



## Featured Recipes

### **BBK Soup**

This hearty, nourishing soup is filled with barley, beans and kale. Serve with a loaf of fresh bread and some extra hot sauce, if desired.

Preparation Time: 10 minutes

Cooking Time: 1 ½ hours

Servings: 4

- 1 onion, chopped
- 2 cloves garlic, minced
- 2 cups vegetable broth
- 4 cups water
- ½ cup pearled barley
- ½ teaspoon crushed red pepper
- 1 15 ounce can cannellini beans
- 1 teaspoon miso
- 4 cups chopped dinosaur kale
- 1 teaspoon lemon juice
- ½ to 1 teaspoon hot sauce (optional)
- Freshly ground black pepper to taste

Place the onion and garlic in a large pot with about ¼ cup of the vegetable broth. Cook, stirring frequently, until onion softens slightly, about 3-4 minutes. Add remaining broth, water, barley and crushed pepper. Bring to a boil, reduce heat and simmer for 45 minutes. Add the beans and their liquid and the miso. Continue to simmer for another 30 minutes. Add the kale and cook until tender, about 10 minutes longer. Stir in the lemon juice, hot sauce and pepper to taste.

### **Spicy Sweet Squash Stew**

This unique stew is fast to put together and fast cooking too, since it uses frozen diced butternut squash as its base. Serve this with a loaf of fresh bread or ladle over whole grains, such as brown rice or quinoa.

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Servings: 4

- 1 ¼ cups vegetable broth
- 1 onion, chopped
- 1 red or green bell pepper, chopped
- 2 cloves garlic, pressed
- 1 teaspoon grated fresh ginger
- 1 ½ teaspoons red chili paste
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground cumin
- ¼ teaspoon ground allspice
- 1/8 teaspoon ground cloves
- 1 14.5 ounce can diced tomatoes
- 1 10 ounce package frozen diced butternut squash
- 1 15 ounce can kidney beans, drained and rinsed
- 1 tablespoon tamari soy sauce
- 1 cup slivered fresh spinach

Place ¼ cup of the vegetable broth in a large soup pot. Add the onion, bell pepper and garlic. Cook, stirring occasionally, until softened slightly, about 3 minutes. Stir in the ginger, chili paste, cinnamon, cumin, allspice and cloves. Mix well. Add the rest of the vegetable broth, the tomatoes, squash, beans and soy sauce. Bring to a boil, reduce heat, cover and simmer until squash is soft, about 15 minutes. Add the spinach and cook another 5 minutes.

### **Recipes by Jesse Miner - Vegan Personal Chef**

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### **McDougall Advanced Study Weekend – Saturday, February 20<sup>th</sup>, 2010**

Vegan for over 15 years and a lover of delicious food all of his life, Jesse became a Personal Chef to share his passion for tantalizing and nourishing vegan dishes. Certification as a Natural Chef from Bauman College in Berkeley, and interning and assisting cooking classes at Millennium Restaurant have prepared Jesse to bring his favorite food to tables all over San Francisco. All meals are created with the finest organic, seasonal and local ingredients. Jesse is also a columnist for VegNews Magazine and received the SF Bay Guardian's 2008 Best Of The Bay award for "Best Vegan Magician".

Jesse demonstrated the following three recipes during the McDougall Advanced Study weekend held at the Flamingo Resort Hotel in Santa Rosa, CA and received rave reviews on his food and easy-to-use techniques. These recipes are definitely worth trying at home.

### **Red Posole**

*Comforting Mexican stew featuring hominy, beans and vegetables subtly spiced with New Mexican chile powder. Serves 8.*

1/4 cup vegetable broth, or water  
1 yellow onion, peeled and diced  
1 bell pepper, diced  
1 stalk celery, diced  
1 carrot, peeled and diced  
2 cloves garlic, minced  
5 sage leaves, minced  
1 tablespoon New Mexican red chile powder  
2 teaspoons ground cumin  
2 teaspoons ground coriander  
1/2 teaspoon salt  
28 ounces hominy, drained and rinsed  
30 ounces pinto beans, drained and rinsed  
15 ounces diced tomatoes, with juices  
3 cups vegetable broth, or water

Heat 1/4 cup of vegetable broth in large pot over medium heat. Add onion, bell pepper, celery, carrot and garlic and sauté until onions are translucent, about 5 minutes.

Add sage, chile powder, cumin, coriander, and salt and stir to combine.

Add hominy, pinto beans, diced tomatoes and 3 cups of vegetable broth. Turn up heat and bring to a boil. Reduce heat to a rapid simmer and cook for 20-30 minutes, until stew has reduced to desired thick consistency.

*Note: If using dried hominy and pinto beans, cook 1/2 pound of each, and then add cooked hominy and pinto as directed above. Great online resource for dried hominy, beans and spices: Rancho Gordo New World Specialty Food - [www.ranchoqordo.com](http://www.ranchoqordo.com)*

## **Mexican Green Quinoa**

*Fresh herbs, onions and garlic boost the flavor of this quick-cooking complete protein. Serves 8.*

1 medium white onion, peeled and chopped  
1/2 cup cilantro leaves, rinsed and chopped  
1/2 cup parsley leaves, rinsed and chopped  
4 cloves garlic  
1 teaspoon salt  
1/4 teaspoon black pepper  
3 cups water  
2 cups quinoa, rinsed  
Puree onion, cilantro, parsley, garlic, salt, pepper and water.

Pour into medium saucepan and bring to boil over high heat. Add quinoa, stir to combine and reduce to heat to low simmer. Cover saucepan and cook for 20 minutes. Check with fork to make sure quinoa is done.

Remove from heat and let sit covered for 10 minutes. Remove cover and fluff quinoa with fork before serving.

*Notes: You can substitute long grain brown rice for quinoa. Adjust cooking time to 45-50 minutes.*

## **Tangy Lime Cole Slaw**

*Crunchy and colorful cabbage slaw combined with a tangy lime dressing provides a fresh and bright accompaniment to a winter meal. Serves 8.*

1/2 green cabbage, cored and finely shredded  
1/4 red cabbage, cored and finely shredded  
2 carrots, peeled and finely shredded  
12 ounces silken tofu  
1 1/2 teaspoons salt  
3 limes, zested and juiced  
1 tablespoon dijon mustard  
1 tablespoon agave nectar  
3 cloves garlic  
water, as needed

Toss the cabbage and carrots in a large bowl.

Combine remaining in a blender and process until smooth. Add a few tablespoons of water to thin to desired consistency.

Pour dressing over the vegetables and toss well.

*Notes: You can use a mandolin or food processor shredding attachment to quickly shred the cabbage and carrots.*