



# 3 KEYS TO PLANT-BASED EATING

# RECIPES

## Add Anything - Vegan Chili

Servings: 4

Prep Time: 10 minutes

Cook Time: 40 minutes

1. Heat oil in a medium-large pot over medium heat.
2. Add onion and sauté for 3-4 minutes, until soft.
3. Add garlic and vegetables and continue to sauté for 8-10 minutes, until vegetables start to soften and smell fragrant.
4. Add spices and sauté for 1-2 minutes, stirring often.
5. In a colander, rinse soaked or canned beans under cold water and add them to the vegetable mixture.
6. Pour in the broth and a full can of tomatoes and turn the temperature to medium-high heat until the mixture comes to a boil.
7. Stir in the cayenne pepper or hot sauce, if a spicy flavour is desired.
8. Once ingredients come to a boil, cover with a lid and reduce the heat to medium-low and simmer for 30 minutes.

Serve your chili with a whole grain roll or 1/2 cup of quinoa. (To cook quinoa- rinse 1 cup of dry quinoa in a strainer under cold water. Add rinsed quinoa and 2 cups of cold water to a small pot. Bring quinoa to a boil over medium-high heat and then reduce to a simmer for 10-15 minutes, until all water is absorbed. Turn off the heat, and cover quinoa with a lid and let it steam for 5 minutes until 'fluffy'.)

- 2 tbsp Olive or canola oil
- 1 cup Sweet onion, diced
- 2-3 cloves Garlic, minced
- 3 cups Vegetables on hand, diced (ie. celery, carrots, sweet peppers, zucchini, mushrooms)
- 1 cup Vegetable broth
- 1 28oz. can Tomatoes (low sodium), diced
- 3 cups Beans of choice, soaked overnight or canned (ie. chickpeas, mixed beans, kidney or pinto beans)
- Chili powder, cumin, oregano
- 1 tbsp each Salt and pepper
- As desired 1/4 tsp Cayenne pepper or 1 tsp hot sauce, if desired
- 1 cup Cooked quinoa (1 cup dry quinoa) or 4 rolls or whole grain roll, to serve

## Southwest Bean, Tofu, or Both Scramble!

Servings: 4

Prep Time: 10 minutes

Cook Time: 40 minutes

1. If using tofu, drain water from package. Remove the block of tofu and wrap tofu with a clean towel or paper towel. Use your hands to lightly squeeze out some of its moisture. If using black beans, drain and rinse under cold water in a colander.
2. Heat oil over medium heat in a large pan.
3. Add diced onion, garlic, and pepper and sauté for 3-5 minutes until slightly soft and fragrant.
4. In a large bowl, crumble tofu to bit size pieces or crush black beans slightly with a fork. Stir all spices into crumbled mixture.
5. Use a spatula to move the cooked vegetables to one side of the pan and add the crumbled tofu/beans.
6. Cook for 5-7 minutes until tofu/beans start to slightly brown and then stir vegetables and tofu bean mixture together.

Serve 1/2 cup of cooked tofu/bean scramble mixture in a wrap or with 2 slices of toast. Top with sliced tomatoes or salsa, avocado, and hot sauce, if desired.

- 1 14oz block Firm or Extra Firm Tofu
- 1 15oz can (or 2 cups cooked) or black beans (or 1/2 & 1/2)
- 2 tbsp Olive or canola oil
- 1/2 cup White, red, or green onion, chopped
- 1 tbsp Garlic, chopped
- 1 cup Sweet pepper, zucchini, mushrooms and/or eggplant, diced
- 1/2 tsp each Turmeric, chili powder, paprika, cumin
- 2 tbsp Nutritional yeast
- 1/4 tsp each Salt and pepper
- 1/4 cup each Salsa or sliced tomato, for topping
- 1 tbsp each hot sauce (optional)
- 1 Avocado
- 4 wraps or 8 slices 9" tortilla wraps or whole wheat toast