

 COOKING SHOW #129 - SOUP & SALAD

Instant Pot Split Pea Soup

INGREDIENTS

- 1 yellow onion, diced
- 3 garlic cloves, minced
- 2 carrots, diced
- 2 ribs celery, diced
- 2 russet potatoes, peeled & cubed
- 2 cups dry green split peas
- 6 cups veggie broth
- 1 teaspoon liquid smoke (optional)
- 1 teaspoon dried thyme
- 1 teaspoon marjoram
- 1/2 teaspoon black pepper
- 1 teaspoon smoked paprika
- 1 bay leaf
- 2 tablespoons nutritional yeast

toasted pepitas, to serve

METHOD

Add all of the ingredients to a 6 QT Instant Pot and stir well.

Set the Instant Pot to high pressure for 15 minutes. Allow a 15 minute natural release, then manually release.

Top with toasted pepitas to serve and enjoy!!



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Creamy Fajita Soup

INGREDIENTS

Soy Curl Fajitas

- 3 cups dry soy curls
- 1 tablespoon dried oregano
- 1 teaspoon dried thyme
- 1/2 teaspoon black pepper
- 1 teaspoon smoked paprika
- 1 teaspoon ground coriander

Soup

- 1 cup raw cashews
- 1 cup water

- 2 medium yellow onions, sliced
- 1 red bell pepper, sliced
- 1 green bell pepper, sliced
- 3 cloves garlic, minced
- 1 teaspoon smoked paprika
- 1/2 teaspoon ground turmeric
- 1 teaspoon dried basil
- 1 teaspoon dried marjoram
- 1 teaspoon dried rosemary
- 1/2 teaspoon ground cumin

- 6-7 cups veggie broth
- 2 tablespoons tomato paste

Chef's Notes

Our viewers had some amazing ideas during the show:

- Try adding frozen char roasted corn or even a can of black beans.
- To save on chopping you can use char roasted frozen fajita veggies (peppers and onions).
- Instead of soy curls, sub sliced portobello mushrooms, seasoned and roasted the same way (no soaking of course).
- For a lower fat version, sub a cup of soy milk for the cashew cream.

METHOD

Preheat the oven to 400°F.

To prepare the soy curl fajitas, add all of the ingredients to a large bowl. Cover the soy curls with hot water, stir, and allow to soak for 10 minutes. Strain out the excess liquid and place the soy curls onto a parchment-lined baking sheet. Bake for 20-25 minutes or until golden brown. Set aside.

To prepare the soup, start by blending the cashews and water until smooth, then set aside.

Next, add the onion, bell pepper, garlic, spices, and herbs to a large stock pot or dutch oven. Sauté over medium-high heat for about 5 minutes, adding a little water or veggie broth as needed to keep from sticking.

Then add the veggie broth to the pot along with the tomato paste and bring to a boil, reduce the heat, and simmer for 5-10 minutes, stirring occasionally.

Stir in the fajita soy curls and cashew cream, and enjoy!



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Fall Harvest Salad

INGREDIENTS

Roasted Veggies

- 1/2 butternut squash, peeled and cubed
- 7-10 brussels sprouts, halved
- 2 carrots, chopped
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried sage
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon black pepper
- 1/4 cup veggie broth

Dressing

- 3 tablespoons balsamic vinegar
- 1 orange, juiced
- 1 tablespoon dijon mustard
- 1/2 teaspoon onion powder
- 2 teaspoons nutritional yeast
- 1 teaspoon date powder
- 3 garlic cloves

Salad

- 3 cups cooked wild rice
- 1 pomegranate, separated into seeds

Chef's Notes

To make about 3 cups of wild rice, add 1 cup of dry wild rice to a pot of boiling water (just like pasta), and simmer for 45 minutes, then strain.

Be sure to check out the replay video so you can see how we seeded the pomegranate under water, genius! Thanks to our viewers for that!

METHOD

Preheat the oven to 400°F.

To prepare the roasted veggies, add all of the ingredients to a large mixing bowl and stir to evenly coat the veggies. Pour the veggies onto 2 parchment-lined baking sheets or glass baking dishes. Drizzle on the left over veggie broth and bake for 25 minutes. Set aside.

To prepare the dressing, add all of the ingredients to a blender and blend until smooth, then set aside.

To assemble the salad, add the roasted veggies, dressing, cooked wild rice, and pomegranate seeds to a large bowl and toss well to combine.

Enjoy!



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Well Your Waldorf Salad

INGREDIENTS

Creamy Artichoke Dressing

- 1/2 cup raw Brazil nuts
- 1 1/2 cups artichoke hearts (thawed from frozen, or 1 14oz can, drained)
- 1 cup soy milk
- 1 lemon, juiced
- 1/4 cup rice vinegar
- 1/4 cup nutritional yeast
- 1 teaspoon WYW Galaxy Dust or favorite no-salt seasoning
- 2 teaspoons date powder

Salad

- 1 romaine lettuce heart, chopped
- 1 red apple, cored and diced
- 2 ribs celery, chopped
- 1 cup green grapes, halved
- 4 deglet dates, chopped
- 1/4 cup walnuts, chopped

Chef's Notes

Use this dressing on any of your favorite salads!

METHOD

To prepare the dressing, add all of the ingredients to a high-speed blender and blend until smooth.

To prepare the salad add all of the ingredients to a large mixing bowl. Drizzle on the dressing and toss well.

Serve and enjoy!

