

Recipes by Jesse Miner - Vegan Personal Chef

McDougall Advanced Study Weekend - Saturday February 20th, 2010

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 saut 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.ranchogordo.com.

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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.
