

Blueberry Flax Hot Cereal with Almond Milk

2/3 c water
3 Tbl quinoa
2 Tbl quick cook oats
1 Tsp maple syrup
1 Tl gnd flax seeds
2 Tbl blueberries

Almond milk
2 cups soaked almonds
4 cups water
Puree almonds in water, sweeten with coconut nectar. Puree and put thru nut mylk bag. Keep refrigerated up to 4 days.

Place water and quinoa in a small saucepan, bring to a boil and cover, simmer 10 minutes. Stir in oats and cook another 5 minutes. Remove from heat. Stir in maple syrup and flax. Fold in blueberries. Serve with almond milk. serves 1

Coconut Sweet Potato Soup

2 lbs sweet potatoes
3 cups coconut milk
6 cups water

Bring water to a boil, add yams, and cook until tender.
Strain and reserve the liquid. Puree the potatoes in a blender and add coconut milk
Add water as needed to acquire desired consistency
Garnish with Gomashio. Serves 6

© 2010 Stoveless Cuisine All Rights Reserved.
This material is produced for the sole use of Stoveless Cuisine. Any reproduction, distribution or dissemination of this material may not be done without express written consent of Stoveless Cuisine.

Chia Pudding

1 c cashews
2 c water
½ c upasteurized honey or coconut nectar
1 Tbl cinnamon
¼ tsp nutmeg/¼ tsp ginger
1 tsp vanilla
½ c chia seeds

Blend all ingredients in a high-powered blender except the chia seeds. Pour mixture over the chia seeds and soak until the chia seeds take on the consistency of tapioca and pour into desired serving bowl or individual ramekins. Can serve for breakfast or dessert with nuts, hemp hearts, goji berries or blueberries .Serves 4

Amazing Classic Chili

2 Tbl coconut oil
1 onion, medium chop
1 red pepper, medium chop
1 28 oz can diced tomatoes
5 cups cooked kidney beans
1 jalapeno pepper, diced
2 Tbl chili powder
2 Tbl cumin
2 ttsp cacao powder
1 tsp oregano

Melt oil in a large pot, add onion and jalapeno pepper, sauté 5 minutes, add seasonings, kidney beans, canned tomatoes and red pepper. Simmer 30 minutes. Adjust seasonings and serve. Serves 6

© 2010 Stoveless Cuisine All Rights Reserved.
This material is produced for the sole use of Stoveless Cuisine. Any reproduction, distribution or dissemination of this material may not be done without express written consent of Stoveless Cuisine.

Vegetable Soup With Eastern Flavours

4 Tbl coconut oil
2 onions, diced
2 cloves garlic, minced
2 stalks celery, diced

2 carrots, peeled and diced
1 tsp cinnamon
1 Tbl ground coriander
1 tsp chili flakes
1 tbs curry powder
1 ½ c red lentils
¼ c tomato paste
1 c diced tomatoes
6-8 c vegetable stock
salt and pepper
1 c each broccoli/cauliflower florets

Melt oil in large pot, add onions and garlic and saute 10 minutes. Add carrots and celery and sauté another 5 minutes. Add spices and mix well. Add lentils, tomatoes and vegetable stock. Simmer 30 minutes. Just before serving add broccoli and cauliflower. Adjust seasonings and serve. Serves 8

© 2010 Stoveless Cuisine All Rights Reserved.
This material is produced for the sole use of Stoveless Cuisine. Any reproduction, distribution or dissemination of this material may not be done without express written consent of Stoveless Cuisine.

Roasted Chickpeas and Vegetables Over Millet

1 head broccoli, cut into bite size pieces
1 cauliflower, cut into bite size pieces
2 c cooked chick peas
olive oil to coat
salt and pepper

2 c millet
4 c vegetable stock

½ c soaked cashews
2 Tbl lemon juice
1 Tbl tahini
salt to taste
1/3 c nutritional yeast

On a parchment lined cookie sheet, layer the cauliflower mixture, coat with oil, salt and pepper. On another cookie sheet, coat the chick peas with olive oil, salt and pepper. Roast in a 375 oven for 45 minutes.

Prepare the dressing. When vegetables are roasted, toss with some of the dressing.

Cook the millet.

In an individual bowl, place 1/ c cooked millet, top with vegetables and drizzle remaining dressing and serve. Serves 8

Kale Lentil Soup

1 small diced onion

3 carrots finely diced

3 stalks celery finely diced

2 cups cooked lentils

4 Tbls sunflower oil

½ bunch kale, de-stemmed and torn into smaller pieces

1 tsp turmeric

1 tsp curry powder

4 Tbl miso

4 cups water

Sauté onions in oil, add carrots and celery and sauté another 10 minutes, add seasonings and blend well. Add lentils. Add water and miss and mix well. Simmer 20 minutes. Turn off heat and add kale, stir. Freezes well. Serves 6

© 2010 Stoveless Cuisine All Rights Reserved. This material is produced for the sole use of Stoveless Cuisine. Any reproduction, distribution or dissemination of this material may not be done without express written consent of Stoveless Cuisine.