Chickpea Burgers

Adapted from The Cookbook for People Who Love Animals
Makes 2 dozen patties

2 cups chickpeas
6 cups water
2 tbsp oil
2 garlic cloves, diced
2 large onions, diced
2 carrots, diced
3 stalks celery, diced
3 green peppers, diced
6 tbsp tamari
½ tsp salt
½ tsp basil
¼ tsp garlic powder
¼ cup tahini
¼ tsp paprika
¼ tsp oregano
¼ tsp cumin

In a large skillet, heat the oil over medium heat; add the garlic, onions, carrots, celery, and peppers; sauté for 7 minutes, until tender. Season with 3 tbsp tamari, salt, basil, and garlic powder.

Drain the chickpeas and mash well. Combine with the sautéed vegetables in a large bowl. Add the tahini and remaining seasonings.

The mixture should be mushy but light. If too thin, add some bran or whole wheat flour. If too think, add some stock. Mix well.

Preheat the oven to 350 °F. Oil a cooking sheet. Form the mixture into patties and place on a sheet. Bake for 8-10 minutes, until golden brown on top; turn over and brown the other side.

Papaya Shake

Adapted from Florida Fruit and Vegetable Recipes

2 cups mashed ripe papaya pulp
¼ cup lime juice
2/3 cup sugar
1 ½ cups coconut milk
1 ½ cups water
1 tsp nutmeg
Combine mashed fruit and sugar, then add all other ingredients and chill. Optional: just before serving, shake with cracked ice in a glass jar with a tight-fitting lid.
Black Bean Stuffed Tostones with Avocado Sauce
Adapted from Coconuts and Collards: Recipes and Stories from Puerto Rico to the Deep South
Makes 4 servings

**Tostones**
Vegetable oil
3 green plantains, peeled and cut into 2 inches
Salt

**Black Beans**
1 tbsp olive oil
1 garlic clove, minced
1 ½ cup cooked black beans, drained and rinsed
1 tsp Sazón (see Sazón recipe)
½ cup water
Avocado sauce (see Creamy Avocado Sauce recipe)
Diced tomatoes for garnish

Make the tostones: line a large plate with paper towels and pour oil into a deep skillet or sauté pan to a depth of about 1 ½ inches. Bring the oil to a simmer over medium-high heat. Test the oil by dropping a scrap of plantain in the oil. Once it sizzles, carefully add plantain rounds with a pair of tings until the pan is full but not crowded.

Fry the plantains, flipping them every couple of minutes, until they’re golden brown. Remove from the oil and drain on the prepared plate. Sprinkle lightly with salt and let cool while you fry the remaining plantain slices.

Place the plantains one by one on a small plate and press them into a flat disk with the bottom of a coffee cup. Then place each pressed plantain round into a small ramekin and mash then in the middle with the bottom of a round ended kitchen tool (a muffin tin and muddler would work for this).

While the plantains are frying, make the black beans. Heat the oil in a small saucepan over medium-high heat. Add the garlic and sauté for
30 seconds, or until fragrant. Add
the black beans, sazón, and water
and bring to a simmer.

Reduce the heat to low and simmer,
uncovered for 7 to 10 minutes until
the sauce thickens.

Assemble the black bean stuffed
tostones by scooping the black beans
into the tostones, then topping with
the creamy avocado sauce and diced
tomato.

Creamy Avocado Sauce
From Coconuts and Collards: Recipes and Stories from
Puerto Rico to the Deep South
Makes about 1 cup

1 ripe avocado, halved and pitted
1 garlic clove, minced
1 tbsp fresh lemon juice
¼ cup water, plus more as needed
Salt and pepper

Combine all the ingredients in a
small food processor and process
until smooth, adding more water as
needed until the mixture is the
consistency of yogurt or your
desired thickness (alternatively
you can mash and mix together
everything in a medium sized
bowl). Season with salt and
pepper. Use within the day.

Sazón
From Coconuts and Collards: Recipes and Stories from
Puerto Rico to the Deep South

1 tbsp garlic powder
1 tbsp onion powder
1 tbsp ground cumin
1 tbsp ground turmeric
1 tsp ground black pepper
2 tbsp salt
2 tbsp ground achiote or sweet paprika
Combine all the ingredients in an airtight container, cover, and shake well to incorporate. Keeps indefinitely.
Easy Vegan Coleslaw
From the Minimalist Baker
12 ½ cup servings

**Sauce**
1 cup raw cashews (soaked in very hot water 1 hour, or in cool water 6 hours or overnight)
1/3 cup water
1 tbsp maple syrup
2 tsp spicy brown mustard (or yellow mustard)
1 ½ tbsp white vinegar
2 tsp apple cider vinegar
3 tbsp chopped yellow or red onion
½ tsp celery salt
Sea salt and black pepper to taste

Soak cashews. Then drain thoroughly and add to a high-speed blender along with water, maple syrup, mustard, white vinegar, apple cider vinegar, onion, celery salt.

Blend on high until creamy and smooth, scraping down side as needed. If too thick, add more water to thin. If too thin, you can compensate by adding more cashews.

Taste and adjust flavor as needed, adding salt and pepper to taste, more celery salt for more pronounced celery flavor, onion for bite, maple syrup for sweetness, mustard for tanginess or vinegar for acidity.

**Slaw**
2 cups shredded carrot
4 cups packed shredded red or green cabbage

Add carrot and cabbage to a mixing bowl and top with dressing. Toss to combine. Enjoy immediately or store covered in the refrigerator to chill – about 4 hours.

Store leftovers covered in the refrigerator up to 4-5 days. Not freezer friendly.