**Plant Strong: Vegan Style**

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**Indian-style curry**

By Kyle Rogers

A picture containing company name

Description automatically generatedMakes 2 servings

**Equipment**

1 large non-stick pan with a lid

Chopping knife

Wooden spoon or other spoon or spatula

**Recommended Advance Prep for Cookalong:**

Have ingredients washed, chopped, and measured before the demonstration. Day before prep is fine.

**Recipe Ingredients**

3 Tbsp olive oil

4 Tbsp fresh minced garlic

3 Tbsp fresh chopped ginger

1 red onion, sliced

4 tomatoes, diced

3 Tbsp chili powder

3 Tbsp curry powder

3 Tbsp garam masala (an Indian spice mixture. Available at larger supermarkets, specialty markets or online)

15 oz can garbanzo beans, rinsed and drained

15 oz can northern beans, rinsed and drained

13.5 oz can coconut milk

1 bunch kale, peel leaves off stem and tear into bite-size pieces

Salt and pepper to taste

Naan bread (available in bread aisle or deli departments of most supermarkets)

**Instructions**

1. Heat a large pan over medium heat. Add olive oil and when hot, mix in the garlic, ginger and onions. Cook for about 3 minutes.
2. Now add tomatoes and spices and cook for about 5 minutes.
3. Stir in the 2 cans of beans and the coconut milk. Place lid on pan and simmer for 15 minutes.
4. After 15 minutes, add kale to pan. Taste and add desired amount of salt and pepper.
5. Toast the naan bread and serve with the curry mixture.

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Description automatically generated**Veggie Fajitas**

By Kyle Rogers

A picture containing company name

Description automatically generated**Equipment**

1 large non-stick pan

Chopping knife

Wooden spoon or other spoon or spatula

**Recommended Advance Prep for Cookalong:**

Have ingredients washed, chopped, and measured before the demonstration. Day before prep is fine.

**Recipe Ingredients**

3 Tbsp olive oil

1 green bell pepper

1 red bell pepper

1 yellow bell pepper

1 onion

4 fresh tomatoes or 1 can diced fire-roasted tomatoes

4 Tbsp fresh minced garlic

15 oz can black beans, rinsed and drained

No salt fajita mix packet or 2 Tbsp from jar of fajita seasoning

2 tsp cumin

1 package small tortillas either flour (whole wheat preferred) or corn

Optional: vegan or regular cheese, chives, vegan or regular sour cream or plain Greek yogurt as condiments if you wish.

**Instructions**

1. Slice the 3 peppers, the onions and chop the tomatoes
2. Heat pan over medium heat and add olive oil. When oil is hot, add pepper and onions. Cook for a few moments, then add tomatoes and black beans. Cook for 5 minutes.
3. Add garlic, fajita seasoning and cumin.
4. Turn heat to low and simmer for another 5 minutes.
5. Place tortillas on a plate, add the items from the pan to the tortilla, wrap and eat. (you may want to soften the tortillas first in the microwave for 10 seconds wrapped in a slightly damp paper towel)
6. You can add cheese, chives and sour cream if desired