Mrs. Vegan's WFPB Dinner Recipes

BROCCOLI SOBA WITH PEANUT-PUMPKIN SAUCE
(adapted from Beverly Lynn Bennett)

8 oz package of soba noodles

3 cups or more of broccoli florets

½ cup water
1/3 cup natural, salt-free peanut butter
½ cup canned or cooked pumpkin or winter squash*
2 tbsp soy sauce or liquid aminos
2 tbsp rice vinegar or cider vinegar
1/8 tsp hot pepper sesame oil (optional)

Chopped peanuts for serving (optional)

Cook soba noodles according to package directions and drain in colander when done.

In a separate pot, steam the broccoli to desired doneness, about 5-6 minutes, preferably leaving it still bright green.

Meanwhile, to make the sauce, blend together the remaining ingredients in a food processor until smooth and creamy. For a thinner sauce, add a little bit more water.

Toss the drained noodles with the sauce, then add the broccoli florets, reserving a few, and toss again. Decorate the top of the pasta with the remaining broccoli florets. Garnish with chopped peanuts, if desired, or serve them at the table.

*If you use canned pumpkin, be sure to get plain pumpkin, not the kind with pumpkin pie spices added. If you only use part of a can, spoon the rest into a freezer-safe container, and save it for the next time you want to make this dish.

Note: This sauce is great on tofu or tempeh, grains and/or steamed veggies, or as a dip with crackers and crudites. It's also high in protein, calcium, iron, and vitamin A. It's worth keeping on hand a small can of pumpkin in the pantry, just for this dish.

VARIATION: Add colorful bell pepper strips to the broccoli. They can be added for the last couple of minutes that you steam the broccoli, just to soften the peppers and brighten their color.

Soba noodles are delicious buckwheat-based noodles. You can substitute another noodle if you wish, but soba makes this dish special.

Whether or not you add the optional hot sesame oil, this dish is very good with a little hot sauce.





