



# The Nutrition CODE

## Refried Beans

### **Sauté in a medium-sized saucepan:**

1 Tbsp. olive oil

½ cup finely chopped onion

### **After about 5–8 minutes, or when onions are soft, add the following ingredients:**

½ tsp. salt

2 cloves garlic, minced

1/2 tsp chili powder

1/4 tsp. cumin

### **Stir and cook for one minute.**

### **Then add:**

2 cans (15 oz each) pinto beans (drain and reserve liquid)

**Stir and heat through. Reduce heat and use a potato masher or immersion blender until the beans reach the desired consistency. Add bean juices or water to reach the desired consistency. Taste and add salt to taste. Cook uncovered for another 3 minutes.**

### **Remove from heat and stir in:**

2 Tbsp. chopped fresh cilantro

1 Tbsp. lime juice

## Cilantro Avocado Sauce

### **Place in a blender or food processor:**

1 cup loosely packed cilantro (stems removed and roughly chopped)

1/2 avocado

2½ Tbsp. lime juice

2 garlic cloves

3 Tbsp. olive oil

3/8 tsp. salt

1 tsp. honey or sweetener of your choice

**Blend smooth. Taste and adjust seasonings if necessary.**

## Mexican Rice

### Place in Instant Pot:

3 Tbsp. olive oil  
2 cups white rice

**Press Sauté, set to medium, and cook for 5–10 minutes, stirring occasionally.**

### Meanwhile, blend the following ingredients:

1 can (10 oz) Rotel or other canned tomatoes with chilies  
1 medium onion, quartered  
4 cloves garlic  
2 cups water plus 2 tsp. McKays chicken seasoning (or 2 cups vegetable broth)  
1½ tsp. salt

**When rice is finished toasting, pour the contents of the blender into the pot. Stir well. Continue to heat until it begins to boil. Stir again, and secure the lid in place. Set to sealing. Cancel the sauté setting, and set to cook on low pressure for 12 minutes. When finished cooking, let the pressure reduce naturally for 10 minutes. Open, fluff with a fork, and serve.**

## Quinoa Taco Meat

### Heat a medium-sized saucepan over medium heat. Add:

1 cup quinoa, rinsed well under cold running water

### Toast for 4–5 minutes, stirring frequently. Then add:

1 cup vegetable broth  
¾ cup water

**Cover and bring to a boil, then reduce heat very low. Cook for 15–25 minutes, or until the liquid is completely absorbed. Remove from heat, crack lid open, and let rest for 10 minutes.**

### Preheat oven to 375°F. Stir into quinoa:

1/2 cup salsa  
1 Tbsp. nutritional yeast flakes  
2 tsp. cumin  
2 tsp. chili powder  
1/2 tsp. garlic powder  
1/2 tsp. salt  
1 Tbsp. oil

**Spread on a non-stick baking sheet, and bake for 20–35 minutes, stirring at the halfway point to ensure even browning. The quinoa is done when it's fragrant and golden brown. Be careful not to burn it!**





## Easy Salsa

### Place in blender:

1 can (14.5 oz) tomatoes, diced or whole  
1 can (10 oz) Rotel or tomatoes canned with green chilies  
1/3 cup cilantro, coarsely chopped  
1/2 cup yellow onion, coarsely chopped  
1 clove garlic  
2 Tbsp. lime juice or lemon juice  
1 tsp. salt

**Blend briefly until all ingredients are finely chopped, but do not completely purée.**

## Fajita Vegetables

### Cut the following vegetables into strips:

3 portobello mushrooms (about 8 oz)  
2 bell peppers  
2 onions

### Place vegetables in a bowl and prepare the following marinade:

1/4 cup Braggs liquid aminos  
1/4 cup apple cider vinegar  
1/3 cup olive oil  
1 tsp. garlic powder  
1/8 tsp. chipotle chili powder

**Pour marinade over vegetables and allow to marinate for about 20 minutes. Bake at 375°F for 15–20 minutes.**

## Basic Guacamole

### Mash together:

3 medium avocados  
2 small cloves garlic, minced  
1 Tbsp. lime juice  
3/4 tsp. salt, or to taste



## Peach Crisp

### Ingredients

4 cans (15 oz each) canned peaches sliced and drained  
1/3 cup brown sugar packed  
3/4 cup all-purpose flour  
2/3 cup quick oats  
1½ teaspoon ground cinnamon  
1/2 teaspoon salt  
1/2 cup unsalted vegan butter, softened

### Instructions

1. Preheat the oven to 350°F. Spray a 9x9-inch baking pan with non-stick cooking spray. Pour the drained peaches into the bottom of the pan in an even layer and set aside.
2. In a medium bowl, mix together the brown sugar, flour, oats, cinnamon, and salt until combined. Then add the softened butter and work it into the mixture until just combined; be careful not to over mix. Sprinkle this mixture over the peaches in an even layer.

Bake for 25 minutes or until the top turns golden brown. Remove from the oven. Serve warm and enjoy!

## Texas Caviar

### Mix all the following ingredients in a large bowl:

2 cans (15 oz.) black eyed peas, drained  
1 can (15 oz.) black beans, drained  
2 cups corn, fresh or frozen  
1 cup red onion, minced  
1 green bell pepper, small diced  
1 red bell pepper, small diced  
1 jalapeño, seeded and minced  
5 garlic cloves, minced  
1/4 cup minced cilantro  
3 green onions, sliced thin  
1/4 cup olive oil  
2 Tbsp. apple cider vinegar  
2 tsp. salt  
Juice of 1 lime

**Cover and refrigerate for at least one hour. Serve with tortilla chips.**

