

A Evening of Healthy Take-out

Jamaican Pumpkin Rice with Pinto beans served with various sautéed veg. salsa and sour cream.

4 cups of pumpkin / butternut squash shredded
1 cup of brown rice rinsed
1 small onion chopped
4 garlic cloves minced
3 scallions sliced
1 tsp of all purposes seasoning (optional)
1 tsp of black pepper
3 pimento berries (or 1/8 tsp of ground allspice) optional
1 whole scotch bonnet
5 sprigs of fresh thyme
3 cups of vegetable stock water (can use water)
salt (according to taste)
Get Ingredients prepared

INGREDIENTS

On medium heat, in a Dutch pot or casserole dish begin to Sautee the scallion, onion and garlic

Then add your all-purpose seasoning, black pepper, sprigs of thyme, pimento berries, scotch bonnet and continue to cook and stir for another 1-2 minutes.

Add the pumpkin along with the vegetable stock and finally add the rice grains.

Bring to a rolling boil before reducing the heat to medium/low.

Put the lid on the pot and allow the rice and pumpkin to cook through for 25-30minutes.

Leave the rice to cook for the given time, don't stir the rice or the grains will fall apart. The rice will be fluffy with liquid absorbed completely.

Once the rice is cooked, adjust for salt levels if needed,

Sautéed Peppers

Instruction

1. Over medium-high heat adds the oil, **peppers**, **onions**, oregano, and salt to a large sauce pan and stir to combine, until the vegetables are even coated with oil and oregano.
2. Cook until charred and slightly softened but still tender-crisp, about 7 minutes.
3. Remove from heat and serve.

Chilli Quorn carne

Instruction

- Heat the olive oil in a large saucepan.
- Sauté the garlic, onion, celery, carrots and peppers for a few minutes, on a medium heat, until softened.
- Add the cumin, **chilli** powder, salt and pepper and stir.
- Pour in the chopped tomatoes, kidney beans, lentils, soy mince and vegetable stock. ...
- Simmer for 15 minutes

Vegan sour cream

Instruction

1 cup (150g) Raw Cashews.

1/3 cup (80ml) Water.

1 Tbsp Lemon Juice (Freshly Squeezed)

1 Tbsp Apple Cider Vinegar

Unsweetened non-dairy yogurt

1/2 tsp Sea Salt.

Add just all the ingredients to your high-powered blender. Then blend on high until creamy and smooth. Add vinegar and lemon sparingly

The consistency will be soft, but it will significantly firm up in the fridge.

Black Bean sauce

1. 1 kg dry black beans.
2. 1 small-medium onion, diced.
3. 5–6 cloves garlic, pressed or minced.
4. 4 cups vegetable stock in water (can use, or even water instead)
5. 1 cup water (more if desired, for “soupier” beans)
6. 1 tablespoon kosher salt.
7. 1/2 teaspoon black pepper.

In a slow cooker cook black until moderately soft then add onion garlic, salt and black pepper. Simmer for 15 minutes then serve