


 COOKING SHOW #134 - DECONSTRUCTED RECIPES

Tamale Bowl

INGREDIENTS

Tamale Base

- 6 cups water or veggie broth
- 2 cups soy milk
- 2 teaspoons dried oregano
- 2 teaspoons ground cumin
- 2 teaspoons garlic powder
- 1 cup masa flour
- 1 cup corn meal

Tamale Filling

- 1 12-14 oz. bag frozen fire roasted peppers and onions
- 1 10-12 oz. bag frozen riced cauliflower
- 1 cup frozen fire roasted corn
- 1 15 oz. can diced tomatoes
- 1 15 oz. can black beans, rinsed and drained
- 1 tablespoon minced garlic
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1/2 teaspoon chili powder
- 1 tablespoon tahini (optional)

Serve With:

- lime juice
- fresh chopped cilantro
- salsa
- avocado

Chef's Notes

Make this recipe even easier! Skip the spices and use 1-2 tablespoons Fiesta Blend along with 1-2 teaspoons Chili Lime!


METHOD

To prepare the Tamale Base, add the water/veggie broth, soy milk, oregano, cumin, and garlic powder to the pot. Whisk everything together while bringing to a boil. Slowly whisk in the masa and corn meal. After about 2 minutes of stirring, it will begin to thicken. Turn down the heat to low and allow it to cook for 20-30 minutes, stirring occasionally. Remove from heat and set aside.

Meanwhile, add all of the Tamale Filling ingredients 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.

To serve, add a generous helping of the Tamale Base to a bowl. Top with the Tamale Filling, a squeeze of lime, fresh cilantro, salsa or avocado.



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Cabbage Roll Soup

INGREDIENTS

- 1 onion, chopped
- 2 carrots, chopped
- 2 ribs celery, chopped
- 1 green bell pepper, chopped
- 1/2 medium cabbage, shredded
- 1 tablespoon minced garlic

- 1/2 teaspoon dried rosemary
- 1 teaspoon caraway seeds
- 1 teaspoon dried thyme
- 1 teaspoon date powder
- 2 teaspoons smoked paprika
- 2 teaspoons dried oregano
- 1 tablespoon nutritional yeast
- 2 bay leaves
- black pepper, to taste

- 1-2 quarts veggie broth
- 1 15 oz. can brown lentils or
1 1/2 cups cooked lentils
- 1 15 oz. can diced tomatoes
- 1 15 oz. can tomato sauce
- 1 10-12 oz. bag frozen brown rice or
2 1/2 cups cooked rice
- 1 tablespoon tahini (optional)

- fresh chopped parsley, to serve

METHOD

Add the onion, carrot, celery, bell pepper, cabbage, and garlic 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.

Next, add the following set of ingredients and continue to sauté for a few more minutes or until the veggies are tender.

Then add the next set of ingredients and stir well. Bring the pot to a boil, reduce to a simmer, and allow it to cook for 10-30 minutes. Adjust the amount of veggie broth you add to reach your desired consistency.

To serve, top with fresh chopped parsley and enjoy!



Chef's Notes

Instead of rice try a different grain like quinoa!
Diced potatoes are delicious in this soup too.

 COOKING SHOW #134 - DECONSTRUCTED RECIPES

Deconstructed Shepherd's Pie

INGREDIENTS

Instant Pot Mashed Potatoes

- 5 lbs. russet potatoes, peeled and chunked
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 1 tablespoon nutritional yeast (optional)
- 1/2 cup water
- 1-2 cups soy milk

Shepherd's Pie Topping

- 1 onion, chopped
- 2 carrots, chopped
- 2 ribs celery, chopped
- 1 green bell pepper, chopped
- 1 1/2 lbs. mushrooms, chopped
- 1 tablespoon minced garlic

- 1+ cup veggie broth
- 2 teaspoons smoked paprika
- 1 teaspoon dried thyme
- 1 teaspoon ground sage
- 1 tablespoon nutritional yeast

- 1/2 6 oz. can tomato paste
- 2 cups peas
- 1-2 cups mashed potatoes, to thicken

- fresh chopped parsley, to serve

Chef's Notes

Our Mushroom Gravy Mix is great for thickening the Shepherd's Pie topping and adding even more delicious flavor!



METHOD

To prepare the Instant Pot Mashed Potatoes, place all of the ingredients except the soy milk into the Instant Pot without the trivet. Set to high pressure for 8 minutes, manual release.

When the potatoes are done, open the Instant Pot but do not remove the water. Add the soy milk a little at a time while mashing/stirring until you reach your desired creaminess. Set aside.

To prepare the Shepherd's Pie Topping add the onion, carrot, celery, bell pepper, mushrooms, and garlic to a sauce pan. Sauté over medium-high heat for about 5 minutes, 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 tomato paste, peas, and 1-2 cups of the mashed potatoes, depending how thick you want the topping to be. Mix well and allow everything to heat through.

To serve, add a helping of mashed potatoes and top with the Shepherd's Pie veggies and fresh parsley.

