

Main Dishes

Healthy Butter Chickpeas

1 T olive oil
1 c onion, chopped (about 1 medium onion)
3–4 large cloves of garlic, minced or grated
1 1/2 T mild yellow curry powder
1 tsp ground cumin
1/2 tsp sea salt
1/4 tsp cayenne (or more if you like it hot!)
1/2 c vegetable stock
1 15-oz can tomato sauce (about 1 1/2 cups)
1 19-oz can low sodium chickpeas (about 2 cups)
1/4 c fresh cilantro, roughly chopped
1 T lime juice (freshly squeezed is best)
1/4 c smooth, natural almond butter, at or close to room temperature
1/2 c coconut milk (I used full fat)
1 tsp sugar (preferably unrefined sugar or honey would work too)
Salt and extra lime juice to taste

Rice, potato wedges, etc for serving

Heat oil in a dutch oven or heavy-bottomed pot over medium heat. Add onion and cook until translucent, being sure not to brown, 4- 5 minutes.

Add garlic and all of the spices to the onions and cook, stirring frequently, until very fragrant, about 1 minute.

Deglaze the pot with the vegetable stock, being sure to scrape all of the browned bits off the bottom, then add the tomato sauce, chickpeas, cilantro and lime juice, stirring until well incorporated.

Bring tomato mixture to a simmer and cook 20-25 minutes until chickpeas are plump and tender.

Remove from heat and stir in almond butter, coconut milk and sugar and continue stirring until smooth and streaks remain. Season with additional salt and lime juice to taste.

Serve over brown basmati rice and top lots of fresh cilantro.

Vegan Meatloaf (Easy Lentil Loaf)

Ingredients Lentil Loaf:

- 1 tablespoon olive oil
- 1/2 large onion , chopped (about 1 cup)
- 1 carrot, chopped (about 1/2 cup)
- 1 celery, chopped (about 1/2 cup)
- 2 cloves garlic, minced
- 1 1/2 cups cooked lentils (green or brown; see notes)
- 1 cup quick-cooking oats (certified gluten-free, if needed)
- 1/2 cup chopped walnuts
- 2 tablespoons ground flax seeds
- 2 tablespoons tamari (gluten-free soy sauce)
- 1 teaspoon dried thyme (or 1 tablespoon fresh)
- 1/8 teaspoon ground cayenne pepper (optional)
- 1/2 teaspoon fine sea salt
- freshly ground black pepper

Glaze:

- 2 tablespoons tomato paste
- 1 tablespoon balsamic vinegar (or apple cider vinegar)
- 2 tablespoons maple syrup
- 1/8 teaspoon salt

Instructions

- Preheat the oven to 375 F and line a 9-inch by 5-inch loaf pan with parchment paper. (I like to use a spray oil on the pan first, so that the parchment paper will stick in place.)
- In a large skillet over medium heat, add the olive oil, onion, carrot, celery, and garlic. Stir occasionally until softened, about 8 to 10 minutes.
- In a the bowl of a large food processor fitted with an "S" blade, combine the cooked lentils, oats, walnuts, flax, tamari, thyme, cayenne, salt, and several grinds of black pepper. When the vegetables are tender, add them in, too.
- Pulse several times, just until the mixture starts to stick together when you press it between your fingers. You don't want it totally smooth, for the best texture. (See the photos in this post for reference.)
- Transfer the mixture to the prepared loaf pan, then press firmly to pack it together. Stir the glaze ingredients together and brush it over the top of the loaf. Bake uncovered at 375oF for 30 minutes.
- Let the loaf cool in the pan for at least 10 minutes, then use the parchment paper to easily lift it out of the pan. Slice and serve warm.
- Leftover slices can be stored in an airtight container in the fridge for up to 3 days, but the leftover loaf will be a little more dry in texture when you reheat it, so you might want to serve it with gravy for added moisture.