

Monday	Tuesday	Wednesday	Thursday	Friday
Vegetarian Chili* Cornbread	Tortilla Soup*	Vegetarian Pad Thai*	Butternut & Coconut Curry Soup* Thai Salad with Ginger Dressing	Grilled Sweet Potatoes* with Chipotle & Pinto Infused Quinoa*
Comments:	Comments:	Comments:	Comments:	Comments:

*See recipes

Vegetarian Chili

Serves 6

Ingredients:

1 lb Soy Crumbles (meat substitute)
 1 can Pinto beans, drained & rinsed
 1 can Kidney beans, drained & rinsed
 1 can White or navy beans, drained & rinsed
 1 large can Chopped tomatoes
 2 cloves Garlic, chopped
 1 Onion, chopped
 2 Carrots, grated
 1 cup Salsa or Pico de Gallo
 1-4 Tb. Chili powder, depends on preferred spice
 ½ ts. Salt

Directions:

In a crock pot add all ingredients and stir well. Cook on low for 6-8 hours. Serve with corn bread or whole wheat crackers.

Optional toppings: Green onions, cilantro, red onion, avocado, or soy cheese

Vegetarian Tortilla Soup

Ingredients:

2 boxes vegetable broth
1 red bell pepper, chopped
1 green bell pepper, chopped
1 carrot, julian strips
1-2 jalapeno, minced (take out seeds if less heat is desired)
1 can chopped tomatoes
2 thighs chicken, cubed
1 Tbsp. olive oil
1 tsp. garlic, minced
1 tsp. cumin
1 lime, juiced

Toppings:

avocado, cilantro, pico de gallo (or salsa), soy pepper jack cheese, baked corn tortilla chips (see below)

Directions:

In a soup pot sauté cubed chicken breasts in olive oil for 5 minutes. Add peppers, carrots, and jalapeno and sauté for an addition 2 minutes. Add broth, can tomatoes, and spices and bring to a boil. Reduce heat and simmer for 10 minutes. Finish with lime juice.

Serving Suggestion:

In a soup bowl place chips, then cheese, and desired toppings. Ladle soup over top and enjoy.

For family: serve with grilled chicken breast, cubed.

Baked tortilla chips:

Stack 4 corn tortillas, and slice julian slices (long strips). Spread strips onto a baking sheet, spray with cooking spray, and season with cumin and salt. Bake at 400°F until crispy (~7minutes).

Vegetarian Pad Thai Gourmet | December 2007

Yield: Makes 4 to 6 servings

Active Time: 1 hr

Total Time: 1 hr

Ingredients:

12 ounces dried flat rice noodles (1/4 inch wide; sometimes called pad Thai or banh pho)

3 tablespoons tamarind (from a pliable block)

1 cup boiling-hot water

1/2 cup light soy sauce

1/4 cup packed light brown sugar

2 tablespoons Sriracha (Southeast Asian chile sauce)

1 bunch scallions

4 large shallots

1 (14- to 16-ounce) package firm tofu

1 1/2 cups peanut or vegetable oil

6 large eggs

4 garlic cloves, finely chopped

2 cups bean sprouts (1/4 pound)

1/2 cup roasted peanuts, coarsely chopped

Equipment: an adjustable-blade slicer; a well-seasoned 14-inch flat-bottomed wok

Accompaniments: lime wedges; cilantro sprigs; Sriracha

Directions:

Soak noodles in a large bowl of warm water until softened, 25 to 30 minutes. Drain well in a colander and cover with a dampened paper towel.

Meanwhile, make sauce by soaking tamarind pulp in boiling-hot water in a small bowl, stirring occasionally, until softened, about 5 minutes. Force mixture through a sieve into a bowl, discarding seeds and fibers. Add soy sauce, brown sugar, and Sriracha, stirring until sugar has dissolved.

Cut scallions into 2-inch pieces. Halve pale green and white parts lengthwise.

Cut shallots crosswise into very thin slices with slicer.

Rinse tofu, then cut into 1-inch cubes and pat very dry.

Heat oil in wok over medium heat until hot, then fry half of shallots over medium-low heat, stirring frequently, until golden-brown, 8 to 12 minutes. Carefully strain mixture through a fine-mesh sieve into a heatproof bowl. Reserve shallot oil and spread fried shallots on paper towels. (Shallots will crisp as they cool.) Wipe wok clean.

Reheat shallot oil in wok over high heat until hot. Fry tofu in 1 layer, gently turning occasionally, until

golden, 5 to 8 minutes. Transfer tofu to paper towels using a slotted spoon. Pour off oil & reserve.

Lightly beat eggs with 1/4 teaspoon salt. Heat 2 tablespoons shallot oil in wok over high heat until it shimmers. Add eggs and swirl to coat side of wok, then cook, stirring gently with a spatula, until cooked through. Break into chunks with spatula and transfer to a plate.

Heat wok over high heat until a drop of water evaporates instantly. Pour in 3 tablespoons shallot oil, then swirl to coat side of wok. Stir-fry scallions, garlic, and remaining uncooked shallots until softened, about 1 minute.

Add noodles and stir-fry over medium heat (use 2 spatulas if necessary) 3 minutes. Add tofu, bean sprouts, and 1 1/2 cups sauce and simmer, turning noodles over to absorb sauce evenly, until noodles are tender, about 2 minutes.

Stir in additional sauce if desired, then stir in eggs and transfer to a large shallow serving dish.

Sprinkle pad Thai with peanuts and fried shallots and serve with lime wedges, cilantro sprigs, and

Vegetarian Butternut & Coconut Curry Soup

Ingredients:

2 Tbsp.	Olive oil
1	butternut squash, peeled, seeded, and cubed
1 box	vegetable broth
1	onion, chopped
2 large	carrots, chopped
2 cloves	garlic, chopped
1 tsp.	curry powder
1/2 cup	coconut milk, freeze remainder in ice cube trays for later use
Salt and Pepper to taste	
1/4 cup	Cilantro or Basil to finish

Directions:

Sauté carrots and onion in olive oil for 5 minutes. Add butternut squash and garlic and sauté for an addition 5 minutes. Add broth and bring to a boil. Reduce temperature and add curry powder. Simmer for 20 minutes or until squash is tender. Either in a blender or with a blending tool purée soup. Stir in coconut milk, season with S&P, and serve with fresh herbs on top. Enjoy!

Soup can be prepared in a crockpot for 6-8 hours on low. Add coconut milk right before serving.

Thai Salad

In a bowl mix together baby lettuce, chopped red bell peppers, cilantro, peanuts, and grated carrots. Serve with Brianna's Ginger Mandarin Dressing.

Grilled Sweet Potatoes

Ingredients:

4 large sweet potatoes, peeled, and sliced in to ½” thick rounds
¼ cup olive oil
2 limes, zested and juiced
1 cup cilantro, chopped
Salt to taste

Directions:

In a stock pot, place sweet potatoes and add cold water to cover. Bring to a boil and simmer until slightly tender (don't over cook or they will fall apart on the grill). Meanwhile, heat grill to medium heat. Strain sweet potatoes and place on grill. Allow to grill for 3 minutes on each side. Toss with olive oil, lime, and cilantro. Season with salt and serve over quinoa.

Chipotle & Pinto Infused Quinoa

Ingredients:

1 cup Quinoa
2 cups Vegetable broth
1 can Chipotle peppers in adobo sauce
1 can Pinto beans, drained & rinsed
½ cup Cilantro, chopped

Directions:

Cook quinoa in vegetable broth according to package instructions. Chop two chipotle peppers up and take out 2 Tb. adobo sauce. Mix chipotle peppers, adobo sauce, and pinto beans together. Add mixture to cooked quinoa, and stir in cilantro. Spread quinoa onto serving plate and top with grilled sweet potatoes and serve.