

TOFU TINGA TACOS

INGREDIENTS

- 1 pound firm tofu
- 1 7.5 ounce can chipotle in adobo sauce
- 1 tablespoon canola oil
- 1 white or red onion, thinly sliced
- 5-6 garlic cloves, smashed and chopped
- 1 pound brown, green or red lentils, picked through and rinsed
- 2 15-ounce cans diced tomatoes (preferably fire roasted)
- 1 6-ounce can tomato paste (no salt added)
- 1 fresh or dried bay leaf
- 2 teaspoons dried oregano
- 2 teaspoons ground cumin
- 1 quart water or low-sodium vegetable stock
- 10 ounces frozen corn, (or fresh equivalent)



DIRECTIONS

1. Drain liquid from **tofu**, pat tofu with paper towels and place in a small mixing bowl. Mash with a fork until well crumbled. Set aside.
2. Pour **chipotles** onto a cutting board and chop well. (Alternatively, mash in a bowl with a fork). Set aside.
3. Heat a large soup pot or Dutch oven over medium heat. Add **canola oil** and heat until shimmering. Add **onion** and **garlic** and sauté until onions are wilted and mixture is fragrant.
4. Add tofu, **lentils**, **canned tomatoes** and **paste**, **herbs** and **spices**, and **water or stock**. Bring mixture to a bubble, turn heat to low, cover with a lid and allow to cook 25-30 minutes or until lentils are soft. If mixture is too thin, simmer uncovered until mixture becomes desired thickness.
5. Stir in **corn** and heat through.
6. Serve tinga as you would a bowl of chili or as a taco or burrito. Top with Mexican-style crema or **sour cream** and sliced avocado.

SERVES 🍽️

TOOLS & EQUIPMENT

Paper towels, mixing bowl, fork, cutting board, knife, large soup pot or Dutch oven

GREAT ADDITIONS/SUBSTITUTIONS

Try topping with salsa, shredded lettuce, guacamole, or fresh lime juice.

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TOFU BREAKFAST SCRAMBLE

INGREDIENTS

- 1 pound very firm tofu, pressed then cubed
- 1 tablespoon olive oil
- 8 ounces mushrooms, sliced
- 1/2 onion, finely chopped
- 1-2 cloves garlic, minced
- 1/2 red bell pepper, finely chopped
- 1 10-ounce package frozen kale, thawed and squeezed dry
- 1/2 teaspoon ground black pepper
- 1 teaspoon turmeric
- 3 tablespoons nutritional yeast
- 1 14-ounce can black or navy beans
- 1/4 cup finely chopped parsley
- 2 large tomatoes, sliced into 6 slices each
- 1 avocado, sliced

DIRECTIONS

1. To press **tofu**, wrap tofu in 2 layers of paper towels and place between 2 plates or sheet pans weighted with cans of food or bag of flour, etc. Change paper towels 3 times during pressing. Set aside.
2. In a medium sauté pan, heat **olive oil** on medium-high heat. Sauté **mushrooms**. Then add **onions** and **garlic** and cook until onion is translucent. Add **red peppers** and **kale**. Sauté for 2 minutes.
3. Season with **pepper**.
4. Meanwhile, place tofu, **turmeric** and **nutritional yeast** in a bowl. Use a fork to break it apart so the consistency resembles scrambled eggs and turmeric is well distributed.
5. Add tofu to vegetable mixture and heat through.
6. Stir in **beans**.
7. Add **parsley**. Remove from heat.
8. Serve on whole grain toast, wrapped in a burrito, or just like you would serve scrambled eggs.

SERVES 6

GREAT ADDITIONS/SUBSTITUTIONS

Try other beans, such as pinto or cannellini.

TOOLS & EQUIPMENT

Paper towels, sauté pan, cutting board, knife, stirring utensil, mixing bowl, fork

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ROASTED RED PEPPER HUMMUS

INGREDIENTS

- 1 (15-ounce) can chickpeas (reserve the bean liquid)
- 1/4 cup fresh lemon juice, about 1 large lemon
- 1/4 cup tahini
- 2 cloves garlic, peeled
- 2 tablespoons extra virgin olive oil
- 1/2 teaspoon ground cumin
- Pinch cayenne pepper (optional)
- 2 to 3 tablespoons water or juice from beans
- 1/4 teaspoon salt
- 1/2 cup roasted red peppers, well drained



DIRECTIONS

1. In the bowl of a food processor, combine **all ingredients except peppers**. Pulse until mixture is combined. Scrape down the sides and process until very smooth, stopping to scrape down the sides as needed. You may need to add a bit more of the reserved bean liquid to achieve the desired consistency. Process until smooth and creamy.
2. Add in **roasted peppers** and pulse to desired consistency. You might like them completely incorporated or left slightly chunky.
3. To serve, use hummus as a dip with veggies, crackers and pita chips or use as a spread on a sandwich or wrap instead of mayonnaise.

MAKES 1.5 CUPS

GREAT ADDITIONS/SUBSTITUTIONS



TOOLS & EQUIPMENT

Food processor, spoon or baking spatula

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PASTA E FAGIOLI SOUP

INGREDIENTS

- 2 tablespoons olive or canola oil
- 1 yellow or white onion, finely diced
- 2 carrots, finely diced
- 1 stalk celery, finely diced
- 3-4 cloves garlic, crushed and minced
- 1/2 pound cremini mushrooms, minced
- 1 19-ounce can cannellini beans (white kidney beans), drained and rinsed
- 1 19-ounce can red kidney beans, drained and rinsed
- 2 15-ounce can petite diced tomatoes (no salt added)
- 6 cups low-sodium vegetable broth
- 1 tablespoon dry Italian herb seasoning blend
- 1 bay leaf
- 1/2 teaspoon ground black pepper
- 1.5 cups whole wheat pasta of your choice (ditali or ditalini is traditional)



DIRECTIONS

1. In a large soup pot or Dutch oven, heat **oil** over medium heat until shimmering.
2. Add **onion, carrots, celery, garlic** and **mushrooms**. Sauté until onions are translucent and mixture is fragrant.
3. Add **beans, tomatoes, broth, herbs** and **black pepper**. Bring to a boil.
4. When mixture has come to a boil, add **pasta** and cook according to time on pasta package, stirring occasionally. Remove from heat and serve with chopped parsley and nutritional yeast.

SERVES 8-10

TOOLS & EQUIPMENT

Large soup pot or Dutch oven, cutting board, knife, stirring utensil

GREAT ADDITIONS/SUBSTITUTIONS

Try tomato sauce or canned crushed tomatoes instead of the petite diced tomatoes.

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NO-BAKE PEANUT BUTTER CHOCOLATE BITES



INGREDIENTS

- 1 cup natural creamy peanut butter (or *Sunbutter)
- 1/4 cup honey
- 1 1/3 cups old-fashioned rolled oats
- 1/3 cup natural creamy peanut butter
- 3/4 cup semi-sweet chocolate chips



DIRECTIONS

1. Line an 8 or 9-inch square baking pan with parchment paper or wax paper. Set aside.
2. In a small saucepan, heat together 1 cup **peanut butter** and the **honey**. Stir until well combined.
3. Stir in **oats** and pour into prepared pan. Spread into a thin layer. Set aside.
4. In the same pan, heat remaining **peanut butter** and **chocolate chips**. Pour mixture over peanut butter/honey mixture in pan and spread evenly.
5. Place pan in the freezer and allow to cool for about 45 minutes. Cut into squares and enjoy!

SERVES 6

TOOLS & EQUIPMENT

8 or 9-inch baking pan, parchment paper, saucepan, measuring cups, freezer

GREAT ADDITIONS/SUBSTITUTIONS

Try other nut butters, such as sunflower seed butter (Sunbutter).

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