

---

# My favourite vegetarian recipes



December 2016

[www.coraloomis.com](http://www.coraloomis.com)

819 588-1546

[coraloomis@yahoo.ca](mailto:coraloomis@yahoo.ca)



# VEGETARIAN CHILI

---

## Time & yield

Prep 20-30 minutes, cook time 25 minutes

Yield = 6 portions

## Ingredients

1 onion, finely chopped

2 cloves garlic, minced

½ tsp chili flakes

1 stalk celery, finely diced

1 pepper (red, yellow or orange), finely diced

3 tbsp canola oil

1 tsp ground cumin

1 block (454g) firm, regular tofu, finely diced

1 (15 ounce) can of red beans, drained and rinsed \* *I usually put any beans I have available*

1 (14.5 ounce) can diced tomatoes

½ cup water

salt & pepper to taste

2 tbsp fresh cilantro, chopped (optional)

## Method

1. Prepare the vegetables. Dice the tofu. Drain and rinse the beans.
2. In a pan over medium heat, heat the oil and sauté the onion and garlic for about 2 minutes. Add the carrots, celery and peppers and cook for 5 more minutes. Add the chili flakes and cumin and cook for 1 min.
3. Add the tofu and cook until golden-brown (about 10 minutes).
4. Add the beans, the diced tomatoes and the water. Cover and cook over low heat for 10 minutes, or until the carrots are tender.
5. Add salt and pepper to taste. Sprinkle cilantro leaves before serving.

Adapted from original: <http://www.soscuisine.com/recipe/vegetarian-chili-tofu>

# SPICY POTATO & CHICKPEA CURRY

---

## Time & yield

Prep 20-30 minutes, cook time 30 minutes.

Yield = 6-8 servings

## Ingredients

4 potatoes, peeled and cubed

2 tbsp vegetable oil

1 onion, diced

3 cloves garlic, minced

2 tsp ground cumin

½ -1 tsp cayenne pepper (1 tsp if you like it spicy!)

4 tsp curry powder

4 tsp garam masala

1 (1 inch) piece fresh ginger root, minced

1 tsp salt

1 (14.5 ounce) can diced tomatoes

1 (15 ounce) can chickpeas, rinsed and drained *\*you can add a 2<sup>nd</sup> can if you like!*

2 cups frozen peas

1 (14 ounce) can coconut milk

## Method

1. Place potatoes in a large pot and cover with salted water. Bring to a boil over high heat, then reduce to medium-low and let simmer for 15 minutes, or until just tender. Drain and allow to steam dry.
2. Meanwhile, heat the vegetable oil in a large pot and sauté the onion (approx. 5 minutes). Season with cumin, cayenne pepper, curry powder, garam masala, ginger and salt. Cook for 2 more minutes.
3. Add the tomatoes, chickpeas, green peas, potatoes and coconut milk. Bring to a simmer and let cook 5 to 10 minutes before serving.

Adapted from original recipe: <http://allrecipes.com/recipe/165190/spicy-vegan-potato-curry/>

# TURMERIC QUINOA POWER BOWL

---

## Time & yield

Prep 30 minutes, cook time 30 minutes

Yield = 4 portions

## Ingredients

7 small yellow potatoes

1 (15 ounce) can chickpeas, drained and rinsed

2 tsp turmeric

1 tsp paprika

1 tbsp vegetable oil (canola)

¼ cup quinoa, uncooked

salt/pepper

2 kales leaves

½ tbsp. olive oil

1 avocado

## Method

1. Preheat oven to 350 degrees.
2. Slice the potatoes into stirps and lay flat on ½ of a baking sheet. Drizzle with oil and sprinkle 1 tsp of turmeric over them. Add salt/pepper to taste. Roast for 5 minutes.
3. Meanwhile, place the chickpeas in a mixing bowl and add 1 tsp of paprika, coating them evenly. Lay the chickpeas on the other ½ of the baking sheet and roast both the potaotes and the chickpeas for an additional 25 minutes.
4. Cook the quinoa with ½ cup of water. Once cooked, add 1 tsp of turmeric (as well as salt/pepper to taste), mix together, and let cool.
5. Wash the kale and massage the olive oil over the leaves. Separate the kale into the 4 bowls.
6. Slice the avocado and split into the 4 bowls. Add the quinoa and roasted chickpeas and potatoes to each bowl and serve.

Source: <http://www.jaroflemons.com/vegan-turmeric-quinoa-power-bowls/>