CHICKPEA TIKKA MASALA

Serves 4
Ready in 20 min

INGREDIENTS

- 1 Tbsp olive oil
- 1 white onion, chopped
- 4 cloves garlic, minced
- 2 Tbsp fresh grated ginger
- 1 Tbsp garam masala
- 2 tsp each cumin, ground coriander seed, turmeric, smoked paprika
- 1 tsp salt
- 2 15-oz cans chickpeas, drained
- 2 15-oz cans tomato puree
- 1 14-oz can full-fat coconut milk
- Serve with: rice, sliced naan, cilantro

DIRECTIONS

1. **Saute**: Heat oil in a large pot over medium heat. Add onion, garlic, and ginger, cooking until soft and fragrant, about 3 minutes. Add seasonings and continue cooking for 2 minutes.

2. **Combine**: Add chickpeas, tomato puree, and coconut milk. Cover and cook, stirring occasionally, until hot and simmering.

3. **Serve**: Serve hot over a mound of rice with sliced naan, optionally garnishing with fresh cilantro.
CAULIFLOWER STREET TACOS

INGREDIENTS

Quick Slaw
- 2 cups sliced red cabbage
- 3 Tbsp apple cider vinegar
- 1 lime juiced
- 1 tsp honey
- ¼ tsp salt

Avocado Sauce
- 1 ripe avocado
- 1 clove garlic, minced
- ¼ cup olive oil
- Juice of ½ lime
- 2 Tbsp chopped parsley
- Salt and pepper, to taste

Taco Filling
- 3 cups cauliflower, chopped
- 115-oz can chickpeas, strained
- 2 Tbsp olive oil
- 1 Tbsp chili powder
- 2 tsp paprika
- ½ tsp salt
- ¼ tsp cumin
- 8 flour tortillas or corn

DIRECTIONS

1. **Slaw**: Combine all of the Slaw ingredients in a non-metal bowl and set aside. Stir every once in a while.

2. **Filling**: Preheat oven to 400 degrees F (204 C). Toss together all Cauliflower Filling ingredients. Lay on a parchment-lined baking sheet and bake for 30 minutes, or until slightly browned and crisp.

3. **Sauce**: Meanwhile, combine all Sauce ingredients in a food processor until smooth.

4. **Assemble**: Spoon filling evenly onto 8 tortillas. Top with a heaping spoonful of slaw and avocado sauce. Serve immediately or store separately until ready to eat.
PORTOBELLO MUSHROOM GYROS

INGREDIENTS

**Portobello Gyro Filling**
- 4 portobello mushrooms
- 1/4 cup olive oil
- 2 Tbsp soy sauce
- 2 Tbsp lemon juice
- 4 cloves garlic, minced
- 1/2 tsp each oregano, smoked paprika, salt, pepper

**Tzatziki**
- 2 cups plain Greek yogurt
- 1 cup shredded cucumber
- 2 Tbsp lemon juice
- 2 cloves garlic, minced
- 1 Tbsp chopped dill
- Salt and pepper to taste
- 4 large pita breads
- Tomato, red onion, radishes, lettuce, feta

DIRECTIONS

1. **Prep:** Stir together all tzatziki ingredients. Slice all veggies.
2. **Filling:** Remove mushroom stems and clean caps with a wet paper towel. Cut into 1/4 inch slices. In a small bowl, stir together oil, soy, lemon, garlic, and spices. Toss to coat the mushrooms. Cook mushrooms in a large nonstick skillet over medium heat for about 5 minutes, flipping to evenly cook. They should be slightly softened and deep brown when finished.
3. **Assemble:** Spread tzatziki onto one side of the pita, then add mushroom gyro filling, veggies, and feta. Fold in half and dig in!

Original recipe and photos here!
TACO SOUP

Serves 6
Ready in 20 min

INGREDIENTS

- 1 14-oz block firm tofu
- 1 15-oz can Rotel tomatoes
- 1 15-oz can stewed or diced tomato
- 1 15-oz can corn
- 1 15-oz can pinto or black beans
- 1 15-oz can kidney beans
- 1 11-oz packet Hidden Valley Ranch Dressing mix
- 1 11-oz packet taco seasoning

DIRECTIONS

1. **Cook Tofu**: In a large sauté pan, cook tofu until browned then add taco seasoning, stirring to coat.
2. **Mix Everything**: Mix all cans (don’t drain them) and Ranch seasoning in a large pot. Add in cooked, seasoned meat. Let sit on medium heat for about 5 minutes, stirring occasionally, until soup is hot.
3. **Serve**: Top with shredded cheese, sour cream/plain Greek yogurt, and crushed tortilla chips.

Original recipe and photos here! LiveEATLearn
**BUTTERNUT HUMMUS WRAPS**

**INGREDIENTS**

**Filling**
- 1/2 large butternut squash, peeled and cubed
- 115-oz can chickpeas, drained and patted dry
- 3 Tbsp olive oil
- 1 Tbsp soy sauce
- 1 Tbsp sriracha
- 2 tsp maple syrup
- 1 tsp smoked paprika
- 1/4 tsp each salt and pepper
- 1 medium white onion, cut into chunks

**Sauce**
- 1/2 cup hummus
- 2 tsp lemon juice
- 2 cloves garlic, minced
- Water to thin

**To Serve**
- 4 flatbreads
- 1 handful arugula

**DIRECTIONS**

1. **Roast**: Preheat oven to 425 F (218 C). Throw all Filling ingredients in a large bowl and toss to evenly coat. Spread onto a parchment-lined baking sheet and bake for 30 minutes, or until squash is fork-tender.
2. **Sauce**: Combine all Sauce ingredients, adding a touch of water to thin into a sauce consistency.
3. **Assemble**: Evenly top flatbreads with roasted fillings, hummus sauce, and arugula.
SOYRIZO TACOS

INGREDIENTS

Adobo Crème
- 1/2 cup plain Greek yogurt
- 1 Tbsp adobo sauce
- 1/4 tsp lime juice
- Pinch of salt

Soyrizo
- 14-oz block firm tofu
- 1 Tbsp olive oil
- 1/2 cup finely diced white onion
- 2 cloves garlic minced
- 1 tsp cumin
- 1/2 tsp each salt, chili powder, black pepper
- 1/4 tsp smoked paprika
- Pinch of cinnamon
- 2 Tbsp tomato paste
- 2 Tbsp apple cider vinegar

Tacos
- 6 corn or flour tortillas
- 1/4 cup pickled red cabbage
- 1 avocado sliced
- 1/4 cup chopped fresh cilantro

DIRECTIONS

1. Prep: Combine all adobo crème ingredients in a small bowl. Press water from tofu by wrapping it in a few layers of paper towels and gently squeezing. Crumble into rough chunks.

2. Cook: Heat oil in a large sauté pan over medium heat. Add onion and garlic, cooking until onion softens and becomes translucent, 3 to 5 minutes. Add tofu and the spices, increasing heat to medium/high. Cook, stirring and crumbling tofu until it begins to brown. Stir in tomato paste and vinegar then remove from heat. Taste and adjust seasonings as needed.

3. Serve: Serve soyrizo warm on tortillas, topped with adobo crème, pickled red cabbage, avocado, and cilantro.
ROASTED CHICKPEA GYROS

Serves 4  
Ready in 30 min

INGREDIENTS

Filling
- 115-oz can chickpeas, drained
- 1 Tbsp olive oil
- 1 Tbsp smoked paprika*
- 1 tsp ground black pepper
- ½ tsp cayenne pepper
- ¼ tsp salt

*If you don’t like spicy foods, halve the amount paprika, black pepper, and cayenne pepper.

Tzatziki
- 2 cups plain Greek yogurt
- 1 cup shredded cucumber
- 2 Tbsp lemon juice
- 2 cloves garlic, minced
- 1 Tbsp chopped dill
- Salt and pepper to taste

DIRECTIONS

1. Prep: Preheat oven to 400 degrees F (204 C). Pat dry chickpeas with paper towel, removing any skins that may come off. Gently toss chickpeas with oil, paprika, black pepper, cayenne pepper, and salt.

2. Roast: Spread chickpeas onto a greased rimmed baking sheet and roast for about 20 minutes, until lightly browned but not hard.

3. Assemble: Spread some tzatziki onto one side of the pita, then sprinkle in ¼ of the chickpeas and add veggies. Fold in half and enjoy!
STICKY GARLIC CAULIFLOWER

Serves 4
Ready in 30 min

INGREDIENTS

Cauliflower
- ½ head cauliflower
- ½ cup all-purpose flour
- 2 large eggs
- 1 cup panko breadcrumbs
- ¼ tsp each salt and pepper

Sauce
- ½ cup low sodium soy sauce
- ½ cup hoisin sauce
- 2 Tbsp honey
- 4 cloves garlic minced
- 1 Tbsp fresh grated ginger
- 1 Tbsp sriracha

DIRECTIONS

1. Prep: Preheat oven to 400 degrees F (204 C). Arrange workspace, placing flour, egg, and panko in separate bowls. Mix salt and pepper into panko.
2. Dredge: Cut cauliflower into bite-sized florets. Working in batches, coat the florets in flour, then egg, then breadcrumbs. Set on a parchment paper-lined baking sheet. Bake for 15 to 20 minutes, or until crispy.
3. Sauce: Set a small saucepan over medium heat and add all “Sauce” ingredients. Whisk to combine, bring to a simmer, and cook for about 5 minutes, until it begins to thicken. Drizzle sauce over the baked cauliflower and gently toss to evenly coat.

Original recipe and photos here!
LiveEatLearn
ALMOND TOFU NUGGETS

Serves 2
Ready in 40 min

INGREDIENTS

Tofu
- 1 16-oz block tofu
- 1 Tbsp sesame oil
- 1 Tbsp olive oil
- 2 Tbsp soy sauce
- 1 clove garlic, minced

Breading
- ¼ cup flour
- 1 egg, whisked
- 1 cup almonds
- 1 Tbsp nutritional yeast
- ½ tsp salt
- ½ tsp paprika
- ¼ tsp black pepper

Sauce
- 1 avocado
- ½ cup plain Greek yogurt
- ½ cup parsley
- 2 cloves garlic
- Juice of 1 lime
- Salt and pepper

DIRECTIONS

1. Marinate: Drain tofu and slice into blocks. Place in a deep dish. Combine remaining Tofu ingredients and pour over tofu. Cover and let marinate in the fridge for at least 30 minutes.

2. Breading: In a food processor, blitz almonds until coarsely ground. Mix with remaining Breading ingredients.

3. Coat: Prepare your breading station, placing the flour in one bowl, egg in another, and almond mixture in the last, with a parchment-lined baking sheet at the end. 1 or 2 at a time, coat each tofu lightly in flour, then egg, then almond mix, and set on the baking sheet.

4. Bake: Bake tofu nuggets at 400 degrees F (204 C) for 8 to 10 minutes, flipping halfway through, until golden brown and toasted.

5. Sauce: While the nuggets cook, throw all the Sauce ingredients in a food processor and blend until smooth and creamy. Serve nuggets warm with dipping sauce!
THAI RED CURRY

INGREDIENTS

Curry
- 1 Tbsp coconut oil
- 2 Tbsp chopped shallots
- 1 Tbsp freshly grated ginger
- 2 Tbsp Thai red curry paste
- 2 14-oz cans coconut milk
- 1 cup vegetable broth
- 2 Tbsp soy sauce
- 2 Tbsp honey
- 1 Tbsp chili garlic sauce

Fillings
- 4 oz rice noodles
- 1 Tbsp coconut oil
- 1 block firm tofu
- 1 cup thinly chopped carrot
- 1 cup thinly chopped red cabbage
- 1 cup snap peas

DIRECTIONS

1. Curry: Heat 1 Tbsp oil in a large saucepan over medium/high heat. Add shallots and ginger, cooking for a few minutes until shallots are translucent. Add curry paste and cook a few minutes more. Add coconut milk, broth, soy, honey, and chili garlic sauce. Reduce heat to medium, cover, and let slowly cook while you prepare the rest.

2. Noodles: Prepare noodles according to instructions on package, strain, and set aside.

3. Tofu: Dab tofu with paper towels to dry, then cut into cubes. Heat 1 Tbsp oil in a sauté pan over medium/high heat, then add in the tofu. Cook until slightly browned, then add a few spoons of curry soup. Cook a minute, until curry evaporates, then remove tofu from pan.

4. Veggies: Add your carrots, cabbage, and snap peas to the pan the tofu was just in, and stir fry over medium/high heat until colors are vibrant, about 5 minutes.

5. Serve: Combine curry, tofu, noodles, and veggies.

Original recipe and photos here!
CHICKPEA STUFFED AVOCADOES

Serves 3
Ready in 30 min

INGREDIENTS

**Filling**
- 1 15-oz can chickpeas
- 1 Tbsp olive oil
- 2 tsp smoked paprika
- 1 tsp ground black pepper
- ½ tsp cayenne pepper
- ¼ tsp salt
- 3 ripe avocados
- ½ tomato, chopped
- 1 lime or lemon

**Sauce**
- 1 cup plain Greek yogurt
- 1 clove garlic, minced
- ¼ cup chopped parsley
- Pinch black pepper

DIRECTIONS

1. **Flavor**: Pat chickpeas dry with paper towels. Toss together with oil, paprika, black pepper, cayenne, and salt.
2. **Bake**: Spread chickpeas onto a parchment-lined baking sheet. Roast at 400 degrees F (200 C) for 20 min, until lightly browned.
3. **Sauce**: Meanwhile, combine all Sauce ingredients.
4. **Avocados**: Cut avocados in half and remove the seed, leaving the edible portion in the skin. Drizzle each with a squeeze of lime juice and sprinkle each with a pinch of salt.
5. **Assemble**: Place a few pieces of tomato into each avocado then spoon in some chickpeas. Top with a dollop of sauce, sprinkle on a few more chickpeas for good measure, and serve!
TEMPEH BURRITO BOWLS

INGREDIENTS

Burrito Filling
- Chipotle Cauliflower Rice, (click for recipe)
- 115-oz can black beans, drained
- 115-oz can corn, drained
- 1/2 cup chopped red onion
- 3 cups chopped lettuce
- 1 avocado, sliced
- 1 bell pepper, sliced

Tempeh Taco Meat
- 18-oz package tempeh
- 1 Tbsp olive oil
- 1 Tbsp cumin
- 1 tsp each salt, smoked paprika, chili powder
- 1 clove garlic, minced
- 3 Tbsp tomato paste
- 2 Tbsp water

Sauce
- 1/4 cup mayonnaise
- 1 tsp adobo sauce
- 1/4 tsp lime juice

DIRECTIONS

2. Tempeh: Roughly grate tempeh. Heat oil over medium/high in a large saute pan. Add tempeh and cook until lightly browned, about 5 minutes. Add spices, salt, garlic, and tomato paste. Cook another 5 minutes, then add the water and cook just until water has evaporated.
4. Serve: Evenly distribute lettuce and cauliflower rice into serving bowls, topping with veggies, beans, tempeh taco meat, and sauce.
ROASTED BUDDHA BOWLS

Serves 4
Ready in 30 min

INGREDIENTS

**Sweet Potato**
- 2 sweet potatoes, chopped
- 1 red onion, cut into large chunks
- 1 Tbsp olive oil
- 1/2 tsp smoked paprika
- 1/4 tsp each salt and pepper

**Chickpeas**
- 1 15-oz can chickpeas, drained
- 1 Tbsp olive oil
- 1 tsp cumin
- 1/2 tsp each garlic powder, smoked paprika, chili powder
- 1/4 tsp each salt and pepper

**Beet Couscous**
- 1 cup pearl couscous
- 11/4 cup water
- 1/2 cup shredded raw red beet
- 1 Tbsp olive oil
- 1 Tbsp lemon juice
- Pinch of salt and pepper

**The Rest**
- 1/2 cup Yum Sauce (click for recipe)
- 4 cups chopped kale
- 1/2 cup pomegranate arils

DIRECTIONS

1. **Yum Sauce**: Blend together yum sauce real quick (recipe here).
2. **Roast**: Preheat oven to 400 degrees F (204 C). Toss together all Sweet Potato ingredients. Arrange in a single layer on half of a parchment paper-lined baking sheet. Pat chickpeas dry with paper towels then toss with all Chickpea ingredients. Spread onto the other half of the baking sheet. Bake for 20 to 25 min, until sweet potatoes are soft and chickpeas are a crisp.
3. **Couscous**: Meanwhile, bring water to a boil in a medium pan. Add couscous, reduce heat to a simmer, and cook for 10 min, until tender. Fluff with a fork then stir in remaining Beet Couscous ingredients.
4. **Assemble**: Add a handful of kale to each bowl, evenly dividing veggies and couscous on top. Top off with a heap of Yum Sauce.
INGREDIENTS

- 4 king oyster mushrooms
- 2 Tbsp extra virgin olive oil, divided
- 1 tsp smoked paprika
- ¼ tsp salt
- ¼ tsp cayenne pepper
- 2 cloves garlic, minced
- ¼ cup BBQ sauce

DIRECTIONS

1. **Shred Mushrooms**: Preheat oven to 400 degrees F (204 C). Clean mushrooms with a damp paper towel. Using two forks, shred the stems and caps roughly into pieces. Set on a parchment paper-lined baking sheet.

2. **Bake**: Drizzle with 1 Tbsp of the oil, paprika, salt, cayenne, and garlic. Toss around to evenly coat the mushrooms, then bake for 20 minutes, or until mushrooms are a bit crispy and brown on the edges.

3. **Sauté**: Heat remaining 1 Tbsp oil in a large saute pan over medium high. Transfer cooked mushrooms to pan and add BBQ sauce. Stir and cook for 3 to 5 minutes, until mixture is thick and fragrant. Serve warm on sandwiches, nachos, salads, tacos...or whenever you eat pulled pork!
PORTOBELLO BURGERS

INGREDIENTS

Burgers
- 4 portobello mushrooms
- ¼ cup olive oil
- 2 Tbsp soy sauce
- 2 Tbsp lemon juice
- 4 cloves garlic minced
- ½ tsp each of oregano, smoked paprika, salt, pepper
- 4 slices sharp cheddar cheese
- 2 or 4 toasted burger buns
- Toppings: sliced tomatoes, lettuce, sliced red onions

Fancy Sauce
- 2 Tbsp mayonnaise
- 2 Tbsp ketchup
- 1 clove garlic minced
- ⅛ tsp smoked paprika

DIRECTIONS

1. Prep: Clean portobello mushrooms gently with a damp paper towel. Remove stems (and gills, if you don’t like the texture). In a small bowl, combine olive oil, soy sauce, lemon juice, garlic, and seasonings. Brush liberally onto the tops and bottoms of the mushrooms.

2. Cook: Heat a large non-stick skillet over medium/high. Add the mushrooms and cook for 3 minutes on each side, or until slightly softened, brushing with remaining marinade to add more flavor. Alternatively, cook on the grill for 5 minutes per side until grill lines appear. Add cheese in the last minute of cooking.

3. Assemble: Combine all “Fancy Sauce” ingredients in a small bowl. Serve mushroom burgers on toasted buns with fancy sauce, tomatoes, lettuce, and onion.
ENCHILADA STUFFED PEPPERS

Serves 4
Ready in 30 min

INGREDIENTS

- ½ cup dry quinoa
- 1 cup water
- 3 to 4 bell peppers
- 2 Tbsp oil, divided
- 2 cloves garlic, minced
- 1 yellow onion, diced
- ½ tsp each cumin and smoked paprika
- ¼ tsp salt
- 115-oz can black beans, drained
- 115-oz can corn, drained
- 1 cup shredded monterey jack cheese
- 2 roma tomatoes, chopped
- Pinch each salt and pepper
- To serve: avocado and sour cream

DIRECTIONS

1. **Quinoa:** Bring 1 cup water to boil in a small saucepan then add quinoa. Cover and cook for 10 minutes, or until water is absorbed.
2. **Filling:** Meanwhile add 1 Tbsp oil to a large saucepan over medium heat. Add onions, cumin, paprika, salt, and pepper, cooking until onions begin to soften. Add drained beans and corn, as well as cooked quinoa and half of the cheese. Stir to combine.
3. **Assemble:** Cut bell peppers in half lengthwise and remove ribs and seeds. Stuff mixture into peppers and place on a parchment paper-lined baking sheet. Preheat oven to 425 degrees F (218 C).
4. **Sauce:** In a medium saucepan, add 1 Tbsp oil, tomatoes, salt, and pepper. Cook over medium/high for 5 minutes, or until tomatoes begin to break down. Use an immersion blender (or transfer to a blender) and blitz until smooth.
5. **Bake:** Spoon over peppers, sprinkle with remaining cheese, and bake for 20 minutes, or until cheese is golden and bubbly.

Original recipe and photos here!

Live EAT Learn
15 MINUTE BUDDHA BOWLS

INGREDIENTS

Dressing
- ¼ cup plain yogurt
- ¼ cup orange juice
- 2 Tbsp honey
- ½ tsp cinnamon
- Pinch of salt and pepper

Salad
- 2 handfuls leafy green choice
- 1 cup cooked bulgur, can sub quinoa, couscous, or rice
- 115-oz can chickpeas, drained and rinsed
- 1 cup blueberries
- 4 mandarin oranges, peeled and thinly sliced
- 2 small avocados, sliced
- ½ small red onion, sliced
- 2 large carrots, peeled and shredded

DIRECTIONS

1. **Dressing**: Whisk all dressing ingredients together and set aside.
2. **Filling**: Divide greens into 4 servings bowls, then top each with equal portions of cooked bulgur, chickpeas, blueberries, orange slices, avocado, onion, and carrot.
3. **Serve**: Drizzle with dressing and serve immediately.

Original recipe and photos here! LiveEATLearn