

PlantPure 
KITCHEN STARTERS



**Preparation
Instructions**

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CLASSIC RED CHILI

Prep time: 10–12 minutes

Cook time: 20 minutes

You will need:

4–8 ounces uncooked whole grain macaroni pasta

1 onion, diced (fresh or frozen)

2 celery stalks, diced

1 1/2 cups water

1 15-ounce can red beans, drained and rinsed

1 15-ounce can black beans, drained and rinsed

1 15-ounce can diced tomatoes

1 PlantPure Classic Red Chili Starter Pack

1. Cook pasta according to package instructions.
2. In a large saucepan, sauté the onion and celery in a small amount of water.
3. Add all other ingredients, then simmer on medium-low heat for 15–20 minutes. If a thinner consistency is desired, add more water or tomato juice.
4. Serve warm over desired amount of pasta.

TRY THESE PLANTPURE VARIATIONS

Starch: baked potato, brown rice, or quinoa

Vegetables (fresh, roasted, or frozen): corn, peppers, mushrooms, and/or okra

Flavor: chili powder, sriracha, garlic, or red pepper flakes

CREOLE BEANS

Prep time: 10 minutes

Cook time: 20 minutes

You will need:

2 cups uncooked brown rice

1 onion, diced (fresh or frozen)

2 celery stalks, diced

1 28-ounce can crushed tomatoes

2 15-ounce cans red beans, drained and rinsed

1 PlantPure Creole Beans Starter Pack

1. Cook brown rice according to package directions.
2. Sauté the onion and celery in a small amount of water.
3. Add remaining ingredients and simmer on medium-low heat for 15–20 minutes.
4. Serve warm over brown rice.

TRY THESE PLANTPURE VARIATIONS

Starch: barley or quinoa

Vegetables (fresh, roasted, or frozen): okra, jalapeño peppers, and/or green peppers

Flavor: toasted fennel seed, sriracha, smoked paprika, or red pepper flakes

CURRIED INDIAN MALAI

Prep time: 5–10 minutes

Cook time: 15 minutes

You will need:

- 2 cups uncooked brown rice
- 1 PlantPure Curried Indian Malai Starter Pack
- 1 cup light coconut milk
- 2 tablespoons tomato paste
- 1 1/4 cups water
- 10 ounces frozen cauliflower
- 2 cups frozen peas
- 1 15-ounce can cannellini beans,
drained and rinsed

1. Cook brown rice according to package directions.
2. Put starter pack, coconut milk, tomato paste, and water into a blender and blend on high for 2 minutes.
3. Place the sauce mixture, cauliflower, peas, and beans into a large saucepan and cook over medium-high heat until bubbly and thickened.
4. Serve warm over brown rice.

TRY THESE PLANTPURE VARIATIONS

Starch: quinoa, farro, or couscous

Vegetables (fresh, roasted, or frozen): substitute or add spinach, green beans, peas, and/or kale

Flavor: curry powder, red pepper flakes, hot pepper sauce, Thai Kitchen brand red curry paste, or sriracha

ETHIOPIAN LENTILS

Prep time: 12 minutes

Cook time: 40 minutes

Slow-cooker Instructions

Place all the ingredients into a slow cooker, such as a Crockpot, and cook on high for 4–5 hours, or on low for 8–10 hours.

You will need:

1 PlantPure Ethiopian Lentils Starter Pack

4 cups water

6 tablespoons tomato paste

2 medium sweet potatoes, diced

1 onion, diced (fresh or frozen)

1. Thoroughly sort and rinse the separately packaged green lentils before cooking.
2. Place the green lentils, spice pack, water, and tomato paste into a large pot. Bring to a boil for 2 minutes. Turn heat down to medium-low and cook for 10 minutes.
3. Add remaining ingredients and simmer over medium-low heat for 25 minutes or until lentils are softened. Add more water if necessary to maintain desired consistency. Serve warm.

TRY THESE PLANTPURE VARIATIONS

Vegetables (fresh, roasted, or frozen): butternut squash (swap for sweet potatoes) and/or spinach

Flavor: sriracha, garlic, or red pepper flakes

FETTUCCINE ALMOND ALFREDO

Prep time: 10 minutes

Cook time: 15–20 minutes

You will need:

- 12 ounces uncooked whole grain pasta (fettuccine, spaghetti, linguini)
- 2 cups water
- 2 cups almond, soy, or cashew milk
- 1 tablespoon lemon juice
- 1 PlantPure Fettuccine Almond Alfredo Starter Pack
- 2 10-ounce bags frozen stir-fry blend vegetables

- 1.** Cook a 12-ounce package of whole grain pasta according to package instructions.
- 2.** Into a blender, add the water, milk, lemon juice, and starter pack. Blend for at least 2 minutes—this will help create a smooth, creamy, cheese-like texture.
- 3.** Place the alfredo mixture into a saucepan. Cook over medium-high heat and stir continuously, to prevent burning, until mixture becomes bubbly and thickened (approximately 3–5 minutes). Turn off heat and set aside.

4. Steam bags of vegetables (either in microwave or on stovetop) and drain.
5. Cover pasta with alfredo sauce and top with steamed vegetables. Serve warm.

TRY THESE PLANTPURE VARIATIONS

Starch: any type of whole wheat, brown rice, quinoa, or corn pasta

Vegetables (fresh, roasted, or frozen): asparagus, red pepper, red onion, broccoli, peas, and/or mushrooms

Flavor: blend into alfredo sauce any of the following—fresh basil, Italian seasoning, garlic, red pepper flakes, or lemon pepper seasoning

MAC 'N' CHEEZE

Prep time: 10 minutes

Cook time: 15 minutes

You will need:

13–16 ounces uncooked, whole grain macaroni pasta
1 PlantPure Mac 'n' Cheeze Starter Pack
3 cups warm water

1. Cook pasta according to package instructions; drain and set aside.
2. Place contents of starter pack and warm water into blender. Let sit for 8–10 minutes so sweet potatoes can rehydrate.
3. Blend starter pack ingredients in blender for 2 minutes to create a smooth, creamy, cheese-like texture.
4. Place the creamy mixture into a saucepan. Cook over medium-high heat and stir continuously, to prevent burning, until mixture becomes bubbly and thickened, approximately 3–5 minutes. Turn off heat and set aside.
5. Fold the cream sauce into the cooked pasta and serve warm.

TRY THESE PLANTPURE VARIATIONS

Starch: any type of whole wheat, brown rice, quinoa, or corn pasta

Vegetables (fresh, roasted, or frozen): peas, onions, peppers, and/or mushrooms

Flavor: garlic powder, sriracha, smoked paprika, or Frank's Red Hot Sauce

MARINARA

Prep time: 10 minutes

Cook time: 20 minutes

You will need:

- 1 12-ounce package uncooked whole grain pasta
- 1 onion, diced (fresh or frozen)
- 1 medium red or green bell pepper, diced (fresh or frozen)
- 1 PlantPure Marinara Starter Pack
- 1 28-ounce can crushed tomatoes
- 1 1/2 teaspoons apple cider vinegar
- 2 tablespoons tomato paste

1. Cook pasta according to instructions on package.
2. In a large saucepan, sauté the onion and peppers in a small amount of water over medium-high heat until tender.
3. Add contents of starter pack to tomatoes, vinegar, and tomato paste. Simmer over medium-low heat for 20 minutes. This will allow the flavors to develop.
4. Serve warm over your choice of whole grain pasta.

TRY THESE PLANTPURE VARIATIONS

Starch: any type of whole wheat, brown rice, quinoa, or corn pasta

Vegetables (fresh, roasted, or frozen): spinach, mushrooms, and/or eggplant

Flavor: crushed red pepper flakes, garlic, Italian seasoning, or nutritional yeast flakes

PEANUTTY VEGGIE BOWL

Prep time: 10–15 minutes

Cook time: 10 minutes

You will need:

- 1 1/2 cups uncooked, whole wheat couscous
- 1 PlantPure Peanuttty Veggie Bowl Starter Pack
- 2 cups water
- 1 tablespoon low sodium soy or tamari sauce
- 2 tablespoons apple cider vinegar
- 15-ounce can garbanzo beans, drained and rinsed
- 1 bunch raw kale, chopped, or 10-ounce bag of frozen greens
- 2 cups carrots, diced, or 10-ounce bag of frozen carrots

1. Cook couscous according to package instructions.
2. Place the contents of the starter pack, water, soy sauce, and apple cider vinegar into a blender and blend on high for 2 minutes or until smooth and creamy.
3. Place the peanut sauce into a large sauté pan over medium-high heat and stir continuously to prevent burning, until bubbly and thickened. Turn to low heat to simmer, then add garbanzo beans to the thickened peanut sauce.
4. Steam the kale and carrots in a small amount of water until tender and drain.
5. Cover the couscous with the steamed vegetables and peanut sauce. Toss gently and serve warm.

TRY THESE PLANTPURE VARIATIONS

Starch: brown rice or quinoa

Vegetables (fresh, roasted, or frozen): your choice of vegetable blends, white beans, and/or tofu

Flavor: sriracha or red pepper flakes

POTATO SOUP

Prep time: 15 minutes

Cook time: 20–25 minutes

You will need:

2 1/2 cups water

2 potatoes, diced

3 celery stalks, diced

1 onion, diced (fresh or frozen)

1 1/2 cups plant-based milk

1 PlantPure Potato Soup Starter Pack

1. In a large pot, add water, potatoes, celery, and onion. Cook over medium-high heat for 15–20 minutes or until potatoes are tender. Turn off heat and set aside. Do not drain; the water will become part of the soup broth.

2. Add the plant-based milk and the contents of the starter pack to a blender. Blend on high for 2 minutes until smooth and creamy.

3. Pour the creamy sauce into the saucepan with the vegetables and water. Turn the heat to medium and cook the soup until bubbly and thickened, stirring frequently.

4. Serve warm.

TRY THESE PLANTPURE VARIATIONS

Vegetables (fresh, roasted, or frozen): green onions, corn, and/or mushrooms

Flavor: chives, smoked paprika, nutritional yeast flakes, red pepper flakes, or garlic

RED LENTIL DAHL

Prep time: 10–15 minutes

Cook time: 45 minutes

Slow-cooker Instructions

Place all the ingredients into a slow cooker, such as a Crockpot, and cook on high for 4–5 hours, or on low for 8–10 hours.

You will need:

- 1 PlantPure Red Lentil Dahl Starter Pack
- 3 1/2 cups water
- 1 15-ounce can diced tomatoes
- 1/2 cup light coconut milk
- 1 large sweet potato, diced
- 1 small onion, diced (fresh or frozen)
- 1 celery stalk, diced

1. Thoroughly sort and rinse the separately packaged red lentils before cooking.
2. Place the red lentils, spice pack, water, tomatoes, and coconut milk in a large pot. Boil for 2–3 minutes. Turn heat down to low and cook for 15 minutes.
3. Add remaining ingredients and cook for 20–30 minutes. Serve warm.

TRY THESE PLANTPURE VARIATIONS

Starch: brown rice or potatoes

Vegetables (fresh, roasted, or frozen): spinach and/or peas

Flavor: chili powder, sriracha, or red pepper flakes

SPLIT PEA SOUP

Prep time: 15 minutes

Cook time: 1.5 hours

Slow-cooker Instructions

Place all the ingredients into a slow cooker, such as a Crockpot, and cook on high for 4–5 hours, or on low for 8–10 hours.

You will need:

5 cups water

1 PlantPure Split Pea Soup Starter Pack

1 onion, diced (fresh or frozen)

1 potato, diced

2 carrots, diced

1 1/4 cups uncooked instant barley

1. Thoroughly sort and rinse the separately packaged green split peas before cooking.
2. Into a large soup pot, add the green split peas, 5 cups water, and the contents of the spice pack. Cover and boil for 2 minutes. Turn heat down to low and simmer for 45 minutes.
3. Add the onion, potato, and carrots. Continue simmering on low for another 45 minutes, until peas split and become creamy. This soup will have a creamy consistency (more water can be added for a thinner consistency).
4. While soup is simmering, cook barley according to package instructions. Serve warm soup over barley.

TRY THESE PLANTPURE VARIATIONS

Starch: any type of whole wheat, brown rice, quinoa, or corn pasta; baked potato; or brown rice

Vegetables (fresh, roasted, or frozen): spinach, mushrooms, and/or sweet potatoes

Flavor: garlic or Italian seasoning

TETRAZZINI

Prep time: 20 minutes

Cook time: 30 minutes

You will need:

- 8 ounces uncooked whole grain spaghetti
- 1 PlantPure Tetrazzini Starter Pack
- 1 1/2 cups warm water (for rehydrating soy curls)
- 2 1/2 cups water
- 1 medium onion, diced (fresh or frozen)
- 1 1/2 cups peas
- 1/2 cup bread crumbs (we recommend Panko)

1. Preheat oven to 400 degrees F.
2. Break pasta into halves or smaller, then cook according to package instructions.
3. Place the soy curls into a bowl with 1 1/2 cups of warm water for 8–10 minutes until fully rehydrated. Drain.
4. Into a blender, add 2 1/2 cups of water and the contents of the starter pack. Blend for at least 2 minutes on high to create a smooth, creamy, cheese-like texture.
5. Place creamy mixture into a saucepan. Cook over medium-high heat and stir continuously until mixture becomes bubbly and thickens. Turn off heat and set aside.
6. Sauté the onion in a small amount of water until tender. Add the peas, sauce mixture, and drained soy curls.
7. Mix sauce and pasta in a baking dish and top with Panko bread crumbs.
8. Bake at 400 degrees F for 10 minutes, or until bread crumbs are golden brown. Garnish with paprika and serve warm.

TRY THESE PLANTPURE VARIATIONS

Vegetables (fresh, roasted, or frozen): mushrooms

Flavor: nutritional yeast flakes

CREAMY RANCH DRESSING

Prep time: 3 minutes

You will need:

- 1 PlantPure Creamy Ranch Dressing Pack
- 2 tablespoons lemon juice
- 2 tablespoons apple cider vinegar
- 1 cup water

- 1.** Place contents of dressing pack, lemon juice, apple cider vinegar, and water in blender.
- 2.** Blend on high for at least 2 minutes or until smooth and creamy.
- 3.** Store in small dressing bottle or pint-sized Mason jar in refrigerator.

Dressing will keep for up to seven days in the refrigerator.

TRY THIS PLANTPURE VARIATION

Flavor: for sweetness, add maple syrup to taste

SWEET TAHINI DRESSING

Prep time: 3 minutes

You will need:

1 PlantPure Sweet Tahini Dressing Pack

3/4 cup water

1/3 cup balsamic vinegar

- 1.** Place contents of dressing pack, water, and balsamic vinegar in blender.
- 2.** Blend on high for at least 2 minutes or until smooth and creamy.
- 3.** Store in small dressing bottle or pint-sized Mason jar in refrigerator.

Dressing will keep for up to seven days in the refrigerator.

TRY THESE PLANTPURE VARIATIONS

To the blender, add one or more of the following: chives, parsley, fresh strawberries, or fresh raspberries

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