

# Taco Taco Soup

One of the questions our students most frequently ask is "Can I make it in advance?" This soup not only can be made ahead but actually improves in flavor when prepared the day before.

## Ingredients:

1/2 prepared Wellness Forum Taco Taco mix (follow the package directions)  
2 cans, 14.5 oz beans (kidney, pinto, black, etc)  
2 cans, 14.5 oz diced tomatoes with juice  
2 cups frozen corn (thawed)  
3/4 cup salsa

## Directions:

- Place the prepared Taco Taco mix in a large 4- to 5-quart casserole. And add the beans, tomatoes, corn and salsa.
- Mix together and heat over medium heat. When soup starts to simmer, lower the heat and cook stirring occasionally for 10 minutes. Serve immediately.

Note: the other half of the Taco Taco mix can be frozen for later use.

## Quick Meal Ideas:

Baked sweet potatoes and a salad

Veggie burgers on whole grain buns and a salad

Rice, black beans and salsa served over a bed of greens

Take black beans, brown rice and salsa mixture and use as filling for whole grain tortillas - these will keep in the fridge for a few days

# Tunisian Sweet Potato Soup

The bright orange of the sweet potato will produce a dish with a more vibrant color, a slightly sweet taste, and a moister texture.

## Ingredients:

1/3 cup water  
1 onion, chopped  
2 jalapenos, seeded and finely chopped  
2 teaspoons minced fresh ginger  
1 teaspoon minced fresh garlic  
1 1/2 teaspoons ground cumin  
1/4 teaspoon ground cinnamon  
1/8 teaspoon crushed red pepper  
1/8 teaspoon ground coriander  
2-3 sweet potatoes, peeled and chopped  
2 14.5 ounce cans chopped tomatoes  
2 14.5 ounce cans garbanzo beans, drained and rinsed  
1 cup green beans, cut in 1 inch pieces  
1 1/2 cups vegetable broth  
1/4 cup chopped cilantro

## Directions:

- Place the water, onion, jalapenos, ginger and garlic in a large pot. Cook, stirring occasionally for 5 minutes.
- Add cumin, cinnamon, red pepper and coriander. Cook and stir for 1 minute.
- Add sweet potatoes, tomatoes, garbanzo beans, green beans and vegetable broth. Bring to a boil, reduce heat and simmer for 30 minutes, or until potatoes are tender.
- Stir in cilantro and let rest for 2 minutes. Serve over rice or other whole grains.

# Meat-Free Enchiladas

Don't be shocked when your family asks for more. These dairy and meat-free enchiladas are light, healthy and completely satisfying.

## Sauce:

1 cup tomato sauce  
1 cup water  
1 large onion, chopped  
2 garlic cloves, minced  
1 teaspoon chili powder  
1/2 teaspoon ground cumin  
1/2 teaspoon oregano  
2 tablespoons arrowroot dissolved  
in 4 tablespoons water

## Filling:

1 package firm tofu, drained and mashed  
1 small onion, chopped  
1/2 teaspoon chili powder  
1/4 teaspoon cumin  
1/8 teaspoon black pepper  
1 teaspoon fresh garlic, minced  
1 1/3 cups salsa  
3 cups steamed spinach  
12 wheat tortillas

## Tofu Sour Cream

### Ingredients:

1 package silken firm tofu  
1 tablespoon lemon juice  
1 tablespoon apple cider vinegar  
1 1/2 teaspoons sucanat  
1/2 tsp sea salt

Combine ingredients in a food processor and mix thoroughly. Chill and serve.

### Directions:

- Place the tomato sauce, water, onion, cloves, chili powder, cumin, oregano in a small sauce pan and cook over low heat, covered for 20 minutes, stirring occasionally.
- Stir in the arrowroot and cook until sauce thickens.
- While the sauce is cooking, mix the tofu, onion, chili powder, cumin, garlic, pepper and salsa in a medium size bowl.
- Place some of the spinach in the middle of each tortilla, add 3 to 4 heaping teaspoons of the tofu mixture, and roll up the tortilla.
- Place the rolled up tortillas in a baking dish and top with tofu sour cream.
- Cover with tomato sauce and bake covered for 20-25 minutes in a 350 degree oven. Uncover the tortillas the last five minutes of baking.

# Lettuce Wraps

## Ingredients:

4 carrots, peeled and diced small  
4 celery stalks, diced small  
1 onion, diced small  
1 jalapeno pepper, minced  
2 cloves garlic, minced  
1 recipe baked tofu (see below)  
Braggs Amino Acids, to taste  
2 tablespoons Thai red chili paste  
1 cup chopped scallions  
1 bunch fresh cilantro, finely chopped  
Juice and zest of 1 lime  
1/2 cup dry-roasted peanuts, chopped  
1-2 heads Romaine or green leaf lettuce (depending on size), washed and separated into leaves.

## Directions:

- Sauté carrots, celery, onion, jalapeno, and garlic in a large skillet. Let cook for 4-5 minutes.
- Add tofu and season with tamari and Thai chili paste. Stir and cook for another 5 minutes.
- Turn off heat and add the chopped scallions, cilantro, lime juice and zest, and peanuts. Scoop 2-3 tablespoon tofu mixture onto each butter lettuce leaf, wrap, and eat.

# Baked Tofu

1 pound extra firm tofu, drained  
1/2 cup Braggs liquid amino acids  
1/2 cup maple syrup  
1/2 tablespoon powdered ginger  
4 cloves finely minced garlic  
Black pepper to taste

- Preheat the oven to 350 degrees
- Slice the tofu in half and then in half again and then again to create 8 rectangular slices.
- Place in a shallow pan and set aside while you prepare the marinade.
- In a small bowl, combine the Braggs liquid amino acids, maple syrup, ginger, garlic and black pepper.
- Pour over the tofu and bake for 20 minutes, turn and bake 20 minutes more.

## Other Great Fillings for Wraps:

Avocado	Hummus	Black bean hummus (see recipe below)
Roasted red peppers	Caramelized onion	Fresh herbs
Pesto	Cilantro	Basil
Arugula	Cucumbers	Baked tofu
Baked tempeh	Seitan	Olive Tapenade
Portobello Mushrooms	Sprouts	Lettuce
Mixed greens	Spinach	Pickle Relish
Pickles	Sun Dried Tomato	Tapenade

# Black Bean Hummus

## Ingredients:

5 cups cooked black beans  
3 cloves garlic, minced  
4 tablespoons lemon juice  
1 1/2 teaspoons sea salt  
4 teaspoons cumin  
2 teaspoons chili powder  
Whole grain tortillas  
Alfalfa sprouts  
Mixed baby greens

## Directions:

- Combine the black beans, garlic, lemon juice, salt, cumin, chili powder in a food processor and blend until smooth and creamy.
- Arrange the black bean hummus, alfalfa sprouts and mixed baby greens in a row along the center one-third of the tortilla.
- Roll the tortilla up as tightly as possible to enclose the filling without tearing the tortilla. Cut in half crosswise and eat immediately, or wrap both halves in plastic wrap and store in refrigerator for up to one day.

# Romaine Salad with Fresh Strawberries & Strawberry Tarragon Dressing

Make this salad with the freshest strawberries when you can. It makes all the difference in the world! If you'd like, serve the salad with the dressing on the side so each guest can add as much or as little as they would like.

## Dressing:

- 4 cups strawberries, rinsed, hulled and sliced
- 1 medium shallot minced
- 1/2 cup balsamic vinegar
- 1/2 teaspoon freshly ground white pepper
- 1/2 cup Agave nectar or brown rice syrup
- 1 tablespoon dried tarragon
- 1 teaspoon salt

## Dressing Directions:

Place all of the above ingredients in a blender; puree until smooth and creamy, stopping once or twice to scrape down the sides. Makes about 3 cups.

## Salad:

- 1 large head romaine lettuce, washed, dried and cut into 1-inch pieces
- 1 medium red onion, thinly sliced
- 1/2 cup toasted sunflower seeds - optional
- 1 large carrot, peeled and grated
- 1 pint fresh strawberries, washed, trimmed and cut in half

## Salad Directions:

Place all of the salad ingredients in a large bowl and toss well.

# Mixed Green Salad with Mustard Dressing

## Ingredients:

4 cups arugula leaves (about 6 large bunches)  
4 cups mixed greens  
1 medium fennel bulb, tops trimmed, bulb cut into matchstick-size strips  
3 tablespoons chopped fresh chives  
Mustard dressing (recipe follows)

## Directions:

In a salad bowl, toss the greens with the fennel and chives. Drizzle the salad with Mustard Dressing and toss well.

## Sweet Mustard Dressing

## Ingredients:

1 package silken tofu  
1/3 cup prepared mustard  
1/3 cup maple syrup or agave nectar  
1 tablespoon fresh lime juice  
1/2 teaspoon sea salt  
1/4 teaspoon cayenne pepper, optional

## Directions:

Combine all ingredients in a food processor and puree until smooth and creamy.

# Broccoli Rice Casserole

## Ingredients:

1 package Wellness Forum Brown Rice Vegetable Soup Mix prepared with 3 cups water instead of 8 cups of water.

1 package Delightfully Not Cheese Sauce prepared according to package instructions

2 packages frozen broccoli thawed and drained

## Directions:

- Preheat oven to 350 degrees
- In a large mixing bowl, combine all of the above ingredients and mix well.
- Lightly spray a 9x13 - inch baking pan with oil and pour the casserole into the pan.

Spread evenly and bake for 30-35 minutes, until bubbly and starting to brown on top.

## Quick Meal Ideas:

Use the mustard dressing as a condiment in wraps

Make stuffed pita pockets with your favorite vegetables topped in the mustard dressing

Make your own vegetarian pizza - you can purchase a prepared crust, make one from the Wellness Forum's whole wheat bread mix, or use English muffins to make individual pizzas.

# Del's Favorite "Eggless" Tofu Salad

Serve this delicious on a bed of fresh greens or on slices of wheat bread topped with slices tomatoes.

## Ingredients:

1 pound soft tofu  
1/2 cup soy-based mayonnaise  
1 1/2 tablespoons Dijon mustard  
1/2 teaspoon cayenne  
1/4 teaspoon turmeric  
1/4 red onion, finely chopped  
2 stalks celery, chopped in 1/4-inch dice  
1/2 cup diced Kalamata olives  
3 tablespoons capers  
2 teaspoons dill  
Salt and pepper to taste

## Directions:

- At least one hour before serving: crumble the tofu in a medium bowl. Add celery, red onion, vegan mayonnaise, lemon juice, both mustards and turmeric.
- With a fork gently mix all the ingredients until they are well combined. Season to taste with salt and pepper and refrigerate, covered, for at least 1 hour. This salad keeps for up to 3 days in the refrigerator.
- When ready to serve, place lettuce leaves on a plate and mound the salad in the middle. Sprinkle with parsley if desired.

Optional: If you'd like to make sandwiches, spread some vegan mayonnaise (recipe below) on slices of wheat bread. Cover with leaves of lettuce and heap half the "egg less" salad on each slice of bread, top with a thin slice of tomato and another slice of bread. Press slightly on the bread to compact it and serve.

## Vegan Mayo

12 ounces extra firm tofu, drained and patted dry  
1 1/2 teaspoons sea salt  
2 tablespoons fresh lemon juice or red wine vinegar  
Combine the above ingredients in a food processor and puree until smooth and creamy.

# Baked Tofu

Serves four

## Ingredients:

1 pound extra firm tofu, drained  
1/3 cup Braggs liquid amino acids  
1/3 cup maple syrup  
1 teaspoon powdered ginger  
3 cloves finely minced garlic

## Directions:

- Preheat oven to 350 degrees. Slice the tofu in half and then in half again and then again to create 8 rectangular slices. Place in a shallow pan and set aside while you prepare the marinade.
- Combine the Bragg's amino acids, maple syrup, ginger, and garlic. Pour over the tofu mixture.
- Bake for 20 minutes, turn and rotate the pan and bake 20 minutes more.

Note: A slice of this baked tofu would make a yummy addition to the Lettuce Wrap recipe.

# Asparagus Red Pepper Stir Fry

Stir-frying is an Asian technique for cooking meat and vegetables quickly, so that they retain texture and flavor. In this recipe you can be creative and substitute other vegetables like snow peas and fresh, thinly sliced carrots for the asparagus.

Serves 4

## Ingredients:

- 1 pound fresh asparagus, trimmed and cut into 1-inch pieces
- 1 red bell pepper, seeded and cut into 1x 1/4-inch slivers
- 8 ounces crimini mushrooms, thinly sliced
- 3 cloves garlic, minced
- 1 tablespoons Braggs Liquid Amino Acids, more or less to taste

## Directions:

- Heat a large skillet over high heat and add the asparagus, red pepper and mushrooms. Stir fry 4 to 5 minutes, adding water 1-2 tablespoons at a time to keep the vegetables from sticking.
- Add the garlic and cook another minute.
- Add the Braggs and toss well. Serve immediately.

# Southwestern Black Bean Salad

## Ingredients:

- 1-15 ounce can black beans, drained and rinsed
- 1-10 ounce package frozen corn
- 1/2 red onion, diced
- 1/2 bunch cilantro, minced
- 1 small red bell pepper, diced
- 2 tomatoes, chopped
- 1 avocado, diced
- 1 recipe Sweet and Tangy Southwestern Salad Dressing (recipe follows)

## Directions:

Combine all above ingredients in a large bowl and chill at least one hour before serving. Just before serving toss salad with dressing to taste.

## Sweet and Tangy Southwestern Salad Dressing

- 1/4 cup Agave nectar
- 4 tablespoons fresh lime juice
- 3 tablespoons cider vinegar
- 1/2 teaspoon cumin
- 1/4 teaspoon salt

Combine all of the above ingredients in a medium bowl, and whisk well to combine. Can be stored in an airtight container for three days.

# Re-"Fried" Bean Taquitos

## Ingredients:

12 corn tortillas

1 cup Wellness Forum Re-"Fried" Bean Mix

Salsa

Guacamole (recipe below)

Tofu Sour Cream (recipe below)

- Preheat the oven to 350 degrees.
- Prepare Re-"Fried" Bean Mix according to directions on package.
- Heat tortillas in warm skillet, about 30 seconds each.
- Scoop about 1 tablespoon of prepared bean mix in each tortilla, spread evenly and then roll each tortilla up into a thin roll.
- Place taquitos in a large 9x13 inch pan and bake covered in the oven for 20 minutes.
- Remove from oven and let cool slightly and then top with salsa, guacamole and/or sour cream.

## Guacamole Recipe

### Ingredients:

3 ripe avocados, halved, seeded and peeled

2 tablespoons lime juice

1/2 teaspoon sea salt

1/2 teaspoon ground cumin

1/2 teaspoon cayenne

1/2 medium onion, finely chopped

3 tablespoons fresh cilantro

2 Roma tomatoes, chopped

1 clove garlic

### Directions:

Combine ingredients in a food processor and mix thoroughly. Ingredients can also be chopped and mashed by hand for a chunkier variation. Chill and serve.

## Tofu Sour Cream Recipe

### Ingredients:

- 1 package Silken Firm tofu
- 1 tablespoon lemon juice
- 1 tablespoon apple cider vinegar
- 1 1/2 teaspoons sucanat
- 1/2 tsp sea salt

Combine ingredients in a food processor and mix thoroughly. Chill and serve.

# Del's Heavenly "Meatless" Loaf Hash

This delicious recipe can be served over mashed potatoes.

## Ingredients:

- 1 large yellow onion, diced 1/2 inch
- 1 large red bell pepper, diced 1/2 inch
- 3 cups frozen corn
- 1/2 sea salt
- Black pepper to taste
- 4 tablespoons whole wheat pastry flour
- 6 tablespoons nutritional yeast
- 2 cups organic vegetable broth
- 1 recipe Wellness Forum's Millet Loaf, prepared according to package directions

## Directions:

- Heat a large skillet over medium high heat. Add the onions and bell peppers and sauté 4-5 minutes.
- Add the frozen corn, season with salt and pepper and cook 8-10 minutes.
- Add the flour and nutritional yeast and cook 2 minutes.
- Add the vegetable broth and cook until thickened.
- While the corn mixture cooks, divide the millet loaf in half. Set one half aside for other uses. Take the second half and chop coarsely.
- Stir the millet loaf gently into the corn mixture and let cook 5 minutes more.

Note: The left over millet loaf would make delicious "meatloaf" sandwich topped with Sweet Mustard Dressing.

# Quinoa Pine Nut Pilaf

A few minutes spent toasting pine nuts reap great rewards! Baking them until they are golden or lightly browned brings out a wonderful flavor well worth the effort.

## Ingredients:

3 tablespoons pine nuts  
2 large onions, chopped  
6 cloves garlic, minced  
1 red or green pepper  
4 teaspoons ground cumin  
4 teaspoons ground coriander  
1 teaspoon thyme  
1 can Navy beans, drained and rinsed  
1/2 teaspoon sea salt  
3 1/2 cups water  
2 cups quinoa, rinsed  
1 medium zucchini, diced  
Sea salt and freshly ground black pepper to taste

## Directions:

- Heat oven to 350 degrees.
- Spread pine nuts in a single layer on a rimmed baking sheet and bake 5 to 7 minutes or until slightly deepened in color. Watch carefully and stir once or twice. Remove from the oven and transfer the nuts to a work surface to cool.
- In a heavy saucepan, sauté the onions and garlic for 5 minutes, or until softened adding water one tablespoon at a time to keep from sticking.
- Add bell pepper, cumin, coriander, thyme, navy beans, sea salt and continue to sauté for another 5 minutes, stirring occasionally. Set aside while you cook the quinoa.
- Bring the 3 1/2 cups water to a boil. Add the rinsed quinoa with vegetable mixture and bring back to a boil over high heat. Reduce to medium, cover and simmer gently for 15 minutes.
- Stir in zucchini and cook 5-10 minutes longer or until quinoa is tender.
- Stir to fluff it, add salt and freshly ground pepper to taste and top with toasted pine nuts.

# Bow Tie Pasta with Fresh Asparagus and Snow Peas

## Ingredients:

1/2 pound bow-tie pasta or penne pasta  
1 lb asparagus, trimmed, cut into 1-inch pieces  
1/2 pound sugar snap peas or snow peas, trimmed  
1/2 cup Kalamata olives  
1/2 cup thinly sliced fresh basil  
4 tablespoons pine nuts  
Bow tie dressing (recipe below)

## Directions:

- Bring 4 quarts of water to a boil in a large heavy pot over high heat. Add pasta to the water and stir lightly with a long-handled spoon. Cook until the pasta is al dente, which means tender but still firm to the bite. Drain the pasta well in a strainer or colander, and then place it in a large bowl. Set aside to cool.
- Cook asparagus in large pot of boiling salted water until just tender, 2 to 4 minutes, depending on thickness of asparagus. Using skimmer or slotted spoon, transfer to large bowl of ice water.
- Return water to boil. Add peas and cook until just tender, about 2 minutes. Using skimmer, transfer to bowl with asparagus. Drain vegetables.
- Add asparagus and peas to the cooled pasta and then add the olives, basil and pine nuts. Thoroughly combine.
- Mix pasta salad with Bow Tie dressing and serve.

## Bow Tie Dressing

### Ingredients:

6 tablespoons balsamic vinegar  
4 tablespoons Dijon mustard  
2 tablespoon Agave nectar

### Directions:

Combine all of the above ingredients in a small bowl and whisk until smooth and blended.

# Raspberry Pear Crisp

Cinnamon-spiced pears and fresh raspberries baked under a crunchy oat topping will make this healthy dessert a classic in your kitchen

## Filling Ingredients

7 fresh pears cut into 1/2-inch dice

1/2 cup maple syrup

3/4 teaspoon stevia (a healthy all natural alternative to sugar)

1/4 teaspoon sea salt - optional

1 teaspoon cinnamon

Pinch of nutmeg

## Directions:

- Preheat the oven to 375 degrees.
- Combine the pears and maple syrup in a large sauce pan. Cook over medium heat, covered, stirring occasionally until the pears are tender, about 10-12 minutes.
- Remove the pears from the heat and add the remaining filling ingredients. Place the filling in a 9x13 inch baking pan.

## Topping

### Topping Ingredients

1 1/2 cups rolled oats

1/2 cup maple syrup

1/2 cup apple juice

1/2 teaspoon cinnamon

Pinch sea salt - optional

1 pint fresh raspberries

- Combine the rolled oats, syrup, apple juice and cinnamon and spread over the filling.
- Sprinkle the raspberries over the top and gently pat into the topping.
- Place in the oven and bake 25-30 minutes.