

 COOKING SHOW #140 - SOY CURLS!

# No Butter Chicken

## INGREDIENTS

- 1 1/2 cups dry Soy Curls**
- 1 medium yellow onion, diced**
- 1 green chile or bell pepper, diced**
- 1 nub fresh ginger, grated**
- 1/2" tablespoon minced garlic**
- 1 15 oz. can diced tomatoes**
- 1 lemon, juiced**
- 1/2 tablespoon nutritional yeast**
- 1 teaspoons garam masala**
- 1 1/2 teaspoon ground cumin**
- 1 teaspoon ground turmeric**
- 1 teaspoon dried fenugreek leaves**
- 1 teaspoon ground coriander**
- 1 teaspoon date powder**
- 1 teaspoon cayenne pepper (optional)**
- 1/4 cup raw cashews**
- 1/4 cup veggie broth**
- 1/2 15 oz. can chickpeas, drained and rinsed**
- 1 cup green peas**
- 3/4 cooked grains, to serve**
- fresh chopped cilantro, to serve**
- lemon juice, to serve**



## METHOD

Add the Soy Curls to a bowl along with plenty of hot water, and set aside to rehydrate.

Next, add the onion, chile pepper, ginger, and garlic to a pot. Sauté over medium-high heat for about 5 minutes, adding a little water or veggie broth as needed to keep from sticking. Turn off the heat.

To make the sauce, add 1/2 of the sautéed mixture to a high speed blender along with the next set of ingredients and blend until smooth.

Add the blended sauce to the pot with the rest of the onions and peppers along with the chickpeas and green peas.

Next, strain out the water from the soaked Soy Curls and add to a nut milk bag. Squeeze the bag over the sink to press out the excess water then add to the pot with the sauce.

Turn the heat to medium and bring the pot back to a simmer, stirring often. Use a lid in between stirs to avoid splattering. Allow to simmer for a few minutes to cook all of the flavors together.

Serve on a bed of grains like rice or quinoa and top with fresh cilantro and a squeeze of lemon juice.



### Chef's Notes

No Soy Curls? Try adding more chickpeas, cubed tofu, or quartered mushrooms.

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# Deconstructed Cabbage Roll Casserole

## INGREDIENTS

- 1 cups dry Soy Curls
- 1 1/2 cups cooked brown rice
- 1 tablespoon nutritional yeast
- 1 handful fresh parsley, chopped
- 1 yellow onion, diced
- 1 tablespoon minced garlic
- 1/4 teaspoon crushed red pepper or black pepper
- 1 large cabbage, chopped
- 1 15 oz. can diced tomatoes
- 1 15 oz. can tomato sauce
- 1 handful fresh chives, chopped



### Cashew Cream (optional)

- 1/2 cup raw cashews
- 1/2 cup water



## METHOD

Preheat the oven to 400°F.

Add the Soy Curls to a bowl with plenty of hot water, and set aside to rehydrate for about 10 minutes. Strain out the water and add them to a nut milk bag. Squeeze the bag over the sink to press out the excess water. Add the rehydrated Soy Curls to a food processor and pulse a few times to make a ground consistency.

Combine the ground Soy Curls, rice, nutritional yeast, and parsley in a large mixing bowl. Mix well and set aside.

Add the onion, garlic, and pepper to a large saucepan. Sauté over medium-high heat for a few minutes, adding a little water or veggie broth as needed to keep from sticking. Then add the cabbage and continue to cook for 10 minutes, stirring often. Add the tomatoes, tomato sauce, and chives. Stir well and cook for a few more minutes to heat through, then remove from heat.

To make the Cashew Cream, add the water and cashews to a high-speed blender and blend until smooth.

Finally, assemble the casserole in a 10-12" glass casserole dish. Begin with a base layer of 1/2 of the Soy Curl mixture and top with 1/2 of the cabbage mixture. Evenly drizzle on all of the cashew cream. Then, add the remaining Soy Curl mixture and top with the remaining cabbage mixture.

Bake uncovered for 20 minutes.

Serve and enjoy!

### Chef's Notes

Feel free to swap the Soy Curls for mushrooms, diced small.

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# Soy Curl Asada & Taco Bowl

## INGREDIENTS

### Soy Curl Asada

- 1 cup dry Soy Curls
- 1/2 green pepper, diced small
- 2 green onions, chopped and separated into white and green
- 1-2 tablespoons minced garlic
- 2 teaspoons ground cumin
- 1 teaspoon chipotle powder
- 1 teaspoon paprika
- 1 teaspoon dried oregano
- 1/2 teaspoon black pepper

### Bowl Ingredients

- Soy Curl Asada
- Instant Pot Refried Beans (next page)
- Nacho Cheese Sauce (next page) or WYW Cheese Sauce
- chopped lettuce
- corn
- chopped tomatoes
- chopped fresh cilantro
- lime juice
- chopped green onion
- avocado



### Chef's Notes

Add a teaspoon or two of WYW Veggie Broth to the Soy Curl soaking water for extra flavor!



## METHOD

Add the Soy Curls to a bowl along with plenty of hot water, and set aside to rehydrate for about 10 minutes. Strain out the water and add them to a nut milk bag. Squeeze the bag over the sink to press out the excess water. Chop into small pieces and set aside.

Add the bell pepper, white parts of the green onions, and garlic to a skillet. (Save the green parts of the onion to build your bowl later.) Sauté over medium heat for a few minutes, adding a squeeze of lemon juice or water as needed to keep from sticking. Stir often. Next, add the spices and Soy Curls to the pan along with another splash of water and keep stirring. Allow everything to cook together for a few minutes and remove from the heat.

To assemble the taco bowl, add some or all of the ingredients to make a nourish bowl and enjoy!



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## Instant Pot Refried Beans

### INGREDIENTS

- 2 cups dry pinto beans
- 1 yellow onion, chopped
- 2 jalapeños, chopped
- 2 tablespoons garlic
- 2 teaspoons cumin
- 2 tablespoons salt-free Mexican blend
- 2 cups veggie broth
- 1 1/2 cups water



### METHOD

Check your beans for stones, rinse, then add them to the pressure cooker along with the remaining ingredients.

Set your pressure cooker to 30 minutes, high pressure, and let the pressure naturally release.

Using an immersion blender, process the beans until they are a smooth consistency.

Enjoy in the Soy Curl Asada!



## Nacho Cheese Sauce

### INGREDIENTS

- 1 1/2 cups soy milk
- 1/2 lemon, juiced
- 2 garlic cloves
- 1 teaspoon onion powder
- 3/4 cup nutritional yeast
- 1 teaspoon miso paste (optional)
- 1 dried chili pod
- 1/2 teaspoon ground cumin
- 1/2 15 oz. can pumpkin purée



### METHOD

First add the soy milk then add all the remaining ingredients to a high-speed blender and blend until smooth.

Add a little more soy milk to make it more liquidy or more pumpkin to thicken it up.

Drizzle on the Soy Curl Asada and enjoy!