

**Plant Based Cooking Demonstration with
Robin Langer**

Ingredient List

LENTIL SOUP

Ginger, Curry Veggie Puree soup

- 2 carrots, sliced
- 1 garlic clove (optional)
- 1 small sweet potato potato
- 1 medium potato (yellow)
- 1" leek
- 1 cup Broccoli florets
- 1/2 teaspoon minced ginger
- 1/4 teaspoon sweet curry blend
- 1/2 teaspoon Braggs Amino acids
- 2 cups water
- OPTIONAL: Kale and/or Cauliflower

Quick Asian Stir Fry

- 1 teaspoon minced ginger
- 1" leek
- 1 Stalk Celery, sliced on an angle
- 1 carrot lightly steamed
- 1 cup lightly steamed broccoli
- 4 mushrooms, sliced
- 1 cup mung bean sprouts
- 1/2 teaspoon olive oil
- 1/4 teaspoon sesame oil
- 1/4 teaspoon Curry
- 1/4 teaspoon Braggs Amino acids

- 1 1/2 Cup Lentils – soaked overnight
- 1 Can diced tomatoes
- 2 large onions- diced
- 6 ribs celery-chopped
- 3 Carrots- chopped
- 1/2 Sweet potato- peeled and diced
- 1 Zucchini- diced
- 1/2 lb. Green Beans- chopped
- 3 small potatoes- peeled and diced
- 2 Tablespoons Olive oil
- 1-2 Tablespoon Better than Bouillon vegetable base
- 1 Tablespoon Zaatar
- 1/2 teaspoon curry
- 1/2 teaspoon cumin
- 3 Bay leaves
- 1 teaspoon Braggs Amino Acids
- Large soup Pot
- Blender

Vinaigrette Ginger sesame

- 2 T Dijon
- 2 T Ginger
- 1/2 Cups seasoned Rice Wine vinegar
- 1 Tablespoon Sesame Oil
- 1/2 Cup Oil
- OPTIONAL: Scallions 1/2 teaspoon

Ginger, Curry Veggie Puree Soup

Great for juice fasting, or sauce for tofu

2 Carrots sliced
1 garlic clove
1 small sweet potato (or ½ large) peeled and cubed
1 medium yellow potato
1" leek
1 cup Broccoli florets
½ teaspoon minced ginger
¼ teaspoon Sweet curry blend
½ teaspoon Braggs amino acids
2 cups Water
OPTIONAL: Cauliflower and/or Kale
Large Sauce pan with lid
Sauté pan
Steamer
Blender

Directions:

In a large sauce pan with lid, fill with 2 cups water- bring to a boil-

Add carrots, potato, sweet potato, 1 clove of garlic- when ½ way done, add broccoli (and cauliflower and kale) Continue to steam until soft.

Transfer to a bowl –

In a saute pan with a touch of olive oil, add ginger and Leek and sauté for about 2 minutes until soft.

Transfer steamed and sautéed veggies to the blender – and fill about 2/3 full. Add veggie water to cover veggies

Add braggs, curry, ginger and leek-

HOLD THE TOP and puree until smooth. Adjust seasonings-

Serve warm- drizzle a little olive oil and a sprinkle of coarse ground salt

Quick Asian Stir Fry

1 teaspoon minced ginger
1" leek
1 Stalk Celery, sliced on an angle
1 carrot lightly steamed
1 cup lightly steamed broccoli
4 mushrooms, sliced
1 cup mung bean sprouts
½ teaspoon olive oil
¼ teaspoon sesame oil
¼ teaspoon Curry
¼ teaspoon Braggs Amino acids
Large sauté pan

Directions:

Place pan on stove over medium heat- add oil
Mushrooms- sauté gently- add slivered leeks and cook about 4 minutes- remove
Add a little more oil, sliced celery, carrots, ginger, sesame oil, broccoli- cook till al dente-
Add curry, bean sprouts and shake (or stir) well-
Add Braggs amino acids to coat- May need to add a splash of water to incorporate all flavors

Serve with tofu or quinoa or rice

Optional: top with sliced green onions and sesame seeds

Lentil Vegetable Soup

1 ½ Cup Lentils – soaked overnight
1 Can diced tomatoes
2 large onions- diced
6 ribs celery-chopped
3 Carrots- chopped
½ Sweet potato- peeled and diced
1 Zucchini- diced
½ lb. Green Beans- chopped
3 small potatoes- peeled and diced
2 Tablespoons Olive oil
1-2 Tablespoon Better than Bouillon vegetable base
1 Tablespoon Zaatar
½ teaspoon curry
½ teaspoon cumin
3 Bay leaves
1 teaspoon Braggs Amino Acids
Large soup Pot
Blender

Directions:

Soak lentils for 2 hours or overnight – rinse well
Chop onion, carrots and celery, and sauté in a large soup pot over medium high heat until the onions are translucent.
Add lentils- stir until coated.
Add enough water to cover 2 times the amount that in the pot.
Bring to a boil, then cut it to a simmer.
Add spices and Bragg's amino acids.
Add Better than bouillon.
Cook about 20 minutes until the lentils are al dente.
Add: tomatoes, potato, sweet potato, chopped beans, diced zucchini
Cook until lentils are soft.
Remove Bay leaf.
Take 2-3 Cups and puree in the blender- add back to soup to make it thick and to desired consistency. The soup will have chunks and a consistency that's like stew.
Adjust seasonings- may need a little salt/pepper
Serve Hot
Sometimes I cook some potatoes and serve more of a stew like consistency. This goes well over Basmati rice or Quinoa
Once cool, I put in pint size containers and freeze. It's great when you don't want to cook.
Just defrost.

Vinaigrette ginger-sesame

2 T Dijon

2 T Ginger

1/2 Cups seasoned Rice Wine vinegar

1 Tablespoon Sesame Oil

1/2 Cup Oil

Splash of Bragg's

OPTIONAL: Scallions 1/2 teaspoon

Directions:

Peel and Chop ginger- add to a Cuisinart or blender

Add Mustard

Pulse/Blend

Add Vinegar- Pulse/Blend

Add oil slowly

Add sesame oil slowly

Add Braggs

Optional: Add onion

Variations: Add orange juice and peel

Or grapefruit juice