

PLANT FUELED RESET by Clean Food Dirty Girl

Bonus!

Batchless and Fed

You don't have to batch to throw together yummy plant powered meals quickly. Here are some things to whip up when you haven't had time to batch or need to supplement your batch. None of these have specific measurements, so play around with the quantities and have fun! You can't mess them up.:)

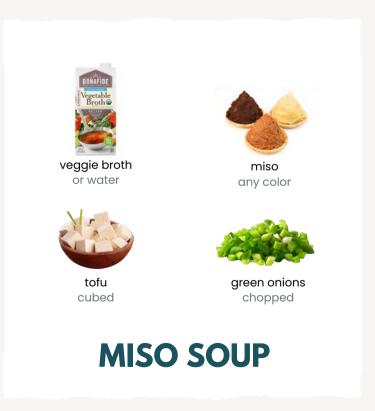
For the beans listed below, feel free to use canned or cooked dried beans.

MAKE THESE WITH PANTRY STAPLES









MAKE THESE WITH BROWN RICE







The items that have an asterisk (*) have a recipe included.



MAKE THESE WITH HUMMUS





MAKE THESE WITH DRESSING





The items that have an asterisk (*) have a recipe included.



MAKE THESE WITH BEANS





The items that have an asterisk (*) have a recipe included.



BROWN RICE

Yield: 3 cups | Freezes well

Instant Pot Directions

1 cup uncooked brown rice (190 g)

1 ¼ cups water (315 ml)

- Rinse the rice well and strain in a fine mesh strainer. Tap the strainer against the sink to remove excess water. Place the rice into your Instant Pot, along with the (new) water and stir.
- Lock the lid into place and make sure the nozzle is pointed in the sealing position. Use the Manual (or Pressure Cooking) mode and set the timer for 23 minutes. Use the natural release method when the timer is up. When all of the pressure is out of the pot, carefully remove the lid and stir and fluff the rice.
- Allow the rice to cool to room temperature before promptly storing it in the fridge.

Stovetop Directions

1 cup uncooked brown rice (190 g)

2 cups water (500 ml)

- Rinse the rice well and strain in a fine mesh strainer. Tap the strainer against the sink to remove excess water. Place the rice into a stock pot, along with the (new) water. Bring to a boil, stir, turn the heat to very low and place a lid on the pot.
- Cook for 25 35 minutes. The cooking time varies depending on your altitude, with higher altitudes taking longer. Check after 25 minutes, and if there is liquid in the pot, keep cooking until it's all been absorbed, and the rice is fluffy and soft.
- Allow the rice to cool to room temperature before promptly storing it in the fridge.

CASHEW CHEESE

Yield: 1 cup | Freezes well

1 cup cashews, soaked in water for 10 - 15 minutes (130 g)

2 teaspoons lemon juice

½ teaspoon salt

1/4 teaspoon black pepper (5 turns)

14 cup water (60 ml)

- Soak, drain, and rinse the cashews.
- Place the cashews into a food processor, along with the lemon juice, salt, and black pepper—pulse for about 1 minute to combine ingredients.

 Add the water and process until completely smooth. Store in the fridge.





HUMMUS

Yield: 1 1/2 | Freezes well

1 can garbanzo beans (AKA chickpeas) (225 g)

1 garlic clove minced

2 tablespoons lemon juice

¼ cup tahini (60 g)

14 cup water (60 ml)

½ teaspoon salt

- Drain and rinse garbanzo beans well.
- Place all ingredients into your food processor and process until super creamy and smooth.
- Use immediately or store in an airtight container in the fridge.



MISO TAHINI DRESSING

Yield: 1 cup | Freezes well

1/3 cup tahini (95 g)

1/3 cup water (100 ml)

2½ teaspoons white or yellow miso (10 g)

2½ teaspoons coconut aminos

2½ teaspoons lemon juice

1½ teaspoons brown rice vinegar

1½ teaspoons low-sodium gluten-free soy sauce

 Place all ingredients into a small bowl and whisk to combine.





QUINOA

Yield: 3 cups | Freezes well

Instant Pot Directions

1 cup uncooked quinoa (155 g) 1 % cup water (265 ml)

- Place the quinoa into a fine mesh strainer and rinse well with water. Tap the strainer against the sink to remove as much excess water as possible.
- Place the rinsed quinoa and the (new) water into the Instant Pot and stir. Lock the lid into place, making sure the nozzle is in the sealing position.
- Use the Manual (or Pressure Cooking) mode and set the timer for 5 minutes. Use the natural release method when the timer goes off.
- After all the pressure has been released from the pot, take off the lid. Cool to room temperature, then promptly store in the fridge.

Stovetop Directions

1 cup uncooked quinoa (155 g) 1 cups water (475 ml)

- Place the quinoa into a fine mesh strainer and rinse well with water. Tap the strainer against the sink to remove as much excess water as possible.
- Place the rinsed quinoa and the (new) water into a small pot and bring to a boil. Immediately turn the heat to low and cover the pot with a lid.
- Simmer for 15 20 minutes, until all the water is absorbed and the quinoa is fluffy and soft.
- Cool to room temperature, then promptly store in the fridge.



SAUTÉED VEGGIES

Yield: 4 cups

4 cups mushrooms (any variety) sliced (280 g)

2 cups green zucchini unpeeled and sliced (250 g)

1 cup red onion thinly sliced (110 g)

1 cup red bell pepper sliced 1/4" thick, about 3" long (110 g)

1 tablespoon garlic minced (8 g)

¼ teaspoon dried rosemary crushed

¼ teaspoon dried oregano

¼ teaspoon salt

¼ teaspoon black pepper (10 turns)



- Heat a skillet over medium heat for 2 minutes. Add the mushrooms, zucchini, onion, bell pepper, garlic, rosemary, oregano, and salt and sauté for about 10 minutes, stirring occasionally, until most of the moisture has evaporated and the veggies are lightly browned and tender. Remove the skillet from heat and stir in the black pepper.
- Cool to room temperature, then promptly store in your fridge.

WALNUT PARM

Yield: 1 cup | Freezes well

1 cup raw walnuts (120 g)

1/2 cup nutritional yeast (20 g)

½ teaspoon garlic powder

½ teaspoon salt

Make sure your food processor and its parts are completely dry before making.

 Place all ingredients into your food processor and pulse until everything is combined and there are no chunks of walnuts. Do not over process or it will turn into nut butter. Store in a sealed container in the fridge.



