

Judi's Recipe Club



Buffalo Beans and Greens

This dish is spicy, delicious and an overall crowd-pleaser. It carries a power punch with the rice-bean combo and a final knockout coming from kale.

The recipe is made in 4 parts

Part 1

Tofu Cashew Mayonnaise:

Ingredients:

7 ounces extra firm tofu
1/4 Cup raw cashews, soaked in water to cover for 2-3 hours, then drained
1/2 Teaspoon sea salt
1/2 Teaspoon tahini
4 Teaspoons lemon juice
1 1/2 Teaspoons white vinegar
1 Tablespoon dijon mustard
2 Tablespoons apple cider vinegar
2 1/2 Teaspoons agave
2 Tablespoons water
1/4 Teaspoon xanthum Gum (we omitted)

- Place all the ingredients listed in a Vitamix. Blend until smooth and shiny.

Part 2

Blue Cheez Dressing:

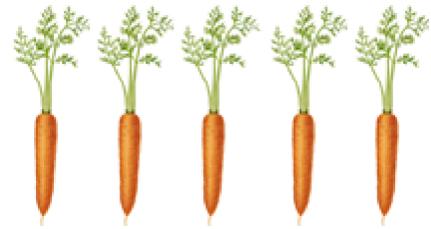
Ingredients:

1/2 Cup tofu cashew mayonnaise (see recipe above)
1 garlic clove
1/2 Teaspoon agave
2 Tablespoons lemon juice
2 Teaspoons white miso
2 Teaspoons apple cider vinegar
2 Tablespoons tahini
1/4 Teaspoon sea salt
1/4 Cup crumbled Extra firm tofu
2 Tablespoons finely chopped green onions or Parsley. (We used green onions)

- ~Place the Mayonnaise, garlic, agave, lemon juice, miso, vinegar, tahini, and salt into a Vitamix or other blender and blend until smooth and creamy.

- ~ Pour dressing into a bowl, then add the green onions and crumbled tofu, stirring gently with a spoon.

Our Rating ...



Divided into 4 servings so each serving contains:

3 1/2 Yellow container
1 1/2 Red container
1/2 Blue container
3 Teaspoons

Part 3
Vegan Buffalo Sauce
(see "Our Notes" below)

Ingredients:

2/3 Cup hot pepper sauce
1/2 Cup cold vegan butter coconut oil
1 1/2 Tablespoon white vinegar
1 Tablespoon paprika
1/4 Tablespoon vegan worchestershire sauce
1/4 Teaspoon cayenne pepper
1/8 Teaspoon garlic powder
salt to taste

- **Place the hot sauce, vegan butter or oil, vinegar, worchestershire sauce, paprika, cayenne pepper, gar powder, and salt in a blender and mix until smooth. Pour into a small saucepan and place over medium heat. Bring to a boil while constantly stirring with a whisk.**
- **As soon as liquid begins to bubble on the sides of the pot, remove from heat and set aside.**

Part 4:
Putting it all together:

Ingredients:

One 14oz Package of tempeh or tofu, cubed
1 Cup vegan buffalo sauce.
(see recipe above)
2 bunches kale, sliced with stems removed.
2 15oz cans pinto beans, drained and rinsed
4 cups cooked brown rice
1 cup blue cheez dressing
(see recipe above)

- **Preheat oven to 375F. Line baking sheet with parchment paper and set aside.**
- **In a shallow dish, marinate the tempeh in the vegan buffalo sauce for 1 hour.**
- **Remove the tempeh from the marinade and place on the prepared baking sheet. Bake for 10-15 minutes, until edges are browned and dry, turning the tempeh halfway through so that it doesn't overcook on one side.**
- **Steam the sliced kale in a small amount of water just until wilted. Drain, then add the pinto beans and toss with the kale until warmed through.**
- **To assemble each serving, start with 1 cup of rice, then add the kale and beans, and top with the tempeh. Drizzle with the Blue Cheez Dressing. Add more vegan buffalo sauce to the bowl if you like it spicy.**

Serves 4

Modifications

Always feel free to omit salt. Look for tahini w/o added oil.
You can omit the agave if you don't want to use it.

Our Notes

We had a package of smokey tempeh on hand so decided to use what we had. We also could not find the Buffalo Sauce called for in this recipe so used an alternate recipe from The Edgy Veg. It had too much oil in my opinion and would find an oil free one for the Buffalo Sauce next time.

Original Recipe:
Kim Campbell, Plant Pure Nation Cookbook