

Red Lentil Soup



Serves: 3

Total time: 30 minutes

Ingredients

- 1 onion, diced
- 1 carrot, diced
- 5 cups vegetable stock
- 2 cloves garlic
- 1 cup red lentils
- 1 tbsp. olive oil
- 1 tsp. smoked paprika
- Salt and pepper

. Instructions

1. Heat the olive oil in a medium pot. When hot, add the onion and carrot. Cook until the onion turns translucent.
2. Add the stock and lentils. Reduce to medium heat, and simmer until the lentils are moderately soft around 15 minutes.
3. Add finely chopped garlic and the paprika. Season to taste with salt and pepper. Then simmer for another 5 minutes.
4. Serve hot, with crusty bread.

Grilled Tofu with Quinoa and Spinach



Serves: 2

Total time: 30 minutes

Ingredients

- 2 tbsps. Olive oil
- ½ lb. firm tofu
- 1 small yellow onion, chopped
- 2 cloves garlic, minced
- 2 cups vegetable broth
- 1 ½ cups quinoa, rinsed thoroughly
- 3 cups spinach, washed
- Salt, pepper

Instructions

1. Cut tofu into 1/3 inch steaks. Heat the grill and brush it with oil to prevent sticking. Grill until golden brown on each side.
2. Heat 1 tbsp. olive oil in a pot. Add the onion and garlic, and sweat until the onion turns transparent.
3. Add quinoa and broth. Simmer for 10 to 15 minutes, until the quinoa is cooked and the liquid mostly absorbed.
4. Add the spinach and cook for another few minutes, until the spinach is wilted and quinoa cooked through.
5. Serve tofu steaks on a bed of quinoa and spinach.

Peanut Butter, Oat, and Berry Smoothie



Serves: 2

Total time: 2 minutes

Ingredients

- 1 banana, peeled
- 1 cup mixed frozen berries
- 1 tbsp. raw sugar
- 1 cup soy milk
- 2 tbsps. oats
- 2 tbsps. Peanut butter

Instructions

1. Combine all of the ingredients in a blender and blend until smooth.