taste. Garnish with 4 tablespoons pomegranate seeds and 2 sprigs fresh thyme.

GF

NF

## Cauliflower Soup

*adapted from Happy Kitchen*

**1 head cauliflower**

**1 tablespoon olive oil**

**2 cloves garlic** minced

**2+2 sprigs thyme**

**1 1/2 cups vegetable stock**

**1 can light coconut milk**

**to taste salt**

**to taste freshly ground black pepper**

**4 tablespoons pomegranate seeds** to garnish

# Eggless Drop Soup

NF

adapted from Chinese Homestyle



## Spice mix

**2 Tbsp** water

**4 tsp** cornstarch/potato starch

**1/4 tsp** white pepper powder

**1/4 tsp** salt or to taste

**1/8 tsp** turmeric powder for yellow color,  
optional

## Soup

**4 cups** water

**3** green onions thinly sliced, white  
and green parts separated

**2 slices** ginger

**2 tsp** mushroom powder

**4** fresh yuba sheets or 1 semi-dried  
yuba sheet, cut into strips

**2 tsp** sesame oil

Make the spice mix Combine all ingredients in a small bowl and whisk until well blended.

Cook the soup In a small pot, add water, white part of green onion, and ginger. Bring to a boil over high heat, then reduce to low and simmer.

Whisk spice mix again until cornstarch is fully dissolved. Pour into soup and stir well. Simmer until slightly thickened, **30 secs**. Add mushroom powder and stir to combine.

Add yuba sheet and cook **1 min**, until tender. Taste soup and adjust with salt or mushroom powder if needed.

Finish & serve Drizzle with sesame oil and sprinkle with green part of green onion. Stir to combine and serve hot.

*adapted from America's Test Kitchen***Couscous & chickpeas**

- 1** **carrot** peeled and chopped
- 5 tsp** **extra-virgin olive oil** divided
- 1/8 tsp** **table salt**
- 2/3 cup** **vegetable broth**
- 1/2 tsp** **smoked paprika**
- 1/4 tsp** **ground cumin**
- 1 can** **chickpeas** 15 oz
- 1/4 cup** **raisins**
- 1/4 cup** **chopped fresh parsley or cilantro**
- 2 tsp** **lemon juice** plus lemon wedges for serving
- 1/2 cup** **pearl couscous**

Cook the couscous In a large saucepan, combine **1/2 cup** pearl couscous, **1** chopped carrot, **2 tsp** olive oil, and **1/8 tsp** salt. Cook over medium heat, stirring often, until about half of the grains are golden, **5 mins.**

Add broth & spices Stir in **2/3 cup** vegetable broth, **1/2 tsp** smoked paprika, and **1/4 tsp** ground cumin. Bring to a simmer, reduce heat to low, cover, and cook gently, stirring occasionally, until broth is absorbed and couscous is tender but slightly chewy, **10–15 mins.** Remove from heat and let sit, covered, **3 mins.**

Finish & serve Stir in **1 (15-oz.) can** rinsed chickpeas, **1/4 cup** raisins, **1/4 cup** chopped parsley or cilantro, **2 tsp** lemon juice, and remaining **1 Tbsp** (3 tsp) olive oil. Season with additional salt and pepper to taste. Serve warm with lemon wedges on the side.

# Green Salad

GF

NF

adapted from Minimalist Baker

- 1 heaping cup raw hazelnuts roughly chopped
- 2 tsp olive oil or melted coconut oil
- 1 Tbsp coconut sugar
- 2 tsp maple syrup
- 1 pinch sea salt
- 1 pinch ground cinnamon
- 2 Tbsp balsamic vinegar
- 2 Tbsp extra virgin olive oil
- 1/2 tsp maple syrup
- 1-2 Tbsp minced shallot
- 1 pinch sea salt
- 1 pinch black pepper
- 5 oz package mixed greens
- 1 1/2 cups thinly sliced strawberries

B↓

C↓

To toast the hazelnuts Preheat oven to 350°F (176°C) and line a baking sheet with parchment. Add raw hazelnuts and toast 7 mins. Remove from oven. Add remaining ingredients (oil, coconut sugar, maple syrup, sea salt, cinnamon) to hazelnuts and toss to combine. Return to oven and roast 4–6 mins, until fragrant and golden. Set aside to cool.

Prepare the dressing Combine all dressing ingredients in a jar or mixing bowl. Shake or whisk vigorously to combine. Taste and adjust: more balsamic for acidity, maple syrup for sweetness, salt or pepper for balance, olive oil for creaminess. Set aside.

Assemble the salad In a large mixing bowl, add spinach, 1/2 of the strawberries, and 1/2 of the roasted hazelnuts. Drizzle with 1/2 of the dressing and toss to combine. Plate and garnish with remaining strawberries and hazelnuts. Serve with remaining dressing if desired.



# Pasta Salad

NF

adapted from Food with Feeling



- 1 lb** **pasta** I used rotini  
**1/2** **red onion** thinly sliced  
**1/2 cup** **grape or cherry tomatoes** halved or quartered  
**1 small green bell pepper** chopped  
**1 can** **sliced black olives** 6 oz  
**1/4 cup** **chopped fresh parsley or cilantro**  
I used parsley  
**salt and pepper** to taste  
**1/3 cup** **olive oil**  
**2 Tbsp** **white balsamic vinegar**  
**1/2 tsp** **oregano**  
**1 tsp** **garlic powder**  
**1 tsp** **onion powder**  
**1/4 tsp** **crushed red pepper**  
**sugar** good pinch

Cook the pasta Cook pasta according to package directions until desired doneness. Drain and let cool. If serving cold, run under cold water to cool thoroughly.

Make the dressing Combine olive oil, vinegar, spices, and sugar. Whisk until fully combined. Set aside.

Assemble the salad In a large bowl, combine pasta, chopped vegetables, and parsley (or cilantro). Add dressing and toss until pasta and veggies are fully coated. Season with salt and pepper to taste and serve.

- mains -

Gado Gado .....	16
Rajma .....	17
White Bean Chili .....	18
Spicy Crunchy Tofu .....	19
Butter Chick'n .....	20
Broccoli Cheddar Orzo .....	21
Baked Sweet Potato Chaat .....	22
Dan Dan Noodles .....	23
Jackfruit Tacos .....	24
Pineapple Fried Rice .....	25
Curry Lentil Soup .....	26

# Gado Gado

adapted from Apr 24



**14 oz extra-firm tofu** pressed, cut  
into  $\frac{1}{2}$ " cubes, patted dry

**16 oz white rice noodles** wide like  
linguine

**3/4 cup creamy peanut butter** A↓

**3 Tbsp lime juice**

**1½ Tbsp garlic chili sauce**

**3 cloves garlic** finely chopped

**½ cup water**

**¾ cup brown sugar** B↓

**½ cup soy sauce**

**1 red onion** finely chopped C↓

**3 carrots** cut into matchsticks

**1 bundle cilantro** tough stems  
removed

**1 cucumber** thinly sliced

**1 cup peanuts** halves or chopped

Combine group A in a bowl to make sauce. Mix until mostly homogeneous. Set aside.

In a skillet on **low**, mix group B, stirring constantly until brown sugar is dissolved. Take half of mixture and add to sauce, mixing well. Increasing skillet heat to **medium**, add **tofu cubes** to the remaining half of the mixture, cooking until liquid is absorbed.

Meanwhile, cook the **rice noodles** in boiling water until al dente, ~5 mins. Soon after draining and lightly rinsing the noodles, add sauce.

Serve noodles with cooked tofu and group C.



GF

NF

## Rajma

*adapted from The Recipe Hut*

- 2-3 tablespoons olive oil
- 1 teaspoon cumin seeds
- 2-3 cloves
- 7-8 black peppercorns
- 1 large cardamom pod
- 2 bay leaves
- 1 large onion finely chopped
- pinch salt
- 1 tablespoon fresh ginger grated
- 1 tablespoon garlic minced
- 3 medium tomatoes pureed
- 1/4 teaspoon turmeric powder  
to taste salt
- 2 heaped teaspoons coriander powder
- 1 teaspoon roasted cumin powder
- 1/2 teaspoon red chili powder
- 1 cup dried kidney beans  
washed
- 4 cups water
- 1 teaspoon dried fenugreek leaves
- 2-3 green chilies

as needed fresh cilantro  
chopped

1/2 teaspoon garam masala

1 1/2 cups basmati rice washed  
and soaked

1 teaspoon cumin seeds

1 1/2 cups water

1 teaspoon salt

1 1/2 teaspoons vegetable oil

Sauté the Spices: Heat 2-3 tbsp olive oil in a pot. Add 1 tsp cumin seeds and let it splutter. Add 2-3 cloves, 7-8 peppercorns, 1 cardamom pod, and 2 bay leaves. Sauté for 1 minute. Add 1 finely chopped onion and cook for 2-3 minutes until translucent, adding a pinch of salt. Add 1 tbsp grated ginger and 1 tbsp minced garlic. Cook for 2-3 minutes until fragrant. Add 3 pureed tomatoes and cook for 10 minutes until the oil separates from the masala. Stir in 1/4 tsp turmeric, salt to taste, 2 tsp coriander powder, 1 tsp roasted cumin powder, and 1/2 tsp red chili powder. Cook for 1 minute. Add 3 cans of rinsed red kidney beans and 3 cups of water. Stir well. Leave uncovered and cook for 25 minutes or until the beans have softened and absorbed the flavors. While the rajma is cooking start the rice. Rinse rice 3 times, then add water, salt, oil, and cumin seeds. After cooking, taste the rajma and adjust salt and spices as needed. Add 1 tsp kasoori methi, 2-3 whole green chilies, and fresh cilantro to the rajma. Cook an additional 2-3 minutes. Stir in 1/2 tsp garam masala and additional cilantro. Serve hot with rice.

# White Bean Chili

NF

*adapted from Aunty and Uncle family recipe*

- 3 tablespoons avocado oil**
- 2 cups yellow onion** diced
- 3 cloves garlic** minced
- 1 lb ground Impossible meat**
- 2 teaspoons salt**
- 1 teaspoon black pepper**
- 2 teaspoons ground cumin**
- 1 1/2 teaspoons dried oregano**
- 1 teaspoon ground coriander**
- 1 1/2 teaspoons chili powder**
- 1/2 teaspoon cayenne pepper**
- 2-4 ounces green chilies** diced,  
undrained
- 3 cans white beans** undrained
- 2 cups vegetable broth**
- 2 bay leaves**

In a large pot, heat avocado oil over medium heat. Add 2 cups diced yellow onion and 3 cloves minced garlic. Sauté for about 5 minutes until the onions are softened. Add 1 lb ground impossible meat to the pot. Season with 2 tsp salt and 1 tsp black pepper. Cook until the impossible meat is browned and fully cooked. Stir in 2 tsp cumin, 1½ tsp oregano, 1 tsp coriander, 1½ tsp chili powder, and ½ tsp cayenne pepper. Cook for 1-2 minutes until the spices become fragrant. Add 2-4 oz diced green chilies, 2 cans of white beans, 2 cups veggie broth, and 2 bay leaves. Stir everything together. In a blender or food processor, blend 1 can of white beans into a smooth puree. Add this puree to the pot and stir well. Bring the mixture to a boil, then reduce the heat to a simmer. Let it cook for about 30-40 minutes, stirring occasionally, to allow the flavors to meld and the chili to thicken. Remove the bay leaves. Serve the chili hot with sourdough bread, vegan sour cream, vegan cheese, and any other desired toppings.



# Spicy Crunchy Tofu

NF

*adapted from The Korean Vegan Cookbook*

1 block **firm tofu** drained and cut A↓  
into cubes

3 tablespoons **potato starch**

1/2 teaspoon **salt**

1/4 teaspoon **black pepper**

1/2 teaspoon **onion powder**

1/2 teaspoon **garlic powder**

for frying **vegetable oil**

2 tablespoons **brown rice syrup** B↓

2 tablespoons **water**

2 tablespoons **soy sauce**

1 tablespoon **vinegar** rice or white

1 teaspoon **potato starch**

1 teaspoon **gochujang**

1/4 teaspoon **black pepper**

1/2 **red onion** finely diced C↓

1 bunch **celery** chopped

1 cup **dried Szechuan red  
peppercorns**

2 **scallions** chopped

for stir-frying **olive oil**

2 tbsp soy sauce, 1 tbsp vinegar, 1 tsp potato starch, 1 tsp gochugaru, and 1/4 tsp black pepper. In a large wok or skillet, heat olive oil over medium-high heat. Add 1/2 diced red onion, chopped celery and 1 cup dried Szechuan red chilies. Sauté for about 3 minutes until the onion softens. Pour the prepared sauce into the wok with the sautéed vegetables and cook for about 1 minute, stirring until the sauce thickens. Remove from heat and gently stir in the fried tofu, making sure each piece is coated with the sauce. Garnish with chopped scallions. Serve immediately while the tofu is crispy.



In a large bowl, mix together 3 tbsp potato starch, 1/2 tsp salt, 1/4 tsp black pepper, 1/2 tsp onion powder, and 1/2 tsp garlic powder. Add the tofu cubes to the bowl and toss to coat evenly with the potato starch mixture. Heat enough vegetable oil in a large nonstick skillet over medium-high heat to generously coat the surface. Once the oil is hot and shimmering, add the tofu cubes in a single layer, making sure they don't touch each other (you may need to work in batches). Cook the tofu for about 3 minutes on one side until it browns, then flip and cook for another 3 minutes on the other side. While that tofu is frying is a great time to start cooking the rice. Once browned, transfer the tofu to a wire rack to drain excess oil. In a small bowl, whisk together 2 tbsp brown rice syrup, 2 tbsp water,

# Butter Chick'n

NF

adapted from *Nora Cooks*

**2 blocks extra-firm tofu** (16 oz each) <sup>A↓</sup>

**2 tablespoons olive oil**

**2 tablespoons potato starch**

**1/2 teaspoon salt**

**2 tablespoons vegan butter or olive oil** <sup>B↓</sup>

**1 large onion** diced small

**1 tablespoon fresh ginger** grated

**2 cloves garlic** minced

**1 tablespoon garam masala**

**1 teaspoon curry powder**

**1 teaspoon ground coriander**

**1/4 teaspoon cayenne pepper**

**1 teaspoon salt**

**3 ounces tomato paste**

**1 can full fat coconut milk**

**4 cups cooked rice** white or brown <sup>C↓</sup>

**to taste cilantro** chopped

frequently. When the tofu is done baking, add it to the sauce and stir to coat the pieces. Serve over rice. Garnish with chopped fresh cilantro. Enjoy!



Press the tofu. We use a tofu press (one of our most used kitchen gizmos) but you can make a homemade press by placing a heavy pan on top of the tofu with something underneath to soak up the water. Preheat the oven to **400°F** and line a baking sheet with parchment paper. Slice the tofu into about 6 slices.

Now, rip each slice into medium-large pieces. Ripping gives the tofu a great texture for this dish. Add the tofu pieces to a large bowl along with the olive oil, potato starch and salt. Stir gently to coat. Arrange the tofu evenly on the prepared pan, and bake for **25-30 minutes**, until golden and crispy. While the tofu bakes, start the rice cooker. Then prepare the sauce: Melt the 2 tablespoons of vegan butter in a large pan over medium-high heat. Saute the onion for **3-4 minutes** in the butter, then add the ginger and garlic and cook for 1 more minute. Add the spices, salt, tomato paste and coconut milk. Stir until smooth and combined, then simmer for 5-10 minutes, stirring



2 heaping cups **broccoli florets** cut into smaller pieces

1 cup **cheddar** shredded

1/4 cup **parmesan shreds** plus more for topping

In a medium or large pot, begin heating 1 tablespoon vegan butter over medium heat. Add in one diced medium onion and sauté until softened and slightly browned (5-7 minutes). Add in 3 cloves minced garlic, 1/2 cup shredded carrots, and salt and spices. Cook for few minutes. 3 cloves minced garlic, 1/2 cup shredded carrots, 1/2 tsp salt, 1/4 tsp freshly ground black pepper, 1/4 tsp paprika Pour in your orzo and vegetable broth. Add in the Dijon mustard. Bring to a boil then lower heat, cover, and simmer for 5 minutes. 1 cup uncooked orzo, 2 cups vegetable broth, 1/2 tsp Dijon mustard Add in the 1/2 cup milk and 2 cups broccoli florets. Stir until combined. Cover for another 4-5 minutes until broccoli is cooked through. Stir in the 1 cup vegan cheddar shreds and 1/4 cup parm until it is melty and creamy. Enjoy right away. Feel free to sprinkle some freshly ground pepper on top and/or nutritional yeast.

## Broccoli Cheddar Orzo

GF

NF

*adapted from Naturallieplantbased*

1 tablespoon **plant-based butter**

A ↓

1 medium **onion** diced

3 cloves **garlic** minced

1/2 cup **carrots** shredded

1/2 teaspoon **salt**

1/4 teaspoon **black pepper** freshly ground

1/4 teaspoon **paprika**

1 cup **orzo** uncooked

2 cups **vegetable broth** low sodium

1/2 teaspoon **dijon mustard**

1/2 cup **non-dairy milk** unsweetened

*adapted from Nov 24 p14*



**2-3 lb sweet potatoes**

**1 lb dry chickpeas** soaked, cooked, A↓ and patted dry

**1½ Tbsp cumin**

**1½ Tbsp chaat masala**

**¼ cup olive oil<sup>‡</sup>**

**1 cilantro bunch**

**2 jalapeño** stem cut off

**4-6 green onions**

**¼ cup lime juice**

**¼ cup olive oil<sup>‡</sup>**

**1-2 serves fried onion** (see pg. 9) C↓

**plain vegan yogurt** or vegan sour cream

**1 red onion** finely chopped

**1 pomegranate** for seeds

Preheat oven to 450°F. Cut **potatoes** in half if large. Prick all over with a fork. Run under water to dampen skin. Place on rimmed baking sheet with parchment paper. Drizzle olive oil and sprinkle salt, spread with hands to coat. Roast **30-35 mins.**

In a bowl, mix group **A**. Add to potato sheet. Cook all for another **15-20 mins.**

In a food processor, blend group **B** till well mixed, but not puréed.

Serve in bowls by mixing and lightly mashing potatoes and chickpeas (or do it like the picture, I'm not your mom), then topping with blended sauce and elements of group **C**.



## Dan Dan Noodles

*adapted from Chinese Homestyle*

- 4 Tbsp **Chinese sesame paste** A↓  
or tahini
- 1/4 cup **light soy sauce**
- 1/4 cup **Chinkiang vinegar**
- 4 cloves **garlic** finely minced
- 3 **scallions** thinly sliced
- 2 Tbsp **sugar**
- 1/3 – 1 cup **chili oil with flakes**
- 1 tsp **Sichuan peppercorns**  
freshly ground
- 8 oz **white button**  
**mushrooms** B↓
- 1/2 cup **whole pecans** or walnuts
- 3 **scallions** coarsely  
chopped
- 3 cloves **garlic** peeled

**1/2 block extra-firm tofu**

1 Tbsp **peanut oil** or vegetable  
oil

1/3 cup **Sichuan pickled**  
**mustard greens**

1 1/2 Tbsp **soy sauce**

2 Tbsp **Shaoxing wine**

1 lb **fresh thin wheat**  
**noodles** C↓

several bunches **baby bok choy**

1/2 cup **unsalted dry roasted**  
**peanuts** crushed

In a medium bowl, whisk **4 Tbsp** sesame paste, **1/4 cup** light soy sauce, and **1/4 cup** Chinkiang vinegar. Stir in **4** finely minced garlic cloves, **3** thinly sliced scallions, and **2 Tbsp** sugar. Mix in **1/3 – 1 cup** chili oil with flakes, adding **1 Tbsp** at a time to reach desired heat. Stir in **1 tsp** freshly ground Sichuan peppercorns, adding **1/2 tsp** at a time until pleasantly numbing.

In a food processor, combine **8 oz** white button mushrooms, **1/2 cup** whole pecans, **3** coarsely chopped scallions, and **3** peeled garlic cloves. Pulse until finely chopped. Add **1/2 block** extra-firm tofu and pulse again until evenly chopped but not smooth.

Heat **1 Tbsp** peanut (or vegetable) oil in a skillet over medium heat. Add **1/3 cup** Sichuan pickled mustard greens and sauté briefly until fragrant. Add tofu-mushroom mixture and cook, stirring, until bottom of pan looks dry, **1–2 mins**. Stir in **1 1/2 Tbsp** soy sauce and **2 Tbsp** Shaoxing wine, scraping up browned bits. Reduce heat to medium and cook, stirring occasionally, **10 mins**, until thickened and paste no longer drips from spatula. Transfer topping to a bowl.

Boil **1 lb** thick fresh noodles according to package instructions. Add baby bok choy to boiling noodles for **30–60 secs**. Divide noodles and bok choy among serving bowls. Spoon over sauce. Top generously with tofu mixture. Sprinkle with **1/2 cup** crushed roasted peanuts (optional). Mix well and serve.



## Jackfruit Tacos

*adapted from Provecho*

NF

**5 Tbsp avocado oil**

**1/2 white onion** finely chopped

**5 cloves garlic** minced

**6 guajillo chiles**

**1 tsp cumin seeds**

**1/2 large tomato** roughly chopped

**1/2 cup low-sodium vegetable broth**

**1 large tomato** roughly chopped

**1 Tbsp dried oregano**

**1 Tbsp paprika** or smoked paprika

**1 tsp fine sea salt**

**2 cans young green jackfruit in water**

2 oz each

**8 corn/flour tortillas**

**pico de gallo** vegan sour cream

**cilantro** finely chopped

**lime wedges** for squeezing

Make the sauce In a large skillet over medium heat, warm **2 Tbsp** avocado oil. Add **1/2** finely chopped white onion, **5** minced garlic cloves, **6** guajillo chiles, and **1 tsp** cumin seeds. Cook, stirring, until oil takes on a reddish tint, **4 mins** (lower heat if browning too fast). Reduce heat to low and cook, stirring, until guajillos turn reddish brown, **2 mins**. Remove guajillos and set aside. Transfer onion–garlic–cumin mixture to a blender. Stem and seed the **6** guajillo chiles and add to blender. Add **1/2 cup** fresh orange juice, **1/2 cup** low-sodium vegetable broth, **1/2 large** tomato (roughly chopped), **1 Tbsp** dried oregano, **1 Tbsp** paprika or smoked paprika, and **1 tsp** fine sea salt. Blend until smooth. Set aside.

Prepare the jackfruit Take **2 (20-oz.) cans** young green jackfruit, rinsed and drained. Shred with hands and pat dry. Set aside. Warm a large skillet over medium heat **4–5 mins**. Add remaining **3 Tbsp** avocado oil and heat until shimmering. Add shredded jackfruit and cook, stirring occasionally, until golden brown and crispy, **8 mins**. Lower heat and cook until deeper brown, **5 mins**, stirring if sticking. Add **1 Tbsp** water, then pour in blended sauce. Bring to a boil. Turn heat to medium, cover partially, and simmer until sauce thickens and most liquid evaporates, **12–15 mins**.

Assemble the tacos Warm **8** corn or flour tortillas. Add a generous scoop of jackfruit filling to each. Top with pico de gallo, vegan sour cream, sliced avocado (optional), and finely chopped cilantro leaves and tender stems. Serve with lime wedges for squeezing.

# Pineapple Fried Rice

*adapted from Vegan Asian Cookbook*

**3 cups** **cooked and cooled rice** leftover is best

**14 oz** **extra-firm tofu**

**3 Tbsp** **neutral oil**

**1/2 tsp** **salt** divided, plus more to taste

**1 small onion** diced

**1 red bell pepper** seeded and diced

**frozen peas** desired quantity

**2 Tbsp** **temari sauce**

**2 tsp** **coconut sugar** or to taste

**2 tsp** **curry powder**

**1/2 tsp** **chili powder**

**1/4 tsp** **ground white pepper** or to taste

**2 cups** **pineapple chunks** fresh or canned, cut into  $\frac{1}{2}$  -inch (1.3-cm) cubes

**1 cup** **roasted cashews**

**1/2 cup** **chopped scallions** plus more for garnish

**1/2 cup** **seeded and diced tomato**

Prepare the rice & tofu Place **3 cups** cooked, cooled rice in a large bowl and gently break apart with a spoon. Set aside. Press **14 oz** extra-firm tofu for **10 mins** to remove excess liquid, then cut into  $\frac{1}{2}$  - inch cubes.

Cook the tofu & vegetables Heat a large skillet or wok over medium-high heat and add **3 Tbsp** neutral oil. Add tofu cubes, sprinkle with **1/4 tsp** salt, and pan-fry, flipping every few minutes, until golden and crisp, **20 mins**. Move tofu to one side. Add **1** small diced onion and **1** diced red bell pepper. Sauté **2 mins** until softened.

Add rice & seasonings Add rice to skillet. Season with **2 Tbsp** soy sauce, **2 tsp** coconut sugar, **2 tsp** curry powder, **1/2 tsp** chili powder (or sliced chile), and **1/4 tsp** ground white pepper. Mix well. Add

remaining **1/4 tsp** salt, adjust to taste, and stir-fry until rice is heated through.

Add fruits & nuts Add **1 cup** pineapple cubes and increase heat to high. Stir-fry **2–3 mins**, stirring occasionally. Add **1/3 cup** roasted cashews, **1/2 cup** chopped scallions, **1/2 cup** diced tomato, and desired amount of frozen peas. Stir-fry **2 mins** more.

Finish & serve Taste and adjust seasoning. Remove from heat and serve hot, garnished with extra chopped scallions.



*adapted from Love and Lemons*

- 2 Tbsp coconut oil**  
**1 medium onion** chopped  
**4 cloves garlic** minced  
**3 Tbsp minced fresh ginger**  
**1 Tbsp mild curry powder**  
**1/4 tsp crushed red pepper flakes** plus more to taste  
**1 can fire-roasted diced tomatoes** 28 oz  
**1 cup dry French green lentils** rinsed  
**2 1/2 cups water**  
**1 can full-fat coconut milk** 14 oz  
**1/2 tsp sea salt** plus more to taste  
freshly ground black pepper  
**1/2 cup chopped fresh cilantro**  
**2 Tbsp fresh lime juice**

Cook the aromatics Heat oil in a large pot or Dutch oven over medium heat. Add onion and a pinch of salt. Cook until soft and lightly browned around edges, **8–10 mins**, reducing heat to low as needed.

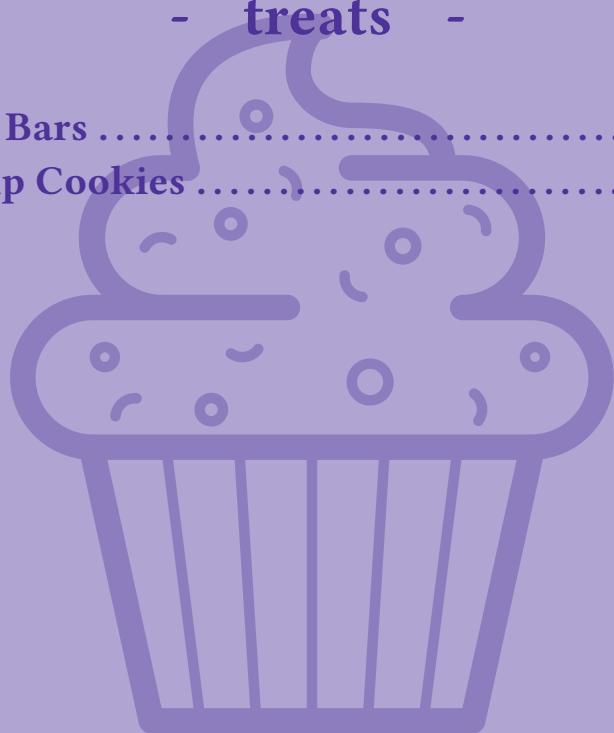
Add spices With heat on low, add garlic, ginger, curry powder, and red pepper flakes. Cook, stirring, until fragrant, **2 mins**.

Cook the lentils Add tomatoes, lentils, water, coconut milk, **1/2 tsp** salt, and several grinds of black pepper. Bring to a boil, cover, reduce heat, and simmer, stirring occasionally, until lentils are tender, **25–35 mins**. If too thick, stir in **1/2 – 1 cup** more water to reach desired consistency.

Finish & serve Stir in cilantro and lime juice. Adjust seasoning with salt and pepper. Serve hot.

- treats -

Peanut Butter Bars .....	28
Chocolate Chip Cookies .....	29



# Peanut Butter Bars

NF

*adapted from Mini Batch Baker*

## Bar dough

**1/2 cup graham cracker crumbs** 60 g

**1/2 cup powdered sugar** 60 g

**1/4 cup plant butter** melted

**1/4 cup peanut butter** 64 g

## Chocolate layer

**1/3 cup chocolate chips** 60 g

**1 Tbsp peanut butter** 16 g

Line a standard loaf pan with parchment paper or muffin liners.

In a medium bowl, mix melted butter, graham crumbs, powdered sugar, and peanut butter until well blended. Press evenly into prepared pan.

Place chocolate chips and peanut butter in a microwave-safe bowl. Microwave on high, stirring every **15 secs**, until smooth. Spread evenly over crust.

Refrigerate **1 hour**, then cut into **8 squares**.



# Chocolate Chip Cookies

NF

*adapted from Purely Kaylee*

**1/2 cup** **vegan butter** slightly softened

**1 cup** **light brown sugar** packed

**1/4 cup** **plant-based milk**

**2 tsp** **vanilla extract**

**1 3/4 cups** **all-purpose flour**

**1 tsp** **baking soda**

**1/2 tsp** **salt**

**1 cup** **vegan chocolate chips**

Prepare the dough In a large bowl, add vegan butter and brown sugar. Cream together until just combined, **1-2 mins**. Add plant-based milk and vanilla extract. Cream again to combine.

Add dry ingredients Add all-purpose flour, baking soda, and salt. Fold until evenly combined, then stir in chocolate chips. Cover dough and refrigerate **30 mins** or longer.

Bake the cookies Preheat oven to **350°F** and line a baking sheet with parchment paper. Scoop cookie dough into balls and place on prepared baking sheet. Bake **12 mins** on the middle rack, removing while centers are still slightly underbaked. Let cookies rest **5 mins** on baking sheet before serving.

