

‘CHEEZY’ BROCCOLI SOUP (from bitesofwellness.com) 4 Servings

- 1 head cauliflower, cut into small pieces, or 2 russet potatoes, diced
- 4 c. vegetable stock or water
- 1 head broccoli, cut into bite-sized pieces
- 2 carrots, sliced
- 1 can northern beans or 1 large russet potato
- ¾ c. dairy-free milk
- ½ c. nutritional yeast
- 1 t. garlic powder or 2 cloves of garlic, chopped
- 1-2 t. salt
- ½ t. thyme (optional)
- black pepper, to taste

1. In a large pot, add 2 c. broth and cauliflower. Cover and cook for 12-15 minutes until tender.
2. While cauliflower is cooking, chop broccoli and slice carrots.
3. Once cauliflower is tender, blend cauliflower in pot or small batches with a blender.
4. Add the remaining broth, broccoli, carrots, garlic, salt, thyme, and pepper. Stir covered for 7 minutes, or until the broccoli and carrots are tender.
5. While soup is cooking, rinse/drain the can of beans. Blend with ½ c. milk until smooth.
6. Add pureed beans and ¼ c. milk to the soup once broccoli is tender.
7. Add the nutritional yeast and stir to combine. Allow to cool slightly before enjoying.

* If soup is too thick, add more milk. If too thin, simmer for 5 min. or until desired consistency is reached.

LEMONY LENTIL SOUP (modified from PPG) Serves: 6-8

- 2 c. orange or red lentils
- 1 large onion, diced
- 2 large garlic cloves, chopped
- 3 black cloves (optional)
- 1 large carrot, diced
- ½ -1 t. red chili flakes
- salt, to taste
- 8 c. vegetable broth
- Juice of 2 lemons
- Fried onions, optional

1. Wash lentils and drain them well in a colander. *
2. In a large pot, heat a small amount of water over medium heat.
3. Add onion, garlic, and cloves, if using. Sauté for about 2 minutes.
4. Add lentils and carrots and sauté. Cook until onions are translucent, stirring occasionally, about 5 minutes.
5. Add red chili flakes.
6. Season with salt and cook for another couple minutes.
7. Add stock and cover the pot with lid. Cook for 15-20 minutes.
8. Turn heat off and add lemon juice. Stir well. Remove black cloves before serving.

* To limit flatulence, parboil lentils or beans for a few minutes, then rinse well before adding to recipes.

GREENS AND BEANS (Millicent’s combination of recipes)

- 2 heads escarole
- 1 bag spinach
- 3 T. garlic, minced
- 2 T. nutritional yeast
- 2 c. vegetable broth
- 2 cans cannellini beans, rinsed
- salt and pepper
- red pepper flakes, optional

1. Clean escarole and roughly chop.
2. Sauté escarole and spinach and add garlic.
3. Add nutritional yeast, broth, and beans.
4. Simmer about 20-25 minutes on medium heat until broth is reduced and sauce looks like a gravy.
5. Season to taste with salt and pepper.

BRUSSELS SPROUTS/SPINACH/PECAN SALAD with BOURBON BALSAMIC DRESSING

(modified from Sugarfreemom.com)

- 1 lb. fresh Brussels sprouts
- 6 oz. fresh spinach
- 1/2 c. toasted pecans
- 1/2 c. dried cranberries
- 1 Granny Smith apple, sliced thinly into 1” pieces

Dressing:

- 2 T. minced shallots
- 2 cloves garlic, minced
- 1/4 c. white balsamic vinegar
- 1 T. bourbon
- 1/2 t. salt
- 1/4 t. pepper
- 1/4 t. stevia (optional)

1. Wash/dry Brussels sprouts. Cut in half lengthwise thru the stem. Using a sharp knife, finely slice sprouts crosswise. Discard stems.
2. Coarsely chop spinach; add to a large bowl with sprouts.
3. Toast pecans in a dry sauté pan over medium heat for a few minutes until you smell them. Add to salad bowl along with remaining ingredients.
4. Whisk dressing ingredients together. Toss salad right before serving. Keep refrigerated.

TOFU CHORIZO (Cookingwithplants.com) 4 servings

- 375 g. tofu (approx. 13 oz)
- 1 T. tamari or soy sauces
- 1 T. dried onion flakes
- 1 T. smoked paprika
- 1 t. onion powder
- 1 t. chili flakes
- 1 t. cinnamon
- 1 t. cumin
- 1 t. sea salt
- 1 t. black pepper
- 1 t. liquid smoke

1. Crumble tofu into a non-stick fry pan.
2. Add all remaining ingredients to the pan.
3. Turn heat to medium high and stir for 5-10 minutes until the texture is to your preferred consistency. You can leave it as soft or make it as crispy as you like.

VEGAN PATTY MELT BURGER (from [monkeyandmekitchenadventures.com](#)) Yields: 5-6 burgers

Base Ingredients:

- 1/2 medium onion, chunked
- 1 c. old-fashioned oats
- 1/2 c. cremini mushrooms, diced
- 1/2 c. unsalted sunflower seeds or other nuts
- 1 can black beans (15oz.), drained & rinsed
- 2 T. flax meal
- 2 T. nutritional yeast
- 2 T. tahini
- 1 T. tamari, reduced sodium

Spice Ingredients:

- 2 t. garlic powder
- 1 t. onion powder
- 2 T. dried minced onion flakes
- 1/4 t. smoked paprika
- 1 t. sea salt (+/-)
- 1/4 t. black pepper

Toppings: Sautéed mushrooms and onions

1. Preheat the oven to 350° F.
 2. Place all the *Spice/Herb Ingredients* in a small bowl, set aside.
 3. Line baking sheet with parchment paper.
 4. Add first 4 ingredients into a food processor; process just until minced, do not pulverize them.
 5. Add black beans and pulse off/on *just until the beans are broken up*. Place in a large bowl.
 6. Add remaining ingredients & spices to bowl; mix with your hands until well combined and sticks together.
 7. With 1/2 cup of the mixture, form a smooth ball, flatten into a 1" thick burger patty, then place on prepared baking sheet. Continue until all the patties are made. Make sure edges are smooth, so they won't crumble.
 8. Place in oven (center rack). Bake 15 minutes, then flip and bake for another 10 minutes.
 9. Remove from oven; allow to set for 2 minutes. Serve with sautéed mushrooms and onions.
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