

# “Chipotle” Bowl

## Ingredients

1. 2 cups of uncooked rice
2. 5 cups of water or vegetable broth (low sodium)
3. 6 TBSP of fresh cilantro (half for rice, other half for guacamole)
4. 1 tsp of ground pepper
- 5.
6. 1 Green bell pepper (chopped)
7. 1 Yellow Bell pepper (chopped)
8. 1 medium onion (diced)
9. Black beans (drained and rinsed)
10. Pinto beans (drained and rinsed)
11. Fresh salsa
12. 1 bag of frozen 12 oz corn
13. 1 cup of lettuce (shredded or chopped)
14. Guacamole
  - a. 2 avocados
  - b. ½ jalapeno (chopped)
  - c. 1 tsp of lime juice
  - d. Remaining half of cilantro above

## Instructions

- 1) Boil brown rice using water or vegetable broth
  - a. Add ground pepper and 3 TBSP of fresh/1 TBSP of dried Cilantro
- 2) Sauté green bell, yellow bell pepper, and half onion using a couple TBSP of water or vegetable broth for 5 min
- 3) Heat frozen corn using frozen bag instructions
- 4) Rinse and drain black and pinto beans
- 5) Guacamole
  - a. Cut open both avocados and scoop out the flesh
  - b. Smash the avocado with a fork
  - c. Add ½ onion, lime juice, and jalapeno
  - d. Mix well
- 6) On a plate or oval shaped dish, place a couple scoops of rice. Then add portion of beans followed by sautéed pepper and onions. Next, add corn, salsa, shredded lettuce, and a quarter to half of the guacamole!

# Black Bean Soup w/ Sweet Potatoes

## Ingredients

- 1 large onion
- 1½ cups red and green bell peppers
- 1¼ tsp sea salt
- to taste freshly ground black pepper
- 2 tsp cumin seeds
- 2 tsp dried oregano
- ¼ tsp allspice
- ¼ tsp red pepper flakes
- 4 cloves garlic
- 3 15oz cans black beans
- 2 tbsp tomato paste
- 1 tbsp balsamic vinegar
- 2 tbsp juiced limes
- ½-1 tsp pure maple syrup
- 1 bay leaf
- 1½ cups yellow sweet potatoes
- cilantro
- 1-2 limes
- 1 avocado

## Method

- In a large pot over medium-high heat, add 1-2 tbsp water, onions, red and green peppers, salt and pepper, cumin seeds, oregano, allspice, and red pepper flakes.
- Let cook for 5-7 minutes until onions and peppers start to soften.
- Add garlic. Cover, reduce heat to medium, and let cook another few minutes to soften garlic – if sticking/burning, add another splash of water.
- After a few minutes of cooking, add 3½ cups beans (reserving one cup of beans), 3 cups water, tomato paste, vinegar, lime juice, and maple syrup (start with ½ teaspoon).
- Using an immersion blender, puree soup until fairly smooth.
- Increase heat to bring to boil, add bay leaf and diced sweet potatoes, then once at boil reduce and let simmer for 20-30 minutes.
- Add remaining cup of black beans and extra maple syrup if desired (taste test).
- Stir thoroughly, let simmer for another few minutes, then serve, topping with cilantro if desired and with lime wedges.
- Try topping the soup with some chopped seasoned avocado or a simple guacamole.

# Garlic Hash Browns with Kale

## Ingredients

- 2 Yukon Gold potatoes
- ¼ tsp salt
- ½ tsp freshly ground black pepper
- 6 cloves garlic
- 2-3 leaves large kale

## Method

- Preheat your oven to 375 F.
- Rinse the shredded potatoes and pat them dry. Toss them with the salt and pepper. Spread the shredded potatoes on a baking sheet lined with a silicon baking mat. Bake the shredded potatoes for 10 minutes.
- Remove the sheet from the oven and toss the potatoes with the minced garlic, then spread them back on the mat. Return them to the oven and bake them 5 more minutes.
- While the potatoes are baking, lightly saute the shredded kale over medium heat in a large pan with about 1/8 inch of water and a pinch of salt in it. Do not replenish the water when it evaporates. It is only there to get the kale to quickly wilt.
- Once the kale has completely softened, about 8 to 10 minutes, set it aside and let it cool until you can comfortably handle it. Squeeze the kale to get rid of excess water, then toss it a bit to separate the cooked shreds.
- Plate the crisped potatoes, top it with the kale, and serve.

# Dressings

## Cheesy Caesar Dressing

### Ingredients

- freshly ground black pepper
- ½ cup raw cashews
- 1-2 tbsp nutritional yeast
- 1 tsp whole chia seeds
- ½ tsp kelp granules
- ½ tsp capers
- 1 clove garlic
- ⅓-½ cup plant-based milk
- 2 tbsp lemon juice
- 1½ tsp maple syrup
- ½ tsp sea salt

### Method

- Combine the cashews, 1 tablespoon of the nutritional yeast (if using), the chia, salt, kelp granules, capers, garlic, pepper, milk, lemon juice, and maple syrup in a blender, and purée until very smooth. Add more nutritional yeast for a cheesier flavor if you like, and add extra salt, pepper and/or garlic if desired.
- Serve tossed into romaine lettuce, along with your choice of croutons, if desired.
- Refrigerate for up to 4 days. This dressing will thicken after refrigeration. You can thin it by stirring in 2 to 3 teaspoons of plant milk or water, if desired.

## 24-Carrot Gold Dressing

## Ingredients

- ½ cup carrots
- ¼ tsp sea salt
- 1½ tbsp red wine vinegar
- 1-1½ tbsp tahini
- 1 tbsp pure maple syrup
- ½ tbsp chickpea miso
- ½ tsp fresh ginger
- ⅓ cup water

## Method

Using a standing blender (high-powered works best to smooth, but regular blender will also work, just purée longer), purée all the ingredients until very smooth. Serve, or refrigerate. Will keep about 4 - 5 days in the fridge.