Halloween Recipe Ideas:

Appetizers or Entrée:
   Black Bean Soup: Devil Style
   Roasted Red Pepper Sauce

Dessert:
   Halloween Puppy Chow
   Pumpkin Bread
   Nut Butter Cups
Black Bean Soup: Devil Style

Ingredients

- Olive oil - 1 tbs
- Onion, diced - 1, medium
- garlic cloves - 4, minced
- Diced tomatoes -1 can (14.5 oz)
- Black beans - 4 cans (15 oz), half drained, half undrained
- Vegetable Broth - 2 cans (14.5 oz)
- Diced green chillies - 1 can (4 oz)
- Corn - 1 cup
- Cumin - 1.5 tpsps
- Chilli Powder - 1/2 - 1 tsp
- Lime juice - 1 tbs
- Freshly chopped cilantro

Directions

1. Add two cans of undrained black beans to a food processor. Set aside. Heat oil in a large pot. Stir in onion and sauté for 3-4 minutes. Add in garlic and cook for an additional minute. Stir in the tomatoes, all of the black beans, vegetable broth, green chilies, corn, cumin and chili powder.

2. Bring to a simmer and cook for 10-15 minutes. If the soup is too thick add more vegetable broth. If you would like it thicker puree some of the soup in a blender or food processor. Take off of the heat and stir in fresh squeeze lime juice.

3. Season with salt and pepper to taste. Serve immediately with fresh chopped cilantro for serving. Swirl with roasted red pepper sauce.

Sustainable Tips

- Shop at your local co-op to reduce waste from packaging (bring your own containers)
- Try making a batch of black beans from scratch instead of a can
Roasted Red Pepper Sauce

Ingredients

- Roasted Red Peppers - 16 oz jar, drained
- Extra virgin olive oil - 1/4 cup
- Shallot, minced - 2 tbsp
- Garlic cloves - 2, minced
- Basil - 2 tbsp, chopped
- Capers - 1 tbsp, drained
- Lemon - 1 zested
- Lemon - 1/2 juiced
- Salt - 1/2 tsp
- Pepper - 1/4 tsp

Directions

1. Place all ingredients into a blender jar
2. Blend for 30 - 60 seconds on high speed, until completely smooth
3. Serve and enjoy!
4. Store any leftovers in the fridge for 1 week, or in the freezer for 1 month.

Sustainable Tips

- Remember to bring a reusable bags when you go shopping. Think about purchasing produce bags!
- Try making your own roasted red peppers!
Halloween Puppy Chow

Ingredients

- Rice Chex Cereal - 9 cups
- White Chocolate Chips - 1/2 cup
- Milk chocolate Chips - 1/2 cup
- Peanut (or pecan) butter - 1/2 cup
- Butter (or coconut oil) - 1/2 cup
- Vanilla - 1 tsp
- Powdered sugar - 1 1/2 cup
- Candy corn - 1 1/2 cup

Directions

1. Split cereal in half and put 4.5 cups in one bowl and 4.5 cups in another bowl. Set aside.

2. In a pan, heat white chocolate chips, ¼ cup peanut butter, and ¼ cup butter or margarine. Stir frequently until melted. Add ½ tsp. vanilla.

3. Remove from heat and pour over one of the bowls of cereal until evenly coated. Pour into a gallon bag with ¾ cup powdered sugar. Seal bag and shake until well coated.

4. Repeat Steps 2 & 3 for the chocolate chex.

5. Pour white chocolate and milk chocolate chex into one bowl. Add candy corns and mix well. Store in airtight containers.

Sustainable Tips

- Substitute the peanut butter for pecan or sunflower butter, which can be found at Sprouts or your local Co-Op. But be sure to bring your own container!
Pumpkin Bread

Ingredients

- All-purpose flour - 1 cup
- Salt - 1/2 tsp
- Baking Soda - 1 tsp
- Baking Powder - 1/2 tsp
- Ground cloves - 1 tsp
- Ground cinnamon - 1 tsp
- Ground nutmeg - 1 tsp
- Unsalted butter - 1 1/4 stick
- Sugar - 2 cups
- Eggs - 2, large
- Pumpkin Puree - 1 can (11.5 oz)

Directions

1. Preheat the oven to 325°F and set an oven rack in the middle position. Generously grease two 8x4-inch loaf pans with butter and dust with flour. In a medium bowl, combine the flour, salt, baking soda, baking powder, cloves, cinnamon, and nutmeg. Whisk until well combined; set aside.

2. In a large bowl of an electric mixer, beat the butter and sugar on medium speed until just blended. Add the eggs one at a time, beating well after each addition. Continue beating until very light and fluffy, a few minutes. Beat in the pumpkin. Add the flour mixture and mix on low speed until combined.

3. Turn the batter into the prepared pans, dividing evenly, and bake for 65 - 75 minutes, or until a cake tester inserted into the center comes out clean. Let the loaves cool in the pans for about 10 minutes, then turn out onto a wire rack to cool completely.

Sustainable Tips

- Shop at your local co-op to reduce waste from packaging (bring your own containers)
- Try substituting some foods that are more native to the southwest
Nut Butter Cups

Ingredients

• ½ - ½ cup Vanilla Almond Butter, chilled for 24 hours
• 1 tablespoon golden flax meal
• 1 cup chocolate chips

Directions

1. Stir flaxseed meal into Vanilla Almond Butter. Melt chocolate in a small pan over very low heat

2. Using a small paint brush, coat the bottom and sides of a nut butter cup mold. Place mold in freezer for 10 minutes to allow chocolate to harden

3. Use a mini ice cream scoop to place a scant teaspoon of vanilla almond butter into each cup. Paint chocolate over nut butter

4. Place in freezer for 10 minutes. Turn mold upside down and pop nut butter cups out of mold. Serve

Sustainable Tips

• Make these instead of buying Reese's Peanut Butter Cups
• If you don't have a mold, you can always make Nut Butter Balls by rolling the Vanilla Almond Butter into balls then dipping in chocolate.
• You can use different molds for different holidays!
Thanksgiving & Christmas Recipe Ideas:

Appetizers or Entrée:
  - Honey Glazed Roasted Brussel Sprouts
  - Vegan Stuffing
  - Vegan Mashed Potatoes
  - Maple Glazed Tofu

Dessert:
  - Vegan Gluten Free Pumpkin Pie
**Honey Glazed Roasted Brussel Sprouts**

**Ingredients**

- Brussel Sprouts, halved - 1 1/2 lb
- Extra-virgin olive oil - 1/4 cup
- Kosher salt - 1/2 tsp.
- Black pepper - pinch
- Honey - 1/4 cup
- Red wine vinegar - 1/3 cup
- Red pepper flakes - 3/4 tsp
- Scallions - 3, thinly sliced diagonally
- Lemon zest - 1 tsp

**Directions**

1. Preheat to 450°. Toss brussels sprouts and oil in a large bowl; season with salt and black pepper.

2. Roast brussels in oven until softened and deeply browned, 20–25 minutes. Meanwhile, bring honey to a simmer in a saucepan over medium-high heat. Reduce heat stirring often, until honey is a deep amber color, 3–4 minutes.

3. Remove from heat and add vinegar and red pepper flakes. Whisk until sauce is smooth. Return saucepan to medium heat, add butter and salt, whisking constantly for 3–4 minutes.

4. Transfer brussels sprouts to a large bowl. Add glaze and scallions and toss to combine. Transfer to a platter and top with lemon zest.

Enjoy!

**Sustainable Tips**

1. Use local honey purchased at the Co-Op or farmers marker!

2. Some sustainable olive oil brands include, but are not limited to: Equal Exchange Organic Olive Oil, and Zaytoun Palestinian Organic Olive Oil, Coconut Oil
**Vegan Stuffing**

### Ingredients

- 4 tablespoons - Olive oil
- 2 bags - green tea
- 1 - large onion chopped
- 2 stalks celery, chopped
- 8 ounces sliced mushrooms
- 1 tablespoon finely chopped fresh sage
- 1 tablespoon finely chopped fresh thyme
- 1 1/2 tsp Kosher salt and freshly ground black pepper
- 16 cups stale, 1 inch cubed white bread
- 1/4 cup chopped fresh parsley

### Directions

1. Preheat oven to 375 F. grease 9x13 baking dish with oil

2. Brew tea bags in 2 cups of hot water for 5 minutes. (discard bags)

3. Heat 3 tbsp of oil in skillet over medium heat. Add onions and celery and, stirring frequently, until soft. Add the mushrooms, sage, thyme, salt and a few grinds of pepper. Stir until mushrooms are soft. Add the tea, bring to a simmer and remove from heat

4. Put bread in large bowl and pour vegetable mixture. Add parsley and toss until bread is completely coated. Rest 10 minutes. Gently toss again and transfer to baking dish. Drizzle with remaining 1 tablespoon oil.

5. Cover with foil and bake for 30 minutes. Uncover and continue to bake until golden brown, about 15 minutes more. Serve hot.

### Sustainable Tips

- You can make your own bread
- Think about growing your own sage, thyme, and parsley at home!
Vegan Mashed Potatoes

**Ingredients**
- yukon gold potatoes - 6-8 medium
- sea salt - 1 1/2 tsp
- ground black pepper - 1/2 tsp
- garlic- 5-6 cloves roasted or minced
- vegan butter -3-4 tbsp
- fresh chives (for topping) - 1/4 cup

**Directions**
1. In a large pot, cover potatoes with water and season with salt. Bring to a boil and cook until soft, 15 to 18 minutes. Drain and return to pot. Mash potatoes until smooth.
2. Meanwhile, in a small saucepan over medium heat, heat oil and rosemary. Add garlic and cook until fragrant, 1 minute. Discard rosemary and pour oil over potatoes. Add butter and stir until completely combined and creamy. Season with salt and pepper.
3. Transfer potatoes to a serving bowl and season with more pepper and garnish with chives.

**Sustainable Tips**
- Shop at your local Co-Op to get most of these ingredients and bring your own containers! This helps reduce packaging.
Maple Glazed Tofu

Ingredients

- Maple Syrup 1/2 cup
- Soy Sauce 1/3 cup
- Dijon Mustard 2 tbsp
- Apricot or Orange Jam 2 tbsp
- Tofu (firm/extra firm) 35.27 oz
- Whole Cloves 50
- Apricot Stuffing
- Bread- 2 slices; stale (or toasted), chopped
- Breadcrumbs 1/4 cup
- Dried Apricots 2 tbsp; Chopped
- Garlic - 1/2 tsp
- Dried Basil -1 tsp
- Sea Salt - 1/8 tsp
- Black Pepper - 1/8 tsp
- Vegetable Broth - 1/2 cup

Directions

1. Mix maple syrup, soy sauce, dijon mustard, and jam until smooth consistency. Remove tofu from packaging, rinsing in cold water then patting dry. Slice tofu in half lengthways, having 4 halves.

2. Using fork, pick bottom half of tofu, both sides and thinly slice criss-cross pattern through top of tofu block. Place whole cloves into intersection. Place 4 tofu blocks into baking dish. Pour glaze, let marinate for 1 - 24 hours.

3. In a bowl, place remaining dry ingredients and ¼ broth, mix; then add remaining broth and mix. Set oven to 400F, Re-baste, place into oven, 20 minutes; after, place stuffing over bottom tofu halves and place top halves on top, place in oven for 10 -15 minutes. Remove from oven and enjoy!

Sustainable Tips

- Try different sustainable maple syrup brands like Roxbury Mountain Maple Syrup or Runamok Organic Vermont Maple Syrup.
- Try making your own bread at home!
Vegan Gluten Free Pumpkin Pie

**Ingredients**
- cold vegan butter - 6 tbsp
- Bob's Red Mill 1:1 Gluten-Free Flour - 1 ¼ cup
- salt - ½ tsp
- cold water - 5 tbsp
- pumpkin puree - 2 ¾ cups
- maple syrup - ¼ cup
- Brown sugar ¼ cup
- Unsweetened plain almond milk ½ cup
- Olive oil - 1 tbsp
- Cornstarch - 2/12 tbsp
- Pumpkin pie spice - 1 ⅛ tsp
- Sea salt - ¼ tsp

**Directions**
1. Crust: add gluten-free flour and salt to bowl, whisk and combine. Work butter in gently, don’t overwork. Stir in water a little at a time, to form crust. Transfer dough to form ½ inch disc, wrap and refrigerate (30 min - 2 days).

2. Preheat oven, 350 F. Take out of fridge and wait till dough is above room temperature. Add remaining ingredients until smooth. Transfer dough to pie pan. Be sure not to overwork the crust.

3. Pour in filling and bake for 58 - 65 minutes. Crust should be light golden brown and filling will be jiggly. Remove from oven and let cool completely before placing in fridge for 4 - 6 hours, preferably overnight. Slice and Enjoy!

**Sustainable Tips**
- Substitute almond milk for oat milk since almonds require six times more water to grow than oats or make your own oat milk!
- Try making your own pumpkin puree to reduce the waste from packaging!
Valentines Day Recipe Ideas:

Appetizers or Entrée:
   Fresh Vegetarian Greek Pasta

Dessert:
   Chocolate Covered Heart Treats
Fresh Vegetarian Greek Pasta

Ingredients

- Tomatoes - 3, large seeded, chopped
- Kalamata olives - ½ cup, chopped
- Feta cheese - ½ cup, crumbled
- Parsley - 2 tbsp, chopped
- Basil - 1 tbsp, chopped
- Salt - ¼ tsp
- Pepper - ⅛ tsp
- Penne pasta - 1 lb, uncooked
- Olive oil - 6 tbsp
- Garlic - 3 tsp, minced

Directions

1. Combine tomatoes, olives, feta, spices, salt, and pepper in bowl

2. Add pasta to salted, boiling water, in a large pot. Drain after cooking pasta.

3. In the same pot, while pasta is cooking, heat olive oil over medium heat. Add garlic and cook, stir one-two minutes.

4. Add pasta and tomato-olive mixture to a large serving dish, toss until fresh vegetables are mixed with penne. Serve & Enjoy!

Sustainability Tips

- Try growing your own basil or parsley
- Substitute zucchini or carrots as a pasta replacement
# Chocolate Covered Heart Treats

## Ingredients
- Butter - 6 tbsp
- Mini Marshmallow - 6 cups
- Rice Krispie Cereal - 6 cups
- Nestle Semi Sweet Morsels - 12 oz

## Directions
1. Melt the butter in a pan on medium heat. Add Marshmallows, stir until melted. Turn off the heat.

2. Add Cereal, mix until the cereal is completely coated with Marshmallow Mixture. Spoon into a 9×11” shallow pan. Allow to cool.

3. With a heart shaped cutter, press rice krispies; with extra pieces form them into hearts. Melt chocolate in double broiler and coat top of heart. Feel free to add sprinkles or other desired toppings. Enjoy!

## Sustainable Tips
- Try substituting the butter for coconut oil
- As a substitute for marshmallows, try vegan marshmallows which doesn’t contain gelatin.
MARDI GRAS RECIPE IDEAS:

Appetizers or Entrée:
Spicy Vegan Jambalaya
Spicy Vegan Jambalaya

**Ingredients**
- Extra virgin olive oil - 3 tbsp
- Yellow onion, diced - 1 large
- Garlic, chopped - 3 cloves
- Celery stalks, diced - 4 large
- Jalapeno, diced - 1 tbsp
- Diced tomatoes - 4 cups
- Brown rice, uncooked - 2 cups
- Vegetable Stock - 4.5 cups
- Vegan worcestershire sauce - 2 tsp (optional)
- Bay leaves - 3
- Smoked paprika - 1 tsp
- Hot sauce - 2 tsp
- salt & pepper - to taste
- Chopped cilantro - 1 1/2 cups

**Directions**
1. Heat oil in a large skillet. Add onion, garlic, celery, and jalapeño. Sauté until onions are translucent.
   Add tomatoes and cook till soften.
2. Add uncooked rice, vegetable stock, worcestershire sauce, bay leaves, paprika, hot sauce, salt, and pepper to pan and stir to combine.
3. Cover and bring mixture to a simmer. Let it cook for 20-40 minutes, until the rice has absorbed all the liquid and cooked through.
4. Stir in fresh cilantro and serve immediately. Garnish with extra cilantro.

**Sustainable Tips**
- Grow your own cilantro!
- Since this is a produce heavy recipe, be sure to bring your own produce and reusable bags!
St. Patrick’s day Recipe Ideas:

Appetizers or Entrée:
    Vegan Irish Soda Bread
Vegan Irish Soda Bread

**Ingredients**
- Silk Soymilk Original Protein - 1 ¾ cups
- Apple Cider Vinegar - 1 tbsp
- Whole Wheat Flour - 3 cups
- All-Purpose Flour - 1 ½ cups
- Coconut sugar - 1 tbsp
- Salt - 1 tsp
- Baking Soda - 1 tsp
- Vegan butter - 4 tbsp
- Raisins - 1 cup
- Orange zest - 1 tsp
- Ground flaxseed - 1 tbsp
- Cornstarch - 1 tbsp

**Directions**


2. In a food processor, combine whole wheat flour, 1 cup of all-purpose flour, sugar, salt, and baking soda. Pulse a few seconds to combine. Chop butter into cubes, add. Pulse about 15 seconds. Add raisins, orange zest, flax seed meal, and cornstarch. Pulse to combine. Pour into mixing bowl.

3. Pour the soymilk & cider into center of bowl, mix (stirring outward) to combine. Knead dough in bowl, incorporate additional flour if needed. Don’t over knead.

4. Form ball with dough and place on prepared pan. Use a knife to cut an X into the top. Bake 40 – 45 minutes. When you tap top of the loaf, it should have a hollow sound. Remove from the oven and allow to cool slightly before serving.

**Sustainable Tips**

- Shop at your local co-op to reduce waste from packaging but be sure to bring your own container!
- Look into replacing some of the flours for something that is more native to your region. In Tucson, mesquite flour is a good option!
Earth Day Recipe Ideas:

Appetizers or Entrée:
Thai Red Bell Peppers
Thai Red Bell Peppers

Ingredients

- Olive oil - 1/3 cup
- Red bell peppers, seeded, thinly sliced - 2 large
- Ginger minced peeled fresh - 3 tablespoons
- Garlic cloves, finely chopped - 3 large
- Extra-firm tofu, drained well, cut into 1-inch cubes
- Green onions - 3 thinly sliced, diagonal
- Soy sauce - 3 tablespoons
- Fresh lime juice - 2 tablespoons
- Dried crushed red pepper - 1/2 to 3/4 teaspoons
- Baby spinach leaves - 1 6-ounce bag
- Chopped fresh basil - 1/3 cup
- Lightly salted roasted peanuts - 1/3 cup

Directions

1. Heat oil in wok over high heat. Add bell peppers, ginger, and garlic; sauté until peppers just begin to soften, about 2 minutes.

2. Add tofu and green onions; toss 2 minutes.

3. Add next soy sauce, lime juice, and crushed red pepper. Toss to blend, about 1 minute. Add spinach in 3 additions, tossing until beginning to wilt, about 1 minute for each addition.


Sustainable Tip

When going to the store, be sure to bring your own produce bags!
4th of July Recipe Ideas:

Appetizers or Entrée:
   BBQ Jackfruit Sandwich
BBQ Jackfruit Sandwich

Ingredients
- Can of Jackfruit - 1 (20oz)
- Olive Oil - 1 Tbsp
- Onion - 1 chopped
- Garlic (minced) - 2 Cloves
- Water - ½ cup
- Smoked Paprika - ¾ tsp
- Cayenne pepper - ¼ tsp
- Salt - ¼ tsp
- Hamburger buns

Barbecue Sauce Directions
1. Heat oil in saucepan on medium-high heat
2. Add onion and cook until soft
3. Stir in garlic and cook. Add tomato sauce, coconut sugar, maple syrup, molasses, liquid aminos, parsley, thyme, salt
4. Simmer for 10 minutes until sauce thickens

Barbecue Sauce ingredients
- Olive Oil - 1 tbsp
- Onion - ¾ cup (finely chopped)
- Garlic (minced) - 2 Cloves
- Tomato Sauce - 1 cup
- Coconut Sugar - 2 tbsp
- Bragg’s Liquid Aminos - 2 tbsp
- Maple Syrup - 1 tbsp
- Molasses - 1 tbsp
- Dried Parsley - ½ tsp
- Dried Thyme - ¾ tsp
- Salt - ½ tsp

Pulled Jackfruit Directions
1. Drain and rinse jackfruit
2. Heat oil on medium heat in a large skillet
3. Add onion and cook until soft
4. Stir in garlic and cook. Stir in jackfruit and add smoked paprika, cayenne pepper, and salt.
5. Add barbecue sauce. Simmer and stir until sauce thickens for about 30 minutes
6. To serve, place barbecue jackfruit on buns and enjoy

Sustainable Tips
Buy your own jackfruit instead of getting it from a can!