

Tofu Vegetable Breakfast Burrito

From Feeding the Whole Family

Serves 6, \$2.50/serving

- 2-3 teaspoons extra-virgin olive oil
- medium onion, chopped
- 2 cloves garlic, minced
- red pepper, chopped
- green pepper, chopped
- teaspoon cumin
- teaspoon coriander
- 1 pound firm tofu, crumbled
- 1 teaspoon turmeric
- 2-3 small potatoes, baked and chopped into chunks
- 1 tablespoon tamari or shoyu
- cup chopped cilantro
- 6 whole wheat tortillas
- salsa

Heat oil in a 10-inch skillet. Add onions and garlic and sauté. Add peppers, cumin and coriander and continue to sauté until vegetables are soft. Crumble tofu into skillet with vegetables and stir. Sprinkle in turmeric and mix. Add chopped potatoes, tamari and cilantro and stir. Place about 1/3 cup of the filling mixture in a whole wheat tortilla, roll it up and top with salsa.

Serve warm.

Tofu Pot Pie

Serves 6, \$1.75/serving

- 1 pounds tofu, cubed
- cup whole wheat flour
- 2 tablespoons nutritional yeast flakes
- teaspoon garlic powder
- 1 cup oil
- 3 tablespoons tamari
- 1 cup chopped onions
- 1 cup chopped celery
- cup chopped carrots
- 1 cup peas, fresh or frozen

Combine flour, nutritional yeast and garlic powder in a bag. Add cubed tofu and shake. Sauté cubes in oil and 1 tablespoon tamari. Add onions, celery, carrots and peas to tofu cubes. Put mixture in partially baked whole wheat crust and cover with nutritional yeast gravy. Cover top with pie crust. Poke holes and bake at 400 degrees for 30 minutes or until golden brown.

Nutritional Yeast Gravy

- 1/3 cup nutritional yeast flakes
- 2/3 cup flour
- 1/3 cup oil
- 1 cups water
- 4 tablespoons tamari

Toast the yeast and flour until you can smell it. Add oil and stir for a few minutes. Add water while stirring with a whisk until it thickens to gravy consistency. Stir in tamari.

Double Whole Wheat Pie Crust

- 2 cups whole wheat pastry flour
- 1/2 tsp salt
- 2/3 cup cold butter
- 1/4 cup ice water

Cut butter into small pieces into the flour and salt. Mix with with a pastry cutter or pulse in food processor. Add ice water, 1/2 tablespoon at a time until dough forms. Separate into two balls. Roll each dough ball onto a lightly floured surface. Place one in pie plate and carefully unfold, fitting loosely and then pressing into place. Place the filling.

Tofu Spread

Makes 2 cups

- 8 ounces firm tofu
- cup carrot, grated
- teaspoon garlic, minced
- 2 tablespoons red onion, minced
- 2 tablespoons cilantro
- cup smooth peanut butter
- teaspoon lime zest
- teaspoon cayenne pepper
- 2 tablespoons fresh lime juice (1 lime)

- 3 tablespoons tamari

Squeeze extra water from tofu, then mash tofu with a pastry cutter or fork. Combine tofu, carrot, garlic, onion and cilantro in a mixing bowl. In a separate bowl, blend together until smooth peanut butter, lime zest, cayenne pepper, lime juice, and tamari. Fold into tofu mixture. Adjust seasoning to taste. Enjoy on your favorite crackers, pita, or other bread. Store refrigerated. This tofu spread works great as an addition to a burrito. It also makes an excellent wheat-free, dairy-free appetizer.

Brazilian Beans, Rice and Soysage

Adapted from the Coop Cookbook

by Rosemary Fifield

Serves 4

- 1 cup long grain white rice
- 2 teaspoons olive oil
- 1 medium onion, chopped
- pound Oryana Soysage
- teaspoon cumin
- 1 large garlic clove minced
- 2 cups cooked black beans (If using canned beans be sure to drain and rinse well)
- 1 cups water
- Salt and ground black pepper to taste
- 1 bay leaf
- 1 tablespoon of red or white wine vinegar
- teaspoon hot pepper sauce to taste

In a medium saucepan, combine the white rice and 2 cups of water, bring to a boil. Reduce the heat, cover and simmer for 20 minutes or until all the liquid is absorbed. Keep covered until ready to serve. While the rice is cooking, heat the oil in a large saucepan or Dutch oven over medium heat. Add the onion and the soysage and sauté for 5 minutes. Add cumin and garlic, and sauté for 1 minute more. Add beans, water, black pepper, and bay leaf. Mix and bring to a boil. Cover, reduce heat, and simmer for 15 minutes. Remove bay leaf and stir in vinegar and hot pepper sauce. Serve over cooked rice. Replace white rice with long grain brown rice. Remember to follow the cooking instructions on the package as brown rice cooks longer than white.

What is Soysage?

It is an Oryana Soyworks vegan product that mimics sausage in flavor and texture. It is made from okara which in Japanese means the honorable shell. Okara is the shell or pulp of the soybean that remains once the liquid or soymilk has been pressed out for tofu production. It is high in fiber and a source of high quality protein. Soysage is made weekly.

Bok Choy and Buckwheat Noodles

in Seasoned Broth

From Feeding the Whole Family

by Cynthia Lair

Serves 4

- 1 package soba noodles
- 2 teaspoons toasted sesame oil
- 1 onion, cut into thin 1/2 inch moons
- 2-3 cloves of garlic, minced
- 1 carrot, cut into matchsticks
- 5 shitake mushrooms, cut into bite size pieces (look for local when available)
- 2 cups of chopped bok choy
- 4 cups water
- 1/3 cup tamari or Shoyu
- pound firm Oryana tofu cut into 1/2 inch cubes
- 1 tablespoon freshly grated gingerroot
- 2 scallions cut into thin slices

Prepare soba noodles according to package directions. Drain and set aside. Heat oil in a 4quart soup pot. Add onions and garlic; sauté over medium heat until onion begins to soften. Add carrot and mushroom pieces; sauté a few minutes more. Add bok choy, water, tamari, tofu, and gingerroot. Bring heat up until mixture begins to simmer. Cover and let simmer for 10 minutes.

Szechwan Tempeh

From Feeding the Whole Family by Cynthia Lair

Serves 3

- 1/2 cup high oleic safflower oil
- 1 8 ounce package of tempeh, cut into 1/2 inch strips
- 2 tablespoons of white miso
- 1/3 cup water
- 2 tablespoons tamari or Shoyu
- 2 tablespoons of mirin
- 2 tablespoons balsamic vinegar
- 2 tablespoons brown rice vinegar
- 2 teaspoons toasted sesame oil or hot pepper oil

- Garnish: 1 thinly sliced scallion

Heat 2 tablespoons of safflower oil in a 10 inch skillet. Place half of the tempeh strips in the skillet and let them quick fry, turning once so that both sides brown. Remove fried tempeh to a paper towel and repeat process with the remaining tempeh. In a small bowl, whisk the miso and water together until the miso dissolves. Add tamari, mirin, vinegars, syrup, and the sesame oil to miso and whisk again. Lower the heat on the skillet. Place fried tempeh back in the skillet and pour sauce over the top. Sauce will begin to thicken. Remove from the heat, garnish with the sliced scallion and serve immediately. Serve over brown basmati rice or quinoa along with a simple spinach salad or a side of baked winter squash such as acorn, butternut, or delicata. Make up a recipe and use it in a stir fry with whatever vegetables you have on hand or try it on whole wheat bread as a tempeh, lettuce and tomato sandwich.

Sloppesh Joes

From Feeding the Whole Family

Serves 4, \$2.85/serving

- 2 teaspoons extra-virgin olive oil
- 1 onion, chopped
- 1 green pepper, chopped
- 1 clove garlic, minced
- teaspoon sea salt
- 1 8-ounce package tempeh
- 2/3 cup fruit-sweetened, organic ketchup
- 2 teaspoons whole grain mustard
- 1 tablespoon brown rice vinegar
- teaspoon ground cloves
- 4 whole grain hamburger buns

Optional garnishes

- Lettuce
- Pickles
- Sprouts

Heat oil in a 10-inch skillet. Add onion, pepper, garlic, and salt, saute until soft. Crumble tempeh with fork or by hand; add to onion mixture. Let tempeh brown. Mix ketchup, mustard, vinegar and cloves together in a small bowl. Add to tempeh mixture, mixing well. Warm buns in oven if desired. Spoon tempeh mixture onto buns and serve with your favorite garnish.

Tempeh Kabobs

Serves 6, \$2.95/serving

- 1 pound tempeh, cubed
- cup olive oil
- cup vinegar
- 2 tablespoons tamari
- 2 cloves garlic, minced
- teaspoon cumin
- teaspoon chili powder
- black pepper
- cherry tomatoes

v1 green pepper, cut into large chunks

v1 sweet onion, cut into large chunks

v10 whole mushrooms

- 1 can pineapple chunks (optional: save juice)

Combine oil, vinegar, tamari and garlic. Add tempeh. Marinate overnight or as long as possible, tossing occasionally. Skewer vegetables and tempeh alternately. Cook over open coals or broil. Baste with marinating liquid, if desired, or with thickened sauce after adding pineapple juice. Cover kabobs with sauce at end of cooking time.

Tofu Miso Stir-Fry with Vegetables

By Misaeng Liggett

Serves 2, \$2.20/serving

- 6 ounces tofu, diced
- 1 clove garlic
- 4 pieces fresh shiitake mushrooms, sliced
- 2 ounces water chestnuts
- 2 ounces green pepper, sliced
- About 10 fresh green beans, sliced
- vegetable oil as needed
- cornstarch as needed

Seasoning Mixture

- 2 teaspoons tamari (soy sauce)
- teaspoon white Miso (Miso Master Mellow White Miso)
- teaspoon red Miso (Miso Master Barley Miso)
- 2/3 cup vegetable or chicken stock
- teaspoon crushed red pepper (optional)
- 1 tablespoon cornstarch, dissolved with 1 tablespoon water
- salt and pepper as needed.

Coat tofu with cornstarch and pan-fry with vegetable oil until slightly brown. Set aside. Heat vegetable oil in a pan at medium heat. Add garlic and cook stirring, until almost golden. Add shiitake, chestnuts, green pepper and green beans. Stir-fry until almost cooked, about 5 minutes. Add pan-fried tofu and cook about 1 minute. Add the seasoning mixture and simmer about 2-3 minutes. Stir in the cornstarch solution and cook until desired consistency, about 2 minutes. Adjust the taste with salt and pepper if needed. Serve hot.

Serve this delicious dish over a bed of rice or how about trying it over quinoa? Quinoa is very tasty, is packed with protein, cooks up in 15 minutes and is found in the Bulk Department.