



Cooking with OFS

Recipe

BAKED TOFU with BABY BOK CHOY



For # people

4 servings



Cooking time

1 hour

Ingredients:

- 1 lb firm tofu drained
- 1/4 cup soy sauce
- 2 tablespoons hoisin sauce
- 1 clove garlic minced
- 1/2 teaspoon sesame oil
- 1/4 teaspoon Asian chili paste
- 1/4 teaspoon hot pepper sauce
- 2 teaspoons vegetable oil.
- 2 cups sliced shiitake mushroom caps
- 2 cups sliced cremini mushrooms
- 1 green onion sliced
- 1 tablespoon gingerroot minced
- 4 baby bok choy
- 1 sweet red pepper diced
- 1/2 cup vegetable stock
- 1 pinch salt
- 1 pinch pepper.

Directions:

- Place tofu on large plate. Cover with second plate and weigh down with 2 large, heavy cans. Let stand for 10 minutes; drain. Cut in half horizontally.
- Meanwhile, in shallow baking dish large enough to hold tofu in single layer, whisk together soy and hoisin sauces, garlic, sesame oil and chili paste. Add tofu; turn to coat. (Make-ahead: Cover and refrigerate for up to 8 hours.) Bake in 350°F (180°C) oven, turning once, until golden, about 30 minutes.
- Meanwhile, brush large nonstick skillet with vegetable oil; heat over medium-high heat. Saute mushrooms, green onion and ginger until golden, about 5 minutes. Cut bok choy in half lengthwise. Add to skillet along with red pepper, stock, salt and pepper; bring to boil. Cover and steam until bok choy is tender-crisp, about 4 minutes.
- Cut each piece of tofu in half diagonally. Arrange on warmed plates and serve with bok choy mixture.



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Recipe

MOROCCAN TOMATO SOUP



For # people

6 servings



Cooking time

45 minutes

Ingredients:

- 2 onions chopped
- 2 cloves garlic chopped
- 2 tablespoons packed brown sugar
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon pepper
- 1/4 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 1 pinch cinnamon
- 1 can(796ml) chopped tomato
- 4 cups water
- 1/4 cup tomato paste
- 1 tablespoon red wine vinegar
- 3/4 cups smooth peanut butter
- 1/2 cup red lentils.

Directions:

- In a large pot, combine onions, garlic, sugar, chili powder, cumin, pepper, salt, cayenne pepper and cinnamon. Stir in tomatoes, water, tomato paste and lentils
- Cover and cook on low until lentils are soft.
- Add peanut butter; using immersion blender, puree soup until smooth.
- Add vinegar as garnish when served(optional)



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Recipe

SPICED CARROT SOUP



For # people

10 servings



Cooking time

1 hour

Ingredients:

- 4 cups diced carrots
- 2 onions diced
- 2 ribs celery diced
- 1 cup dried green lentils
- 1 tablespoon minced fresh ginger
- 2 cloves garlic minced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon chili powder
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- 1/2 teaspoon turmeric
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 pinch ground allspice
- 2 bay leaves
- 3 1/2 cups vegetable broth
- 2 1/2 cups water
- 1/4 cup chopped fresh cilantro
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Directions:

- In a large pot, combine carrots, onions, celery, lentils, ginger, garlic, cumin, coriander, chili powder, turmeric, salt, pepper, allspice and bay leaves. Pour in broth and water.
- Cover and cook on low until all vegetables are soft.
- Discard bay leaves. Transfer 2 cups of the soup to blender; purée until smooth. Return to pot; stir in cilantro and serve it hot.



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Recipe

Shepher's Pie



For # people

6 servings



Cooking time

50 minutes

Ingredients:

- 1 cup cooked lentils
- 2 cloves garlic
- 1 medium onion, chopped
- 1 Tbsp olive oil
- 3 small carrots, chopped
- 2 ribs celery, chopped
- 8 oz. button mushrooms, chopped
- salt and pepper to taste
- 1 tsp dried thyme
- 1/2 tsp smoked paprika
- 1 Tbsp tomato paste
- 1 Tbsp flour
- 1 cup vegetable broth
- 1 cup frozen peas
- 4 cups mashed potatoes

Directions:

- Mince the garlic and chop the onion. Sauté the onion and garlic with olive oil in a large skillet over medium heat until the onions are soft and transparent (3-5 minutes).
- While the onions and garlic are cooking, peel and dice the carrots, dice the celery, and slice the mushrooms. Once the onions are soft, add the carrots and celery to the skillet and continue to sauté until the celery begins to soften slightly (5 minutes).
- Finally, add the mushrooms, salt, thyme, smoked paprika, and freshly cracked pepper to the skillet. Continue to sauté until the mushrooms have fully softened (3-5 minutes). Add the tomato paste and flour to the skillet. Stir and cook the vegetables with the flour and tomato paste until the vegetables are coated and the pasty mixture begins to coat the bottom of the skillet (about 2 minutes).
- Add the vegetable broth to the skillet, stirring to dissolve the flour and tomato paste from the bottom of the skillet. Allow the broth to come up to a simmer, at which point it will become slightly thicker. Stir in the cooked lentils and frozen peas, and allow the mixture to heat through.
- Preheat the oven to 400°F. Pour the vegetable mixture into a casserole dish, or use your skillet if it is oven safe. Spread the mashed potatoes out over the surface of the vegetables and gravy. Use your spoon to make a decorative pattern in the mashed potatoes, if desired.



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- Bake the shepherd's pie in the fully preheated oven for 15 minutes, or until everything is heated through. To achieve a browned surface on the mashed potatoes (optional), turn on the oven's broiler (and place the pie under it, if not already), and watch closely until the top has browned to your liking, you can also add grated cheddar cheese.

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Recipe

VEGETABLE QUINOA SOUP



For # people

6 servings



Cooking time

45 minutes

Ingredients:

- 2 teaspoons olive oil
- 1 onion diced
- 2 cloves garlic minced
- 1 cup thinly sliced cremini mushrooms (about 115 g)
- 1 sweet potato (about 340 g) peeled and diced
- 1 cup red lentilsXXXX
- 2 cups homemade vegetable broth or organic vegetable broth
- 1/2 cup quinoa
- 1/2 teaspoon pepper
- 1/4 teaspoon salt
- 2 cups stemmed kale thinly sliced
- 1 tablespoon red wine vinegar or lemon juice(optional)

Directions:

- In large saucepan, heat oil over medium heat; cook onion and garlic, stirring occasionally, until softened, about 5 minutes. Add mushrooms; cook, stirring occasionally, until beginning to soften, about 4 minutes.
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- Stir in sweet potato, 3 cups water, broth, quinoa, red lentils, pepper and salt; bring to boil. Reduce heat to medium; cook until quinoa and lentils are tender, 10 to 12 minutes.
- Stir in kale; cook until tender, about 4 minutes. Stir in vinegar or lemon.Xxxxx
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Recipe

CHICKPEA BURGERS



For # people

6 servings



Cooking time

1 hour

Ingredients:

- 1 can chickpea drained
- 1 cup cooked rice
- 1/3 cup grated onion
- 1/3 cup grated carrots
- 1/3 cup grated zucchini
- 1/4 cup dry breadcrumbs
- 1 egg beaten
- 1 clove garlic minced
- 2 tablespoons tahini
- 2 tablespoons peanut butter
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon dry mustard
- 3 pita breads

Directions:

- In large bowl and using potato masher, mash chickpeas coarsely; stir in rice, onion, carrot, zucchini, bread crumbs, egg, garlic, tahini, lemon juice, salt, pepper and mustard. Shape into six 3/4-inch (2 cm) thick patties.
- Place on greased frying pan over medium-high heat; cook for about 5 minutes per side or until golden brown. Halve pita breads; place burger in each pocket, with sliced tomatoes.
- Serve with salad.



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Recipe

BLACK BEAN RICE BOWL



For # people

4 servings



Cooking time

30 minutes

Ingredients:

- 1 cup long-grain white rice
- 1/2 teaspoon salt
- 1 tablespoon chili powder
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- 1/4 teaspoon dried oregano
- 1/4 teaspoon pepper
- 1 tablespoon vegetable oil
- 1/2 cup diced red onion
- 3 green onions (white and light green parts only), sliced
- 3 cloves garlic minced
- 1 can black beans drained and rinsed
- 3/4 cups frozen corn kernels
- 1 tablespoon lime juice
- 1 avocado pitted, peeled and diced
- 1 plum tomato diced
- 1/4 cup chopped fresh cilantro

Directions:

- In small saucepan, cover rice and 1/4 tsp of the salt with 1-1/2 cups water; bring to boil. Reduce heat, cover and simmer until rice is tender and no liquid remains, about 10 minutes. Turn off heat; let stand on burner for 5 minutes. Fluff with fork.
- Meanwhile, stir together chili powder, cumin, coriander, oregano, pepper and remaining salt; set aside.
- In large skillet, heat oil over medium heat; cook red onion and green onions, stirring occasionally, until slightly softened, about 2 minutes. Stir in chili powder mixture and garlic; cook, stirring, for 1 minute.
- Add black beans, corn and 1 cup water; bring to boil. Reduce heat and simmer until almost no liquid remains and corn is heated through, about 3 minutes. Stir in lime juice.
- Divide rice among bowls; top with bean mixture, avocado, tomato and cilantro.
- Enjoy it.