

# Vegan Enchiladas

I'm feeling pretty proud. Just three weeks into the new house and kitchen and I am rockin' my favorite vegan enchiladas to feed the whole family for Sunday lunch. Now that's 7 hungry family members so we are talking 21+ enchiladas!

You are going to love this filling and if you can't make it to San Marcos, Texas, to buy Chepo's handmade corn tortillas, I am just sorry because they are remarkable. You'll just need to find a substitute. In the meantime, I am addicted because they are just the best.

The thing I love about vegan enchiladas is that you literally can make them with any veggies you have around. I filled mine this weekend with onion, spinach, mushroom, sweet pepper and zucchini. If I wasn't married to my favorite German who is not wild about spicy foods I would have added a few jalapenos. Just something to think about when you make these for yourself.

## Ingredients for Filling

- 1 medium onion, peeled and finely chopped
- 1 large sweet pepper, peeled and diced
- 1.5 lbs of mushrooms sliced thin, drain very well after cooking
- 2 zucchini, diced
- 2 bags of chopped frozen spinach, thawed and very well drained
- Salt and Pepper to taste
- 1 teaspoon each of powdered cumin, coriander, Mexican oregano
- A pinch of cayenne pepper
- About 2 Tbsp Olive Oil, for sauteing vegetables

## Preparation

I saute each vegetable one at a time, in a large heavy skillet with olive oil. As each one is finished it is added to a large bowl which holds the spinach. Season the mixture with salt and pepper to taste. Add 1 tsp each of cumin, coriander, oregano, and just a pinch of cayenne pepper.

- 24 Lard Free, Gluten Free, Organic Corn Tortillas
- Enchilada Sauce I like to make my own, but you can also find canned green or red enchilada sauce at the grocery store
- Toppings: Cashew Cream, Sliced Avocado, Guacamole or Salsa

Preheat oven to 350 degrees. Tortillas can be warmed gently in a skillet with or without oil. Fill each warmed tortilla with a spoonful or two of filling, roll, placing seam side down in a well-oiled baking dish. Continue until all tortillas are filled. Cover with enchilada sauce and tinfoil. Place in oven for 15-20 minutes. Be prepared to serve immediately with suggested toppings.

Enjoy!!!

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## Warming Veggie Soup

Well it was back to work for me last week, with the unpacking of boxes and phone calls to settle into our new community pushed to the end of each day. With my cooking time cut down to whatever minutes I could spare, this warming veggie soup was perfect. It goes together in minutes and tastes divine. The secret to this soup is the spice mix. I will admit to stocking up on a special blend each summer in Germany, but you

can easily create your own in advance or add a pinch or two of each of the ingredients while cooking. There is no wrong way to season this soup, so use what you have and enjoy experimenting. Aside from the spices, this soup goes together with ease with a handful of veggies from your fridge and a can of chickpeas from your pantry. If you happen to have a cup of leftover rice, pasta or quinoa it would make a welcome addition.

## Ingredients

- 1 medium onion, peeled and finely diced
- 2 teaspoons of Sonnentor's Sunkiss Blossom Blend, or a blend of any of 1 teaspoon of turmeric, 1 bay leaf,  $\frac{1}{2}$  teaspoon of grated fresh ginger along with a pinch of all or any of the following: cardamon, nutmeg, cumin, coriander, fenugreek, mustard seed, thyme, and cayenne pepper.
- 4 carrots, diced
- 1 large sweet pepper, diced
- 1 head of cauliflower, broken into bite-sized pieces, dicing the stem as well
- 1 bunch of kale, stripped from the stem and sliced into thin strips
- 1 can of chickpeas, rinsed and drained
- 2 veggie bouillon cubes (I prefer Rapunzel)
- Coconut Oil
- Optional: 1 cup of leftover Basmati rice, quinoa, or gluten free pasta

## Prepare

Over medium heat, melt coconut oil in a pressure cooker or heavy soup pot. Add onions, as they soften sprinkle in spice mix or individual spices, mixing well. Toss in sweet pepper and cauliflower, stirring quite well to coat in oil and spices. Cover with water and cook until vegetables are fork

tender yet still hold their shape. Add bouillon cubes, another two cups or so of water, kale strips and chickpeas. Cover, simmering another 10 minutes until kale is tender. If available add pre-cooked grain to each bowl and ladle soup over the top.

Enjoy!

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# Aubergine and Champignon Curry

So here is how this came to be. I'm a day away from switching houses and still hanging out in my fridge are two shiny aubergine and a bag full of fresh mushrooms. Funny enough they are sharing the shelf space with half a can of coconut milk. I don't know if you see a curry in the works but I sure did. Add to that combination of ingredients the fact that it's the coldest day yet in Foix, with a grey relentless drizzle and snow dusting the mountaintops. Something warm and fragrant sounds heavenly. So let's do this.

## Ingredients

- 1 large or 2 medium aubergine (eggplant), cut into 1" cubes, lightly salted and left to drain in a colander
- 1 medium sized onion, peeled and finely diced
- 12 whole champignon (mushrooms) wiped clean with a cloth and cut into quarters
- 1 cup of frozen peas, thawed on the counter
- Coconut oil
- A can of coconut milk
- 1 tsp cumin
- 1 tsp coriander

- 2 tsp of curcumin
- A nub of ginger finely grated
- Pinches of cayenne to taste
- Salt to taste

## Prepare

In a deep skillet heat a few teaspoons of oil, toss in the onions and all the spices but the ginger. Saute on medium until onion is tender and spices are fragrant. Add aubergine, mixing well with spices. Consider putting the lid on and lowering the heat to let them cook through, they will be tender and begin to lose their shape. Remove from pan and set aside. In the same skillet add a bit more oil and saute mushrooms, lower heat, cover until they have cooked through. Add coconut milk, grated ginger, and spiced aubergine mixture simmering for a few minutes to blend the flavors. Add salt to taste.

Serve with basmati rice steamed with a cinnamon stick.

Enjoy!

*Note: Please feel free to ad-lib on these spices. I used what I had acquired during my stay but you could certainly go more traditional with curry leaves and a chopped fresh pepper.*

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## Vegan Borscht

So to be completely honest testing Borscht recipes was never quite on my radar, that is until I had a visitor from Kyiv.

Who knew? Now I am an official Borsch fan and no doubt you will be too once you give Lena's vegan version a try.

## Ingredients

- 2 medium sized potatoes
- 1 medium-sized carrot
- 1 medium-sized onion
- 1 medium-sized beet
- 1 small sweet pepper
- 60 g cabbage
- 4 fresh tomatoes (or 3 TBL of tomato paste or 1 cup of canned diced tomatoes)
- 1 package of dried mushrooms or 3 large fresh mushrooms, diced
- 80 g cooked white beans (optional)
- 2 pitted and diced prunes
- 25 g sunflower or olive oil
- 10 g coconut oil or Earth Balance Spread (this adds a rich flavor to replace butter)
- paprika, black pepper, vinegar, some honey, salt to taste
- 60 g sour cream
- 1 tbsp finely chopped parsley

## Prepare

The first step is to reconstitute the dried mushrooms (if you're using them) and parboil the beet. Place a soup pot with 1.5 ltrs of water over high heat and bring just to a boil. Reduce heat to a simmer and add dried mushrooms. Allow to simmer 15 minutes, then add the whole peeled beet and simmer 15 minutes more. Turn off the heat and remove the vegetables from the pot of water with a slotted spoon. Set them on a plate and allow them to cool. If you're using fresh mushrooms, just parboil the beet and move on to the next step. Leave the water in the soup pot, as you'll return the vegetable mixture to it at the end to finish cooking.

Peel and cut the potatoes into 1-inch cubes. Peel and finely dice the onion, sweet pepper and mushrooms. Grate the raw carrot and the parboiled beet. Cut cabbage into fine shreds.

Melt the coconut oil or Earth Balance Spread in a large skillet on low heat, add sunflower or olive oil to it. Add the onion, sweet pepper, cabbage and mushrooms and saute gently for a couple of minutes. Add the shredded beet, carrots and diced tomatoes and cook for a few minutes more.

Season the vegetable mixture with paprika, black pepper, a few drops of vinegar, honey, and salt, to taste. Allow to simmer for another 10 minutes over gentle heat, add the beans if desired, and diced prunes for sweetness. Turn off the heat and transfer the contents of the skillet to the water used for parboiling the beet. Bring the soup to a boil, reduce heat and simmer for a further 30 minutes.

Serve the borsch with dollops of a vegan sour cream or with a sprinkling of parsley.

*Smachnogo!*

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## Root Vegetable Soup

A bowl of this soup really could not be easier to make or more comforting to eat. What it takes, however, is a handful of good, quality vegetables and the willingness to peel and chop. And yes there is kohlrabi on this list and it totally is not a root vegetable! But it was looking so lovely at the market I couldn't leave it out. Kohlrabi, by the way, is a brassica

just like cabbage, broccoli, and cauliflower. I enjoyed this soup my first weekend in Foix after an invigorating hike up the hillside taking in the view of the city and the fall colors in all of their splendor.

## Ingredients

Peel and chop all of the following into similarly-sized cubes:

- 4 wax potatoes (red potatoes or Yukon gold are good options)
- 2 large carrots
- 2 kohlrabi
- 2 – 4 young turnips ( peeling may not be necessary)
- 1 medium to large celeriac root
- 2 young leeks, cut lengthwise and chopped, first removing roots and the very tough leaves at the top
- 2 TBSP of dried or a handful of chopped fresh herbs that include a mix of any of the following: chives, parsley, oregano, rosemary, thyme, and savory

## Prepare

Heat olive or coconut oil in the bottom of a large heavy soup pot. Saute leeks until soft and fragrant. Add dried herbs and vegetables one at a time taking a few moments with each to coat in the oil and herbs. Cover with water, add vegetable bouillon cubes, bring to a boil, reduce heat, cover and simmer. When vegetables are tender you can choose to add more water if needed and season to taste.

*Enjoy!*



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# Celeriac a boulangère

Embracing the seasons can get challenging as winter approaches. To lend a hand, and keep you inspired I'll be dedicating the weeks ahead to a few unsung cold weather veggie heroes. Today's recipe features celeriac, a root vegetable I came to appreciate during my years in Germany. Now available in the U.S. you will find Celeriac this season at local farmer's markets or a well-stocked produce section of your grocery store.

This gratin style recipe called a boulangère in France pairs celeriac and potatoes with a mix of herbs. If this happens to be your first time prepping celeriac you may want to have a look here.

## Ingredients

- 2 Tbsp of mixed dried green herbs. I like a combination of parsley, thyme, rosemary, sage, chives, and oregano
- 2 yellow onions, peeled and sliced very thin
- 1 lb of Yukon gold or red waxy potatoes sliced thin (you can also use sweet potatoes or turnips)
- 1 large celeriac ( approx 1.5 lbs), trimmed, peeled and sliced thin
- 2 Tbsp olive oil
- 1 shallot, peeled and finely chopped
- 400 ml organic vegetable stock ( can be prepared from a bouillon cube)
- 50 g Earth Balance spread – cut into small chunks
- A mixture of ground nuts or gluten-free breadcrumbs (prepare from stale or toasted bread)

## To Prepare

1. Preheat the oven to 400°F
2. Heat the oil in a frying pan and sauté the onions with most of the herbs until soft. Add shallot and cook until tender, being careful not to brown.
3. In oiled casserole pan layer the potatoes, celiac, and onions. Add salt and pepper.
4. Top layered vegetables with bits of the Earth Balance spread, vegetable stock and cover with tin foil.
5. Bake for 45 minutes.
6. Mix the nuts or breadcrumbs with the rest of the herbs and a drizzle of oil.
7. After 45 minutes, remove the foil, sprinkle over the herb/crumb mixture and bake for a further 15 to 20 minutes, or until golden.

Enjoy!

Adapted from this Jamie Oliver recipe.

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## Grain-Free Granola

There is just one problem with this granola, and that is keeping it on hand because it's just so delicious! The good news – making a double batch is no extra effort. Enjoy this list of ingredients as is or feel free to mix and match with what you have on hand. I must say, the pecans really make it special.

# Ingredients

- 1 cup raw cashew pieces
- 1 cup raw pecan pieces
- 1 cup raw pistachios
- 1/2 cup raw pumpkin seeds
- 1/2 cup raw sunflower seeds
- 1/4 cup chia seeds
- 1 cup shredded unsweetened coconut
- 1/4 cup ground or whole flax seeds
- 1/2 cup date syrup
- 1/4 cup coconut oil
- 2 tablespoon ground cinnamon
- 1/2 teaspoon of nutmeg
- 1 teaspoon almond or vanilla extract
- sea salt to taste

# To Prepare

1. Preheat oven to 300 degrees.
2. Melt coconut oil, blend with date syrup and vanilla or almond extract and spices in large mixing bowl.
3. Chop nuts and pumpkin seeds in a food processor in small batches to break them up into pieces – leaving them large enough to add texture.
4. Transfer chopped nuts/seed mixture and remaining ingredients to the large mixing bowl.
5. Mix well with hands or large wooden spoon, spreading on two parchment paper lined cookie sheet.
6. Bake for 10 minutes, stir the mixture and continue baking for another 10 minutes watching carefully not to overcook.
7. Allow granola to cool. Break into chunks to serve or store in an airtight container.
8. Note: Feel free to mix and match nuts and seeds to accommodate allergies or taste preferences.

Enjoy!

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## A Simple Squash Stew

Just in time for Halloween is this take on Anna Jones' six-ingredient squash stew. There happen to be just a few more than six ingredients but they are all items you're likely to have on hand.

### Ingredients

Olive oil, for frying

1 onion, peeled and finely chopped

1 fennel bulb, finely chopped (or a small celery root, peeled and chopped)

2 carrots, finely chopped

Salt and black pepper

1.5kg (3 lbs) kabocha squash chopped into bite sized pieces keeping the peel intact (or pumpkin, delicata, or butternut will do as well)

1 small bunch of fresh thyme leaves, discarding the stems or chopped fine

1 handful split red lentils

1 vegetable bouillon cube

1 can of chickpeas, rinsed and drained

Plant-based natural yogurt for topping (I like Forager's Cashewgurt)

### To Prepare

1. Heat olive oil in a large heavy soup pot, add each of the chopped vegetables (except the squash) one at a

time, giving each a few minutes to saute and soften before adding another.

2. Add the squash, thyme and the handful of lentils. Cover with water and bring to a boil.
3. Turn to medium heat, cover and cook until squash is tender, 20-30 minutes.
4. While soup cooks pan roast chickpeas in a small amount of oil on medium heat until outer skin is toasted
5. When all vegetables are tender in the stew add the boullion cube, stirring to dissolve well.
6. Serve with a dollop of yogurt and a sprinkling of roasted chickpeas

Enjoy!

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## Loaded Miso

This soup is so nutrient dense yet simple it certainly belongs in your weekly lineup through the cold months ahead. I was introduced to miso soup by my German homeopath one long winter when, after a bout of bronchitis, I could not regain my strength. I clearly remember my search for miso in Germany brought me to a back alley herbalist shop in Heidelberg. The scoop of paste I purchased provided many nourishing bowls of soup, aiding my recovery.

While there is a suggested list of veggies below, please feel free to sub in whatever you have on hand. Bittman's recipe called for turnips but, as they aren't a favorite at my house, I tend to use broccoli or cauliflower in bite-sized florets. Chop the vegetables while the kombu soaks and you will have a meal ready in minutes.

# Ingredients

(makes 2 meal-sized servings)

- \* 1 strip kombu (dried kelp)
- \* 1 handful sliced shiitake mushrooms
- \* Coconut oil
- \*  $\frac{1}{2}$  Cup miso ( I prefer the chickpea version)
- \* Carrots, grated
- \* Broccoli or Cauliflower cut or broken into bite-sized florets ( steamed)
- \* 1 TBSP Ginger root, grated
- \* 1 bunch of leafy greens ( bok choy, Dino Kale, or Collards)
- \* 1 handful cooked edamame
- \* Scallions

## To Prepare

1. Bring 6 cups of water to simmer and add one strip kombu; let it soak 10 minutes, then remove it and chop; set aside.
2. Meanwhile, saute a handful of sliced shiitakes in coconut oil until crisp.
3. Whisk a cup of the water with 1/2 cup miso in a bowl until smooth.
4. Pour the miso mix into the remaining water and add veggies and ginger, the chopped kombu.
5. Let stand long enough to heat through, about a minute. Add some chopped scallions and the crisp shiitakes and serve and enjoy!

Adapted from Mark Bittman's Loaded Miso.

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# White Bean Chili

I have been obsessing over the creation of this recipe all week. To be honest, I'm not sure I've ever had white bean chili, but somehow the concept worked its way into my imagination. Could it have been the unusual streak of grey, watery skies in Austin, the cans of cannellini beans stacked in my pantry or my anticipation of a loosely planned Saturday with plenty of time for play in the kitchen? Not really sure – but whatever the reason it led to this delicious new soup recipe that we can now all add to our fall lineup.

## Ingredients

Olive oil  
2 poblano chilis, seeded and chopped  
1 medium onion, chopped  
1/2 jalapeño, seeded and chopped  
6 firm tomatillos, husks removed and chopped  
3/4 lb white mushrooms, chopped fine  
2-3 Yukon Gold potatoes, cut into  $\frac{1}{2}$  inch cubes  
2 vegetable bouillon cubes  
2 15-ounce cans of white beans, drained and rinsed  
1 bag of frozen corn  
3 tbsp of arrowroot  
1 cup of plant-based milk (almond or cashew are good choices)  
1 1/2 tsp. ground cumin  
1 tsp. dried oregano  
salt and pepper to taste

## To Make

Heat enough olive oil to cover the bottom of a heavy-lidded soup pot.

Add onion and peppers, saute on medium heat until soft.

Mix in chopped tomatillo and spices and mushrooms. Saute vegetables until all are tender.

Cover with water, dropping in 2 veggie bouillon cubes, and cubed potatoes.

Bring soup to a boil over medium heat, cover, reduce heat and simmer until potatoes are tender. Add beans and corn, stirring well, and continue cooking on low for flavors to meld.

Mix arrowroot into milk a bit at a time, blending until smooth. Add to the simmering soup, stirring as it thickens. Add more arrowroot dissolved in water or milk if you prefer a thicker consistency.

Serve the follow as toppings for the chili

- corn tortilla chips
- lime wedges
- green salsa
- Vegan Sour Cream

Enjoy!

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## **Sicilian Aubergine Stew**

Seasonal fall aubergine (eggplants) are still plentiful here in Austin. This week there were still a few hanging around when my next CSA delivery was due and this was the perfect way to put them to use.

You may choose to serve this stew as I did with some gluten-free pasta, or perhaps a mound of quinoa, a square of polenta or just as it is.



# Ingredients

olive oil

2 large aubergines , cut into large chunks

1 heaped teaspoon dried oregano

sea salt

freshly ground black pepper

1 small red onion , peeled and finely chopped

2 cloves garlic , peeled and finely sliced

1 small bunch fresh flat-leaf parsley , leaves picked and stalks finely chopped

2 tablespoons salted capers , rinsed, soaked and drained

1 handful green olives , stones removed

2-3 tablespoons best-quality herb vinegar

5 large ripe tomatoes , roughly chopped

2 tablespoons slivered almonds , lightly toasted

## To Prepare:

Cut the aubergine into large chunks, keep them good sized as cutting the pieces too small will cause them to soak up the oil and lose their shape. Peel and finely chop the onion, then peel and finely slice the garlic. Pick and chop the parsley leaves and finely chop the stalks.

Rinse, soak and drain the capers and remove the pits from the olive. Roughly chop the tomatoes. Toast the almonds in a pan watching closely or in an oven until light brown.

In a large enough pan to accommodate all or half of the aubergine chunks heat several tablespoons of olive oil. Add aubergine chunks ( all or half in batches) oregano, and a bit of salt. Flip the chunks so that all are evenly coated with the oil while cooking on a high heat for 4 or 5 minutes. When the aubergines are golden on each side, add the onion, garlic and parsley stalks and continue cooking for another couple of minutes. Be sure to add a little more oil to the pan if you feel it's getting too dry.

Throw in the drained capers and the olives, and drizzle over the herb vinegar. When all the vinegar has evaporated, add the tomatoes and simmer covered for 15 -20 minutes or until tender.

Taste before serving and season if desired with salt, black pepper and a little more vinegar. Drizzle with a good quality olive oil and serve sprinkled with the chopped parsley leaves and the almonds.

Courtesy of Jamie Oliver

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## **Roasted Cauliflower and Carrots with Lemon Tahini Sauce**

This week I received an abundance of carrots in my CSA delivery. In search of something different I came across this dish from one of my favorite Instagram Bloggers. Not only could I make special use of those gorgeous fall harvest carrots but I also got to enjoy some of my all time favorite flavor combo cauliflower and tahini. Not only was it delicious but, once plated, it looks amazing!

### **Ingredients**

1 pound carrots, cut on the bias into thick slices  
1 pound cauliflower, cut into florets  
2 to 3 shallots ( or garlic) , thinly sliced  
1 1/2 tablespoons olive oil  
3/4 teaspoon ground coriander seeds  
1 teaspoon dried thyme leaves

3/4 teaspoon salt (or to taste)

2 tablespoons finely grated nut based parmesan or nutritional yeast (optional)

1/3 cup of organic golden raisins, coated in 1/2 teaspoon olive oil

Lemon tahini sauce (below)

3 tablespoons ground raw pistachios

3 tablespoons chopped cilantro

## **Lemon Tahini Sauce**

1/4 cup tahini

3 tablespoons lemon juice

3 tablespoons water

1/4 teaspoon salt, or to taste

Whisk everything together until it smooths out into a salad dressing. This makes twice as much sauce as you need for the following recipe, but you can easily cut it in half (or store the other half in the refrigerator for about 1 week).

## **Cooking Instructions**

Preheat the oven to 425° F.

Place the carrots, cauliflower, and shallots on a sheet pan. Combine the olive oil, ground coriander, thyme, and salt, and then pour it over the veggies. Use your hands to coat everything evenly, and spread the veggies into a single even layer. Sprinkle with parmesan. Set the raisins aside for later.

Roast the veggies for about 15 to 20 minutes, until the cauliflower begins to char. Sprinkle the raisins on in the last 2 to 3 minutes of roasting. While everything's roasting, throw together the tahini sauce.

Move the veggies to a serving bowl, drizzle with tahini sauce, sprinkle with pistachios and cilantro, and enjoy!

Considering serving this alongside a salad of mixed greens and this Perfect Pot of Rice.

*This recipe was adapted from Cardamom and Tea*