Mrs. Vegan's WFPB Dinner Recipes

AFRICAN BEAN SOUP (Jennifer Raymond)

Sweet potatoes and peanuts are ingredients in many African dishes. In this colorful soup they are combined with garbanzo beans and other vegetables and served over cooked rice.

3 tablespoons reduced-sodium soy sauce
1 onion, sliced
2 small sweet potatoes or yams, peeled and diced (about 2 cups)
1 large carrot, thinly sliced
1 celery stalk, thinly sliced
1 red bell pepper, diced
2 cups crushed tomatoes (about half of a 28-oz can)
1 quart vegetable broth or water
1 15-ounce can garbanzo beans, undrained
½ cup chopped fresh cilantro
3 tablespoons peanut butter
1-2 teaspoons curry powder
Cooked brown rice for serving.

Heat 1/2 cup of water and soy sauce in a large pot. Add onion and sweet potatoes and cook over high heat, stirring often, until onion is soft, about 5 minutes.

Add carrot, celery, and pepper. Cover and cook 3 minutes, stirring occasionally.

Add crushed tomatoes, vegetable broth, garbanzo beans, including liquid, cilantro, peanut butter, and curry powder. Stir to mix, then cover and simmer until vegetables are fork tender, about 10 minutes.

To serve, place about 1/2 cup of cooked brown rice in a bowl and top it with a generous ladle of soup.

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).







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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.

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