



OSV Recipes- 21 Day Meal Plan

By Chef Yafah Asiel

BEANS

Chickpea Stew

1 cup chickpeas , dry or two-15-ounce cans chickpeas, drained
1 medium onion , minced
2 cloves garlic , minced
¼ cup red bell pepper , chopped
½ cup mushrooms
1 tsp dried parsley
½ tsp dried basil
½ tsp dried oregano
2 cups filtered water
½ tsp sea salt
¼ tsp Cayenne pepper

Directions:

If you are using dried chickpeas, sort, wash and soak them overnight. The next day drain and rinse chickpeas. Cover with water about 2 inches above chickpeas and bring to boil on medium heat. Lower heat to simmer and cook until tender, about 1 hour. If using the Instant pot, set timer for beans - 30 minutes

If using canned chickpeas - Heat water in a large saucepan on medium-high heat.

Add onions and cook until soft, about 4 minutes.

Add garlic and cook for 30 seconds stirring. Add bell pepper, chickpeas, parsley, basil and oregano.

Add water or reserved chickpeas water, cover and bring to boil. Reduce to a simmer for 10-20 minutes or until thickened.

Mash some of the chickpeas, with the back of a fork to thicken stew. Check seasoning, add cayenne pepper and extra salt and pepper as needed.

** Optional: tomatoes, carrots, mushrooms, tomato paste

Lentil Mushroom Stew

1 lb. bag of brown lentil, (2 Cups)

1 large onion chopped (about 1 cup)

5 cloves garlic, minced/chopped

1 pound of mushroom, sliced – can use white or a combination with portobello and shiitake

1 large carrot, sliced

1 stalk of celery, chopped

1 tbsp. dried parsley

2 large tomatoes, chopped (about 2 cups)

1 sprig fresh thyme or rosemary

5 -6 cups of water

Salt and pepper to taste

Directions:

Pick through lentils for stones and rinse. Put all the ingredients into a large pot with the 6 cups of water. Bring the contents of the pot to a boil over high heat.

Lower the heat, cover the pot and simmer for 30 - 40 minutes until the lentils are soft. Taste first the stew; it may not need any salt, if it does, add sparingly to taste.

Add pepper to taste, remove the thyme or rosemary stems. Serve over brown rice or quinoa and enjoy

Curry Lentil Stew

Same recipe as Lentil Mushroom stew **BUT** - add 1 tbsp. curry

Lentil Loaf

2 cups water

1 cup green lentils

2 tbsp. ground flaxseeds and 4 tbsp. water

1 medium yellow onion, diced

1 tsp. olive oil

1 cup regular rolled oats

1 cup tomato sauce

1 tsp. garlic powder

1 tsp. dried basil

1 tsp. dried parsley

½ tsp. salt

¼ tsp. black pepper

¼ cup BBQ sauce
2 tbsp. ketchup

Directions:

Bring water to a boil. Add lentils and simmer 25 – 30 minutes, until lentils are soft and water is evaporated. Drain any excess water and partially mash lentils. Scrape into mixing bowl and allow to cool slightly. Mix the flaxseeds and water together and let sit for about 15 minutes. (This will allow it to become sticky and will be a better binder for the loaf.)

Sauté the onion in the oil in a pan over medium heat. Cook for 5 minutes or until the onion is translucent.

Stir the onion and oats into the lentils until mixed. Add the flax mixture, tomato sauce, garlic, basil, parsley, salt, and pepper. Mix well.

Spoon into loaf pan that has been generously sprayed with non-stick spray. Smooth the top with the back of a spoon.

Top with the BBQ sauce and ketchup.

Bake at 350 degrees for about 45 minutes until the top of the loaf is dry, firm, and golden brown. Let cool in pan for about 10 minutes. Run a sharp knife around the edges of pan then turn out onto a serving platter. Top with additional BBQ sauce or ketchup if needed.

Lentil Burgers

Follow Lentil Loaf recipe but do not spoon into loaf pan.

Slowly stir in ½ cup flour of choice, you may need a little less or more depending on your mixture. Shape the burger mix into about 4-5 patties. Place the patties on a tray then place in a (375) F oven and bake

for about 10 minutes or until they begin to brown. Flip the burgers for another about 7 - 10 minutes.

Serve on a whole grain bun and garnish with toppings of your choice.

Black Bean Burgers

3 Cups Black Beans (or 2- 15 oz cans, rinsed)

2 Cups Mushrooms

1/2 Medium Onion

1/4 Cup Cilantro Stalks (or the stems from one bunch, reserve the leaves)

1 Clove Garlic

2 tsp. Water

1/2 Bell Peppers diced

1/2 tsp. Curry

1 ½ tsp. Cumin

1 tsp. Coriander

1 tsp. Garam Masala

1 Green Onion, slivered

6 Tbsp. Ground Flax

1/2 Cup Gluten Free Flour (or flour of choice - I use quinoa flour)

Sea Salt to taste

Directions:

Begin by pureeing the mushrooms, onion, cilantro stalks, and garlic until it makes a fine pate-like consistency.

Heat a pan to medium and add 2 tsp. of water. Add the mushroom mix, cinnamon, cumin, coriander, and smoked paprika. Cook for about five minutes or until the mushrooms begin to cook.

Add the diced peppers and cook for another minute or two until they begin to soften