**Plant-Based Recipes**

**(Beans, Beans, Beans)**

The American Institute for Cancer Research recommends a plant-based diet, incorporating a minimum of 5 servings of fruits/vegetables daily. This can be challenging to accomplish; hopefully, these recipes will help!

Always wash fruits and vegetables thoroughly. Many of these recipes are not cooked; there are good reasons to incorporate into your diet foods that are closer to their natural state, as cooking can decrease the nutritional value.

Some of these recipes call for soaked nuts or seeds. Soaking nuts and seeds increases their nutritional value, as it begins the germination process. You can add 1 T of food-grade hydrogen peroxide to the soak water to make sure they are extra clean. The recipes should be refrigerated and eaten within 3 days.

**Dietary needs vary; always follow the guidance provided by a registered dietician and/or your physician to include recipes that are suited to your particular needs.**

All recipes are used with permission from the authors. They are coded as follows, to help with your meal planning:

**= low glycemic**

**= fairly low glycemic**

**= higher glycemic**

**= high protein/high calorie**

**BEAN RECIPES**

 **Beans and Southern Peas**

Cheryl Beesley, author *Landscaping with Edible Plants in Texas*

1 bag dry beans or southern peas\*

1 large onion

2 T olive oil

1-2 fresh jalapenos cut in quarters (optional)

1 large can diced tomatoes (or substitute 2 cups fresh tomatoes)

1 T stock base (I like to use ‘Better Than Bouillon’ Brand)

1 T pepper

2 t salt

1 T cumin (for beans not peas)

Rinse beans/peas a few times and then add enough water to cover by about an inch or two (more water will make the final product thinner). Let the beans/peas soak for an hour or two, and then bring to a boil. Turn heat down to a simmer and add canned tomatoes, jalapenos, salt and pepper and bouillon. Sauté the onion over medium heat until translucent. Add to the pot. Cover and let simmer for about an hour over low heat. Stir occasionally and make sure the beans/peas do not dry out. Season to taste. Season the peas with hot pepper vinegar\*\* if you like it spicy.

\*Bean varieties for this recipe include pinto, black (turtle) and kidney varieties, southern pea varieties include black-eye and crowder.

\*\* Hot pepper vinegar is made by bringing apple cider vinegar to a low simmer and pouring over hot peppers in mason jars. The more peppers the hotter!

**Lentil Soup**

Cheryl Beesley, author *Landscaping with Edible Plants in Texas*

1 bag dry lentils

1 large onion

1 large can diced tomatoes

1 T stock base (I like to use ‘Better Than Bouillon’ brand)

4 – 5 stalks celery, sliced thinly

3 – 4 carrots, washed and sliced

5 – 7 red potatoes

1 T pepper

2 t salt

1 t salt

Rinse lentils a few times and then add enough water to cover by about an inch or two (more water will make the soup thinner). Let the lentils soak for an hour or two, and then bring to a boil. Turn heat down to a simmer and add canned tomatoes, salt and pepper and bouillon. Sauté the onion and celery over medium heat until the onions are translucent. Add to the soup pot. Add the sliced carrots and chunked potatoes, cut potatoes into smaller pieces if you want to make lentil burgers from leftovers. Cover and let simmer for about an hour over low heat. Stir occasionally and make sure the lentils do not dry out. Season to taste.

**Red Lentil Soup**

Cheryl Beesley, author *Landscaping with Edible Plants in Texas*

1 ½ cups dry red lentils

1 medium onion

1 T stock base (I like to use ‘Better Than Bouillon’ brand)

3 stalks celery, sliced thinly

2 carrots, washed and sliced

3-4 medium-sized red potatoes

½ head small cabbage

2 t pepper

1 t salt

Rinse lentils a few times until water is less milky looking and then add enough water to cover by about an inch or two (more water will make the soup thinner). I like to let my lentils soak for an hour or two, but you don’t have to. They will just take longer to cook and the veggies might be more “mushy” for longer cooking. Bring lentils and soup stock to a boil. Sauté the onion and celery over medium heat until the onions are translucent. Add to the soup pot. Turn heat down to a simmer. Add the sliced carrots and chunked potatoes. Just place finely sliced cabbage over top of soup. Cover and let simmer for about 20-25 minutes over low heat. Stir occasionally and make sure the lentils do not dry out. Season to taste.

**Pinto Bean Mole’ Chili**

Cheryl Beesley, author *Landscaping with Edible Plants in Texas*

6 c cooked pinto beans (or 3 – 15 oz. cans)

2 medium dried ancho chiles, wiped clean

1 dried chipotle chili, wiped clean

1 t cumin seed, roasted and cooled

1 t dried oregano

1/8 t cinnamon

3 T olive oil

1 large onion

4-6 cloves garlic, minced

3 medium zucchini, or yellow squash, cut into ½” pieces

1 t grated orange peel

Juice of ½ an orange

1 oz. unsweetened chocolate finely chopped, or 3 T unsweetened cocoa powder

1 small can diced tomatoes

¾ C. water

Salt to taste

For dried beans, rinse beans in cold water and allow to soak during the day. Cook over medium heat cook beans with 2 t salt until soft, about 2 hours. Do not allow beans to dry out. While beans are cooking, slit the chiles lengthwise and stem and seed. Heat a dry, heavy skillet over medium heat until hot, and then toast the chiles, opened flat, turning and pressing until pliable and slightly changed in color, about 30 seconds. Cut into small pieces and combine with cooled cumin seed into a grinder and grind until finely ground. (This will discolor your grinder and give it a very spicy flavor unless you have a grinder specifically for spices, or one that can be washed.) Transfer to a bowl and stir in the oregano, cinnamon and 1 ½ t salt. Sauté the onions in the olive oil until softened, add the garlic and sauté for 1 minute more, then add the chili mixture and cook for an additional 30 seconds. Stir in the squash and cook uncovered for 5 minutes. Add the orange peel, chocolate, canned tomatoes and water and simmer, covered, stirring occasionally until squash is tender, about 15 minutes. Add the beans and salt to taste. Simmer for 5 minutes.

**Split Pea Soup**

Cheryl Beesley, author *Landscaping with Edible Plants in Texas*

1 16-oz package split peas

6 c water

3 T olive oil

1 large yellow onion

3-4 large carrots, sliced

1 ½ T ‘Better than Bullion’ vegetable bullion

Salt

Pepper

Rinse peas and soak for 1-2 hours (or for the day while you are at work). Sauté onion in olive oil and add to peas and cook over low heat for about 20 minutes. Be careful that the peas do not boil over or dry out. Add carrots and simmer until the carrots are soft, about 20-30 minutes. Salt and pepper to taste.