

# Dinner With a Doc Recipes

Submitted by Dr. Deb Harrell – Original recipe by Dr. Deb, altered by Chef Dawn



## Mexican Lasagna

### INGREDIENTS

2 quinoa tortillas (or your favorite tortillas), or enough for two layers of tortillas  
2 15-ounce cans vegan refried beans  
1 large container of salsa  
1 batch cashew cheese or Violife cheddar shreds  
Veggies of choice: I used spinach, mushrooms, sautéed onions, garlic and peppers (as many as you want)

### DIRECTIONS

1. Layer salsa on the bottom of the baking dish.
2. Top with a quinoa tortilla
3. Top with refried beans, cheese, veggies, salsa (leave enough salsa to cover the top tortilla)
4. Top with another quinoa tortilla
5. Cover and bake at 350F for 45 minutes

# Dinner With a Doc Recipes

Submitted by Megan Weigel, APRN - Majorly adapted from "The Self-Care Cookbook" by Gemma Ogston



## HEARTY ASIAN PASTA

### INGREDIENTS

1 lb butternut squash, but into 1 inch cubes  
1 medium white or sweet onion  
Shitakes, chopped  
Bok choy, chopped  
2 cups chopped fresh spinach  
10 oz pasta (We use gluten free in my house)  
3-5 garlic cloves according to your taste  
1 tbsp EVOO  
2 tbsp tamari  
1 tbsp rice vinegar  
1 tbsp chili garlic paste  
3 tbsp almond butter  
Sea salt and fresh ground pepper  
Juice of 2 Limes  
1 cup sliced almonds, toasted

### DIRECTIONS

1. Preheat oven to 400. Line a roasting pan with parchment paper and roast butternut squash for 25 min or until soft
2. While squash is in the oven, cook pasta according to package instructions and drain.
3. In a large skillet, sauté the garlic and onion in olive oil. Add in bok choy, spinach, and shitakes and cook until wilted.
4. In a small bowl, mix the tamari, chili paste, rice vinegar and almond butter
5. Add butternut squash to large skillet.
6. Add sauce to skillet. Sprinkle with salt and pepper, and mix well. Add lime juice and mix again.
7. Serve over pasta. Sprinkle toasted almonds on top.



# Dinner With a Doc Recipes

Submitted by Dr. Lindsey Merritt – Original Recipe by Wanderlust Kitchen



## Tuscan White Bean Skillet

### INGREDIENTS

2 tablespoons extra virgin olive oil – divided  
8 ounces brown mushrooms – sliced  
1 1/2 cups diced yellow onion – about 1 large onion  
3 cloves garlic – minced  
2/3 cup drained and chopped oil-packed sun dried tomatoes  
2 14.5 ounce cans fire-roasted diced tomatoes  
2 14.5 ounce cans drained and rinsed Cannelini beans  
14.5- ounce can quartered artichoke hearts – rinsed  
1/2 teaspoon kosher salt  
1/2 teaspoon black pepper  
1 teaspoon dried oregano  
1/2 teaspoon dried thyme  
1 teaspoon sugar  
Parsley for garnish

### INSTRUCTIONS

1. Heat one tablespoon of the oil in a 10-inch or 12-inch cast iron skillet set over medium-high heat until shimmering. Working in batches, add the mushrooms to the pan in a single layer. Brown for 1 to 2 minutes per side; transfer to a bowl and repeat with remaining mushrooms.
2. Add the remaining tablespoon of oil to the pan; add the onions and sauté until lightly browned, about 3 minutes. Add the garlic and sun-dried tomatoes and cook until fragrant and softened, another 2 minutes.
3. Add the diced tomatoes to the pan, along with the beans, artichoke hearts, salt, pepper, oregano, thyme, and sugar. Cover the pan and turn the heat down to medium. Let cook for about 10 minutes, until hot. Return the mushrooms to the pan and cook for another minute or two to warm them up. Garnish with chopped parsley and serve with plenty of crusty bread.

# Dinner With a Doc Recipes

Submitted by Liz Winings, APRN, Original Recipe, [www.winingswellness.com](http://www.winingswellness.com)



## I'll Have Seconds Soup

### INGREDIENTS

- 1 medium yellow onion diced
- 2 packages of portobello mushrooms sliced
- 1 green bell pepper diced
- 2 medium tomatoes diced
- 2 cloves garlic minced/chopped
- 1 can white kidney beans
- 1 can coconut milk (unsweetened)
- 1 cup red lentils
- 3 cups veggie broth
- 1/4 cup tamari (used for sautéing onion and mushroom & the rest in sauce)
- 1/4 cup nutritional yeast
- 2 tablespoons lemon juice
- Sprinkle Italian seasoning
- Hearty sprinkle of black pepper
- Dash of crushed red pepper
- Optional, 10 oz spinach!

### INSTRUCTIONS

1. Chop all the things
2. In a large pan or pot
3. Sauté onion with tamari and water as needed
4. Add sliced mushrooms once onion is clear
5. Sauté together, add remaining tamari
6. Add garlic
7. Once mushrooms have cooked down add bell peppers, beans, coconut milk, stir well and cover until a slight bubble (don't let it boil) uncover, if not using a pot, transfer everything to pot now add tomatoes, lentils, veggie broth, nutritional yeast, lemon juice and seasonings. Cover and bring to a boil, stir so things don't stick, turn heat down to low and simmer for 20 minutes.
8. Turn off heat and stir in spinach, if using.



# Dinner With a Doc Recipes

Submitted by Dr Will Nields, recipe by The Sculpted Vegan



## Vegan Cauliflower Curry Soup

### INGREDIENTS

1 red onion, diced  
1 1/2 inch peeled and minced fresh ginger  
5 large cloves of garlic, minced  
1 Tbsp curry powder  
1/2 tsp garam masala (optional)  
600 ml water  
400 ml light canned coconut milk  
4 Tbsp tomato paste  
450 g frozen cauliflower florets  
1 tsp salt  
100 g chopped frozen spinach  
Fresh lemon juice (optional)

### INSTRUCTIONS

1. Chop and prepare all ingredients.
2. Heat a stock pot over medium heat. Add the onion, ginger and a splash of water; bring to a simmer and cook 5-8 minutes, or until tender, stirring often.
3. Add garlic and cook 2 more minutes.
4. Add curry powder and garam masala, if using, and cook 30 seconds, stirring constantly.
5. Add the tomato paste, water, coconut milk and salt; stir well until the paste is evenly dissolved.
6. Add the cauliflower; bring to a boil, cover, reduce heat and simmer 10-15 minutes, or until cauliflower is tender.
7. Stir in the spinach and cook 3-5 minutes, until wilted.
8. Turn off the heat and let sit for 10 minutes.
9. Taste and re-season if necessary. Add a squeeze of lemon, if desired.

# Dinner With a Doc Recipes

Submitted by Dr Jon Repole, original recipe by Vegan.io



## Pesto Stuffed Mushrooms

### INGREDIENTS

1 pkg button or baby bella mushrooms, rinsed and stems removed and chopped

### Pesto

½ cup almonds  
2 dashes black pepper (ground)  
1 cup fresh basil  
1 clove garlic (minced)  
½ lemon (juiced and a bit of the grated zest)  
¼ cup nutritional yeast  
Water, as needed, to thin  
1 tsp sea salt

### INSTRUCTIONS

1. Preheat the oven to 350 F.
2. Add the pesto ingredients to a food processor or a blender and blend until smooth; stir in the chopped mushroom stems.
3. Add the filling to the mushroom and bake them for about 20 minutes.
4. Let them cool down a bit bit before serving, enjoy!

Original Recipe:

<https://www.vegan.io/recipes/stuffed-mushrooms-with-pesto>



# Dinner With a Doc Recipes

Submitted by Dr Dawn Mussallem from PLANTSTRONG Community



## Burger Building Guide

Building Your Burgers:

1. Pick your bean base (you will need 2 cups COOKED):

Black beans  
White beans  
Kidney beans  
Chickpeas  
Lentils (any color)  
Split peas

(Really any kind of bean you find would probably work here – use your imagination!).

2. Pick your starch (you will need 1 cup):

Brown rice, cooked – this is our 'go-to' starch but you can also use:

Dry whole wheat bread crumbs or whole grain gluten free bread crumbs  
Uncooked rolled or old fashioned oats  
Quinoa, cooked  
Millet, cooked  
Amaranth, cooked  
Buckwheat, cooked

3. Pick your vegetable (or a few vegetables) and sauté them for a few minutes:

Finely dice them! If you pick two vegetables, you'll want to decrease the amount you use by about half. For example, if you use carrots AND celery, use 1 rib of celery and 1 carrot stick. For three vegetables, you'll want to use about 1/3, etc., etc.

Celery, about 2 ribs  
Carrot, about 2 sticks  
Onion, about 1 small onion  
Mushrooms, about 1 cup  
Jalapeño, 1 or 2 fresh depending on how spicy you like your food

Once diced, heat a skillet and cook vegetables for a few minutes to soften up. Add a splash of veggie broth or water to keep from sticking.

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Submitted by Dr Dawn Mussallem from PLANTSTRONG Community



## Burger Building Guide

### 4. Choose your spices

Get creative! Italian burgers? Mexican burgers? Jamaican-jerk burgers? Whatever you can dream up!

Garlic

Basil

Oregano

Cayenne

Thyme

Cumin

Rosemary

Nutritional yeast (which will give your burgers are more cheese-like flavor)

Black pepper

Curry powder (works well with chickpea burgers)

Turmeric (a little goes a long way - a few dashes will do, and also works well with chickpea burgers)

### 5. Choose your liquid (1/4 to 1/2 cup to start, adding 1/4 cup as needed:

PLANTSTRONG vegetable broth - Our Mushroom broth makes GREAT burgers!

Liquid from cooked beans

Unsweetened plant milk

Or, combine 2 tablespoons of ground flaxseed meal with 3 tablespoons warm water. Set aside for a few minutes until it gets an egg white-like consistency. Use this as your liquid and add splash of broth as needed.



# Dinner With a Doc Recipes

Submitted by Dr Dawn Mussallem from PLANTSTRONG Community



## Burger Building Guide

Directions:

1. Preheat the grill, or your oven to 350 degrees. If baking, line a cookie sheet with parchment paper or another nonstick surface.
2. Add cooked beans to a mixing bowl, then use a fork, potato masher or your fingers to mash them well. Add your starch – you'll want to mix the starch and mashed beans very well. Your hands will probably work best. Add your vegetables. Mix in spices and liquid, and finally, the flax mixture.
3. Form patties and assemble onto a plate or the lined cookie sheet. Place in the fridge for 15 minutes, or until you are ready to bake or grill. Transfer to grill and cook 5 minutes before flipping. Then cook another 5 minutes until crispy.  
To bake, place sheet in the oven for 15-20 minutes, or until they look slightly crispy on top. You will likely want to flip them at the halfway point.
4. Do a happy dance around your house while you are waiting for the plant-strong burgers to cook. This step is absolutely necessary. Take out your finished burgers and bask in your greatness for a moment.
5. Serve your burgers on a PLANTSTRONG (whole grain, oil-free) bun with all of your favorite burger accessories, including but not limited to grilled onions, grilled mushrooms, tomato, hummus, ketchup, mustard, BBQ sauce, hot sauce – whatever you'd like! You can also serve your burgers over a bed of leafy greens. Baked sweet potato fries are a great side choice as well.
6. Once grilled, you make freeze any leftovers and then reheat in a dry skillet or in a toaster oven.

Tips: Too crumbly? Add more liquid. Too watery? Add more starch.

Servings: 4 to 5 decent-sized burgers or 8 to 10 smaller burgers.

<https://community.plantstrong.com/>