

Plant Based Hotpot

(Makes 4 servings)

Ingredients:

¾ cup lentils
3 tablespoons vegetable broth, divided
2 shallots, finely diced
4 cloves garlic, minced
8 sprigs fresh thyme, leaves removed
9 ounces of your favorite mushrooms
4.5 ounces of shiitake mushrooms
4 medium potatoes, russet
1 large carrot, large diced
2 tablespoons low sodium soy sauce or tamari
1 teaspoon smoked paprika
Sea salt and black pepper to taste
1 vegetable stock cube or bouillon (1/2 teaspoon)
1.5 teaspoons vegan Worcestershire sauce
3 teaspoons balsamic vinegar
½ cup white wine (optional)
2 teaspoons cornstarch (or tapioca) dissolved in 1 tablespoon water

Directions:

1. Preheat the oven to 350 degrees.
2. Rinse the lentils and then simmer in plenty of water for about 30 minutes (follow packaged directions). Drain and set aside.
3. Steam or par boil your sliced potatoes for about 3 to 4 minutes until al-dente. Set aside.
4. Heat up the vegetable broth (2 tablespoons) in a skillet and then add in the shallot and sauté until translucent. Add the garlic and thyme leaves (reserve some leaves for topping) and sauce a few minutes more.

5. Add your mushrooms and sauté. Then add in the carrots, cooked lentils, soy sauce, sea salt and black pepper to taste, smoked paprika, bouillon, Worcestershire sauce, balsamic vinegar, and white wine.
6. Then stir in the corn flour and water mixture. Transfer the mixture to an iron skillet and then arrange the cooled potato slices on top of the mixture, making sure that the slices overlap. Cover the dish with parchment paper and then aluminum foil and bake for 20 minutes.
7. Then place oven on broil and brown your potatoes. Add more thyme for decoration and serve with a nice salad and your favorite bread.

Moroccan Roasted Carrots

(Makes 4 to 6 servings)

Ingredients:

1.5 pounds whole carrots, peeled (small bag)
2 tablespoons vegetable broth
1 tablespoon maple syrup or date paste
Sea salt and black pepper to taste

Dressing:

2 tablespoons fresh orange juice
½ teaspoon red pepper chili flakes
¼ teaspoon cumin
1/8 teaspoon cinnamon
Orange zest
1 teaspoon parsley, chopped

Directions:

1. Preheat the oven to 425 degrees. Line a baking sheet with parchment paper.
2. Peel your carrots and cut them into 3 to 4 long pieces.
3. In a small bowl, mix in the vegetable broth, maple syrup and sea salt and black pepper (optional).
4. Spread your carrots on a parchment lined baking sheet. Roast in the oven for 20 to 25 minutes, stirring the carrots halfway through.
5. In a small bowl, mix in the dressing ingredients except for the parsley and orange zest and toss over the carrots. Then add the parsley and orange zest and enjoy.