







## Vegan Peanut Ramen Soup

3 servings

25 minutes

### Ingredients

- 1 tsp Avocado Oil
- 1 tsp Ginger (minced)
- 1 Garlic (clove, minced)
- 1 tbsp Thai Red Curry Paste
- 4 cups Organic Vegetable Broth (low sodium)
- 3/4 cup Lite Coconut Milk (from the can)
- 1/2 cup All Natural Peanut Butter
- 1 tbsp Tamari
- 1 tbsp Coconut Sugar
- 1 Lime (juiced)
- 3 cups Mushrooms (sliced)
- 10 ozs Gluten-Free Ramen Noodles (dry)
- 2 cups Baby Spinach

### Directions

- 1 Add the avocado oil, ginger and garlic to a pot over medium-low heat. Saute for 1 to 2 minutes. Add the curry paste and stir to combine.
- 2 Add the vegetable broth, coconut milk, peanut butter, tamari, coconut sugar, and lime juice to the pot. Whisk to combine. Add the sliced mushrooms and simmer for 5 to 10 minutes.
- 3 While the soup simmers, cook the noodles according to the directions on the package and set aside.
- 4 During the last minute, add the spinach and then remove from heat. Divide the noodles into bowls and top with the soup. Add optional garnishes (see notes) and enjoy!

### Notes

**Optional Garnishes,** Lime wedges, chopped peanuts, mint leaves and/or sesame seeds.

**No Peanut Butter,** Use almond butter instead.

**Nut-Free,** Use tahini instead of peanut butter.

**Leftovers,** Store in an airtight container in the fridge for up to three to five days.

**More Protein,** Add tofu or a boiled egg.

**No Coconut Sugar,** Sweeten with honey instead.

**No Red Curry Paste,** Use green curry paste instead.

**No Ramen Noodles,** Use spaghetti noodles, vermicelli noodles or buckwheat noodles instead.



## Slow Cooker Vegan Miso Pho

4 servings

4 hours

### Ingredients

5 cups Organic Vegetable Broth  
 3/4 tsp Star Anise  
 1 tbsp Whole Cloves  
 2 servings Cinnamon Stick (approx. 3 inches in length each)  
 1 1/2 tbsps Tamari  
 Sea Salt & Black Pepper (to taste)  
 3 tbsps Miso Paste  
 4 cups Mushrooms (whole)  
 4 cups Bok Choy (halved)  
 6 1/2 ozs Pho Noodles  
 2 cups Bean Sprouts  
 1 cup Thai Basil (stems removed)  
 1 cup Culantro (chopped)

### Directions

- 1 Add the vegetable broth, star anise, whole cloves, cinnamon sticks and tamari to your slow cooker. Cook on high for 4-6 hours. Strain the contents and pour the broth into a large pot.
- 2 Season the broth generously with salt and pepper. Add the miso paste, mushrooms and bok choy to the broth and bring to a simmer over medium-high heat. Let simmer for about 5 minutes or until the veggies are soft.
- 3 Meanwhile, cook your pho noodles according to the instructions on the package.
- 4 Divide the pho noodles, mushrooms, bok choy and then the broth into bowls. Top with bean sprouts, Thai basil and culantro. Serve immediately and enjoy!

### Notes

**No Pho Noodles,** Use brown rice spaghetti or soba noodles instead.

**Leftovers,** Best enjoyed immediately. But you can refrigerate the broth separately in an airtight container up to 4 days, or store in the freezer.

**Culantro,** Different than cilantro. Culantro has a stronger flavour and is also called "long-leafed coriander" or "saw-toothed mint".





## Singapore Noodles with Crispy Tofu

4 servings

1 hour

### Ingredients

15 3/4 ozs Tofu (extra firm)  
1/4 cup Tamari  
1 tbsp Sesame Oil  
1 tbsp Rice Vinegar  
2 tbsps Curry Powder  
1/4 tsp Sea Salt  
2 tbsps Sesame Seeds  
2 tbsps Coconut Oil (divided)  
1 cup Brown Rice Vermicelli Noodles (dry)  
1 tbsp Ginger (peeled and grated)  
2 Garlic (cloves, minced)  
4 cups Coleslaw Mix (pre-sliced from the bag)  
4 stalks Green Onion

### Directions

- 1 Pat tofu dry with paper towels or a clean tea towel. Wrap it in a dry towel or paper towels and place it between two cutting boards or plates. Place a weight (such as a pot of water or heavy books) on top to press the tofu. Leave it for about 30 minutes to remove moisture.
- 2 While the tofu is being pressed, make the stir fry sauce by combining the tamari, sesame oil, rice vinegar and curry powder in a small bowl. Set aside.
- 3 Once the tofu has finished being pressed, pat it dry again and cut it into small cubes. Sprinkle with sea salt and sesame seeds. Melt half the coconut oil in a large skillet over medium heat. Add the tofu cubes, cooking until golden brown and crispy on all sides.
- 4 While the tofu is cooking, place the rice noodles in a bowl and bring a full kettle of water to a boil. Pour hot kettle water over the noodles and let stand for about 5 minutes, then drain.
- 5 Remove the tofu from the skillet. Add the rest of the coconut oil and the ginger, garlic and coleslaw mix. Sauté for 1 to 2 minutes.
- 6 Add the cooked rice noodles, stir fry sauce, and crispy tofu cubes back to the skillet. Toss the contents of the skillet together until everything is combined and evenly coated with sauce. Remove from heat and sprinkle the green onions over top. Enjoy!

### Notes

**No Tofu,** Use scrambled eggs, cubed chicken breast or sliced steak.

**Save Time,** Skip the tofu-pressing step. The tofu may not get as crispy but will still be delicious!

**Leftovers,** Keeps well in the fridge up to 3 to 4 days.



## Ginger Miso Soba Noodle Soup

2 servings

25 minutes

### Ingredients

3 1/2 ozs Buckwheat Soba Noodles  
2 tbsps Miso Paste  
2 cups Water  
1 tbsp Ginger (grated)  
1 tbsp Tamari  
1 tbsp Sesame Oil  
1 cup Bok Choy (quartered)  
1 Carrot (medium, julienned)  
1 cup Snap Peas (or snow peas, sliced)  
1/2 Lime

### Directions

- 1 Bring a medium-sized pot of water to a boil. Add the soba noodles and cook for 6 to 7 minutes, until done. Drain and rinse with cold water until completely cooled. Set aside.
- 2 In a small bowl combine miso paste with just enough water to form a paste. Add the paste to a small saucepan along with the water, ginger, tamari and sesame oil. Bring to a gentle simmer, but be careful not to boil. Miso is a probiotic food, and should not be boiled.
- 3 While the broth is warming, divide the cooked noodles, bok choy, carrots, and snap peas between bowls. Pour the miso soup broth over the veggies to warm everything. Squeeze lime over each bowl and enjoy!

### Notes

**More Protein,** Add a cooked salmon fillet, tofu steaks, edamame beans, or chicken.

**No Soba Noodles,** Use rice noodles instead.