

by Jenné Claiborne www.thenourishingvegan.com

5 Ingredient Vegan

Hi! I'm Jenné, founder of The Nourishing Vegan. As a busy personal chef, health coach and business owner I don't always have time to cook elaborate vegan meals for myself. However, I'm not interested in sacrificing flavor, nutrition or balance when it comes to what I eat.

Over the years I've become an expert at preparing easy, delicious and healthy meals in very little time. In this recipe book, I'll share with you 5 of my favorite 5 ingredient meals.

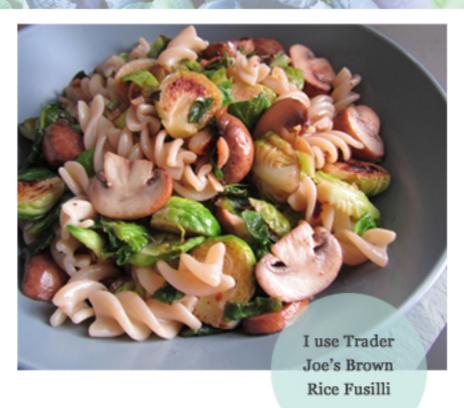
You'll notice that every recipe is a complete and balanced meal; boasting protein, fiber, green vegetables and plenty of vitamins & minerals. All of these dishes can be enjoyed for lunch or dinner, any time of the year. I love that these simple recipes allow you, the home cook, to add your own flair. If you want to start eating a more plant-based diet, these recipes will introduce you to the joy of vegan cooking.

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All recipes are for 2 servings. Salt & Pepper are not one of the 5 ingredients.

Fusilli Pasta with Brussels sprouts and Baby Bellas



2 cups Brussels sprouts, halved

1 cup baby bella mushrooms, halved

2 cups fusilli pasta, traditional or gluten-free

1 tbsp olive oil

2 cloves of garlic, minced

salt & pepper to taste

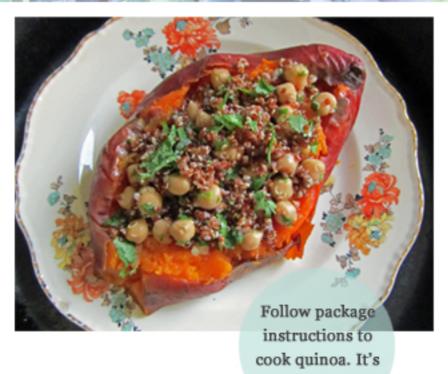
Bring 6 cups of water to a boil. Add pasta and cook until tender, about 8 minutes. When tender, dump into a colander to drain water.

While pasta is cooking, heat olive oil in a large skillet or pan. Add minced garlic, followed by the brussels sprouts. Once the Brussels sprouts start to brown add the mushrooms. Cook for about 5 more minutes, until vegetables are tender.

Add pasta to the vegetables and stir. Season to taste with salt and pepper.

Quinoa & Chickpea Stuffed Sweet Potatoes





easy and quick!

2 sweet potatoes, washed 1 1/2 cups quinoa, cooked 3/4 cup chickpeas, fresh or canned 1/2 cup cilantro, chopped squeeze of fresh lime salt and pepper to taste

Preheat oven to 400°. Rub a tiny bit of olive oil on the outside of each sweet potato then wrap them individually in aluminum foil. Place on a baking sheet, and bake for 45 minutes, or until soft. In a mixing bowl, combine the chickpeas, quinoa and cilantro. Season to taste with salt and pepper. When the sweet potatoes are done, remove them from the foil, slice in half, and spoon the quinoa mixture into the center. Squeeze fresh lime onto the sweet potato and quinoa before serving.



2 bunches soba noodles (or enough for 2)

3/4 cup green peas, frozen

3 tbsp dry wakame, soaked in water

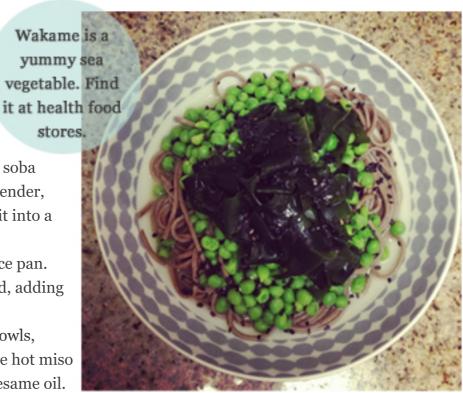
2 tbsp white miso

drizzle toasted sesame oil

Bring 6 cups of water to a boil in a sauce pan. Add soba noodles, and peas and cook until the noodles are tender, about 7 minutes. When the soba is cooked, dump it into a colander to drain, but SAVE THE WATER!

Place 2 cups of the noodle water back into the sauce pan. Add the miso, and stir until the paste has dissolved, adding a bit of heat if necessary.

Place the noodles and peas in individual serving bowls, followed by the rehydrated wakame. Then pour the hot miso broth into each bowl. Finish off with a drizzle of sesame oil.

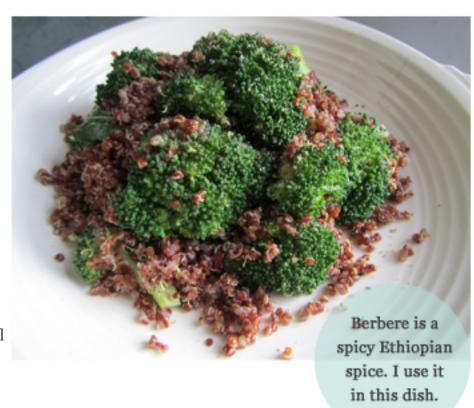


Exotic Spiced Broccoli & Quinoa

- 1 1/2 cups quinoa, cooked
- 2 cups broccoli florets
- 2 tbsp tahini
- 1 tbsp Berbere Spice, Curry Powder, Za'atar, or your favorite spice blend...
- optional: toasted slivered almonds

Prepare a steam basket, and bring water to a boil. Add broccoli to the steaming pot. Cover and cook for 6 minutes (or longer if you like your broccoli softer).

When broccoli is cooked, place it into a mixing bowl along with the quinoa. Drizzle with tahini, and sprinkle the spices into the bowl. Stir very well to combine. Season to taste with salt and pepper. For added texture, add toasted slivered almonds.



BBQ Tempeh with kale & sweet potatoes



1 package tempeh, sliced in thirds then halved
1 1/2 cups of your favorite BBQ Sauce
2 sweet potatoes, cubed
6 cups kale, massaged with olive oil & salt
olive oil

Preheat oven to 350°.

Prepare a steam basket, and bring water to a boil. Place the sliced tempeh into the steam basket. Cook for 15 minutes.

Coat the sweet potatoes with olive oil then spread them out onto a baking sheet lined with parchment paper or foil. Bake for 30 minutes, until tender.

Once the tempeh has finished steaming place it into a loaf pan, and pour the BBQ sauce on top. Make sure every inch is coated. Cover with foil, and bake for 30 minutes.

Serve over massaged kale.



Dry Goods:

Soba Noodles

Wakame

Sesame Oil

Olive Oil

Quinoa

Fusilli Pasta

Chickpeas

Tahini

BBQ sauce

Berbere Spice (or your favorite spice

blend)

Salt & Pepper

Produce:

Broccoli

Kale

Cilantro

Sweet Potatoes Brussels Sprouts

Mushrooms

Garlic

Lime

Refrigerated:

Miso

Tempeh

Freezer:

Green Peas

I'd love to hear your feedback. Email me at

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www.sweetpotatosoul.com