



Mendonoma Health Alliance Recipes – March 3rd, 2021

Cabbage, White Bean, and Tomato Soup

Cabbage ought to be a staple in your kitchen as it is so versatile and good for your health. It's also fairly inexpensive and available year-round, although the flavor tends to be best when the weather is cool. This soup is thick and hearty, with most of the liquid coming from the cabbage and tomatoes.

If you don't want to add salt, add a splash of balsamic or red wine vinegar. The soup freezes well.

This recipe has been adapted from my cookbook *Vegan Under Pressure* where I make it with dry beans. Here it is even faster as I use canned beans. It is easily cooked on the stove top in about 20 minutes, or until the cabbage is cooked through.

4 to 6 servings

3 minutes high pressure, natural release

1 tablespoon olive oil, optional

2 cups finely chopped onion

2 to 3 tablespoons minced garlic

2 bay leaves

2 tablespoons Italian seasoning, store-bought or homemade, if winter, add an extra teaspoon of dried basil

2 cans white beans of any kind, rinsed and drained

¼ cup finely chopped sun-dried tomatoes

4 cups vegetable stock

½ medium green cabbage, cut into 1- to 2-inch pieces (6 cups or more)

1 (15-ounce) can tomatoes, diced, crushed or stewed; or 1½ cups diced fresh tomatoes

Salt to taste or a splash of vinegar, optional

Chopped fresh basil leaves, if available

1. Heat a stovetop pressure cooker over medium heat or set an electric cooker to sauté; add the oil, if using. Add the onion and sauté or dry sauté for 2 minutes. Add 1 to 2 tablespoons of the garlic (to taste), the bay leaves, and Italian seasoning and sauté 1 minute longer. (If using an electric cooker, turn off sauté now.) Add the stock and scrape the bottom of the cooker. Add the beans, sun dried tomatoes and the cabbage.
2. Lock on the lid and bring to high pressure; cook for 3 minutes. Carefully quick release the pressure. Carefully remove the lid, tilting it away from you.
3. Add the tomatoes and remaining 1 tablespoon garlic. Cook on sauté until the flavors are combined, about 5 minutes.
4. Remove and discard the bay leaves with tongs. Add the salt or vinegar to the soup, if you like, and garnish each bowl with pesto and fresh basil, if available.

Find more recipes for Mendonoma Health Alliance on the website: <https://mendonomahealth.org/>

Or on You Tube: <https://www.youtube.com/channel/UCKuaDNdKk2kgz20WQYrVQSw>



The Veggie Queen's Oil-Free Winter Pesto

This slightly chunky pesto delights everyone who tries it with its brightness and umami flavor. I developed the recipe years ago when teaching a low-fat cooking class. You can choose to mix it with blended silken tofu to make it creamy to top pasta, cooked polenta, grains, or beans. If you have any leftover (without tofu), it freezes well. Freezing it in ice cube trays allows you to use a couple of tablespoons at a time.

Makes about $\frac{3}{4}$ cup

3 to 4 cloves garlic, minced

3 cups chopped kale (removed from stems) or dried basil or arugula or spinach

1 cup chopped fresh flat-leaf parsley

2 to 3 tablespoons walnuts or pine nuts

$\frac{1}{4}$ cup cooked white beans

1 to 2 tablespoons light miso

2 tablespoons nutritional yeast

$\frac{1}{4}$ to $\frac{1}{3}$ cup water or vegetable stock

In a food processor or high-speed blender, combine all the ingredients except the water. Pulse until finely minced. With the machine running, slowly add the water until the pesto reaches the desired consistency. Scrape down the sides of the processor or blender, if necessary.



Lemony Lentil and Quinoa Salad

This is easy to make if you have already cooked the ingredients, which you will see me do. These are both fast and easy to cook. I have included instructions for how to cook these on the stove top.

1 cup lentils, picked over and rinsed
2 cloves garlic, minced
1 bay leaf
1 ½ cups stock
1 cup quinoa, rinsed, drained
1 to 2 teaspoons dried minced onion or onion powder
1 cup stock or water
2 lemons, zested, then juiced
½ cup chopped celery
¼ cup chopped parsley
1 to 2 cups chopped fresh spinach
1 tablespoon olive oil, optional
Salt and pepper, to taste

Add the lentils, garlic, bay leaf and stock to the pressure cooker.
Put in a rack, add a heat proof dish with the quinoa and dried onion, plus liquid.
Set the pressure cooker for 6 minutes on high pressure. Let the pressure come down naturally.

When the pressure is down, remove the lid, carefully tilting it away from you.
Carefully remove the dish with the quinoa. Then remove the rack.
Check the lentils to be sure that they are cooked through.
Let the ingredients cool, then mix with the lemon zest, lemon juice, celery, parsley and olive oil.
Season with salt and pepper. Serve warm or cold.
Other serving suggestions: Stuff into other vegetables such as peppers or zucchini. Add chopped walnuts and taco seasoning and eat as is or put into corn tortillas.

To cook quinoa on the stove top: add 1 ¾ cups liquid to 1 cup quinoa. Bring to a boil and then reduce the heat to a simmer. Cook for 12 minutes in a 1 quart saucepan with a tight-fitting lid. After 12 minutes remove from the heat and let sit for 5 minutes. Fluff with a fork.

To cook the lentils on the stove top: Cover with ample water and bring to a boil. Reduce the heat to a simmer and simmer, uncovered for 30 to 40 minutes until the lentils are cooked through. Do not let the water evaporate. Add more water if necessary. When done, drain any remaining liquid. Store for up to 5 days. These freeze well.