

Marla's Burrito Bowls

Coconut Rice:

- 1 c. uncooked brown rice
- 1 c. water
- 1 c. lite coconut milk (1/2 can)
- 1-2 garlic cloves, minced
- 1 t. each: onion powder, vegetarian chicken seasoning
- ½ t. each: salt and cumin
- 1 bay leaf

Pinto Bean and Lentil Chili:

- 1 c. fresh chopped onions
- ½ c. each: fresh cut red pepper and fresh corn off the cob
- 1-2 garlic cloves, minced
- ½ c. TVP (Winco bulk bin #1403) soaked in ½ c. hot water
- 1 can pinto beans, drained
- ½ c. cooked lentils
- 1 jar tomato paste + 1 jar water
- ½ t. each: cumin, oregano
- 1 bay leaf
- Drizzle of honey and salt to taste

"Cheesy" Tofu Sauce:

- 1 box Mori-Nu Silken Soft Tofu
- 1/3 c. water
- Juice of ½ lime (1 T.)
- ½ t. each: salt, onion powder
- ¼ t. each: cumin, garlic powder
- ¼ c. cooked carrots (for color and nutrition)
- 2 T. nutritional yeast

Easy Salsa:

- 1 can S & W Stewed Tomatoes, Mexican Style
- Juice of ½ lime or lemon
- ¼ t. each: onion powder, garlic powder, cumin
- Fresh Cilantro, small handful or more to taste
- Drizzle of honey

Fresh Strawberry Cobbler

Adapted from minimalistbaker.com

Ingredients

- $\frac{3}{4}$ c. Bob's Red Mill gluten-free flour (available at Winco)
- $\frac{1}{4}$ c. oat flour (blend quick oats to make)
- 1 $\frac{1}{2}$ T. organic cane sugar + more for topping
- $\frac{1}{4}$ t. salt
- $\frac{1}{4}$ t. yeast, quick rise
- 2 $\frac{1}{2}$ T. vegan coconut butter
- $\frac{1}{3}$ c. unsweetened almond milk + 1 t. lemon juice or $\frac{1}{2}$ t. lemon powder (equivalent of buttermilk)
- $\frac{1}{4}$ c. pecans, chopped
- 5 c. fresh strawberries
- 2 T. organic cane sugar
- 1-2 T. cornstarch

Instructions

1. In bowl mix flours, sugar, yeast and salt. Add lemon to almond milk and set aside.
2. Add vegan coconut butter to the dry mixture and blend in with a fork, pastry cutter or your hands.
3. Add almond milk gradually, until dough is formed.
4. Transfer to lightly floured surface and form into a disc and let rest.
5. Add berries to bowl and toss with sugar and cornstarch. Place in 8 x 8 dish or large pie dish.
6. Gently break apart disc into small pieces and place on top of berries. Press down gently into berries. Sprinkle with additional 1 T. sugar and chopped pecans.
7. Bake at 400° for 25 minutes until bubbly and slightly browned.

Notes: <http://www.myrecipes.com/how-to/cooking-questions/difference-cobbler-crisp-crumble-buckle>

A **cobbler** is baked fruit topped with a batter or biscuit crust. The topping is often "cobbled" rather than smooth; the topping is generally dropped or spooned in small clumps over the fruit, allowing bits of the filling to show through. This differs from a **crisp** or **crumble** that is baked fruit topped with a mixture of some combination of flour, nuts, cereal (especially oatmeal), butter, and sugar. The topping ranges in texture from streusel to granola, and generally completely covers the fruit.