

EASY VEGAN LUNCHES

Falafel

Ingredients:

- 1 ½ cups raw chickpeas, soaked for 6 hours
- 2 onions, grated (or substitute for ¼ - ½ tsp. hing, i.e. asofoetida)
- ¼ cup soaked buckwheat
- 1 cup water
- 1 cup fresh herbs – mixture of dill, cilantro, and/or parsley
- 1 tbsp. salt
- ½ tsp. ground cumin
- 1 tsp. ground turmeric



Instructions:

Mix all of the ingredients together in a food processor, so that the chickpeas are crushed and all of the ingredients are mixed evenly. Make little patties. Place on a baking sheet lined with parchment paper and give a good drizzle of olive oil. Bake in the oven at 350 degrees Fahrenheit for about 30 minutes or so, turning over to ensure they are cooked. Enjoy with tahini dressing (recipe below).

Tahini Sauce

Ingredients:

- ½ cup tahini (from raw or roasted sesame seeds)
- ¼ tsp. sea salt, plus more to taste
- ¼ tsp. garlic powder
- ¼ cup warm water, plus more as needed
- Few squeezes of lemon juice

Instructions:

1. Add tahini, sea salt, garlic powder, and lemon juice to a small mixing bowl and whisk to combine.
2. Add water a little at a time, continuing to whisk, until you have a creamy, pourable sauce. Taste and adjust seasonings as needed.

Quinoa-Beet Burgers

Ingredients:

- 2 cups cooked beetroot
 - 1 cup cooked quinoa
 - 1 cup oat flour
 - 1 chia or flax egg (Mix 1 tbsp. ground chia seeds or ground flax seeds + 3 tbsp. water and let sit in the fridge for at least 5 minutes until it congeals.)
 - 1 small red onion, chopped
 - 2 garlic cloves
 - juice of 1 lime
 - 1 tbsp. liquid coconut oil
 - 1 cup fresh herbs, like parsley and coriander
 - 1 tbsp. tamari or soy sauce
- 1 tbsp. tahini
 - 1 tbsp. nutritional yeast
 - 1 tbsp. ground coriander
 - 1 tsp. cumin
 - 1 tsp. chili flakes
 - salt and pepper, to taste



Instructions:

Preheat the oven to 350 degrees Fahrenheit. Boil the beets and cook the quinoa. Once the beets have cooled slightly, pulse them in a food processor, then mix them along with the rest of the ingredients in a bowl. Refrigerate the mixture for 15-30 minutes. Form patties. Bake for 30-40 minutes, turning them over half way.

Red Bean Soup

Ingredients:

- 4 cups vegetable stock
- ~ 2 lbs. red beans, cooked
- 2 cloves garlic
- 2 tablespoons extra virgin olive oil
- 1 medium onion
- A handful of fresh parsley
- ½ teaspoon caraway seeds



Instructions:

1. Heat the oil in a large pot. Add finely diced onion and sauté until translucent (low – medium heat). Now add chopped garlic and caraway seeds. Sauté for a minute before adding drained beans.
2. Pour in the stock, add parsley and bring it to a boil. Reduce the heat and simmer for 5 minutes. Puree it until smooth.