

Korean Tofu Soup



RECIPE BY "CHOOSING CHIA"

Ingredients:

- 1 tbsp olive oil
- 1 small onion, chopped
- 3 garlic cloves, chopped
- 1 2-inch cube ginger, chopped
- 1/2 cup kimchi (make sure your kimchi is vegan!)
- 1 tsp red chilli flakes
- 1 tbsp sesame oil
- 1 tbsp tamari
- 1/2 cup kimchi juice
- 2 cups vegetable broth
- 1 pack soft tofu, drained and cut into large cubes
- 2 green onions, sliced



Directions:

- Heat the olive oil in a pot on medium-high heat then add the onion, garlic and ginger and let cook for 2 minutes.
- Add in the kimchi, red chili flakes, sesame oil, tamari and kimchi juice and mix all together letting cook on medium heat for 1-2 minutes.
- Add the broth, bring to a boil, then cover and let simmer on low for 10-15 minutes.
- Remove the lid and add in the tofu and sliced green onions to serve.

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Lemon Pepper Tofu



RECIPE BY "THE SIMPLE VEGANISTA"

Ingredients:

- 1 block tofu, high protein, extra-firm or firm
- 1 lb. fresh asparagus, ends trimmed
- 2 – 3 small lemons, sliced (and 1 zested)
- salt + lemon pepper, to taste
- 1 – 2 tablespoons olive oil
- grain of choice (white or brown rice, Quinoa or Farro), to serve



Directions:

- Preheat oven to 400 degrees F. Line a baking sheet with parchment paper or silicone mat.
- If using high protein tofu, there is no need to press. If using extra-firm or firm, let the tofu rest on its side in the tub it came in for about 10 minutes to drain. Cut the tofu into 6 rectangular slabs.
- Slice or snap the ends of the asparagus.
- Place the tofu slabs on a lined rimmed baking sheet. Add the asparagus in between the tofu, drizzle with a little olive oil, then add lemon slices ovetop. Sprinkle with plenty of lemon pepper and generous pinch of salt.
- Place in the oven and bake for 20 min, rotating the baking sheet half way through.
- Serve with grain of choice, add a little lemon zest and more lemon pepper to taste.

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Kung Pao Tofu



RECIPE BY "THE SIMPLE VEGANISTA"

Ingredients:

- 1 block tofu, super firm, extra firm or firm (organic pref.)
- 5 tablespoons tamari, soy sauce or coconut aminos, divided
- 1 tablespoons + 2 teaspoons dark sesame oil (toasted), divided
- 2 tablespoons regular oil (sesame or olive oil), divided
- 1/2 teaspoon fresh cracked black pepper
- 1/4 teaspoon red pepper flakes, or to taste
- 3 tablespoons water
- 3 tablespoons rice wine vinegar
- 3 tablespoons pure maple syrup
- 10 – 12 dried red chilies
- 1 small white onion, diced 3/4 inch
- 2 bell peppers, red and green, cored and diced 3/4-inch
- 1 zucchini, quartered and diced
- 2 cloves garlic, minced
- 1 1/2 inch knob ginger, minced
- 2 teaspoons organic cornstarch
- 1/4 cup roasted peanuts (unsalted)
- 1 green onion, thinly sliced



Directions:

- Place the block of tofu between a clean dish towel, gently press down on top and along the edges so the towel absorbs the moisture. Cut the tofu into 3/4 inch cubes.
- Add 2 tablespoons tamari, 2 teaspoons dark sesame oil, black pepper and red pepper flakes to a medium-sized bowl, add tofu and gently fold together until tofu is coated. Let tofu marinate.
- Whisk together 3 tablespoons water, 3 tablespoons soy sauce, 3 tablespoons rice vinegar, 3 tablespoons maple syrup, and 1 tablespoon dark sesame oil in a small-medium bowl.
- Heat 1 tablespoon regular oil in a wok or large sauté pan over medium-high heat. Add marinated tofu in a single layer in the pan and let sit for 2 – 3 minutes. Stir the tofu and cook for 2 – 3 minutes, stir once again and cook for 2 minutes. Transfer tofu to a plate.
- Turn heat down to medium and add 1 tablespoon regular oil. Add red chili peppers, stir-fry for 1 minute. Add the onion and stir-fry 1 minute. Add bell peppers and stir-fry for 1 minute. Add zucchini, garlic, ginger, and cook for 1 minute.
- Add the tofu back to the pan. Add the sauce to the pan and allow to heat and bubble about 1 to 2 minutes.
- Make a cornstarch slurry by mixing together 2 teaspoons cornstarch and 1 tablespoon water. Add to the pan, stirring to combine, continue stirring until the sauce is thickened.
- Serve with rice or quinoa. Garnish kung pao tofu with peanuts and sliced green onions.

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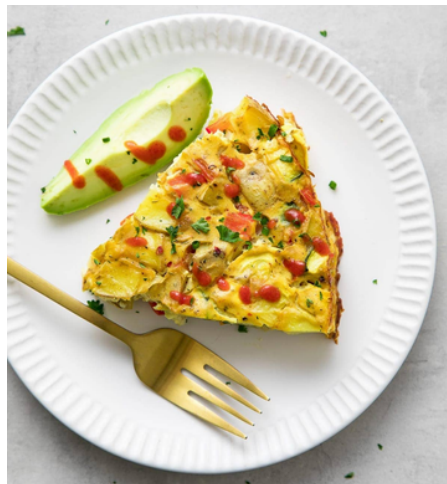
Vegetable Vegan Frittata



RECIPE BY "THE SIMPLE VEGANISTA"

Ingredients:

- 1 tablespoon olive oil or 1/4 cup water
- 2 medium potatoes, diced
- 1 small onion, diced
- 1 bell pepper, diced
- 1 zucchini, diced
- 2 cloves garlic, minced
- handful grape tomatoes, halved or quartered
- pinch of red pepper flakes, optional
- mineral salt and pepper, to taste



For tofu (egg replacement):

- 1 package organic silken tofu (soft or firm), drained
- 1/4 cup unsweetened non-dairy milk
- 2 teaspoons cornstarch
- 2 – 3 tablespoons nutritional yeast
- 1 teaspoon mustard or 1/2 teaspoon mustard powder
- 1 1/2 teaspoons dried tarragon, thyme or basil (or a combo)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon turmeric
- 1/8 teaspoon pepper (black or white)

Directions:

- Preheat oven to 375 degrees F.
- Heat oil in a pan over medium heat, sauté potatoes for 5 minutes, add onion and cook an additional 5 minutes. Add bell pepper, zucchini and garlic, cook until softened. Add tomatoes and optional red pepper flakes, cook another minute or two. Season with salt and pepper to taste.
- In a food processor/blender, combine the remaining ingredients and process until smooth. Taste for seasoning.
- Add the tofu mixture to the pan the vegetables cooked in and mix well. Spoon mixture into a lightly greased 9 inch round pie/quiche dish or springform pan. Level the top flat with the back of a spatula or spoon and make sure all edges are filled.
- Place on the middle rack and bake for 35 – 45 minutes, frittata should be firm to the touch. If top starts to brown too much, cover with foil or small silpat. Remove and let cool for at least 10 minutes. If using a pie/quiche dish, loosen the edges of the frittata, place a plate over top and carefully flip so frittata falls onto the plate and serve (this step is optional).
- This frittata is wonderful with sliced avocado and a little sriracha for heat.

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