

VEGAN

Lentil and Chickpea Stew with Root Vegetables

A hearty and flavorful vegan main course featuring lentils, chickpeas, and root vegetables in a rich gravy, enhanced with Vanilla Oolong tea for a subtle, aromatic flavor.

PREP TIME: 20 minutes

1 C green or brown lentils, rinsed and drained
1 C chickpeas, cooked and drained
2 T olive oil
1 lg onion, chopped
3 cloves garlic, minced
2 lg carrots, diced
2 lg parsnips, diced
2 lg potatoes, diced
1 lg sweet potato, diced
1 C turnips, diced

COOK TIME: 45 minutes

1/4 C tomato paste
1 t ground cumin
1 t ground coriander
1/2 t smoked paprika
1/4 t ground cinnamon
1/4 t ground nutmeg
1/4 C Vanilla Oolong tea, brewed and cooled
4 C vegetable broth
Salt and pepper to taste
Fresh parsley (for garnish)

IN A LARGE POT, heat the olive oil over medium heat. Add the onion and garlic, and cook until softened.

ADD THE CARROTS, parsnips, potatoes, sweet potato, and turnips. Cook for another 5 minutes.

STIR IN THE TOMATO PASTE, cumin, coriander, smoked paprika, cinnamon, nutmeg, salt, and pepper. Cook for 2 minutes.

ADD THE LENTILS, chickpeas, brewed tea, and vegetable broth. Bring to a boil, then reduce heat and simmer for 30-35 minutes, or until the lentils and vegetables are tender.

ADJUST SEASONING with salt and pepper to taste.

GARNISH WITH FRESH parsley before serving.

Lemon Herb Couscous

A light and flavorful side dish of lemon herb couscous, perfect for pairing with the hearty stew. Enhanced with a touch of Spearmint tea for a refreshing flavor.

PREP TIME: 10 minutes

1 C couscous
1 1/4 C vegetable broth
1 T olive oil
1/4 C Spearmint tea, brewed and cooled
1 T lemon juice

COOK TIME: 10 minutes

1 t lemon zest
1/4 C chopped fresh parsley
1/4 C chopped fresh mint
Salt and pepper to taste

IN A MEDIUM SAUCEPAN, bring the vegetable broth to a boil.

STIR IN THE COUSCOUS, olive oil, and brewed tea. Remove from heat, cover, and let sit for 5 minutes.

FLUFF THE COUSCOUS with a fork and stir in the lemon juice, lemon zest, parsley, mint, salt, and pepper.

Roasted Beet and Arugula Salad

A vibrant and nutritious side dish of roasted beet and arugula salad, perfect for complementing the hearty stew. Enhanced with a touch of Hibiscus tea for a tart and floral flavor.

PREP TIME: 15 minutes

COOK TIME: 40 minutes

4 med beets, peeled and cut into wedges
2 T olive oil
Salt and pepper to taste
4 C arugula
1/4 C chopped walnuts, toasted

1/4 C crumbled vegan feta cheese (optional)
1/4 C Hibiscus tea, brewed and cooled
2 T balsamic vinegar
1 T Dijon mustard
1 T maple syrup

PREHEAT THE OVEN to 400°F.

IN A LARGE BOWL, toss the beet wedges with olive oil, salt, and pepper.

SPREAD THE BEETS on a baking sheet in a single layer.

ROAST FOR 35-40 MINUTES, or until tender and caramelized.

IN A SMALL BOWL, whisk together the brewed tea, balsamic vinegar, Dijon mustard, and maple syrup to make the dressing.

IN A LARGE SALAD BOWL, combine the arugula, roasted beets, toasted walnuts, and vegan feta cheese.

DRIZZLE WITH THE DRESSING and toss to combine.