



Favorite Recipes

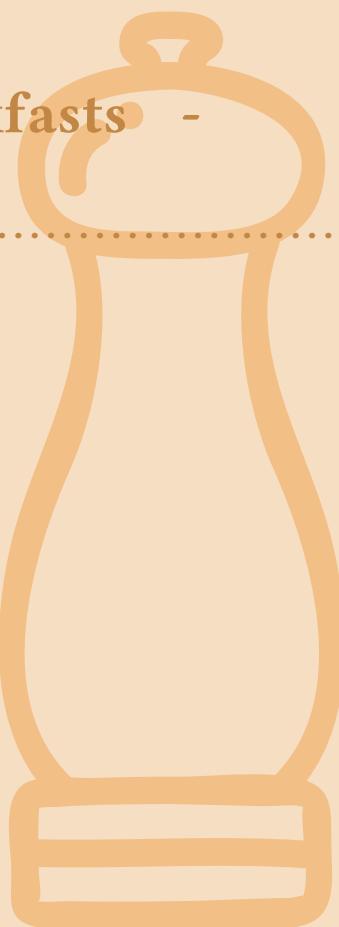
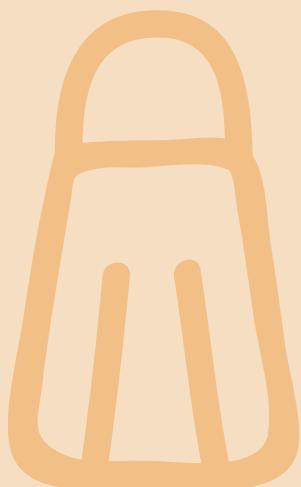
compiled by Vivian and her lover

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- breakfasts -

Chia Seed Pudding 3





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

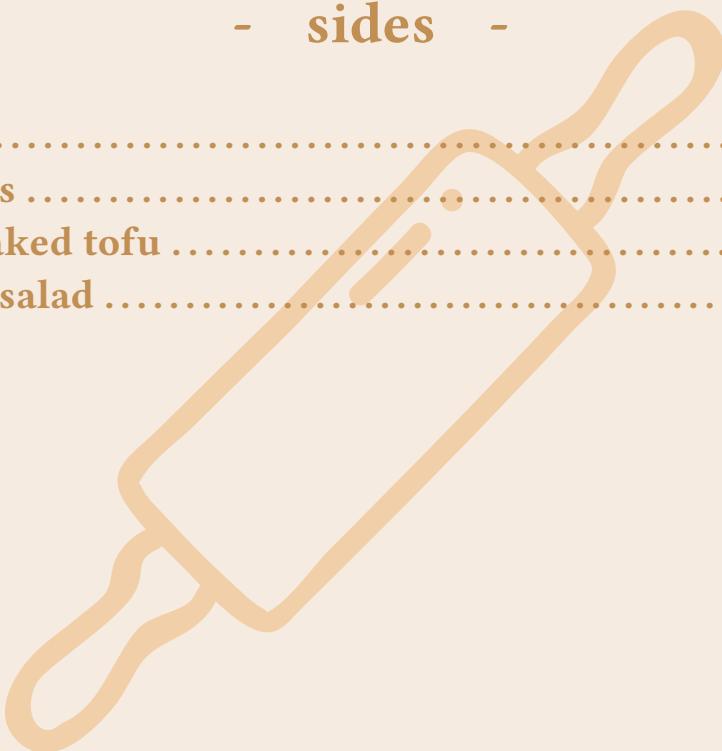
3 tablespoons chia seeds

1 cup unsweetened Vegan Yogurt

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.

- sides -

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black bean salad	6



sushi rice

- 2 cup dry white rice
- 3 cup water
- 1/2 cup rice vinegar A↓
- 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 group **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.



bouillon-baked tofu

NF

adapted from Nov 24 p32

- 1 firm tofu package (~14oz) pressed, cubed, patted dry
- 2 tsp vegetable bouillon paste
- 1/2 tsp pepper
- 1/2 tsp garlic powder
- 1/2 tsp sugar
- 2 Tbsp olive oil
- 1 Tbsp corn starch

A↓

Mix group **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 -

miso-tahini & tofu grain bowls	8
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miso-tahini & tofu grain bowls

adapted from Apr 25 p20



- 1 firm **tofu** package (~14oz)
..... pressed, cubed, patted dry
- 1½ cup **dry brown rice** rinsed until water ^{A↓}
..... runs clear
- ½ cup **dry quinoa**
- 8 oz **red cabbage** thinly sliced ^{B↓}
- 3 Tbsp **rice vinegar**‡
- 2 tsp **honey**‡
- ½ tsp **salt**
- 1 Tbsp **soy sauce**
- 2 **broccoli bunches** cut into florets ^{C↓}
..... with long stems
- 1 tsp **red pepper flakes**
- 3 cup **miso** ^{D↓}
- 2 Tbsp **tahini**
- ¾ tsp **turmeric**
- 2 tsp **honey**‡
- 2 Tbsp **rice vinegar**‡
- 1 **avocado** thinly sliced

Preheat oven to 450°F. Bring grains (group A) and 2 ½ 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 group 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 group C and roast alongside tofu until starting to char, **15-20 mins**. Whisk group 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 $\frac{1}{2}$ " 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.

rajma

NF

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.

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 -

