

# Cook Lookbook

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**SOLIDARITY  
ECONOMY**

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# Chickpea Tomato Curry

Prep and Cook time 10 to 30 minutes.

## INGREDIENTS

2 to 4 tomatoes

1 onion

1 to 2 cans of chickpeas

Your desired amount of spinach  
(optional)

Curry Powder or Paste (to taste)

Garlic (optional)

Vegetable broth (optional)

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## SLOW COOKER VERSION (SOUP)

Roughly chop tomatoes, onions and garlic and place into slow cooker. Place all remaining ingredients into slow cooker on the low setting. Cover ingredients with water or vegetable broth. Salt to taste.

## INSTRUCTIONS

Pour  $\frac{1}{2}$  cup of water into large skillet over low heat. Dice tomatoes, onions and garlic then add to skillet. Place lid on skillet and stir every few minutes until onions turn soft and tomatoes release juices. Drain chickpeas and add to skillet along with the curry powder or paste and spinach. Stir together and let cook for 5 to 10 minutes. Depending on preferred texture, add more water or broth if needed. Salt to taste and then serve over rice. (For a creamier texture and taste add a can of coconut milk).





# Avocado Toast

## INGREDIENTS

1 avocado

salt & pepper

toast of choice

hard-boiled or pan-fried egg (optional)

bell pepper (optional)

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## INSTRUCTIONS

Slice bread and toast in oven for 3 to 5 minutes, slice open avocado, remove pit, use spoon to smash avocado and spread over toast, salt and pepper to taste. Add boiled or pan fried egg for some extra protein, or add some slices of bell pepper.

# Vegan White Bean + Mushroom 'Meatball' Subs

makes about 20 'meatballs'  
serves 4 + leftovers

## INGREDIENTS

### FOR MEATBALLS:

1 tbs olive oil  
1 small yellow onion, diced  
2 cloves of garlic, diced  
8 oz button mushrooms, cleaned with dry towel and chopped  
1 tsp salt  
1 tsp oregano  
1/2 tsp black pepper  
1/2 tsp chili flake  
1 15 oz can of white beans, drained and rinsed  
juice of 1 lemon  
2 tbs fresh parsley, chopped  
1 1/4 cups bread crumbs, split into 1 cup and 1/4 cup

### FOR CHARD:

5 stalks chard, removed from ribs and chopped  
1 clove garlic, diced  
1/2 tsp salt

### FOR SUBS:

1 25 oz jar of your favorite marinara sauce  
sub rolls  
parsley and chili flake for sprinkling



## INSTRUCTIONS

Preheat oven to 375 and line a baking sheet with parchment paper. Heat a large skillet or cast iron pot over medium heat. Once hot, add olive oil and onion and cook for five minutes. Next add garlic and mushrooms and cook for another two minutes. Stir in oregano, salt, pepper, and chili flake. Add white beans and lemon juice and stir, let the mixture cook for 1 more minute.

Add the white bean mushroom mixture to the food processor and pulse a few times until the mixture comes together. Pour in the parsley and 1 cup of bread crumbs and pulse a few more times until the mixture is well combined. Let the mixture sit for five minutes so the bread crumbs absorb some of the white bean mushroom mixture.

Meanwhile add remaining 1/4 cup bread crumbs, 1/2 tsp salt, and a pinch of pepper, chili flakes, and parsley to a bowl. Take a 1 tbs scoops of the 'meatball' mixture and roll it into a ball in your hands. Roll it around in the bowl of seasoned bread crumbs and place it on the prepared baking sheet. Repeat until there is no 'meatball' mixture remaining.

Bake the 'meatballs' for 30 minutes. After 30 minutes flip them for even browning and continue to bake for another 20 minutes.

While the 'meatballs' are baking, prepare the chard. Heat a few tsp of olive oil over medium heat in the same pot or skillet you cooked the 'meatball' mixture. Add garlic and salt and cook for 1 minute. Pour the garlic oil over the chopped chard and massage. Set aside.

Add a jar of marinara sauce to the same pot you cooked the garlic in and heat over low heat. When the 'meatballs' are cooked, place them in the warm marinara sauce.

Place chard in toasted buns and top with meatballs, parsley, and chili flake. Enjoy!

# Chickpea Salad Sandwich



## INGREDIENTS

1 (19 ounce) can garbanzo beans, drained and rinsed  
1 stalk celery, chopped  
Celery Organic Bunch  
1/2 onion, chopped  
1 tablespoon mayonnaise  
1 tablespoon lemon juice  
1 teaspoon dried dill weed  
salt and pepper to taste

## INSTRUCTIONS

Drain and rinse chickpeas. Pour chickpeas into a medium size mixing bowl and mash with a fork. Mix in celery, onion, mayonnaise (to taste), lemon juice, dill, salt and pepper to taste.

# Portabello & Kale Salad

## INGREDIENTS

4 medium portobello mushroom caps  
1/4 c. lemon juice  
3 tbsp. olive oil  
1 small shallot, finely chopped  
5 oz. baby kale  
8 oz. precooked beets, chopped  
2 ripe avocados, thinly sliced  
2 sheets matzo, crushed into small pieces



## INSTRUCTIONS

On large rimmed baking sheet, spray portobello mushroom caps with nonstick cooking spray and sprinkle with 1/2 teaspoon salt; roast at 450°F 20 minutes or until tender.  
Whisk lemon juice, olive oil, shallot and 1/4 teaspoon each salt and pepper; toss half with baby kale and beets. Divide among serving plates. Top with avocados, matzo, and portobellos, thinly sliced. Serve with remaining dressing on the side.

# Creamy Mushroom Linguine

## INGREDIENTS

1 lb. linguine or fettuccine  
6 tbsp. olive oil  
12 oz. mixed mushrooms, thinly sliced  
3 cloves garlic, finely chopped  
1/4 c. nutritional yeast  
2 green onions, thinly sliced on an angle

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## INSTRUCTIONS

Cook linguine as label directs, reserving 3/4 cups pasta cooking water before draining. Return drained linguine to pot.

Meanwhile, in 12" skillet, heat oil on medium-high. Add mushrooms and garlic; cook 5 minutes or until mushrooms are browned and tender, stirring. Transfer to pot with cooked, drained linguine along with nutritional yeast, reserved cooking water, 1/2 teaspoon salt and 3/4 teaspoon coarsely ground pepper. Toss until well combined. Garnish with green onions.



# Brown Mushroom Gravy

## INSTRUCTIONS

Traditionally, gravy is made with butter, flour and milk. It is easy to make a cruelty-free and healthier version that is every bit as delicious. Growing up, I only ate brown gravy but I have come to appreciate white gravy as well. To make my Mushroom Gravy, melt 2 tablespoons of vegan butter in a saucepan (you can also use oil) over medium heat. Add 8 oz. of chopped white or cremini mushrooms and cook until browned, about 8 minutes. Season the mushrooms with thyme and garlic powder. Add 2 tablespoons

of chickpea flour (or whatever flour you choose) and whisk until it is dissolved into the mushrooms and butter. Let the flour cook out for a minute and then add 3 cups of vegetable broth. Whisk until the gravy is smooth. Mix in 2 teaspoons of vegan Worcestershire sauce. Let the gravy come to a boil and then reduce the heat and let it simmer until the gravy thickens. Season the gravy with salt and pepper, to taste.



# Vegan Queso (Cheese Sauce)

from [www.onegreenplanet.org](http://www.onegreenplanet.org)

## INSTRUCTIONS

In a food processor or blender, add 1 cup of raw cashews that have been soaked for at least 2 hours. Pulse them a few times to break them up. Add in 2 tablespoons apple cider vinegar, 2 tablespoons extra-virgin olive oil, ¼ cup nutritional yeast, 2 cloves of garlic, ½ teaspoon each of turmeric, paprika and mustard powder and 1 cup of water. Process until you have a smooth sauce. Next we need to make a roux. In a small saucepan, heat 1 tablespoon of vegan butter or oil over medium-high heat. Add 1 tablespoon of chickpea flour (or flour of your choice) and whisk it into the butter or oil. Let it cook for



a minute so there is no raw flour taste. While whisking, add 1 cup of room-temperature almond milk and continue whisking until the flour is completely incorporated and smooth. Stir in the cashew mixture, 2 cups of diced tomatoes and 4 oz. of green chiles. Season with salt and pepper.

If you want it extra spicy, add a few dashes of hot sauce.

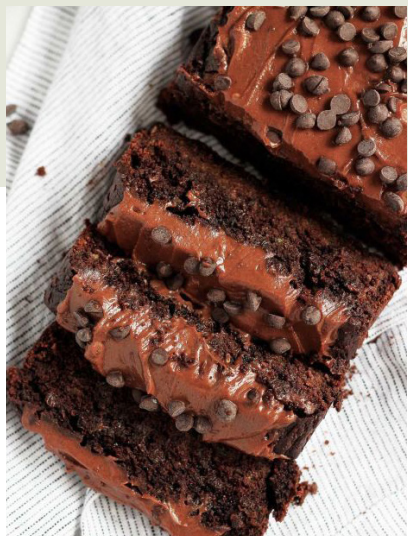


# Double Chocolate Zucchini Bread

gluten free, vegan and nut free! So moist and full of chocolate flavor that you'll have everyone thinking it's cake.

## INGREDIENTS

1 flax egg\* (1 tablespoon flaxseed meal + 3 tablespoons water)  
1 cup shredded zucchini (from about 1 medium zucchini)  
1/2 cup sunflower butter\*  
1/2 cup pure maple syrup (or coconut palm syrup)  
1 teaspoon vanilla extract  
1 teaspoon apple cider vinegar  
1/2 cup dairy & nut free milk alternative such as flax, oat, or hemp milk  
1 cup gluten free oat flour\*  
1/2 cup unsweetened cocoa powder  
1 teaspoon baking soda  
1/4 teaspoon salt  
1/3 cup allergy friendly chocolate chips, plus extra for sprinkling on top



## INSTRUCTIONS

Preheat oven to 350 degrees F. Line a 8x4 inch baking pan with parchment paper and/or spray with nonstick cooking spray.

Make the flax egg by mixing 1 tablespoon of flaxseed meal + 3 tablespoons of water in a small glass or bowl. Place in the fridge for 5 minutes so that it thickens up.

Next squeeze your shredded zucchini of excess moisture with a paper towel or cheesecloth then place shredded zucchini in a large bowl. Mix in the flax egg, sunflower butter, maple syrup, vanilla extract, apple cider vinegar and milk until well combined.

Next add in the oat flour, cocoa powder, baking soda and salt; mix until well combined. Fold in chocolate chips. Pour batter into prepared loaf pan and smooth top. Bake for 50-60 minutes or until a toothpick inserted into the middle comes out clean or with just a few crumbs attached. Cool pan on a wire rack for 10-15 minutes, then remove bread from pan, place on wire rack and allow it cool completely.

Once bread has cooled, you can make the frosting by beating together the cream cheese, cocoa powder, powdered sugar and vanilla extract until smooth and creamy. Spread over the top of the bread. Top with a tablespoon of extra chocolate chips and cut into 12 slices. Bread should be kept in the fridge once frosted. Enjoy!

Want to make cupcakes? Feel free to! Simply adjust the baking time to 20-25 minutes.

\*You can make your own gluten free oat flour by blending 1 1/2 heaping cups of gluten free rolled oats until they reach a fine flour-like consistency. Then measure as directed.