JENNINGS
HOLISTIC HEALTH COACHING

# Plant-Based Winter Recipes

## Volume VI

# VEGAN BUTTERNUT SQUASH SOUP:

## Ingredients

- 1 butternut squash, peeled, seeded, and cubed
- 1 onion, chopped
- 2 cloves of garlic, minced
- 4 cups vegetable broth
- 1 cup coconut milk
- 1 teaspoon ground cumin
- Salt and pepper to taste

## Directions

In a large pot, sauté the onion and garlic until softened.
Add the butternut squash, vegetable broth, and cumin to the pot. Bring to a boil and then reduce
heat to simmer until the squash is tender.
Use an immersion blender or transfer the soup to a blender and blend until smooth.
Stir in the coconut milk and season with salt and pepper.
Simmer for a few more minutes until heated through.
Serve hot and garnish with fresh herbs if desired.

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# ROASTED BRUSSELS SPROUTS WITH CRANBERRIES AND PECANS:

## Ingredients

- 1 pound Brussels sprouts, trimmed and halved
- 1 cup fresh cranberries
- 1/2 cup pecans, chopped
- 2 tablespoons olive oil
- 2 tablespoons maple syrup
- Salt and pepper to taste

## Directions

Preheat the oven to 400°F (200°C).
In a large bowl, toss the Brussels sprouts, cranberries, and pecans with olive oil and maple syrup until coated.

Season with salt and pepper.

Spread the mixture in a single layer on a baking sheet.

Roast for about 25-30 minutes, or until the Brussels sprouts are tender and lightly browned.

Remove from the oven and let cool slightly before serving.

# VEGAN LENTIL SHEPHERD'S PIE

## Ingredients

- 2 cups cooked lentils
- 1 onion, chopped
- 2 carrots, diced
- 2 cloves of garlic, minced
- 1 cup frozen peas
- 1 cup vegetable broth
- 2 tablespoons tomato paste
- 2 tablespoons soy sauce
- 1 teaspoon thyme
- 4 cups mashed potatoes
- Salt and pepper to taste

## Directions

Preheat the oven to 400°F (200°C).
In a large skillet, sauté the onion, carrots, and garlic until softened.
Add the cooked lentils, frozen peas, vegetable broth, tomato paste, soy sauce, thyme, salt, and pepper to the skillet. Stir well to combine. Simmer for about 10 minutes, until the mixture has thickened. Transfer the lentil mixture to a baking dish and spread the mashed potatoes on top. Bake for 20-25 minutes, or until the mashed potatoes are golden brown. Let cool for a few minutes before serving.

These recipes should keep you warm and satisfied during the winter months. Enjoy your plant-based cooking

# VEGETARIAN CHILI

## Ingredients

- 1 tablespoon olive oil
- 1 onion, diced
- 3 cloves of garlic, minced
- 1 bell pepper, diced
- 2 carrots, diced
- 1 zucchini, diced
- 1 can (15 oz) kidney beans, drained and rinsed
- 1 can (15 oz) black beans, drained and rinsed
- 1 can (15 oz) diced tomatoes
- 1 cup vegetable broth
- 2 tablespoons chili powder
- 1 teaspoon cumin
- 1 teaspoon paprika
- Salt and pepper to taste

## Directions

Heat olive oil in a large pot over medium heat.
Add onion, garlic, bell pepper, carrots, and zucchini.
Sauté until the vegetables are softened.
Add kidney beans, black beans, diced tomatoes, vegetable broth, chili powder, cumin, paprika, salt, and pepper.
Stir well and bring to a simmer.
Cover and cook for about 30 minutes, stirring occasionally.
Adjust seasoning if needed.

Serve hot and garnish with your favorite toppings such as avocado, cilantro, or shredded cheese.

# VEGETARIAN SHEPHERD'S PIE

## Ingredients

- 4 large potatoes, peeled and cubed
- 2 tablespoons butter or olive oil
- 1 onion, chopped
- 2 carrots, diced
- 2 cloves of garlic, minced
- 1 cup mushrooms, sliced
- 1 cup frozen peas
- 1 cup vegetable broth
- 2 tablespoons tomato paste
- 1 teaspoon thyme
- Salt and pepper to taste

## Directions

Boil the potatoes in a pot of salted water until tender. Drain and set aside.
In a large skillet, heat the butter or olive oil over medium heat.
Add onion, carrots, and garlic.
Sauté until the vegetables are softened.
Add mushrooms, peas, vegetable broth, tomato paste, thyme, salt, and pepper.
Stir well and simmer for about 10 minutes.
Preheat the oven to 375°F (190°C).
Transfer the vegetable mixture to a baking dish.
Mash the cooked potatoes with butter or olive oil until smooth.
Spread the mashed potatoes over the vegetable mixture in the baking dish.
Bake for about 25-30 minutes, or until the top is golden brown.
Let cool for a few minutes before serving.

# ROASTED VEGETABLE AND QUINOA SALAD

## Ingredients

- 1 cup quinoa
- 2 cups water or vegetable broth
- 1 sweet potato, peeled and cubed
- 1 beet, peeled and cubed
- 1 red onion, sliced
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 1 tablespoon maple syrup
- Salt and pepper to taste
- 4 cups mixed greens
- 1/4 cup chopped walnuts
- 1/4 cup crumbled feta cheese (optional)

## Directions

Preheat the oven to 400°F (200°C).
Rinse the quinoa under cold water.

# RAW BROCCOLI SALAD

RAW BROCCOLI SALAD IS A REFRESHING AND HEALTHY DISH THAT CAN BE PREPARED EASILY WITH JUST A FEW INGREDIENTS. HERE'S A SIMPLE RECIPE FOR RAW BROCCOLI SALAD

## Ingredients

- 1 head of broccoli, chopped into bite-sized florets
- 1/2 red onion, finely chopped
- 1/4 cup raisins
- 1/4 cup sunflower seeds
- 1/4 cup chopped almonds
- 1/4 cup plain Greek yogurt
- 2 tablespoons apple cider vinegar
- 2 tablespoons honey
- Salt and pepper to taste

## Directions

In a large bowl, combine the chopped broccoli florets, red onion, raisins, sunflower seeds, and chopped almonds.

In a separate bowl, whisk together the Greek yogurt, apple cider vinegar, honey, salt, and pepper until smooth.

Pour the dressing over the broccoli salad and toss to coat evenly.

Chill the salad in the refrigerator for at least 30 minutes before serving to allow the flavors to meld together.

You can also customize this salad to your taste by adding other ingredients such as chopped carrots, or sliced mushroom. Enjoy!

# CERTAINLY! HERE'S A DELICIOUS RECIPE FOR A ROASTED VEGETABLE SALAD:

## Ingredients

- 2 cups mixed vegetables (such as bell peppers, zucchini, eggplant, cherry tomatoes, red onion, etc.),
- cut into bite-sized pieces
- 2 tablespoons olive oil
- 1 teaspoon dried herbs (such as thyme, rosemary, or oregano)
- Salt and pepper to taste
- 4 cups mixed salad greens
- 1/4 cup crumbled feta cheese or goat cheese
- 2 tablespoons balsamic vinegar
- 1 tablespoon honey
- 1/4 cup chopped fresh basil or parsley (optional)

## Directions

Preheat your oven to 425°F (220°C).
Place the mixed vegetables on a baking sheet. Drizzle with olive oil and sprinkle with dried herbs, salt, and pepper. Toss to coat the vegetables evenly.
Roast the vegetables in the preheated oven for about 20-25 minutes or until they are tender and slightly charred, stirring once or twice during cooking.
While the vegetables are roasting, prepare the dressing. In a small bowl, whisk together balsamic vinegar and honey until well combined. Set aside.
Once the vegetables are done roasting, remove them from the oven and let them cool for a few minutes.
In a large salad bowl, combine the mixed salad greens and roasted vegetables.
Drizzle the balsamic-honey dressing over the salad and toss gently to coat.
Sprinkle the crumbled feta cheese or goat cheese over the top.
If desired, garnish with chopped fresh basil or parsley.
Serve the roasted vegetable salad as a main dish or as a side to complement your meal.
Feel free to experiment with different vegetables and herbs to suit your taste preferences. Enjoy your flavorful and healthy roasted vegetable salad!

# CERTAINLY! HERE'S A GLUTEN-FREE GRANOLA RECIPE

## Ingredients

- 3 cups gluten-free rolled oats
- 1 cup nuts (such as almonds, walnuts, or pecans), chopped
- 1/2 cup unsweetened shredded coconut
- 1/4 cup honey or maple syrup
- 1/4 cup coconut oil or other neutral oil
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1 cup dried fruits (such as cranberries, raisins, or chopped apricots)

## Directions

Preheat your oven to 325°F (160°C) and line a baking sheet with parchment paper. In a large bowl, combine the gluten-free rolled oats, chopped nuts, and shredded coconut. In a small saucepan, heat the honey or maple syrup, coconut oil, vanilla extract, ground cinnamon, and salt over low heat until the mixture is melted and well combined. Pour the liquid mixture over the dry ingredients and stir until everything is evenly coated. Spread the granola mixture evenly on the prepared baking sheet. Bake in the preheated oven for 20-25 minutes, or until the granola is golden brown, stirring once or twice during baking to ensure even cooking.

Remove the baking sheet from the oven and let the granola cool completely. It will become crisp as it cools.

Once the granola has cooled, stir in the dried fruits. Transfer the granola to an airtight container for storage. You can enjoy this gluten-free granola with dairy-free milk, yogurt, or as a topping for smoothie bowls. Feel free to customize it by adding your favorite nuts, seeds, or spices. Enjoy your homemade gluten-free granola!

# CERTAINLY! HERE'S A RECIPE FOR A DELICIOUS VEGAN TOFU SCRAMBLE

## Ingredients

- 1 block of firm tofu, drained
- 1 tablespoon olive oil
- 1/2 small onion, diced
- 1 bell pepper, diced
- 2 cloves of garlic, minced
- 2 tablespoons nutritional yeast
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon ground cumin
- 1/2 teaspoon paprika
- Salt and pepper to taste

Optional toppings: chopped fresh herbs (such as parsley or cilantro), diced tomatoes, sliced avocado

## Directions

Crumble the tofu using your hands or a fork into small pieces resembling scrambled eggs. In a large skillet, heat the olive oil over medium heat. Add the diced onion, bell pepper, and minced garlic to the skillet. Sauté for about 5 minutes until the vegetables are softened. Add the crumbled tofu to the skillet and stir to combine with the vegetables. Sprinkle the nutritional yeast, ground turmeric, ground cumin, paprika, salt, and pepper over the tofu mixture. Stir well to evenly coat the tofu.

Cook the tofu scramble for about 5-7 minutes, stirring occasionally, until the tofu is heated through and well seasoned.

Taste and adjust the seasoning if needed.

Remove the skillet from heat and serve the tofu scramble hot with your favorite toppings such as chopped fresh herbs, diced tomatoes, or sliced avocado.

You can enjoy the vegan tofu scramble as is, or you can serve it with toast, tortillas, or alongside a side of sautéed greens. It's a versatile dish that can be customized to your taste. Enjoy your vegan tofu scramble!

# GINGERBREAD PORRIDGE IS A DELICIOUS AND WARMING TWIST ON TRADITIONAL PORRIDGE. HERE'S A RECIPE FOR GINGERBREAD-FLAVORED PORRIDGE

## Ingredients

- 1 cup rolled oats
- 2 cups water or milk (dairy or plant-based)
- 1 tablespoon molasses
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- Pinch of salt
- Optional toppings: chopped nuts, raisins, sliced banana, maple syrup, etc.

## Directions

In a saucepan, bring the water or milk to a boil.
Add the rolled oats, molasses, ground cinnamon, ground ginger, ground nutmeg, and a pinch of salt to the boiling liquid. Stir well to combine.
Reduce the heat to low and simmer the mixture for about 5-7 minutes, stirring occasionally to prevent sticking.
Continue cooking the porridge until it reaches your desired consistency. If you prefer a thicker porridge, cook it for a few more minutes. Once the porridge is cooked, remove the saucepan from heat.
Allow the gingerbread porridge to cool slightly before serving. Serve the porridge in bowls and add your desired toppings, such as chopped nuts, raisins, sliced banana, or a drizzle of maple syrup.
Stir the toppings into the porridge and enjoy it while it's still warm and flavorful.
The gingerbread spices and molasses add a lovely warmth and sweetness to the porridge. Feel free to adjust the spice quantities to suit your taste. It's a delightful breakfast option during the colder months.