

Civiche

Ingredients:

1 head of cauliflower*, cooked (5-8 minutes in boiling water) and finely cut
1 small carrot, shredded finely
½ small onion, finely diced
2 cucumbers, finely chopped or shredded without seeds (Peel if the skin is bitter)
3-4 tomatoes, finely chopped without seeds
¼ cup olives, finely chopped (*optional*)
¼ cup cilantro, finely chopped
1-2 serrano chili, deseeded and finely diced (*optional*)
Oregano (*optional*)
Salt to taste
½-¾ cup of lemon (or lime) juice
1 tablespoon olive oil
¼ cup tomato (or V8) juice

* *Can also use raw cauliflower*

Method:

Mix all ingredients and let sit for one hour (or more).
This should be a little soupy. If it isn't, don't be afraid to add more lemon/lime juice.

Place the civiche on tostadas, or crackers, or use as a dip with corn chips.
Top with avocado and salsa.

Enfrijoladas

Ingredients:

2 cups dried black beans, cooked (about 7 cups when cooked)

¼ cup onion, chopped

2 garlic cloves, finely chopped or pressed with a garlic press

Salt to taste (about 1 tablespoon if the beans are unsalted)

1 tablespoon of olive oil for sautéing

10-12 Tortillas

For serving:

Green salsa

Vegan sour cream

Avocado

Method:

Sauté ¼ cup onion until golden in the olive oil.

Add the garlic cloves and sauté with onions, being careful not to burn the garlic.

Add the beans, mash with a potato masher (You can use the blender for this, but we like the consistency of it when it is mashed).

Warm the tortillas on a skillet or in the oven.

Place one heated tortilla in the beans to coat it on both sides and fold in half onto your plate.

Beans should be soupy, and you may have to add a little more water and adjust the salt as needed as the beans get used up. Repeat until you have your desired amount and then top with green salsa, sour cream, and avocado!

Notes on this recipe: Some people like to put cheese and other things inside. You could try some seasoned tofu, experiment with other cheese alternatives, or just enjoy as it is.

Variation: You can also use brown beans, such as pinto. You can also try another type of salsa, but we prefer green salsa with black beans in this recipe.

Sopa de lentejas

Ingredients:

1 cup lentils, rinsed
1½–2 litres of water
½ cup onion, chopped
1 tablespoon olive oil
1 tablespoon olive oil for sautéing
1 piece of garlic
1 celery stick, diced
1 carrot, chopped
1 potato, diced into large pieces
1 tablespoon onion powder
½ teaspoon garlic powder
1 tablespoon chicken-style seasoning
1 teaspoon oregano
1 teaspoon salt
3 tomatoes, diced
¼–½ cup cilantro, chopped

Method:

Clean and soak lentils for one hour. Rinse and set aside.
Sauté the onion in a little olive oil, then add the garlic, celery, carrots, and continue stirring until they are slightly caramelized.
Add the onion powder, garlic powder, oregano, chicken-like seasoning and stir.
Then add the lentils, potatoes, water and stir.
Bring to a boil, then lower heat and cook for twenty minutes.

Place the salt and the tomatoes in the blender and blend.
After blending, cook the blended tomatoes by themselves in a skillet with a little oil. This helps the tomatoes develop their own flavour.
After the tomatoes are cooked, combine them with the lentil mixture.
(Alternatively, add the blended tomatoes to the lentils once the lentils are soft.)
Be careful not to overcook the lentils so they do not lose their shape.
Add the cilantro and let cook for an additional 5 minutes.

Can be served with a bread roll—or for a more Mexican experience, serve with tortillas, lemon, avocado and salt.

If you have plantains, they make an excellent addition to this soup!
Peel the plantain.
Cut into slices and cook both sides on a skillet until golden.
When your soup is done, simply add a few of the prepared plantains to the soup.
Delicious!