

Recipe: 3 Plant-based Auto-Immune Protocol Recipes

Incan Earth Bowl

Servings: 4

Ingredients:

4-6 cups of cooked quinoa (cook according to package directions)

4 cups stewed pinto, black or small red beans, drained (see my basic recipe for any type of bean below)

2 cups roasted new potatoes or white fleshed sweet potato

2 cups of cooked or raw squash of any kind, (shredded or spiralized if raw or cut into small cubes if cooked)

1 cup of grape tomatoes, halved

1 cup organic corn kernels

Mini bell peppers (about 1 or 2 per person)

Ripe avocados

Cilantro-lime dressing: ½ cup freshly squeezed lime juice, zest of one lime, ½ cup water, 2 TBS raw, unprocessed honey, ½ cup chopped cilantro, 1 tsp sea salt, or to taste, ¼ - ½ tsp guar gum, optional. Add all ingredients, except cilantro, to a blender and process for 1 minute until well combined. Add cilantro and pulse 4 to 6 times until the herb is evenly distributed but its green flecks are well seen. You can use pineapple juice to replace water and thereby eliminate the honey if preferred.

Instructions:

To construct the bowls: evenly divide the quinoa between them. Add about a cup of stewed beans to a quarter of each bowl then divide and arrange all remaining vegetables evenly in a decorative manner. End with slicing and staggering a few slices of avocado in the center. Serve immediately with a side of cilantro-lime dressing.

Stewed Beans

This recipe works with any type of bean.

1. Soak 3-4 cups of beans overnight in filtered water, and/or parboil the beans (see step 2)
2. Place soaked or dried beans in a large stock pot. Cover with about 3-4 inches over top. Bring to a boil then allow to boil for 15 minutes, uncovered. Remove from heat and strain all liquid from the beans. Place them back in the stockpot as before with 4-5 inches of water over the beans this time.
3. Add a coarsely chopped onion, 4 large cloves of garlic (minced) and 2-3 bay leaves and a tsp. of cumin. Sometimes I add a can of diced tomatoes with mild green chiles, half of a bell pepper chopped or 1-2 heart of celery, chopped. These are optional.
4. Bring to a boil then reduce to medium low, about a '4' on most stovetops. I loosely cover at this point by placing the lid a little cock-eyed and allow the beans to cook for between 30 and 40 minutes or until soft. Check water levels at least half-way through cooking time and add any seasonings to flavor to your taste: my favorites are: cumin, oregano or Mediterranean spice blend and Himalayan pink salt.

Trick: My favorite minimalist method is to do these beans in the crockpot. I still soak overnight, but then I simply rinse and place all my ingredients at once into a crockpot and cook on low for 8-10 hours – YUM!

Mexican-Inspired Loaded Potato

Serves 4

Ingredients:

4 medium-large Boniato or Japanese sweet potatoes or Russet potatoes

2 cups stewed black or pinto beans

Pico de Gallo (see my basic recipe below)

Guacamole (see recipe below)

Corn Salsa (see recipe below)

Sour Cream (see recipe below)

Instructions:

1. Bake your potatoes at 350°F for 40-45 minutes or until tender and flaky throughout.
2. While the potatoes bake prepare your toppings.
3. Once the potatoes are warm enough to handle then carefully remove the skin from the top half of the potato.
4. Fluff the inside with a fork then layer on the ingredients starting with the beans and other toppings following as desired.
5. Eat immediately.

Pico de Gallo

Ingredients:

4-5 ripe plum tomatoes, diced

½ sweet onion, minced

1 4oz can of mild green chiles

Juice of one lime

2 TBS cilantro

Sea salt

Instructions:

1. Mix all the ingredients together in a medium bowl. Flavors set best overnight. Serve.

Guacamole

Ingredients:

2-3 medium ripe avocados, peeled and pitted

2 TBS each of fresh diced tomato, Poblano or Anaheim pepper (avoid seeds to avoid spice), red sweet onion, cilantro

Juice of one lime

Sea salt

Instructions:

1. Mash avocado in a medium bowl with a fork until desired consistency is attained.
2. Add lime juice, veggies and sea salt. Serve immediately.

Corn Salsa

Ingredients:

1 10-oz package fresh-frozen, organic sweet corn (rinsed and drained)
¼ cup red, sweet onion, minced
2 TBS each of green bell pepper or poblano, cilantro and minimally processed black olives (optional)
Juice of one lime
Sea salt

Instructions:

1. Mix all the ingredients together in a medium bowl. Flavors set best overnight. Serve.

Cashew Sour Cream

Ingredients:

1 cup cashews, soaked overnight, rinsed and drained
½ tsp. each of onion and garlic powder
¼- ⅓ cup of lemon juice (about 2 medium lemons), to taste
About 1 cup filtered water
Sea salt

Instructions:

1. Process all ingredients in a high-speed blender until smooth. Feel free to thin or add less water, but know that it will thicken in the fridge a bit. Keeps for up to 3 weeks in the coldest part of the fridge. Can also be frozen. To use allow it to thaw then mix rigorously for 2 minutes until it becomes smooth.

Cauliflower Pizza with Cauliflower Cheez

Servings: about 2-3

Ingredients:

Cauliflower Crust:

4 cups cauliflower florets, steamed until they fall apart with slight touch and then cooled for about 15 mins
1/3 cup almond flour or almond meal from almond-milk making (leftover pulp)
1/4 cup any non-dairy milk
2 1/2 TBS ground flax meal
1 TBS nutritional yeast flakes
1 tsp Italian blend seasoning
1/2 tsp each garlic powder, minced onion, and sea salt

Pizza sauce or ripe tomato slices

OR

Pesto sauce (see recipe from Autumn Delights class)

Cauliflower Cheez:

1/2 a medium-large cauliflower florets or about 3 1/2 to 4 cups, steamed until falling apart
2/3 cup any non-dairy milk
2 TBS green olive brine
4 TBS tapioca starch
2 TBS yeast flakes
1 1/2 tsp of sea salt or to taste

Any pizza toppings you would like

Instructions:

1. Preheat your oven to 400°F.
2. To make crust: mix flaxseed meal in non dairy milk until completely incorporated then set aside until step 5.
3. Place your cooked cauliflower in the center of a clean tea towel or in a nut milk bag. Squeeze out all excess water.
4. Place cauliflower in large bowl using a potato masher or fork to mash any larger pieces.
5. Add flaxseed/milk mixture and stir well to combine, then add all remaining ingredients and mix until everything is fully incorporated.
6. Place your dough between two sheets of parchment or wax paper on your pizza pan then press flat with the palm of your hand or roll out with a rolling pin to about 1/4-inch thickness.
7. Pre-bake for 20-25 minutes or until lightly brown.
8. While your crust is baking prepare your cauliflower cheez and favorite toppings.
9. Place all your cheez ingredients, in the order as listed, in a high-speed blender. Blend until smooth using your tamper if needed or stopping to scrape down the sides.
10. Pour into a medium saucepan over medium heat stirring until the mixture is thick and shiny in appearance. It will also be somewhat stretchy.
11. Once the pizza crust has been prebaked top as desired and then return to the oven for 10-12 minutes or until toppings and cheez are golden.
12. Serve immediately.