

Vegfest – May 14th, 2023

**HEALTHY MADE
DELICIOUS
RECIPES FROM
UNPROCESSED**

BY CHEF AJ

WWW.CHEFAJ.COM

**PLANT EXCLUSIVE VEGAN
RECIPES
FREE OF SUGAR, OIL, SALT
& GLUTEN**

Nutrient Rich Black Bean Soup

No one will guess that there are two pounds of greens hidden in this delicious and easy-to-make soup. There is no need to cut anything up as the soup will be blended. If you are using salt-free beans, it is not even necessary to rinse or drain them.

12 cups water or salt-free vegetable broth
6 (15-ounce) cans salt-free black beans
2 (16-ounce) bags frozen corn
8 cloves garlic
2 red onions
2 large, sweet potatoes, peeled if not organic
1-pound chopped greens (kale, collard, mustard, chard, or a combination)
1-pound mushrooms
1 pound baby bok choy (approximately 3 heads)
 $\frac{3}{4}$ cup oil-free, salt-free sun-dried tomatoes (about 3 ounces)
2 tablespoons cumin
2 tablespoons oregano
1 tablespoon smoked paprika
1 teaspoon chipotle powder
Zest of 1 lime (optional)
 $\frac{1}{2}$ cup lime juice

Place the water or broth in a large soup pot and bring to a boil. Reduce the heat and add the beans, one pound of the corn, the garlic, onions, sweet potatoes, and greens. Simmer uncovered for 30 minutes.

Remove from the heat and blend the soup with an immersion blender. Stir in the cumin, oregano, chipotle powder, lime zest (if using), lime juice, and remaining pound of corn.

Chef's Notes:

- For more texture, you can also set aside half the beans (3 cans) and stir them in whole after the soup is blended.
- Garnish with pepitas and cilantro, if desired.
- This makes a lot of soup. The recipe can be cut in half and made in an Instant Pot. It also freezes well.

Quinoa Salad with Currants, Pistachios and Pomegranate Arils

Try red quinoa for a colorful change of pace.

1 (16-ounce) box quinoa, cooked and cooled
1 cup lime juice, plus zest if using fresh limes
2 ounces finely chopped scallions
2 ounces finely chopped Italian parsley
2 ounces finely chopped mint
2 cups dried currants
8 ounces raw pistachios
1 cup pomegranate seeds

Prepare the quinoa according to the package directions. Place in a large bowl and allow to cool.

Juice and zest the limes if using fresh limes. Pour over the quinoa. Add the remaining ingredients and mix well. Chill.

Chef's Notes:

- Try substituting orange juice and orange zest for the lime or unsweetened cherries for the currants.
- For a reduced-fat version, omit the nuts.
- For a lower-calorie option, substitute 2 cups fresh blueberries for the dried currants.

Perfect Pesto Stuffed Mushrooms

When Rip Esselstyn came to my home for dinner the first time, he ate all twelve stuffed mushrooms by himself!

12 cremini mushrooms
1 cup pine nuts
1 cup fresh basil leaves, lightly packed
Juice of 1 lemon, plus more as desired
1 tablespoon yellow miso
2 cloves garlic

Remove the stems from the mushrooms. Remove some of the center of the mushrooms if necessary to create a fillable cavity. Put the pine nuts, basil, lemon juice, miso, and garlic in a food processor fitted with the “S” blade and process until smooth. Fill the mushroom caps and dehydrate until warm, 2 to 4 hours. Alternatively, preheat the oven to 350 degrees F. Put the stuffed mushrooms in a baking dish or on a baking sheet and bake for 45 minutes, or until soft.

Chef’s Notes:

- For a lower fat option, replace the pine nuts with 1 (15-ounce) can garbanzo beans, rinsed and drained.
- If you are avoiding all sodium, omit the miso.

bRAWnies

2 cups walnuts

½ cup cocoa powder or carob powder

2 cups pitted dates

1 tablespoon alcohol-free vanilla extract, or 1 teaspoon vanilla powder

In a food processor fitted with the “S” blade, process the walnuts to the consistency of powder. Do not overprocess into nut butter. Add the cocoa or carob powder and process again. Add the dates, a few at a time, until a ball forms. Add the vanilla and briefly process again. Place into a silicone brownie mold or an 8-inch x 8-inch square pan and freeze until firm.

Chef’s Notes:

- You can use any raw nut or seed (or combination) instead of the walnuts.
- For a reduced fat version, substitute 2 cups rolled oats for the walnuts.