

Vege Meals *in a* **FLASH**



**Delicious Breakfast
in 30 Minutes or Less...**

© Copyright 2006, **Vege Meals in a Flash**

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without express written, dated and signed permission from the author.

DISCLAIMER AND/OR LEGAL NOTICES:

The information presented herein represents the view of the author as of the date of publication. Because of the rate with which conditions change, the author reserves the right to alter and update his opinion based on the new conditions. This book is for informational purposes only. While every attempt has been made to verify the information provided in this book, neither the author nor his affiliates/partners assume any responsibility for errors, inaccuracies or omissions. Any slights of people or organizations are unintentional. If advice concerning legal or related matters is needed, the services of a fully qualified professional should be sought.

ASPARAGUS, TOFU STIR FRY

Prep and Cook Time:

15 min.

Ingredients:

1 medium onion cut in half and sliced medium thick
1 TBS vegetable broth
4 medium cloves garlic, chopped
2 TBS minced fresh ginger
3 cups thin asparagus cut in 2 inch lengths
1 medium red bell pepper, thin julienne in 1 inch lengths
4 oz extra firm tofu, cut in ½ inch cubes
1 TBS soy sauce
2 TBS rice vinegar
1 tsp toasted sesame seeds
salt and white pepper to taste

Directions:

Heat 1 TBS broth in a wok or 10-12 inch skillet.

Healthy Stir Fry onion in broth over medium high heat for about 2-3 minutes stirring constantly. Add garlic, ginger, asparagus, peppers and continue to stir fry for another 2-3 minutes, stirring constantly.

Add tofu, soy sauce and vinegar, turn heat to low and cover for about 2 minutes, or until vegetables are tender, yet still crisp. Season with salt and pepper and sprinkle with sesame seeds.

BLACK BEAN BURRITO, INDIAN STYLE

Prep and Cook Time:

28 min.

Ingredients:

1 medium onion cut in half and sliced thin
4 medium cloves garlic, chopped
1 tsp minced fresh ginger
1½ cups sweet potato or yam cut in ½ inch cubes
1 cup green peppers, thin julienne
1 cup red peppers, thin julienne
1 tsp garam masala
½ cup + 1 TBS vegetable broth
1 15 oz can black beans, drained
*optional 2 oz Chevre goat cheese

salt and black pepper to taste
4 whole wheat tortillas

Topping

*(optional) prepared salsa

1 head of romaine lettuce, shredded (remove outer leaves and discard)

Directions:

Prepare vegetables by chopping and slicing.

Heat 1 TBS broth in a 12 inch stainless steel skillet. Healthy Sauté onion, garlic, ginger, and peppers in broth over medium heat for about 5 minutes, stirring frequently. Add garam masala, yams and mix well. Add 1/2 cup broth and cook covered on low heat for about 10 minutes, or until vegetables are tender.

Add beans making sure they are drained well first and mix. Cook for another 5 minutes and season with salt and pepper.

While vegetables are cooking shred lettuce. You also might want to wrap tortillas in foil and place in the oven to warm while you are preparing the rest of the ingredients.

Place vegetable mixture in tortilla and top with some goat cheese. Roll and top with salsa and shredded lettuce.

VEGETARIAN STIR FRY

Prep and Cook Time:

20 min.

Ingredients:

1 medium onion cut in half and sliced medium thick

1 TBS vegetable broth

4 medium cloves garlic, pressed

1 TBS minced fresh ginger

1 red bell pepper cut into 1/2 inch pieces

1 cup sliced fresh shiitake mushrooms, (remove stems)

2 cups sliced green cabbage

5 oz extra firm tofu cut into 1/2 inch cubes

2 TBS soy sauce

1 TBS rice vinegar

2 TBS chopped fresh cilantro

1 TBS sesame seeds

salt and white pepper to taste

Directions:

Prepare ingredients to stir-fry.

Heat 1 TBS broth in a stainless steel wok or 12 inch skillet. Healthy Stir-Fry onion for about 2 minutes in broth over medium high heat stirring constantly. Add red pepper and mushrooms. Continue to stir-fry for another 2 minutes. Add garlic, ginger and continue to cook stirring for another 2-3 minutes. Add cabbage, and rest of ingredients and cook for another 2 minutes. Sprinkle with sesame seeds.

BLACK BEAN CHILI

Prep and Cook Time:
30 min.

Ingredients:

- 1 medium onion chopped
- 1 medium green bell pepper diced about ¼ inch pieces
- 1-1/2 cups + 1 TBS vegetable broth
- 6 medium cloves garlic, chopped
- 2 cans black beans, drained
- 1 can (8oz) tomato sauce
- 1 can (15oz) diced tomatoes, (do not drain)
- 2 TBS ground cumin
- 2 TBS red chili powder
- 2 TBS dried oregano
- 1 cup corn kernels, fresh or frozen
- ¼ cup fresh chopped cilantro
- salt & black pepper to taste

Directions:

Heat 1 TBS broth in a medium size soup pot. Healthy Sauté onion and bell pepper in broth over medium heat for about 5 minutes stirring frequently, until translucent. Add garlic, cumin, red chili powder and continue to sauté for another minute. Add 1 ½ cups broth and rest of ingredients, except cilantro and corn. Simmer for another 20 minutes uncovered. Add corn and cook for another 2 minutes. Add chopped cilantro and season with salt & pepper to taste.

VEGETARIAN CHILI

Prep and Cook Time:
15 min.

Ingredients:

1 (28 ounce) can tomatoes, undrained
1 (16 ounce) jar Thick 'N Chunky Salsa
1 (15 ounce) can black beans, rinsed, drained
1 (10 ounce) package frozen whole kernel corn
1 cup halved zucchini slices
1 teaspoon chili powder
1 (8 ounce) package shredded mild Cheddar Cheese

Directions:

Mix tomatoes, salsa, beans, corn, zucchini and chili powder in saucepan.

Bring to boil on medium-high heat.

Reduce heat to low; simmer 10 minutes.

Sprinkle 2 tablespoons cheese onto bottom of each serving bowl; top with chili. Sprinkle each with additional 2 tablespoons cheese.

SANTA FE VEGGIE QUESADILLAS

Prep and Cook Time:

25 min.

Ingredients:

1 (12 inch) flour tortilla
3/4 cup shredded Cheddar/Monterey Jack cheese blend
1/2 cup whole kernel corn, drained
1/2 cup diced red bell pepper
1/2 cup black beans, drained
1 chopped green onion

Directions:

Prepare a lightly oiled large skillet over medium heat. Place the tortilla in the skillet and flip it once to ensure an even coating of oil on both sides.

Allow the tortilla to heat on one side for 1 minute. Beginning at the center of the tortilla, evenly spread the cheese blend until the tortilla's entire surface is covered. Top the cheese with corn, red bell pepper, black beans and green onion. When the cheese is completely melted, carefully slide the tortilla from the pan onto a cutting board. Slice into wedges and serve warm.

VEGETABLE SALSA SOUP

Prep and Cook Time:

28 min.

Ingredients:

6 (14.5 ounce) cans chicken broth
1 (16 ounce) jar medium salsa
2 cups chopped carrot
2 cups celery, chopped
1 cup frozen mixed vegetables

Directions:

In a pot over medium high heat, combine the broth, salsa, carrots, celery and mixed vegetables. Simmer together for 20 minutes, or until vegetables are tender.

CREOLE EGGPLANT

Prep and Cook Time:

30 min.

Ingredients:

1 onion, peeled and chopped
1 green bell pepper, seeded and chopped
1 can (8-oz.) tomato sauce
1 clove garlic, crushed
1/2 teaspoon salt
1/4 teaspoon dried crushed oregano
1/4 teaspoon black ground pepper
1/4 teaspoon hot pepper sauce
1 eggplant, peeled, sliced, diced

Directions:

In a heavy skillet combine onion, green bell pepper, tomato sauce, garlic, salt, oregano, pepper, and hot pepper sauce. Cover and cook over low heat for 10 minutes; stir in eggplant. Cover and cook an additional 20 minutes, stirring occasionally.