

Nutritious Indian Vegetarian/Vegan food

Super Kale Salad (Vegan/ Raw Food)

Preparation Time: 15 minutes

Ingredients:

- 2 bunches of organic curly kale
- 2 ripe avocados
- 1 pomegranate
- 1 cucumber
- 2 stalks of celery
- 1/2 cup of raw pumpkin seeds/sesame seeds/slivered almonds
- 2 tablespoons of EV Olive Oil
- 2 lemons - juice
- 2 teaspoons raw honey
- 1 tsp apple cider vinegar
- 1 tablespoon of celtic sea salt
- 1 teaspoon freshly ground black pepper

Combine all ingredients

Ginger Rice (Vegan/ Southern Indian)

Servings: 15-20

Ingredients:

- Ginger- small piece
- rice-4 cups
- water-8 cups
- vegetable oil-2 teaspoons
- salt-1/2 teaspoon
- cumin seeds-1 teaspoon

Heat oil. Add ginger, cumin seeds and sauté for 1 minute. Add rice, salt and water, close the lid and cook for 15 -20 minutes, until the rice is tender.

Mung Dal - Lentil Soup (Vegan/ Southern Indian variation)

Servings: 15-20

Ingredients:

split mung lentils (washed and drained) - 4 cups

water-10-12 cups

oil-1 tablespoon

mustard seeds-1-2 teaspoons

cumin seeds-1-2 teaspoons

split urad lentils-1 teaspoon

small serrano/ jalapeno peppers (chopped) - 3

salt-3 teaspoons

tomatoes-1lb

turmeric powder- 1teaspoon

red chilli powder-1/2 teaspoon

Heat oil. Add mustard seeds, cumin seeds, split urad lentils, cut chillies and saute. Add tomatoes, turmeric powder, and saute some more, for about 2-3 minutes. Add lentils, water and salt. Bring soup to a boil - let it continue to boil until the lentils are done. Add red chili powder at the end and cook for one more minute.

Pancit (Vegan/ Filipino)

Ingredients:

2 cups of carrots, cut into strips

2 cups of green beans, cut into strips

2 cups cabbage, cut into strips

1/2 cup celery, cut into small bunches

1/2 package of pancit (rice noodles) one half pound. Break up and soak in water

Vegetable broth

Soy sauce

Hing (Asafoetida)

Jalapeño/ Serrano peppers

Salt

Pepper

Oil

Flash fry the hing. Add the jalapeños, salt and pepper and cook until the peppers are tender. Set aside.

In the same pan, add carrots, green beans, and cook over low heat with 2 tablespoons of soy sauce and a little broth. When they are almost cooked through, add the celery, cabbage and cook briefly. Add soy sauce to the desired amount.

Add the noodles while this is still on low heat, adding soy sauce as needed. Cook to combine.

Put this on a platter with the peppers on top as garnish.

Paneer with bell peppers (Vegetarian/ Indian)

15 small servings

Preparation Time: 30 minutes

Ingredients:

Tomatoes 10

Serrano Pepper, seeded - 1

Extra Virgin Olive Oil / Butter/ Ghee

Turmeric powder

Red chili powder

Coriander Powder

Dry roasted cumin, crushed

Indian Spice Blend - Garam Masala (optional)

Raisins

Turbinado Sugar

Milk

Half and Half (Optional)

Bell Peppers - Try a combination of red, green, orange and yellow peppers for colorful presentation

Salt

Paneer Cheese - 1 pound!!

Puree the tomatoes and serrano pepper in a blender. Heat the oil/ butter/ ghee and add the puree. Cooking until the puree turns bright red and begins to leave the sides of the pan. Add the turmeric, red chili powder, coriander powder, cumin powder, garam masala and turbinado sugar and cook. Add some milk and bring to a boil. Add the bell peppers, salt and half-and-half until the peppers are cooked. Add cubes of the paneer cheese. Cook for 1 minute and turn off the heat.