

INGREDIENTS

- 2 cups whole walnuts*
- 8 ounces baby bella (cremini) mushrooms
- 2 tablespoons soy sauce or tamari (or coconut aminos for soy free)
- 2 tablespoons ketchup
- 1 tablespoon cumin
- ½ tablespoon each smoked paprika**, onion powder, and garlic powder
- ½ teaspoon kosher salt
- 2 tablespoons olive oil, divided

INSTRUCTIONS

1. Roughly chop the mushrooms. Place them in a large food processor, then add the walnuts and tamari, ketchup, cumin, spices, and salt. Pulse gently multiple times until everything is evenly chopped, being careful not to over process (or it will be too mushy). If you don't have a food processor, use a chef's knife to roughly chop everything and place in a bowl with the spices.
2. Heat 1 tablespoon of the olive oil in a non-stick skillet over medium low heat. Cook for 7 to 10 minutes, stirring until it releases all of its liquid then becomes dry and browned. Stir in the remaining 1 tablespoon olive oil. Taste and add more salt to taste if desired. Store refrigerated for 1 week or freeze on a sheet pan, then place in a sealed container and freeze up to 3 months.

Walnut vegan taco meat



4 servings



25 minutes



SOURCE

acouplecooks.com

INGREDIENTS

- 11 cup long grain rice (my fav is basmati or canilla)
- 2 cups water
- 1/2 teaspoon garlic powder
- 1 bay leaves
- 1/2 teaspoon mineral salt
- 1/2 bunch cilantro, chopped (leaves and a few stems)
- 2 – 3 limes, juice of (about 2 – 3 tablespoons)

STOVE INSTRUCTIONS

- 1.1. Rinse rice
2. Add rice, water, garlic powder, bay leaf, salt to medium sauce pan, add water, bring to boil
3. Reduce heat to low, cover, and cook over gentle boil for 18-20 min.
4. Remove from heat, let rest for 10 min
5. Remove bay leaf
6. Add cilantro and lime, fluff

SOURCE

SIMPLE-VEGANISTA.COM



Cilantro Lime Rice



4 servings



25 minutes

Rice Cooker:

Add the rice, water (see manufacturer's instructions for amount), garlic powder, bay leaf and salt to the bowl of your rice cooker. Pour the water ovetop and cook according to manufacturer's manual. Once the rice is finished, remove bay leaf. Let cool a few minutes, add the cilantro and lime juice, fluff with a fork. Taste for salt and add more lime or cilantro to taste.

Instant Pot:

Add the rice, water and salt to the bowl of your instant pot. Attach the lid and turn to lock the lid. Set the steam valve to SEAL. Cook white rice for 4-8 minutes. If using other rice, see [this instant pot cooking chart](#). Allow the pressure to release naturally for 10 minutes and then carefully release any remaining pressure.

INGREDIENTS

- 24 oz frozen corn
- 1/2 cup red onion finely chopped
- 1 large roasted pobalano pepper
peeled and finely chopped
- 1/4 cup fresh cilantro finely
chopped
- 1 tabelspoon fresh lemon juice
- 1 tablespoon fresh lime juice
- Salt



INSTRUCTIONS

1. Cook corn according to package directions.
2. Spread on a baking sheet to cool.
3. To a large bowl, add cooled corn, red onion, jalapeño peppers, poblano pepper, cilantro, lemon juice, and lime juice.

Corn salsa



10 servings



35 minutes

SOURCE

culinaryhill.com

INGREDIENTS

- 1 C water
- 2 oz pimentos
- ¼ C nutritional yeast
- ½ C cashews, rinsed
- 2 T arrowroot powder, level
- 1 T oats
- 2 t. salt
- ¼ cup chopped onion
- 1 ½ C boiling water

INSTRUCTIONS

1. Blend first eight ingredients until smooth.
2. Bring water to a boil in a sauce pan.
3. Turn heat to low and add blended mixture to sauce pan, simmer stirring constantly with a whisk until thickened.



Nacho cheese



3 cups



15 min

SOURCE

ucveg.org



Topping ideas

- black olives
- green onion
- shredded cabbage
- shredded lettuce
- pico de gallo
-
-
-
-
-