Mrs. Vegan's WFPB Dinner Recipes

BANGKOK STREET CART NOODLES
(adapted from V*egNews*)

The Sauce:
2 tsp cornstarch whisked with ½ cup water
1 tsp hoisin sauce
1 tsp tomato paste or ketchup
2 tbsp rice vinegar, regular or seasoned
2 tbsp fresh lime juice
2 tbsp soy sauce or Bragg's Liquid Aminos
1 tsp hot sauce or more to taste (or just add more at the table)
½ cup vegetable broth or water
1 tsp toasted sesame oil

The Tofu:
One 14 to 16 oz pkg firm or extra-firm tofu, drained and cubed*
2 tsp soy sauce or Bragg's Liquid Aminos**
mixed with 2 tsp rice vinegar (regular or seasoned)

Veggies:
½ cup water or white wine
1 small red bell pepper, seeded, cut into thin strips
2 cups broccoli (or more), cut into bite-size florets
2 garlic cloves, minced
4 scallions or ½ red onion, sliced
2 tsp grated or minced fresh ginger

The Noodles:
12 oz. dried rice noodles or linguine

The Garnishes:
½ cup dry roasted unsalted peanuts,
chopped by hand or in food processor***
½ cup chopped fresh cilantro (optional)
1 cup bean sprouts (optional)
Thinly sliced/julienned cucumber (optional)

In a medium saucepan, cook the cornstarch mixture over medium heat, stirring constantly, until it thickens. Add the remaining sauce ingredients, mix well, and set aside.

Preheat oven to 350 degrees. Spread out the tofu cubes on a lightly-oiled or nonstick baking pan (or use parchment paper) and sprinkle the tofu cubes with the soy sauce mixture. Roast the tofu for about 25 minutes, turning the cubes about halfway through the baking time.

Meanwhile, in a large skillet, pour in ½ cup water or white wine. Add the bell pepper, broccoli, garlic, scallions, and ginger, and stir-fry over medium-high heat for one minute or until the pepper has brightened in color and softened slightly. If you like your broccoli soft rather than crisp, you can steam it separately and watch for the desired degree of doneness—it may take 4 to 5 minutes.

Cook the noodles according to package directions. When the noodles are done, pour on the sauce and toss until thoroughly coated. Add the tofu and veggies and stir to distribute. Don't worry if the mixture seems soupy: it will absorb the liquid. Serve topped with peanuts, cilantro, bean sprouts and/or cucumber.

*Use regular tofu, the kind that comes in a tub in the refrigerator, not silken tofu which comes in an aseptic package and is shelf-stable before being opened. Silken tofu is more custard-y and is good for dips, soups, and desserts.

**Bragg's Liquid Aminos sounds very mysterious, but it is very similar to soy sauce. It is gluten-free, unlike many other soy sauces, and can be found in your health/natural food store as well as in many supermarkets (either with the health foods, or with the other soy sauces).

***Whether you buy them in bulk or in a jar/can, read the ingredients list to be sure you are getting peanuts with no added oil.

NOTE: This dish can easily be made gluten-free (GF). Just use rice noodles, and use Bragg's Aminos or other GF soy sauce. Also choose a GF brand of hoisin sauce: Joyce Chen is one such brand and can be found in the international aisle or Asian section of your supermarket.

Tinkyada brand brown rice noodles have an Energy Saving option for cooking, which asks you to bring the water to a boil, add the noodles, cook for about 1 minute, then turn off the heat, cover the pot and check them after about 10 minutes. It works beautifully. (This method might work with other types of pasta as well.)







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AFGHAN SPINACH AND TOFU
(adapted from Jannequin Bennett, *Very Vegetarian*)

3 tbsp white wine, dry vermouth, sherry or water
1 onion, diced or thinly sliced
2 tbsp grated fresh ginger
2 tbsp minced garlic (2 to 3 cloves)
1 to 2 lb fresh spinach cut in ribbons*
2 tsp ground cumin
1 to 2 tsp ground coriander
½ tsp cinnamon
½ tsp crushed red pepper flakes (if you like "heat"; otherwise use less or none)
2 tbsp raisins or more if desired
1 tbsp soy sauce or Bragg's Liquid Aminos
1 tsp toasted sesame oil
Water as needed

1 lb ROASTED MARINATED TOFU made with either firm silken tofu or firm regular tofu
¼ cup toasted pine nuts
Hot cooked BROWN RICE

Make the Roasted Marinated Tofu before or at the same time as the spinach part. For the spinach: Pour the wine or water in a large pot. Over medium heat, sauté the onion, ginger, and garlic, stirring constantly, until the onion becomes transparent. Add the spinach, spices and raisins, and enough water to prevent sticking while you cook the spinach (2-3 minutes). Add the soy sauce and sesame oil and stir gently. Add the Roasted Marinated Tofu and some of the pine nuts and stir to blend. Serve over Brown Rice with additional pine nuts at the table.

*Use cooking spinach which can cost much less per pound than spinach bagged for fresh salad.

VARIATIONS: You can sometimes find bagged kale with spinach; or simply use a mix of kale and spinach. You can also use frozen spinach (either Cut Leaf or Chopped): I find it somewhat tougher than fresh, but it's still delicious and more economical than fresh spinach. Either a 10-oz or 16-oz package should work for this recipe.

ROASTED MARINATED TOFU

1 lb firm or extra-firm tofu (not silken)
1 or 2 tbsp soy sauce or Bragg's Aminos
1 or 2 tbsp rice vinegar or cider vinegar
½ tsp garlic powder
½ tsp ground ginger (optional)
1 tsp toasted sesame oil

Dice the tofu or cut it into strips. Lay the tofu on a lightly-oiled cookie sheet. In a separate small bowl, mix together the sauce ingredients, and pour them over the tofu. Preheat oven to 350 degrees. Bake the tofu 10-12 min. on each side, turning once.

BROWN RICE

1 cup brown rice

2 2/3 cups water

In a large pot, bring the rice and water to a boil; lower the heat to "Low," cover, and cook about 45 min. (If you have an electric stove, cover partially until temperature lowers, then completely cover pot.) At the end of cooking time, if the rice sticks to the pan, take the pot off the heat, add ½ c water, and cover. In a few minutes, the rice will spoon easily even from the bottom of the pan.

This is a good ratio of rice to water. For a larger crowd you can cook 1½ cups of rice in 4 cups of water (easy to remember).

