

# Slim on Starch

## Recipe Collection

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### DISCLAIMER

*When you sit down to have a Slim on Starch meal, you have two options. You can have a KISS meal\*, or you can have an SOS (Slim on Starch) recipe. Making the recipes is not required. Additionally, please remember that you can have any meal at any time of day. You can have Emmie's Chili for breakfast or Carrot Cake Oatmeal for dinner, for example. The most important thing is that you are following the Plate Builder that has been assigned to you. Additionally, for "snacks," remember that we do not follow the traditional "You have to eat X meals per day with X snacks per day" mentality. For snacks, we encourage you to have "mini meals," which are just smaller portions of a regular Slim on Starch Plate Builder meal. So, you could have some of Emmie's Chili as a snack - just in a smaller portion.*

*\*KISS meal = Keep It Simple Sweetie meal (a simple combination of starch, vegetables, and legumes following your plate builder.)*

### A NOTE ON SERVING SIZE

*I often get asked, "How many servings is this recipe?" Inside of the Slim on Starch Program, we don't set serving sizes or portion sizes. Instead, we rely on hunger and fullness cues to tell you once you've had enough. Remember to build the recipes into your Plate Builder that you receive in Week 1. If you are doing both of these things, then you are using the recipes properly.*

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## TABLE OF CONTENTS

### RECIPES THAT GO INTO THE "STARCH/RECIPE" CATEGORY OF YOUR PLATE BUILDER

PERFECTLY BAKED SWEET POTATOES  
PERFECTLY BAKED HAWAIIAN SWEET POTATOES  
POTATO HASH CASSEROLE  
SWEET POTATO TOAST  
SWEET RICE PUDDING  
AUTUMN'S BREAKFAST POTATOES  
EMMIE'S CHILI  
EASY QUINOA SALAD  
WARM & COZY BEEFLESS STEW  
SHEPHERD'S PIE  
CHICKPEA "TUNA" SALAD  
1-2-3 BROCCOLI CHEDDAR SOUP  
SWEET AUTUMN RICE  
SWEET LENTIL DAHL  
SPLIT PEA SOUP  
LIGHT & LEAN POTATO SALAD  
VEGGIE SUSHI

HEARTY MOROCCAN STEW  
CHICKPEA CURRY STEW  
MANGO GRAIN SALAD  
JAMBALAYA STEW  
BLACK BEAN & MUSHROOM CHILI  
EGGPLANT CURRY  
BLACK-EYED-PEA MASALA

## **RECIPES THAT GO INTO THE “VEGETABLES” CATEGORY OF YOUR PLATE BUILDER**

MUSHROOM FLORENTINE  
TY’S PICO  
PINEAPPLE STIR FRY  
AIR-FRIED DIJON BRUSSELS SPROUTS  
LEMON NOOCH BROCCOLI

## **RECIPES THAT GO INTO THE “LEGUMES” CATEGORY OF YOUR PLATE BUILDER**

BLACK BEAN BURGERS  
LENTIL CHORIZO  
BAKED BEANS  
BLACK BEAN, MANGO, CUCUMBER SALSA

## **SAUCES, DRESSINGS, AND DIPS THAT MAY BE ADDED ON TOP OF YOUR COMPLETE PLATE BUILDER**

BALSAMIC-NOOCH DRESSING  
EASY CHEESY SOS (SAUCE)  
SOS CILANTRO LIME DRESSING  
TAYLOR’S CAESAR DRESSING  
PRESTO PESTO  
EGGPLANT DIP  
SALSA VERDE (GREEN SALSA)  
TOMATO SAUCE  
SNEAKY VEGGIE SAUCE

## **RECIPES THAT ARE A COMPLETE PLATE BUILDER**

SNEAKY VEGGIE OATMEAL  
CARROT CAKE OATMEAL

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## **RECIPES THAT GO INTO THE “STARCH/RECIPE” CATEGORY OF YOUR PLATE BUILDER**

### **PERFECTLY BAKED SWEET POTATOES**

#### **Ingredients:**

- 1 sweet potato (Japanese Sweet Potatoes are the best!)
- Optional: cinnamon

#### **Directions:**

1. Preheat oven to 375F.
2. Wash the potato.

3. Cut off the ends.
4. Place directly on the rack of the oven.
5. Cook for 1 hour.
6. Let cool in the fridge overnight.
7. Reheat in the microwave or eat cold.

Note: This can be eaten after step 5, but tastes much better the next day!

## PERFECTLY BAKED HAWAIIAN SWEET POTATOES

### Ingredients:

- A bunch of Hawaiian sweet potatoes ([Click here to get them](#) and use the discount code EMMIE5)
- Optional: cinnamon

### Directions:

1. Preheat oven to 250F.
2. Wash the potato.
3. Cut off the ends.
4. Place on a silpat baking mat. (Or parchment paper)
5. Cook for 3 hours.
6. Let cool in the fridge overnight.
7. Reheat in the microwave or eat cold.

Note: This can be eaten after step 5, but tastes much better the next day!

## POTATO HASH CASSEROLE

### Ingredients:

- 1 30 oz package frozen shredded hash brown potatoes, (make sure the only ingredient is potatoes)
- 2 onions, diced
- 1 zucchini, sliced
- 1/2 red bell pepper, diced
- 2 handfuls spinach, shredded
- 1 cup Easy Cheesy SOS Sauce (recipe in this document)
- 1/4 cup nutritional yeast
- pepper to taste

### Optional spices:

- Paprika
- Garlic powder
- Onion powder

### Directions:

1. In a large bowl, mix together onions, red bell peppers, zucchini, frozen hash browns, cheese sauce, and spices.
2. Toss in shredded spinach leaves and lightly mix again.
3. Line a 9"x13" baking dish with parchment paper.
4. Pour hash brown mixture into the baking dish and bake at 350 degrees

- for 30 minutes.
5. Remove from the oven and serve warm.

## **SWEET POTATO TOAST**

### **Ingredients:**

- Sweet potato, sliced into ¼ inch thickness, lengthwise
- Mashed banana
- Cinnamon

### **Directions:**

#### **Toaster Instructions**

1. Insert slices into the toaster (similar to bread) or toast them in a toaster oven on medium/high.
2. After the sweet potatoes pop up from the toaster, check to see if they are fork tender, and toast longer if desired.
3. Remove the sweet potatoes from the toaster, and cool.
4. Add mashed banana and cinnamon as a topping.

#### **Oven Instructions**

5. Preheat oven to 350°F. Place a wire rack on a large rimmed baking sheet.
6. Bake for 15-20 minutes, until potatoes are fork tender, but not fully cooked or soft.
7. Remove the sweet potatoes from the oven, and cool.
8. Add mashed banana and cinnamon as a topping.

## **SWEET RICE PUDDING**

### **Ingredients:**

- 4 cups cooked rice (yes - already cooked!)
- 3 apples, chopped
- 2 cups non-dairy milk or water
- 2 tablespoons cinnamon

### **Extra add-ins:**

- 1 teaspoon nutmeg
- Mashed banana

### **Directions:**

1. Pressure cooker: Combine all ingredients in pressure cooker and cook on high for 5 minutes.
2. Stovetop: Bring non-dairy milk and spices to a boil, add ingredients, reduce heat and cover. Simmer for about 10 minutes, until liquid is absorbed.

### **Emmie's Notes:**

- If you're looking for an alternative to oats - this is a great option for a sweeter
- breakfast.

- Delicious warm or cold.

## AUTUMN'S BREAKFAST POTATOES

### Ingredients:

- 1 sweet potato, diced (Autumn prefers the Hannah Yam)
- ½ head broccoli, broken into florets
- 1 red onion
- 1 red bell pepper
- 1 teaspoon Mrs Dash original
- 1 teaspoon garlic powder

### Directions:

1. Roast potatoes and broccoli in oven on 400 °F (204°C) for 15-20 minutes.
2. Water sautee red onion and bell pepper until cooked.
3. When potatoes and broccoli are cooked, add to pan and mix with spices.

### Emmie's Notes:

- This recipe was created by a Slim on Starch and Master's Program client - Autumn! [Check out her client interview here!](#)

## EMMIE'S CHILI

### Ingredients:

- 1 sweet potato
- 2 green peppers
- 1 onion (vidalia are super sweet!)
- 3 ribs of celery
- 1 can black beans
- 1 can corn
- 1 can diced tomatoes
- 1 can crushed tomatoes
- 1 tablespoon chili powder
- 1 tablespoon oregano
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- For topping: nutritional yeast

### Directions:

1. Chop sweet potato, green peppers, onion, and celery.
2. Water sauté onion.
3. Add the rest of the veggies and water sauté them for about 3-5 minutes.
4. Add in the rest of the ingredients.
5. Cover and leave a little crack open.
6. Cook for 40 minutes over medium-high heat.
7. Top with nutritional yeast upon serving.

### Emmie's Notes:

- Gets better as it sits, thickens, and marinades.

- Reheats well.

## EASY QUINOA SALAD

### Ingredients:

- 2 cups dry quinoa
- 1 can kidney beans
- 1 can black beans
- 1 can corn
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 1 bunch cilantro, finely chopped
- 1 red onion
- 4 limes, juiced
- ½ cup balsamic vinegar

### Directions:

1. Cook quinoa.
2. Mix together all ingredients.

### Emmie's Notes:

- This gets yummiier as it sits and the flavors marinate. But don't leave it in the fridge for too many days!
- Great for a to-go lunch.

## WARM & COZY BEEFLESS STEW

### Ingredients:

- 5 large potatoes cut into chunks
- 2 large yellow onions diced
- 3 large carrots sliced
- 3 ribs celery chopped
- 1 package sliced portabella mushrooms
- 1/3 cup tomato paste
- 3 tablespoons minced garlic
- 1 T Italian seasoning
- 2 tsp rosemary
- 1 cup fresh parsley, chopped
- 5 cups water

### Directions:

1. Water sauté onions, carrots, and celery for about 8 minutes.
2. Stir in the mushrooms and garlic, and continue to cook while stirring for 5 minutes
3. more, adding water as needed.
4. Add the 5 cups of water, potatoes, tomato paste, Italian seasoning, and
5. bring to a boil uncovered.
6. Reduce the heat to medium-low and stir in the rosemary.
7. Cover and cook for 25 to 30 minutes, stirring occasionally until the carrots and

8. potatoes are very tender.
9. Stir in parsley.

Emmie's Notes:

- Fan favorite meal! Loved by meat eaters!
- This freezes well! I suggest making one batch and storing it in the fridge, and making
- another batch, separating it into single servings, and putting it in the freezer.
- It gets better as it sits!

## **SHEPHERD'S PIE**

### **Ingredients:**

#### **Topping:**

- 3 pounds russet potatoes or sweet potatoes, peeled and cut into chunks
- 2 teaspoons onion powder
- 1 teaspoon garlic powder
- 1 tablespoon nutritional yeast

#### **Filling:**

- 4 cups mushrooms, chopped
- 1 medium onion, chopped
- 1 sweet potato, diced into small pieces
- 2 ribs celery, chopped
- 1 teaspoon minced garlic
- 1 ½ cups water
- ¼ cup tomato paste
- 2 tablespoons italian seasoning
- 1 cup green peas
- 1 cup corn

### **Directions:**

1. In a soup pot on high heat, add the chunked potatoes, onion powder, and garlic powder with enough water to cover and bring to a boil uncovered, cooking until tender.
2. In a skillet on medium-high heat, water sauté mushrooms, onions, sweet potatoes, garlic, and celery for about 3 to 5 minutes. (You can do this while the potatoes are cooking.)
3. Add to the skillet, the 1 1/2 cups water, tomato paste, and italian seasoning. Stir and cover. Cook on medium-low heat for 10 to 15 minutes, or until the sweet potatoes are tender.
4. Stir in the peas and corn. Remove the pan from the heat and set aside.
5. Preheat the oven to 375°F and set out a 13x9-inch baking dish.
6. When the boiling potatoes are tender, drain off the cooking water into a bowl (you will use the leftover water later) and transfer the potatoes to a separate mixing bowl.
7. Using an electric mixer (or potato masher), gradually pour in the 1 to 2

cups of the cooking water from the potatoes until the potatoes are smooth.

8. Stir 1 cup of the mashed potatoes into the vegetable filling in the skillet.
9. Pour the filling into the baking dish and spread evenly. (The filling at this point should not be watery, but like a thick stew. If there is extra liquid, just spoon some out.)
10. Mix the nutritional yeast into the remaining mashed potatoes, then add the mashed potatoes to the top of the mixture and spread evenly. Create some texture in the potatoes using a large serving fork and draggings lines or designs on the top.
11. Bake for 25 to 30 minutes, or until the potatoes are lightly browned on the high spots.
12. Let cool for 10 minutes before serving (it will thicken as it cools). Season with black pepper and nutritional yeast to taste.

**Emmie's Notes:**

- Freezes well.
- Can be eaten for breakfast!
- Gets thicker and yummier as it sits.
- Top with nutritional yeast and black pepper!

## **1-2-3 BROCCOLI CHEDDAR SOUP**

**Ingredients:**

- 1 head cauliflower
- 4 cups veggie broth
- 4 cups broccoli
- 3 large carrots, grated
- 1 large Yukon gold potato, peeled and cut into chunks
- 1/2 cup celery, chopped
- 1 small yellow onion
- 1/2 cup non-dairy milk
- 1/2 cup nutritional yeast
- Juice of 1 lemon
- 1 tsp garlic powder
- 1 tablespoon favorite salt-free seasoning
- 1/2 tsp black pepper
- 1/4 tsp thyme

**Directions:**

1. Place all ingredients (except for non-dairy milk, lemon, and nutritional yeast) in a pressure cooker and cook for 6 minutes. (If you don't have a pressure cooker, simply cook on a stovetop until all ingredients are tender.)
2. Add in non-dairy milk, lemon, and nutritional yeast.
3. Blend the mixture until creamy, but leave a few chunks for texture.

**Emmie's Notes:**



- This freezes well! I suggest making one batch and storing it in the fridge, and making another batch, separating it into single servings, and putting it in the freezer.

### **PINEAPPLE STIR FRY**

#### **Ingredients:**

- 1 yellow onion,diced
- 1 tablespoon garlic
- 2 large carrots, peeled and thinly sliced
- 2 ribs celery, sliced
- 1 red bell pepper, diced
- 1 package white mushrooms, sliced
- 2 cups cubed fresh pineapple (or one 20-ounce can - no sugar added)
- 1 teaspoon ginger
- 1 tablespoon rice vinegar
- 4 green onions, chopped
- Cooked brown rice

#### **Directions:**

1. Water sauté onion.
2. Add the garlic, carrot, celery, bell pepper, and mushrooms, and water sauté for 2 to 3 minutes.
3. Add the pineapple, ginger, and vinegar, and cook for another 2 minutes.
4. Stir in the green onion last, just before serving.
5. Serve on top of rice

#### **Emmie's Notes:**

- This is a fan favorite recipe!

### **SWEET AUTUMN RICE**

#### **Ingredients:**

- 4 cups cooked rice
- 3 onions, finely diced
- 1 stalk celery, finely diced
- 1 and ½ sweet potatoes, finely diced
- 2 tablespoons minced garlic
- ½ cup Italian parsley, finely chopped
- 1 tablespoon Italian seasoning
- 2 apples, grated

#### **Directions:**

1. Water sauté the onion, celery, sweet potatoes, and garlic until the onion is translucent and sweet potatoes are soft (15-20 minutes).
2. Stir in the apple and Italian seasoning and cook for about 2 more minutes.
3. Add parsley and cooked rice. Stir until combined!

#### **Emmie's Notes:**

- Delicious hot or cold!

- Great for a to-go lunch!

### **SWEET LENTIL DAHL**

#### **Ingredients:**

- 1 large red onion
- 1 large sweet potato
- 1 T ginger, minced
- 1 can diced tomatoes no-salt-added
- 3 cloves garlic, minced
- 1 Thai Pepper chili/Bird's Eye Chili (Just a small, hot pepper)
- 1 cup dry red lentils
- 1 T coriander
- 1 T turmeric
- 1 T cumin
- 1 tsp garam masala

#### **Directions:**

1. Water sauté onions, sweet potatoes, garlic, and ginger.
2. Add chopped chili pepper, coriander, cumin, turmeric, and garam masala to the pan. Stir.
3. Add lentils and stir, letting brown for a bit.
4. Add tomatoes and 4 cups of water.
5. Bring to a boil. Then, reduce heat to simmer.
6. Cook uncovered for about 25 minutes, stirring occasionally, until lentils and sweet potatoes are soft.

#### **Emmie's Notes:**

- Can be eaten warm, cold, or room temperature.
- Great for freezing
- Great for a to-go lunch, so long as you have a microwave available!

### **CHICKPEA "TUNA" SALAD**

#### **Ingredients:**

- 2 cans chickpeas, drained and rinsed
- 3 ribs celery, finely chopped
- 1 small red onion, finely chopped
- 1 sheet nori seaweed, crumbled
- 1 apple, diced
- Juice of 1 lemon
- ¼ cup dijon mustard

#### **Directions:**

1. Lightly process chickpeas in a food processor or mash so that they are broken up but not fully blended. Keep them chunky.
2. Transfer chickpeas to a bowl and add in celery, onion, apple and seaweed. Mix.
3. Stir lemon and mustard.

## **SPLIT PEA SOUP**

### **Ingredients:**

- 2 cups dry/uncooked split peas
- 1 onion, chopped
- 3 large carrots, peeled and chopped
- 1 white potato, chopped
- 2 ribs celery, diced
- 1 tablespoon oregano
- 1 teaspoon garlic powder
- 1/2 teaspoon cumin

### **Directions:**

1. Bring 8 cups of water and split peas to a boil in a soup pot over medium-high heat, uncovered.
2. Reduce the heat to medium-low, cover, and cook for 30 minutes, stirring occasionally. (Don't let the peas stick to the bottom of the pan!)
3. Stir in the onion, carrots, potatoes, celery, oregano, garlic, and cumin, and bring to boiling over medium-high heat.
4. Reduce the heat to medium-low and continue to cook uncovered, stirring occasionally, for about 20 minutes, or until the carrots potatoes are soft.

### **Emmie's Notes:**

- Great for freezing
- Great for a to-go lunch, so long as you have a microwave available or are using a thermos!

## **LIGHT & LEAN POTATO SALAD**

### **Ingredients:**

- 2 pounds gold potatoes
- 1 red onion, diced
- 1 tsp garlic powder
- 1/4 cup vinegar
- 1/2 cup water
- Scallions, chopped
- 2 ribs celery, finely diced
- 2 T no-salt-added mustard

### **Directions:**

1. Boil potatoes.
2. Once potatoes are cooked, cut them into cubes.
3. Add onion, celery, garlic, vinegar, and water to a pot and cook until onions are tender.
4. Once onions are tender, add mustard.
5. Mix sauce with potatoes.

### **Emmie's Notes:**

- Delicious warm or cold
- Gets yummiier as it sits!

## VEGGIE SUSHI

### Ingredients:

- Nori seaweed sheets
- Veggies of choice (cucumber, lettuce, carrot, sweet potato, asparagus, peppers, mushrooms, beets)
- Cooked sushi rice ( $\frac{3}{4}$  cup dry → cooked)
- 2 T Rice vinegar (no-sugar-added)

### Directions:

1. Lay out one nori seaweed sheet.
2. Spread out rice across the sheet.
3. Take veggies of choice and spread them on top of the rice, but in a line toward the bottom of the sheet.
4. Using a brush, paint the other end of the nori sheet with water.
5. Begin rolling up the sushi until the whole sheet is rolled.
6. Cut the sushi into pieces.

[CLICK HERE TO SEE HOW TO ROLL SUSHI!](#)

### Emmie's Notes:

- Great for a to-go lunch
- Can be eaten warm or cold

## HEARTY MOROCCAN STEW

### Ingredients:

- 3 cups butternut squash
- 1 can diced tomatoes (no salt added)
- 1 can chickpeas (no salt added)
- 1 small onion, diced
- 2 T minced garlic
- 4 cups vegetable broth (no salt or sugar added) or water
- 2 tsp curry powder
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp turmeric
- 1 package baby spinach

### Directions:

1. Combine butternut squash, diced tomatoes, onion, garlic, spices, and veggie broth (or water) in a large pot.
2. Bring to a boil over high heat.
3. Reduce heat to medium low and simmer for 20 minutes.
4. Add in chickpeas and spinach

### Emmie's Notes:

- This freezes well! I suggest making one batch and storing it in the fridge, and making another batch, separating it into single servings, and putting it in the freezer.

## CHICKPEA CURRY STEW

### Ingredients:

- 1 large yellow onion, chopped
- 1 cup carrots, sliced
- 1 can chickpeas, drained and rinsed
- 2 cans crushed tomatoes
- 1 T tomato paste
- 2 teaspoon turmeric
- 1 teaspoon cumin
- 2 teaspoon garam masala
- 1 teaspoon ginger
- 1 teaspoon cinnamon
- Handful of spinach

### Directions:

1. Water sauté onions.
2. Add spices.
3. Add in carrots and sauté for 5 minutes.
4. Add everything else besides spinach and garam masala.
5. Cover and turn heat to low to simmer for about 15 minutes.
6. Once carrots are tender, add spinach and garam masala.
7. Let cook uncovered for about 10 minutes.

### Emmie's Notes:

- Re-heats well!

## MANGO GRAIN SALAD

### Ingredients:

- 2 cups dry wild rice
- 1 red bell pepper, diced
- 1 yellow pepper, diced
- 3 mini cucumbers, diced
- Juice of 4 limes
- 1 can black beans, drained & rinsed
- 1/2-1 lb mango, diced

### Directions:

1. Cook rice according to directions.
2. Mix in rest of ingredients.

### Emmie's Notes:

- Can be served warm or cold.

## JAMBALAYA STEW

### Ingredients:

- 4 onions, chopped

- 1 package brown mushrooms, quartered or sliced
- 1 green bell pepper, chopped
- 2 ribs celery, chopped
- 4 cloves garlic, chopped
- 4 1/2 cups water
- 2 cans kidney beans, drained and rinsed
- 1 can diced tomatoes
- 1 1/4 cup dry brown rice
- 3 tablespoons tomato paste
- 1 tablespoon smoked paprika
- 1 teaspoon dried thyme
- 2 bay leaves

**Directions:**

1. Water sauté mushrooms, onion, bell pepper, and celery, and cook for about 7 to 8 minutes, stirring frequently, adding water as needed to prevent sticking.
2. Add the garlic and cook while stirring for 1 minute more.
3. Add the remaining ingredients: water, kidney beans, diced tomatoes (with liquid), rice, tomato paste, paprika, thyme, and bay leaves.
4. Stir well, and bring to a boil.
5. Reduce the heat to medium-low, and cover.
6. Cook for 45 minutes (or until the rice is tender), stirring once during.
7. Remove from the heat, and let sit for 5 to 10 minutes with the lid on before serving (remove the bay leaves before serving).
8. Stir in a little water upon reheating, as the stew will have thickened.

**Emmie's Notes:**

- Reheats well.
- Gets thicker as it sits.
- Great for a to-go lunch!

## **BLACK BEAN & MUSHROOM CHILI**

**Ingredients:**

- 2 large yellow onions
- 2 T minced garlic
- 2 packages sliced mushrooms
- 2 cans diced tomatoes (no salt added)
- 3 cans black beans (no salt added)
- One pound of frozen corn, defrosted
- 1 T cumin
- 1 T oregano
- 1 T paprika
- 1/2 teaspoon chili powder

**Directions:**

1. Combine all ingredients and cook over medium-high heat for 30 minutes.

**Emmie's Notes:**

- Freezes well.
- Have by itself - or over a sweet potato, regular potato, or other unprocessed starch!

**EGGPLANT CURRY****Ingredients:**

- 1 eggplant, cubed
- 1 onion, chopped
- 2 potatoes, cubed
- 3 T garlic
- 1 can diced tomatoes (no salt added)
- 1 hot pepper (like habanero)
- 2 1/2 T curry powder

**Directions:**

1. Water sauté onions and garlic.
2. Add the tomatoes and curry spice.
3. Cook for 5 minutes, adding water if needed.
4. Add remaining ingredients and cook for 5 more minutes.
5. Add enough water to cover the mixture and let simmer until potatoes are soft.

**Emmie's Notes:**

- Refrigerates and reheats well.
- Gets tastier as it sits.
- Great over rice!

**BLACK-EYED-PEA MASALA****Ingredients:**

- 1 can black-eyed peas, rinsed
- 1 can chickpeas, rinsed
- 2 cans diced tomatoes
- 1 red onion, diced
- 2 teaspoon cumin seeds
- 1 tablespoon ginger
- 1 tablespoon garlic powder
- 1/2 teaspoon cayenne pepper
- 2 teaspoon garam masala

**Directions:**

1. Water sauté onions and cumin seeds for one minute, then mix in ginger and garlic.
2. Add all ingredients.
3. Pressure Cooker/Instant Pot: Cook on high for 7 minutes.
4. Stovetop: Cook for 30-45 minutes.

**Emmie's Notes:**

- Gets yummiier as it sits!
- Reheats well

## RECIPES THAT GO INTO THE “VEGETABLES” CATEGORY OF YOUR PLATE BUILDER

### MUSHROOM FLORENTINE

#### Ingredients:

- 4 Large portobello mushrooms caps, brushed with liquid aminos, veggie broth, or soy sauce
- 1 lb spinach

#### “HOLLANDAISE” SAUCE

- 2 cups cauliflower florets
- ¼ cup veggie broth
- ½ lemon, juiced

#### Directions:

1. In a medium saucepan, combine the sauce ingredients and bring to a boil.
2. Reduce heat to medium and cook for 10 minutes.
3. Puree sauce ingredients.
4. Add spinach to a large pot with 1.4 cup of water. Cook of medium-low until spinach has wilted.
5. On a non-stick skillet or grill, cook portobello mushrooms caps on 4 minutes per side.
6. Serve spinach inside the mushroom, with sauce poured over.

### TY’S PICO

#### Ingredients:

- 4 jalapeños, finely chopped
- 1 red onion, finely chopped
- 2 tomatoes, diced
- Half a lime, juiced
- black cracked pepper

#### Directions:

1. Mix together all ingredients.

#### Emmie’s Notes:

- To release the heat in the jalapenos, roll them before slicing.

### PINEAPPLE STIR FRY

#### Ingredients:

- 1 yellow onion,diced
- 1 tablespoon garlic
- 2 large carrots, peeled and thinly sliced



- 2 ribs celery, sliced
- 1 red bell pepper, diced
- 1 package white mushrooms, sliced
- 2 cups cubed fresh pineapple (or one 20-ounce can - no sugar added)
- 1 teaspoon ginger
- 1 tablespoon rice vinegar
- 4 green onions, chopped
- Cooked brown rice

**Directions:**

6. Water sauté onion.
7. Add the garlic, carrot, celery, bell pepper, and mushrooms, and water sauté for 2 to 3 minutes.
8. Add the pineapple, ginger, and vinegar, and cook for another 2 minutes.
9. Stir in the green onion last, just before serving.
10. Serve on top of rice

**Emmie's Notes:**

- This is a fan favorite recipe!

### AIR-FRIED DIJON BRUSSELS SPROUTS

**Ingredients:**

- 1 lb frozen baby brussels sprouts
- 1 tablespoon balsamic vinegar
- 1 tablespoon dijon mustard (salt-free if possible)

**Directions:**

1. Microwave sprouts for 6 minutes.
2. Air fry at 400F for 20 minutes.
3. Glaze with balsamic and mustard.

### LEMON NOOCH BROCCOLI

**Ingredients:**

- 1 lb broccoli
- 1 tablespoon nutritional yeast
- ½ lemon, juiced

**Directions:**

1. Steam broccoli.
2. Toss in lemon juice.
3. Sprinkle nutritional yeast on top.



## RECIPES THAT GO INTO THE “LEGUMES” CATEGORY OF YOUR PLATE BUILDER

### BLACK BEAN BURGERS

#### Ingredients:

- 2 cans black beans, drained and rinsed
- 1 small onion, diced
- 1/4 cup shredded carrots
- ½ cup Mushrooms, diced
- 1 tablespoon minced garlic
- 1/2 Cup Steel Cut Oats dry
- 2 Tbsp Tomato Paste
- 2 tsp Mustard
- Pepper, to taste

#### Optional spices:

- Cumin
- Oregano
- Chili powder

#### Directions:

1. Water saute the onions and mushrooms in a skillet until the onions have become translucent.
2. Add garlic and carrots and saute another 1 minute.
3. Let cool.
4. Combine oats, 1.5 cups of beans, tomato paste, and mustard in a food processor and process until mashed.
5. Swirl in the sautéed onions and mushroom.
6. Add remaining beans and don't mash completely, but break them up.
7. Form into patties.
8. Freeze immediately or refrigerate at least 30 minutes before cooking

#### TO COOK:

9. OVEN: preheat the oven to 400°F (200°C). Place the patties on a medium baking sheet lined with parchment paper. Bake the burgers for 15 minutes, flip, and bake another 10 minutes, or until the burgers are golden.
10. SKILLET: Remove burgers (let thaw if frozen) and cook in a non-stick skillet coated for 4 minutes per side or until warmed through.

#### Emmie's Notes:

- Start making these the day before, or hours in advance! The mixture has to chill before
- preparation.
- These freeze well!
- Great to serve to meat-eaters!

### LENTIL CHORIZO

#### Ingredients:

- 1 pound dry lentils (green or black - not red)
- 4 cups water
- 1 package mushrooms, sliced
- 1 large yellow onion, chopped
- 1 tablespoon oregano
- 1 tablespoon chili powder
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 2 tablespoons minced garlic

**Directions:**

1. In a pressure cooker, combine all ingredients and cook on high for 8 minutes.
2. In a slow cooker, combine all ingredients and cook on low for 6-8 hours.
3. Cook over the stovetop until the water has been absorbed.

**Emmie's Notes:**

- Reheats well.
- Gets thicker as it sits.
- Great for a to-go lunch!
- Delicious on top of rice & beans, or a sweet potato!

## **BAKED BEANS**

**Ingredients:**

- 1 medium onion, diced
- 2 teaspoons smoked paprika
- 1 heaping teaspoon garlic powder
- 1 lb. dried small white beans (navy or great northern) (2 cups), rinsed
- 4 cups vegetable broth (or water)
- 1/2 cup tomato paste (use a 6oz. can for extra tomato flavor)
- 1/4 cup apple cider vinegar
- 2 tablespoons mustard
- 1/2 teaspoon fresh ground pepper
- 2 bay leaves

**Directions:**

**INSTANT POT (no soak method):**

1. Press the SAUTE setting on your pressure cooker/Instant pot and saute the onion until translucent.
2. Add the smoked paprika and garlic powder and cook for 1 minute.
3. Add the beans, water/broth, tomato paste, apple cider vinegar, mustard, bay leaves, and ground pepper, gently stir until the tomato paste is dissolved completely and everything is well combined.
4. Cook on HIGH for 75 minutes.
5. When done, let the steam vent on its own for about 20 minutes.
6. Remove bay leaves. Beans will thicken once cooled.

**SLOW COOKER (no-soak method):**

1. In bottom of slow cooker, add the onion, beans, vinegar, 3 cups

water/broth, tomato paste, smoked paprika, garlic powder, mustard, pepper, and bay leaves. Gently stir, until the tomato paste has broken up and dissolved.

2. Cook on HIGH for 8 – 10 hours.

**Emmie's Notes:**

- Good in the fridge for one week.
- Good in the freezer for 2 months.

**BLACK BEAN, MANGO, CUCUMBER SALSA**

**Ingredients:**

- 1 can black beans, drained and rinsed
- 1 large red or orange bell pepper, diced
- 1 jalapeno pepper, finely diced
- 1 handful cilantro leaves, chopped
- 1 cucumber, chopped
- Handful scallions, chopped
- 2 mangoes, diced
- Juice of 3 limes

**Directions:**

1. Mix together all ingredients.

**Emmie's Notes:**

- This is the perfect topping for a baked potato, or the perfect salsa for a KISS meal!
- It gets yummiier as it sits & marinades!

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**SAUCES, DRESSINGS, AND DIPS THAT MAY BE ADDED ON TOP OF YOUR COMPLETE PLATE BUILDER**

**BALSAMIC-NOOCH DRESSING**

**Ingredients:**

- 1 cup balsamic vinegar
- 1 cup nutritional yeast
- ½ cup mustard
- 1/4 cup rice vinegar (make sure no sugar added)

Optional: Blend in white beans to make it creamy!

**Directions:**

1. Blend all ingredients.

**EASY CHEESY SOS (SAUCE)**

**Ingredients:**

- 2 cups potatoes, peeled and diced

- 1 cup carrots, peeled and diced
- 1/3 cup water
- 1/2 cup nutritional yeast
- 1 tablespoon lemon juice
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder

**Directions:**

1. Boil potatoes and carrots for about 20 minutes or until soft.
2. Drain them and add them to a blender.
3. Add all the remaining ingredients and blend until smooth.

**Emmie's Notes:**

- A delicious topping for your KISS meals!
- Great for dipping baked/air-fried potato fries!

### **SOS CILANTRO LIME DRESSING**

**Ingredients:**

- 1 cup cilantro
- 1 cup cannellini beans (drained and rinsed)
- 1/3 cup water
- 1/3 cup lime juice

**Optional additions:**

- Minced garlic
- Hot sauce

**Directions:**

1. Blend all ingredients in a food processor.

### **TAYLOR'S CAESAR DRESSING**

**Ingredients:**

- ½ cup water
- ½ cup white beans
- 2 tablespoons lemon juice
- 2 tablespoons mustard
- 1 tablespoon garlic
- 1 teaspoon italian seasoning
- 2 tablespoons of nutritional yeast

**Directions:**

1. Blend all ingredients.

### **PRESTO PESTO**

**Ingredients:**

- 1 cup frozen peas, thawed
- 2 large stalks basil

- 1/4 cup nutritional yeast
- 1 lemon, juiced
- 1 glove garlic
- black pepper, to taste
- optional: pinch of red pepper flakes & oregano

**Directions:**

1. Blend all ingredients, beside red pepper flakes, in a blender.
2. Add red pepper flakes & oregano, if desired.

## **EGGPLANT DIP**

**Ingredients:**

- 1 large eggplant peeled & chopped
- 2 red bell peppers, chopped
- 2 red onions, chopped
- 3 tablespoons minced garlic
- 2 T tomato paste
- Juice of one lemon

**Directions:**

1. Preheat oven to 425 degrees F.
2. Chop all veggies into pieces that are big enough so they won't get burnt, but small enough to cook through and be blended, then mix with lemon juice.
3. Place all veggies on parchment paper and roasted for 20 minutes, then turn them and roast for another 10 minutes.
4. After veggies are cooked, blend with tomato paste.
5. Add more seasonings if desired. (Like paprika!)

**Emmie's Notes:**

- If you're looking to incorporate more raw veggies & need a snack option - this is a GREAT dip for celery, carrots, bell peppers, cucumbers... YUM!

## **SALSA VERDE (GREEN SALSA)**

**Ingredients:**

- 1 lb tomatillos, chopped
- 2 poblano peppers, roasted, peeled, seeded
- 6 scallions/green onions, chopped
- 1 bunch cilantro, chopped
- 2 tablespoons minced garlic
- 1 serrano chile, chopped
- 1 lime, juiced

**Directions:**

1. To roast peppers, place on a non-stick pan/parchment in the oven at 400 degrees for 45 minutes to 1 hours.
2. After cooked, put into a tupperware immediately.
3. When cooled, peel off blackened skin.

4. Puree all ingredients.

**Emmie's Notes:**

- Makes 3 cups

## **TOMATO SAUCE**

**Ingredients:**

- 1 yellow onion, diced
- 2 tablespoons minced garlic
- ¼ cup minced basil
- 2 tablespoons oregano
- 28-oz can diced tomatoes

**Directions:**

1. Puree tomatoes.
2. Water saute onion in a large saucepan over medium heat until translucent.
3. Add spices, cook for a few more minutes,
4. Add pureed tomatoes and cook over medium-low heat for another half hour.

## **SNEAKY VEGGIE SAUCE**

**Ingredients:**

- 1 zucchini
- juice of 1/2 a lime
- handful of cilantro or parsley
- 1 clove of garlic
- 1 tsp of Dijon mustard

**Directions:**

1. Blend together all ingredients.

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## **RECIPES THAT ARE A COMPLETE PLATE BUILDER**

### **SNEAKY VEGGIE OATMEAL**

**Ingredients:**

- 1 cup oats
- 2 cups water
- 1 bag cauliflower rice
- chopped fruit of choice
- spice of choice (cinnamon, nutmeg, ginger, vanilla bean, cocoa powder, nutritional yeast, citrus zest, pepper, chili powder)

**Directions:**

1. Steam an entire bag of cauliflower rice.
2. Pour into a food storage container, and mash with a fork until it is fine.  
(This can be stored in the fridge and added to your oatmeal throughout the week.)
3. Cook your oatmeal in the microwave for 2 minutes.

4. Mix in the cauliflower.
5. Microwave for another minute.

Emmie's Notes:

- If you are new to adding cauliflower to your oatmeal, then start out with a small amount and work your way up!

## CARROT CAKE OATMEAL

### Ingredients:

- ½ cup oats
- ½ cup carrot, finely grated (as fine as possible)
- ½ apple, diced into small pieces
- 1 teaspoon pumpkin pie spice, or cinnamon
- 1 and ¼ cup water (add more depending on how you like the texture of your oatmeal)

### Directions:

1. Mix the oats, carrot, ½ of the apples, and water in a microwave-safe bowl.
2. Cook in the microwave for 3-4 minutes.
3. Mix in the rest of the apple and the spices.