Mrs. Vegan's WFPB Dinner Recipes

CHIPOTLE LENTILS
(from Forks Over Knives Meal Planner)

"A few dollops of chipotle salsa can turn humble beans and lentils into a smokin'-good dining experience. Although delicious without, feel free to add tofu sour cream as a topping."

1½ cups dry brown lentils, rinsed and drained
1 yellow onion, chopped (about 1 cup)
4 cloves garlic
4½ cups low sodium veg broth (1 carton)
1½ cups frozen corn
1 can black beans, drained and rinsed
1 yellow squash, quartered lengthwise and sliced
1 cup chipotle salsa
4 cups kale, stemmed and thinly sliced
Freshly ground black pepper to taste

For serving:
SOUR CREAM (optional—don't use on Jumpstart diet)
4 scallions, white and green parts, thinly sliced (optional)

In a large pot, combine lentils, onions, garlic, and vegetable broth. Cover and bring to a boil over high heat. Reduce heat to medium-low and cook, covered, for 15 minutes.

Stir in corn, black beans, squash, and chipotle salsa. Return to a boil; reduce heat to medium-low. Cook, uncovered, until lentils and vegetables are tender, 10 minutes or more, adding in kale during the last 4 minutes of cooking.

Season lentils with pepper to taste. Top with scallions and sour cream, if desired.

SOUR CREAM

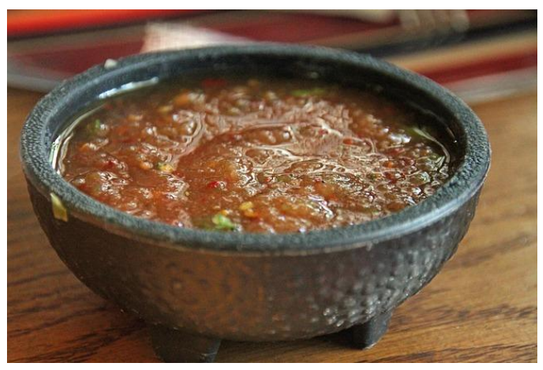
½ package firm or extra-firm silken tofu,* drained
1½ tsp fresh lemon juice
1½ tsp red wine vinegar
Dash salt

In a blender or food processor, combine all ingredients except salt. Season with salt to taste, and purée until smooth and creamy.

*Ed. Note: Silken tofu comes in an aseptic (juicebox-type) container, and is shelf stable until you open it. Store the remaining tofu in the fridge and use within 5 days. Can be frozen but that will change the texture to be spongy. Frozen and thawed tofu can be a good meat substitute in dishes like chili.











Dried Chipotle Peppers
(not needed for this recipe)



Tofu shown with soybeans