



# Favorite Recipes

*compiled by Vivian and her lover*

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- breakfasts -

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## Chia Seed Pudding



*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

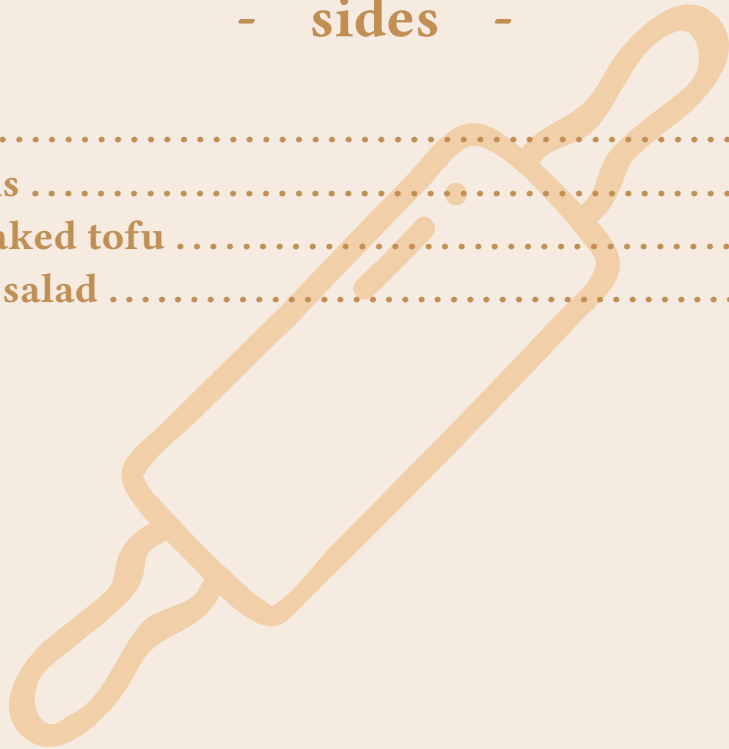
**3 tablespoons** chia seeds

**1 cup** unsweetened Vegan Yogurt

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.

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## sushi rice

2 cup **dry white rice**

3 cup **water**

1/2 cup **rice vinegar** <sup>A↓</sup>

1 Tbsp **cooking oil**

1/4 cup **white sugar**

1 tsp **salt**

Rinse **rice** under cold water in colander until it runs clear. Add to pan with **water**, set to **medium-high**. Bring to boil, then reduce heat to **low**. Cover until water is absorbed, ~**20 mins**. Add g roup **A** to sauce pan over **medium** heat until sugar dissolved. Add to cooked rice, mix until liquid is absorbed.



## fried onions

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.



## boullion-baked tofu



*adapted from Nov 24 p32*

1 **firm tofu package** (~14oz) pressed, cubed, patted dry

2 tsp **vegetable boullion paste** <sup>A↓</sup>

1/2 tsp **pepper**

1/2 tsp **garlic powder**

1/2 tsp **sugar**

2 Tbsp **olive oil**

1 Tbsp **corn starch**

Mix g roup **A** and toss with **tofu**. Cover and let sit at least **15 mins**. Prepare oven (middle rack, **400°F**). Lightly oil parchment paper on rimmed baking sheet. Uncover **tofu** and sprinkle on **corn starch**. Toss to coat. Arrange tofu on prepared sheet, not touching each other. Bake until golden brown and crispy, **30-35 mins**.



*adapted from Mystery Magazine* **$\frac{3}{4}$  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 **$\frac{1}{2}$  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

description



- mains -

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## miso-tahini & tofu grain bowls

*adapted from Apr 25 p20*

- 1 **firm tofu package** (~14oz)  
pressed, cubed, patted dry

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- 1 1/2 cup **dry brown rice** rinsed until water <sup>A↓</sup>  
runs clear

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- 1/2 cup **dry quinoa**

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- 8 oz **red cabbage** thinly sliced <sup>B↓</sup>

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- 3 Tbsp **rice vinegar**<sup>‡</sup>

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- 2 tsp **honey**<sup>‡</sup>

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- 1/2 tsp **salt**

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- 1 Tbsp **soy sauce**

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- 2 **broccoli bunches** cut into florets <sup>C↓</sup>  
with long stems

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- 1 tsp **red pepper flakes**

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- 3 cup **miso** <sup>D↓</sup>

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- 2 Tbsp **tahini**

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- 3/4 tsp **turmeric**

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- 2 tsp **honey**<sup>‡</sup>

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- 2 Tbsp **rice vinegar**<sup>‡</sup>

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- 1 **avocado** thinly sliced

Preheat oven to 450°F. Bring grains (g roup **A**) and 2 1/2 cup **water** to a boil in medium saucepan. Cover tightly with lid, reduce heat to **low**. Cook until grains are tender and liquid is absorbed, **40 mins**.

Meanwhile, combine g roup **B** in large bowl and vigorously massage with hands. Set aside for serving. Arrange **tofu** on rimmed baking sheet, drizzle with **soy sauce** and 3 Tbsp **olive oil**. Roast until lightly browned, 9-11 mins. Combine g roup **C** and roast alongside tofu until starting to char, 15-20 mins. Whisk g roup **D** to make sauce for serving. Assemble bowls with components and serve.





## gado gado

*adapted from Apr 24*

**14 oz** **extra-firm tofu** pressed, cut into 1/2 " cubes, patted dry

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

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**3/4 cup** **creamy peanut butter** A ↓

**3 Tbsp** **lime juice**

**1 1/2 Tbsp** **garlic chili sauce**

**3** **cloves garlic** finely chopped

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**1/2 cup** **water**

**3/4 cup** **brown sugar** B ↓

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**1/2 cup** **soy sauce** C ↓

**1** **red onion** finely chopped

**3** **carrots** cut into matchsticks

**1** **bundle cilantro** tough stems removed

**1** **cucumber** thinly sliced

**1 cup** **peanuts** halves or chopped

Combine g roup **A** in a bowl to make sauce. Mix until mostly homogeneous. Set aside.

In a skillet on **low**, mix g roup **B**, stirring constantly until brown sugar is desolved. 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 g roup **C**.

*adapted from May 25 p38*

- 2–3 tablespoons **olive oil** A↓
- 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 B↓
- 1 teaspoon **cumin seeds**
- 1 1/2 cups **water**
- 1 teaspoon **salt**
- 1 1/2 teaspoons **vegetable oil**

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. description

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

- treats -

