

# weekly *recipes*

## WHOLE FOODS MARKET



## Mexican-Style Bean and Rice Casserole with No Cheese Sauce

### Sauce Ingredients:

- 1 large yellow onion
- 1 large red bell pepper
- 3 tbsp cashews
- 1 tbsp tahini
- 1 cup nutritional yeast
- sea salt

### Casserole Ingredients:

- 1 large yellow onion
- 1 red bell pepper
- 3 cloves garlic
- 1 tbsp 365 cumin seeds
- 2 tsp ancho chile powder
- 2 medium zucchini
- 2 cups 365 brown rice
- 1 15oz can 365 black beans
- 2 cups 365 canned corn
- 1 batch No-Cheese Sauce
- cilantro

### Directions for Sauce:

1. Combine everything in a blender and puree until smooth and creamy.

### Directions for Casserole:

1. Preheat the oven to 350°F.

2. Place the onion and bell pepper in a large saucepan and sauté over medium heat for 7 to 8 minutes, or until the onion starts to brown. Add water 1 to 2 tablespoons at a time, to keep the vegetables from sticking to the pan.

3. Add the garlic and cook for 4 minutes.

4. Add the cumin and chile powder and cook for another 30 seconds.

5. Remove from the heat. Add the cooked rice, zucchini, black beans, corn, and No-Cheese Sauce, and mix well. Spoon the mixture into an 8 × 8-inch baking dish. Bake for 25 minutes, or until bubbly. Serve garnished with the cilantro.

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## My Favorite Vegan Chili

- 1.5 tablespoons 365 extra virgin olive oil
- 2 heaping cups diced sweet onion
- 2 tablespoons minced garlic (about 4 med/lg cloves)
- 2 jalapeños, seeded (if desired) and diced
- 1 cup diced celery
- 1 lg. red bell pepper, seeded and diced
- 1 (28-oz) can 365 diced tomatoes
- 1 cup 365 vegetable broth
- 6 tablespoons 365 tomato paste
- 1 (15-oz) can 365 kidney beans, drained and rinsed
- 1 (15-oz) can 365 pinto beans, drained and rinsed
- 2 tablespoons 365 chili powder
- 2 teaspoons 365 ground cumin
- 1 teaspoon 365 dried oregano
- 1/2-3/4 teaspoon 365 fine grain sea salt, or to taste
- 1/4 teaspoon 365 ground cayenne pepper
- 1 teaspoon hot sauce

### Toppings:

- Homemade vegan sour cream
- Chopped green onions
- Fresh cilantro

1. In a large pot, saute the onion and the garlic in the oil over medium heat until soft and translucent, about 5 minutes. Season with a pinch of salt and stir.

2. Add the jalapeños, celery, and bell pepper and saute for another 5-7 minutes or so, until softened.

3. Now add the can of diced tomatoes (with the juice), broth, and tomato paste. Stir to combine. Increase heat to medium-high.

4. Add the drained and rinsed beans, along with the chili powder, cumin, oregano, salt, cayenne, and hot sauce. Simmer the mixture until thickened, about 10-15 minutes and adjust seasonings to taste if necessary.

5. Serve with Homemade vegan sour cream, chopped green onion, and cilantro leaves, if desired.

*Note: I've had questions about which BPA-free canned good brands I purchase, so I thought this was a good time to mention my go-to's. For canned beans I buy Eden Organics, for canned diced tomatoes I buy Ontario Natural Food Co-op, and for tomato paste I try to buy it in a glass jar whenever possible (Bioitalia is one brand I use). I buy glass jars for tomato sauces and purees too.*

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## Kale Salad

### Salad Ingredients:

- 1 big bunch of kale (any variety), thinly chopped (about 5 cups)

### Dressing Ingredients:

- 2 tablespoons tahini or coconut butter
- 1 tablespoon lemon juice
- 1/2 teaspoon curry powder
- 1 garlic clove, chopped
- 1 teaspoon peeled and grated ginger
- 3 dates, soaked in hot water for 10 minutes
- 1/8 teaspoon sea salt
- 1/4 cup water
- pinch of 365 cayenne pepper

1. Make the dressing by placing all of the ingredients into a blender and blend until completely smooth, about 1-2 minutes (be sure to take the dates out of the water and take the pit out if they have one before adding them to the blender).

2. Place the chopped kale in a large bowl and pour the dressing over it.

3. Massage with your hands for a minute or so, making sure that the dressing is thoroughly incorporated into the kale.

4. Devour and repeat.