

STEWED SOY CRUMBLES & KALE



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STEP 1 *Stewed Tofu Crumbles & Kale Ingredients*

1/3 cup peanut oil	2 tsp diced garlic	1/2 cup chopped onions
1/2 cup soy crumbles	1 tsp diced jalapeno	1/4 tsp paprika
2 tbsp chopped scallions	1/2 cup sliced tomatoes	1/2 tsp sugar
1 tsp Worcestershire sauce	2 tsp soy sauce	4 cups julienned kale

Large Skillet Needed. Knife & Cutting Board. Bowls For Prepping.

STEP 2 *Cook Stewed Soy Crumbles & Kale*

- ▶ Set aside kale until needed.
- ▶ Sauté garlic and onions in pan of oil for 3 minutes.
- ▶ Add soy crumbles, stir well and simmer for 5 minutes on low heat.
- ▶ Add other ingredients and simmer covered 12 minutes on medium heat.
- ▶ Add kale, stir well and cook 15 additional minutes on low heat.

Enjoy with black-eyed peas rice or mashed potatoes!

Fry soy crumbles on low heat to create Al dente texture. The slight crunch prevents sogginess as crumbles are stewed and is excellent for this recipe.

STICKY NUTTY COCONUT RICE



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STEP 1

Sticky Nutty Coconut Rice Ingredients

3 tbsp peanut oil	1/2 cup diced onions
1 tbsp vegan butter	1 cup almond milk
1/2 cup chopped celery	2 tbsp chopped scallions
1 cup chopped almonds	4 cups water
2 cups long grain organic brown rice	1 cup raisins

Large Skillet Needed.

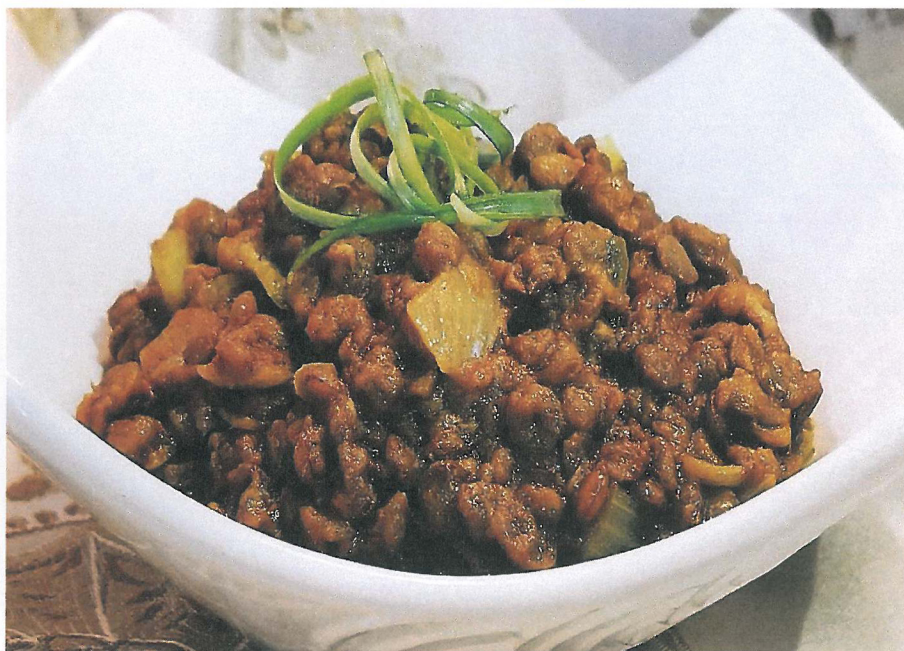
STEP 2

Cook Sticky Nutty Coconut Rice

- ▶ Heat oil in skillet and sauté onions for 3 minutes.
- ▶ Add butter, milk celery, scallions and simmer 5 minutes.
- ▶ Add almonds and water and boil for 10 minutes.
- ▶ Stir in rice, cover pot and continue cooking for 25 minutes on low heat.
- ▶ Add raisins and cook 25 minutes on low heat until rice is tender.

Enjoy with your favorite protein.

CREAMY CURRIED LENTILS



CREAMY CURRIED LENTILS

STEP 1 Creamy Curried Lentils Ingredients

1/4 cup peanut oil	1 tsp diced garlic
1/2 cup cubed onions	2 tbsp curry powder
1/4 tsp cumin	3 cups boiled lentils
1/3 cup peanut milk	2 tbsp soy sauce
2 tbsp diced scallions	1/2 tsp sugar
1/2 tsp salt	1/2 cup water

Large Skillet Needed. Knife & Cutting Board. Bowls For Prepping.

STEP 2 Cook Creamy Curried Lentils

- ▶ Heat oil in a skillet.
- ▶ Add garlic, onions, cumin and curry powder and sauté for 5 minutes.
- ▶ Add lentils, peanut milk and salt, stir well and simmer for 10 minutes.
- ▶ Add scallion, sugar, soy sauce, stir well and simmer for 5 minutes.
- ▶ Add water and simmer for 15 minutes.

Enjoy with potatoes or rice.

*Basic Seasonings Throughout This Book Are:
Salt, Sugar, Garlic, Onions, Cumin, Scallions, Soy Sauce, etc.*