

 COOKING SHOW #133 - 10 MINUTE MEALS

MBLT Wrap

INGREDIENTS

Mushroom Bacon

- 1/2** cup veggie broth
- 1/2** teaspoon liquid smoke
- 2** tablespoons balsamic vinegar
- 1** teaspoons garlic powder
- 1** teaspoons onion powder
- 1** teaspoon paprika
- 3-4** portobello mushrooms, sliced

Dillapeño Sauce

- 1** jalapeño
- 2** garlic cloves
- 1/4** cup tahini
- 1** lime, juiced
- 1+** tablespoons water
- 1-2** deglet dates
- black pepper, to taste**
- 1-2** tablespoons fresh chopped dill

Wrap

- whole wheat lavash
- romaine or butter lettuce
- cherry tomatoes, chopped
- red bell pepper, sliced
- cucumbers, sliced
- carrots, shredded
- Mushroom Bacon
- Dillapeño Sauce

Chef's Notes

You can use dried dill in the Dillapeño Sauce too. Start with a teaspoon, taste, and add more as desired.

METHOD

To prepare the Mushroom Bacon, add all of the ingredients to a saucepan and sauté on medium-high heat, stirring occasionally to cook evenly. Continue to sauté until the mushrooms have softened to your liking and most of the liquid has cooked off. Set aside.

To prepare the Dillapeño Sauce, add all of the ingredients to a high-speed blender, reserving about 1/2 the dill, and blend until smooth. Add the remaining dill and pulse a few times to leave some green dill texture in the sauce.

To prepare the wrap, lay out the whole wheat lavash, add some mushrooms along with all of the other wrap ingredients. Drizzle on the Dillapeño Sauce, roll it up, cut in half and enjoy!

Save some Dillapeño Sauce for dipping!





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Mushroom Stroganoff

INGREDIENTS

- 1 8 oz. whole wheat or bean pasta
- 1 10-12 oz. bag frozen chopped onion
- 1 16 oz. package fresh sliced mushrooms
- 1 tablespoon minced garlic
- 2 tablespoons nutritional yeast
- 1/2 teaspoon dried thyme
- 1/2 teaspoon black pepper
- 1/2 teaspoon smoked paprika
- 1 tablespoon dijon mustard
- 1-2 teaspoons tamari (optional)
- 1 tablespoon white wine vinegar or lemon juice
- 1 cup soy milk
- 1 cup veggie broth
- 2 tablespoons whole wheat flour
- 1 handful fresh parsley, chopped

Chef's Notes

Use our **Mushroom Gravy Mix** to thicken this stroganoff!

This stroganoff sauce is delicious on a sweet potato or on a bed of rice! It goes with any starch!



METHOD

Prepare the pasta according to the package directions and set aside.

Meanwhile, add the onions, mushrooms, and garlic to a saucepan and sauté over medium-high heat for a few minutes until tender, adding a little water or veggie broth as needed to keep from sticking.

Next, add the following set of ingredients and continue to sauté for a couple more minutes.

Then add the soy milk and veggie broth, and stir. Sprinkle and stir in the flour to avoid clumping. Stir for a couple minutes while the sauce begins to thicken.

Add the pasta to the saucepan and stir to combine. Serve topped with fresh chopped parsley or dried chives along with more black pepper as desired. Enjoy!



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African Peanut Stew

INGREDIENTS

- 1 10-12 oz. bag frozen chopped onion
- 1 tablespoon minced garlic
- 1 teaspoon dried ground ginger
- 2 10-12 oz. bags frozen cubed sweet potato or butternut squash
- 2 teaspoons ground cumin
- 1 teaspoon ground cinnamon
- 1 teaspoon ground coriander
- 1/4 teaspoon crushed red pepper (optional)
- 1 15 oz. can diced tomatoes
- 1 15 oz. can tomato sauce
- 1 15 oz. can chickpeas, rinsed and drained
- 2 tablespoons peanut butter
- 4 cups veggie broth
- 1 bunch collard greens or kale, destemmed and chopped

METHOD

Add all of the ingredients to a large pot, heat to a boil, reduce the heat and let simmer for a few minutes.

You can cook this one for 5 minutes or 30 minutes, it doesn't matter (just like our Potato Corn Chowder!).

Serve and enjoy!

Chef's Notes

Try a bag of frozen or fresh chopped collard greens or kale to make it even faster!



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Stuffed Sweet Potatoes

INGREDIENTS

- 4 sweet potatoes
- 1 15 oz. can pinto beans, drained and rinsed
- 1 12-14 oz. bag frozen char roasted onion & bell peppers
- 1/2 cup frozen char roasted corn
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- 1 teaspoon dried oregano
- 1/2 teaspoon crushed red pepper or black pepper, to taste

- chopped cherry tomatoes, to serve
- fresh chopped cilantro, to serve
- coleslaw mix, to serve

Chipotle Aioli

- 1/2 cup cashews
- 1/2 cup soy milk + tablespoon as needed
- 2 cloves garlic
- 1 lime, juiced (about 2T juice)
- 1 1/2 teaspoons chipotle powder
- 2 deglet dates

Chef's Notes

For pre-made baked sweet potatoes, we poke holes and convection bake for 45+ minutes at 400-425°F. Store in the fridge for up to a week or so.
To save time, you can sub the incredibly delicious Chipotle Aioli with sliced avocado and a squeeze of lime.

METHOD

Use a fork to poke holes in the sweet potatoes. Then place them in the microwave, two at a time depending on the size, for 5-7 minutes, turning halfway through.

Meanwhile, prepare the filling by adding the remaining ingredients to a sauce pan. Sauté over medium-high heat, adding a little water or veggie broth as needed to keep from sticking. Once everything is heated through, remove from heat.

To prepare the Chipotle Aioli, add all of the ingredients to a high-speed blender and blend until smooth. Add a additional splash of soy milk as needed to reach your desired consistency.

Next, make a lengthwise cut down the sweet potatoes and spoon in some filling. To serve, top with cherry tomatoes, cilantro, coleslaw mix, and Chipotle Aioli. Enjoy!

