

## PLANT-BASED PITTSBURGH SOUPS & BREADS COOKING CLASS

Saturday, March 7, 2020

### **LINDA JONES' RECIPES:**

#### **EASY BLACK BEAN SOUP**

- 4 cans black beans (low sodium)
  - 1½ boxes veggie broth (Pacific, low sodium) *\*I put remaining broth in ice cube trays to freeze for future use.*
  - 2 cups store-bought salsa
  - 1 tsp. ground cumin
  - 1 tsp. chili powder
1. Drain/rinse 2 cans of beans and put into blender or food processor. Add 3<sup>rd</sup> can "as is." Add remaining ingredients. Blend. Put into pot.
  2. Mash, by hand separately, the 4<sup>th</sup> can of beans, "as is." Add mashed beans to pot. Heat and serve. Can garnish with cilantro, chopped tomatoes, green onions, or tortilla chips.

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#### **EASY OAT AND WALNUT BREAD** (adapted from powerhungry.com)

- 2 cups rolled oats
  - ½ c. toasted walnuts (add ½ c. for garnish)
  - 2 T. flaxseed meal
  - 2 T. unsulfured blackstrap molasses (or maple syrup)
  - 1½ cups water
  - 1 tsp. vinegar (cider or white)
  - 1 tsp. baking soda
1. Preheat oven to 375<sup>o</sup> F. Line bottom of loaf pans with parchment paper. (I used 6, small 3½" x 2¼" mini pans.)
  2. Place all ingredients in a food processor; blend until smooth. Put batter into pans; sprinkle toasted walnuts on top. *\*Can use other nuts or pumpkin seeds in place of the walnuts.*
  3. Bake 20 minutes, until toothpick inserted comes out clean. *\*If using a regular-size loaf pan, a longer baking time will be necessary.*
  4. Cool pan on rack for 15 minutes. Remove from pans and cool completely.
  5. Store completely cooled bread in an airtight container at room temp. for 2 days. May be stored in refrigerator 1 week or freezer for 6 months.

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#### **BRITTANY JAROUDI'S RECIPE: TOMATO SOUP**

- 2 – 14.5 oz cans of no-salt diced tomatoes
  - 1 cup vegetable broth
  - ½ cup raw cashews (sub white beans for lower fat)
  - 1-2 pitted dates
  - 2 cloves of garlic minced
  - 1 small red onion chopped
  - 1 tsp dried basil
  - 1 tsp dried parsley
  - 1 tsp dried oregano
  - 3 tbsp nutritional yeast
  - 1 tsp miso (or more to taste)
  - black pepper to taste
  - top with extra dried basil
1. Sauté onions & minced garlic until onions are translucent. (Use 1 T. vegetable stock to help sauté.)
  2. Add onions & garlic and remaining ingredients to high-speed blender. Blend until well combined.
  3. In pot, bring soup to a boil; simmer 10 minutes. Stir miso into warm soup.
  4. Top individual bowls with dried basil and black pepper to taste.