



Arroz Rojo (Red Rice)

From: iSalud! Vegan Mexican Cookbook, author: Eddie Gara

Ingredients

2 tablespoons vegetable oil
2 cups rice (I use brown rice)
½ cup diced small yellow/white onion
2 garlic cloves
½ teaspoon ground cumin
½ cup diced canned tomato
4 cups vegetable stock
1 teaspoon fresh lime juice
Salt
¼ cup cilantro

1. In a large skillet, heat oil on medium heat, then sauté the rice until slightly browned, about 5 minutes, stirring constantly to brown evenly. Add onion, garlic, and cumin and sauté for another 1 to 2 minutes, stirring constantly.
2. Add tomatoes, vegetable stock, lime juice, and season with salt. Bring to a boil, then simmer on medium-low heat, covered for about 15-20 minutes, or until all liquid has been absorbed by the rice. Remove from heat.
3. Top the rice with cilantro and use a fork to fluff the rice and combine the cilantro.



Roasted Tomatillo Salsa

Instructions

1. Preheat oven to 425° F
2. Place tomatillos, onion, garlic, and serrano chile in a roasting pan and toss with the oil to coat evenly. Roast for 40-45 minutes, or until the onion is nicely toasted but not burned.
3. Transfer the roasted tomatillos and veggies, water, lime juice, cilantro, salt and pepper to a blender. Blend until there are no large chunks.
Serve warm or cold

Ingredients

5-6 tomatillo, cut into wedges (about 3 cups)
½ cup white/yellow onion
3 garlic cloves
1 large serrano chile, seeded
1 tablespoon vegetable oil
1 cup water
2 tablespoons lime juice
2 tablespoons chopped cilantro
1 teaspoon salt
½ teaspoon ground pepper



Spinach and Mushroom Enchiladas Verdes

Ingredients

For the enchiladas:

- 1 tablespoon vegetable oil
- 8 corn tortillas
- 3 cups roasted tomatillo salsa
- ¼ cup cashew crema
- ½ cup diced onion
- ½ cup chopped cilantro

For the filling:

- 1 tablespoon vegetable oil
- ½ cup dice white/yellow onion
- 1 large garlic clove, minced
- ½ teaspoon ground cumin
- 1 cup white button mushrooms, sliced
- 3 cups spinach, stemmed and chopped
- ½ teaspoon salt
- ¼ teaspoon ground pepper

Spinach and Mushroom Enchiladas Verdes Instructions

To make the filling:

1. In a large skillet, heat the oil on medium-high heat. Add the onion, garlic, and cumin, and sauté until the onions are translucent.
2. Add the mushrooms and sauté, stirring occasionally, until they are lightly browned.

To make the enchiladas (pre-heat the oven to 350°F)

1. In a skillet, heat the oil and lightly pan-fry the tortillas until tender and pliable. Drain on a paper towel-lined plate. Repeat until all the tortillas have been pan-fried.
2. Spread ½ cup of roasted tomatillo salsa in the bottom of a 9 by 13-inch baking dish and dip each tortilla in the sauce. Place the sauced tortillas on a plate and spoon about 1½ to 2 tablespoons of spinach and mushroom filling down the center of each tortilla. Roll up each tortilla and place seam-side down in the baking dish. Repeat until all the tortillas are filled. Pour the remaining roasted tomatillo salsa over the filled tortillas.
3. Bake the enchiladas for 15 minutes
4. Top with cashew crema Mexicana, diced onion, and cilantro, and serve hot.



Recipe

Cashew Crema Mexicana

Instructions

1. Place cashews in a microwave-safe bowl and add enough water to cover. Microwave on high for 6-8 minutes, then let soak for an additional 10 minutes.
2. Alternatively, soak cashews for 12-24 hours in the refrigerator.
3. Drain and rinse the cashews with cold water.
4. Place in a blender with at least 1 cup of water and blend on high until very smooth, adding a little bit of water at a time to adjust consistency.
5. Add lime juice, salt, and vinegar. Blend for 1 more minute. Adjust seasonings to taste.

Ingredients

- 2 cups raw cashew pieces
- 1 cup water
- Juice of 2 limes
- 1 teaspoon salt
- 1 teaspoon apple cider vinegar



Recipe

Palm Hearts and Cauliflower

Ingredients

- 2 large Roma tomatoes, diced
- 1 cup chopped red onion
- 1 cup chopped cilantro
- 2 jalapeño chiles, seeded, chopped (optional)
- 1 cucumber, diced
- 1 cup finely chopped cauliflower
- 1 (14-oz) can hearts of palm, drained, sliced
- 1 tablespoon olive oil
- Juice of 2 lemons
- 1 avocado, diced
- Fresh ground pepper

Instructions

1. In a large bowl, combine the tomatoes, onion, cilantro, jalapeños, cucumber, and cauliflower. Mix well.
2. Add hearts of palm, olive oil, and lemon juice. Mix.
3. Add avocado, season with salt and pepper. Toss gently.
4. Chill for at least 1 hour before serving.



Best Vegan Cornbread (from NoraCooks.com)

Ingredients

1¼ cups all purpose flour
1 cup cornmeal
2/3 cups sugar (I use less – ½ cup)
1 teaspoon salt
1 tablespoon baking powder
1¼ cups unsweetened almond milk (soy or oat)
1/3 cup canola oil

Instructions

1. Preheat oven to 400-F, lightly grease an 8x8 pan or 9-inch round pan
2. In a large bowl, combine all dry ingredients and stir until combined.
3. Stir in almond milk and canola oil
4. Pour into pan and bake for 20-25 minutes



Black Bean Mango Salsa (www.delishknowledge.com/black-bean-and-mango-salsa/#tasty-recipes-23480-jump-target)

Ingredients

1 can (1 ½ cup) black beans
3 ripe mango, cut into chunks (frozen works well)
1 medium red bell pepper, diced
1 red onion, diced
¼ cup cilantro chopped
1 jalapeño, chopped (optional)
¼ cup fresh lime juice
2 tablespoons olive oil
½ teaspoon cumin
Salt to taste

Instructions

Combine everything in one bowl

Salt to taste