

## **Veggie Main Dishes and Sides**

### **Stuffed Bell Peppers**

**3 c cooked Brown Rice**

**1 c Salsa**

**2 cups diced Tomatoes**

**1 head Garlic, minced on cone #1**

**1 small Onion, diced (about 1 cup)**

**½ c fresh Parsley, chopped**

**1pkg vegan burger crumbles, optional**

**Salt & Pepper to taste**

**7-8 Bell Peppers, any color**

**¼ c Water**

**Optional: Pour a 28oz jar of Spaghetti Sauce over the peppers before cooking.**

1. Slice tops off bell peppers and remove seeds and webbing from inside. Chop tops (excluding stems) and add to large skillet.
  2. In large skillet, cook bell peppers and garlic on medium heat, covered, for 5 minutes or until tender.
  3. In a large bowl, combine peppers, garlic, brown rice, soy crumbles, parsley, diced tomatoes and salsa
  4. Spoon mixture into peppers, dividing evenly among them and pack the stuffing tight.
  5. Place the peppers upright in an 11" large skillet and add ¼ cup water to the bottom (or add optional spaghetti sauce). Cover and cook over medium-heat until the vapo-valve clicks. Reduce heat to low and cook for 15-20 minutes until desired tenderness.
- Need less? This recipe can be cut in half and will be plenty for 3-4 peppers.
  - Save for later? These cooked bell peppers freeze well when stored individually.

### **Black-eyed Peas with Onions & Tomatoes**

**1 cup dried Black-Eyed Peas**

**1 cup diced Tomatoes**

**½ cup diced Onion, cut con cone #2**

**3 cups Water**

1. Add all ingredients to a 9" Small Skillet or 1 ½ qt Saucepan.
2. Cover and cook over medium-high heat until the vapo-valve clicks strong.
3. Reduce heat to medium-low, where valve is sporatically clicking. Cook for 15-20 minutes until peas are tender.

### **Green Bean Dream Stew**

**1 Onion, sliced in half-moons or cut on cone #3**

**4 cloves Garlic, minced on cone #1**

**4 c of Red Potatoes, diced in ½" cubes**

**1-15oz can Tomato Sauce (or blend fresh tomatoes)**

**1 ½ c Water**

**2 t. Basil, dried**  
**2 t. Oregano, dried**  
**1 t. Rosemary, dried**  
**1 t. Black Pepper**  
**¼ t. Salt**  
**2 c. frozen Green Beans**  
**Optional: 9 oz. Vegan Italian Sausage (3 dogs), sliced diagonally**

1. In a 11" large skillet, cook the onion and garlic on medium heat for about 5 minutes, covered.
2. Add the potatoes, tomato sauce, water, spices, salt and pepper. Stir well, cover and continue cooking over medium heat until the vapo-valve clicks.
3. Reduce heat to low and simmer for about 15 minutes until the potatoes are fork tender. During the last 5 minutes, add the green beans and continue to simmer.
4. If using veggie sausage: In a skillet, cook the sausage over medium heat on each side until brown and crispy. Stir the cooked sausage into the stew.
5. Makes 9 cups of chunky stew!

## **Baked Tofu and Portabellos**

**1 lb block of Firm, water-packed Tofu, sliced ½" thick or more**  
**2 Portobello mushrooms, sliced thick**  
**¼ cup Soy Sauce**  
**2 Tbsp. Balsamic Vinegar**  
**4 cloves Garlic, minced on Cone #1**  
**2 Tbsp. Agave (I typically only use this on the tofu)**  
**Black Pepper to taste**

1. Place sliced tofu (or Portobellos! Or both!) in bottom of cold Electric Skillet.
2. Pour balsamic vinegar, soy sauce and agave on top. Sprinkle fresh garlic and black pepper on each piece. Cover and cook over medium heat (325 degrees) until the vapo-valve sounds.
3. Reduce heat to 190 degrees and continue cooking for 15 minutes.

## **Homestyle Pintos & Squash**

**1 small Onion, cut on cone #3**  
**4 Garlic cloves, minced on cone #1**  
**1 Yellow Squash, cut on cone #5**  
**1 Zucchini, cut on cone #5**  
**1 ½ cups cooked Pinto Beans (or Black-Eyed Peas)**  
**1 can diced Tomatoes**  
**½ cup fresh or frozen Corn kernels**  
**Black Pepper to taste**  
**Optional: 1" piece Jalapeno, minced**

1. In an 11" Large Skillet or 3qt Saucepan, add onion, garlic and jalapeno (if using). Cover and cook over medium heat for about 3 minutes.

2. Add all remaining ingredients and continue cooking until the vapo-valve clicks. Reduce heat to Low and cook for about 5 minutes until squash and zucchini are to your liking.
3. Serve with cooked brown rice or quinoa.

## **Broccoli & Carrots**

**2 -3 cups Broccoli Florets**

**1 – 2 Carrots, sliced on cone #5, elongated**

1. Place broccoli and carrots in a 9” small skillet and add 2 Tbsp water

## **Wild-er Rice**

**2 cups Wild Rice**

**3 cups Vegetable Broth**

**2 cups rough chopped Kale**

**2 Shallots or 4 cloves Garlic, minced on cone #1**

1. Place all ingredients into EOC or MP5 and set probe to RIC1 setting. If cooking on stovetop, bring to boil, cover and reduce heat to low for 20 minutes.

## **Cauliflower Quinoa with Cumin Honey Dressing**

**1 ½ c Water**

**1 cup Quinoa**

**½ head Cauliflower, cut on Cone #3**

**2 Oranges**

**2 tsp Lemon Juice**

**1 Tbsp Olive Oil**

**1 tsp Cumin**

**1 Tbsp Agave Nectar or Honey**

**3 green Onions, thinly sliced**

**½ cup dried Cranberries**

**¼ cup Kalamata Olives**

**½ cup Almonds, cut on cone 2 or 3**

**Fresh Parsley**

**Salt & Pepper to taste**

1. In 1-quart sauce pan cook quinoa and water according to package directions.
2. Rinse cauliflower thoroughly; do not dry. Place in a 1-quart sauce pan over medium heat and cover. When Vapo-Valve™ clicks, turn heat to low and cook until tender-crisp, approximately 7 minutes.
3. Meanwhile, in small bowl, juice half an orange and combine with lemon juice, olive oil, cumin and honey to form a salad dressing.

4. Peel the remainder of the oranges and cut into segments.
5. In a large salad bowl, combine quinoa, orange segments, cauliflower, spring onions, raisins, olives and almonds.
6. Pour salad dressing over mixture and toss to coat. Season to taste with salt and pepper. Scatter parsley over top and serve.

## **Pineapple Upside Down Cake**

**1/2 Box Golden Pineapple Cake or Yellow Cake**

**3 Tbs Vinegar**

**1 Celery Stalk**

**2 Radishes**

**1 Small Carrot**

**1/2 Zucchini or Squash**

**1 Can Pineapple Rings**

**4-5 Maraschino Cherries**

1. Layer pineapple rings with cherries in the middle in bottom on 9" skillet.
2. Mix batter, vinegar and veggies (cut on cone #1) and place on top of pineapple.
3. Cook on medium low for about 15 minutes.