

9/10/15 COA Cooking Class with Deb Stein Notes: Instead of using Veg stock, I use water and 2 cubes of Rapunzel Vegetable Bouillon (with no salt added) which I get at Whole Foods. I also buy the Ras Al Hanout spice mix at Whole Foods.

MOROCCAN LENTIL SOUP (Also can work as a thick dal)

Serves 8 From <http://leitesculinaria.com>

INGREDIENTS For the lentil soup

- 3 tablespoons olive oil
- 1 small onion, finely chopped
- 2 stalks celery, finely chopped
- 3 garlic cloves, finely chopped
- 1 tablespoon ground cumin
- 1 1/2 teaspoons coriander
- 2 teaspoons *ras el hanout* (store-bought or homemade)
- 1 1/2 cups red lentils
- One 14-ounce can chopped tomatoes
- 4 1/2 cups vegetable stock, or water, or more as needed
- Salt, to taste
- Freshly ground black pepper, to taste
- 6 tablespoons fresh cilantro, coarsely chopped, plus extra to garnish

DIRECTIONS

Heat the oil in a heavy pan and sauté the onion and celery until soft but not colored. Add the garlic and spices and cook for 1 minute, then add the *ras el hanout*, lentils, tomatoes, and stock or water. Bring to a boil, reduce to a simmer, and cook for 30 to 45 minutes, or until the lentils break down and sort of become a purée.

The mixture will be quite thick—more dal-like than soup-y. If you prefer a thinner consistency, add more stock or water as necessary. Season with salt and pepper and stir in the chopped cilantro.

To serve, ladle the soup into bowls and add a dollop of yogurt and the chile-fried onions. Garnish with cilantro.

LENTIL SOUP VARIATIONS

Lentil and Spinach Soup: Heat 3 tablespoons olive oil in a heavy pan and gently cook 1 onion, chopped, and 1 celery stalk, diced, for 8 minutes. Add 2 garlic cloves, chopped, and 1/2 teaspoon dried red pepper flakes and cook for 1 minute. Add 1 1/3 cups brown lentils, 3 tomatoes, chopped, 2 thyme sprigs, and 4 cups water or vegetable stock. Bring to a boil, reduce the heat, cover, and cook until the lentils are tender, about 45 minutes. If it seems too thick, add stock or water to thin it to the desired consistency. Season well. Shred 10 ounces spinach and add to the soup to wilt. Add the juice of 1/2 lemon and stir in 4 tablespoons extra-virgin olive oil. Serves 4.

Read more at <http://leitesculinaria.com/91826/recipes-moroccan-lentil-soup.html#j26g4wA4JgqFLFCJ.99>

Sept. 10, 2015 COA Vegan Cooking Class by Deb Stein – Note: I make this very often as I do many recipes from Ellen Kanner. I made this to bring to Thanksgiving dinner as a side dish and non-vegans asked me for the recipe. It's pretty low fat (only 2 T of oil).

African-American Sweet Potato and Peanut Stew

By ELLEN KANNER from her book *Feeding the Hungry Ghost*

Serves: 4 to 6

- 2 tablespoons canola or coconut oil
- 1 onion, chopped
- 1 jalapeño, minced, or a good pinch of red pepper flakes
- 2 stalks celery, chopped
- 1 sweet potato, peeled and chopped
- 1 pound green beans, trimmed and chopped into bite-sized pieces
- 1 red pepper, chopped
- 1 stick cinnamon
- 1 15-ounce can black-eyed peas or black beans, rinsed and drained
- 1 15-ounce diced tomatoes
- 2 tablespoons peanut butter (preferably organic)
- Sea salt and fresh ground pepper
- 1 handful cilantro, chopped

In a large soup pot, heat oil over medium-high heat.

Add chopped onions and pepper and stir 1 minute.

Add celery, sweet potato, green beans and red pepper. Stir another few minutes until vegetables start to soften.

Then add cinnamon stick, black-eyed peas or black beans, and chopped tomatoes. When mixture comes to a boil, reduce heat to low and cover, simmering for 30 minutes.

Stir in the peanut butter. Discard cinnamon stick. Season with sea salt and pepper and gently mix in cilantro.

Note from Ellen Kanner: This stew contains peanuts, sweet potatoes and black-eyed peas, a nutrient-dense triumvirate to warm you in winter. Serve over brown rice or millet, an ancient whole grain gift from Africa or with flatbread.

Jen Radl's Peanut Butter Chocolate Mousse Pie

Crust: 2 cup low-fat graham crackers, crushed (*I used Nabisco regular*)
1 cup unsweetened shredded coconut
2/3 cup natural peanut butter
1/2 cup non dairy milk

Crush graham crackers in food processor. In separate bowl, add coconut and peanut butter. Stir in crushed graham crackers. Slowly add milk and mix. If mixture does not hold together, continue adding additional milk until all ingredients stick together (*I've never added extra*). However, don't make it too soft, and, if necessary, use your hands. Spread mixture evenly into a glass pie dish.

Mousse: 20 oz silken tofu
2 1/2 cups melted chocolate chips (*microwave 1 minute at a time*)
3/4 cup unsweetened light coconut milk

Put all mousse ingredients in blender and blend well. Pour into pie crust and refrigerate overnight or all day.

No-Bake Peanut Butter Bars Preparation

time: 15 minutes | Chilling time: 1 hour **Makes 9 servings**

1 cup low-fat graham crackers, crushed (*I used Nabisco regular*)
1/4 cup crushed walnuts (*I don't usually put any in...have substituted crushed peanuts*)
1/2 cup unsweetened shredded coconut
1/3 cup natural peanut butter
1/4 cup nondairy milk
1 cup nondairy chocolate chips
5 tablespoons rice or almond milk

Directions: Crush graham crackers in food processor. In separate bowl, add walnuts, coconut, and peanut butter. Stir in crushed graham crackers. Slowly add milk and mix. If mixture does not hold together, continue adding additional milk until all ingredients stick together. However, don't make it too soft, and, if necessary, use your hands. Spread mixture evenly into a 9" non stick baking dish. In a saucepan, melt chocolate chips together with rice or almond milk.