

# Vegetable, Barley and Bean Soup

13 ingredients · 1 hour · 6 servings



## Directions

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1. Heat the oil over medium-high heat in a large pot. Add the onion and cook for about 5 minutes until it begins to soften. Add the carrot, celery, pumpkin (Squash) and garlic and cook for 2 to 3 minutes more.
2. Add the zucchini, barley, salt and thyme. Stir to combine then add the vegetable broth. Bring to a boil then reduce heat to medium-low and cover with a lid. Let the soup simmer for 35 to 40 minutes or until the barley is tender.
3. Stir in the baby spinach and tinned beans, season with additional salt if needed.
4. Divide between bowls and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days or freeze for up to two months.

### Additional Toppings

Top with chopped parsley, sliced green onion or red pepper flakes.

### No Pearl Barley ?

You can use a short pasta such as orzo or rissoni, or rice for Gluten free option.

## Ingredients

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- 1 **tbsp** Extra Virgin Olive Oil
- 1 Yellow Onion (chopped)
- 2 Carrot (peeled, chopped)
- 2 **stalks** Celery (chopped)
- 3 **cups** Butternut Squash (peeled, chopped)
- 2 Garlic (clove, minced)
- 1 Zucchini (chopped)
- 1 **cup** Pearl Barley
- 1 **tsp** Sea Salt
- 1 **tsp** Dried Thyme
- 6 **cups** Organic Vegetable Broth
- 3 **cups** Baby Spinach
- 3 **cups** White Navy Beans (or Cannellini Beans)

# Tofu Veggie Fried Rice

10 ingredients · 35 minutes · 4 servings



## Directions

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1. Cook the jasmine rice according to package directions.
2. Heat half of the sesame oil in a large non-stick pan over medium heat. Cook the tofu for about five minutes or until browned, frequently tossing. Season with salt and pepper and transfer to a bowl.
3. In the same pan, heat the remaining sesame oil over medium heat. Cook the broccoli, purple cabbage, and carrots until fork-tender, about five to seven minutes.
4. Slide the veggies to the side of the pan and add the eggs. Gently push the eggs back and forth with your spatula until scrambled and cooked through.
5. Add the rice over top of the eggs and break it up with your spatula. Add the tofu and tamari. Gently stir until everything is well combined. Divide into bowls, garnish with green onions and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving equals approximately two cups.

### No Tamari

Use soy sauce or coconut aminos instead.

### Additional Toppings

Add corn, mushrooms, or green peas.

## Ingredients

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- 1 cup Jasmine Rice (uncooked)
- 1 1/2 tbsps Sesame Oil (divided)
- 400 grams Tofu (extra firm, drained and diced)
- Sea Salt & Black Pepper (to taste, divided)
- 2 cups Broccoli (chopped)
- 1 cup Purple Cabbage (thinly sliced)
- 1 Carrot (medium, diced)
- 4 Egg (large, whisked)
- 3 tbsps Tamari
- 3 stalks Green Onion (sliced)

# White Bean Chicken Chili

13 ingredients · 40 minutes · 4 servings



## Directions

1. Heat oil in a large pot with a lid over medium-high heat. Add onion and capsicum bell and cook for about 5 minutes or until onion is soft. Add garlic, cumin, chili powder and salt and cook for another minute until fragrant.
2. While vegetables are cooking, add a third of the stock and half of the beans to a food processor or blender and blend to puree the beans.
3. Add the remaining stock and pureed beans to the pot and stir to combine. Place the chicken in the pot, cover with lid and reduce heat to medium-low. Cook at a gentle boil for 20 minutes or until the chicken is cooked through.
4. Remove the cooked chicken thighs from the pot and carefully shred the chicken with two forks. Return the chicken and any juices back to the pot with the remaining beans, corn kernels and coriander. Stir to combine and season with additional salt if needed. Allow soup to cook for an additional 5 to 10 minutes.
5. Divide the chili into bowls and serve with a lime wedge. Top with extra fresh chili or chili flakes if you wish. Enjoy!

## Notes

### Additional Toppings

Corn chips, sour cream and/or shredded cheese.

### No Chicken Thighs

Use chicken breast instead.

### Leftovers

Keep in the fridge for up to 3 days or freeze it for later.

### Vegetarian

Omit the chicken and use extra beans.

### Serving Size

One serving is equal to approximately one cup of chili.

## Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1 Yellow Onion (medium, chopped)
- 1 Red Capsicum (chopped)
- 2 Garlic (cloves, minced)
- 1 **1/2 tps** Cumin Ground
- 1 **tbsp** Chili Powder
- 1/2 **tsp** Sea Salt
- 3 **cups** Organic Chicken Broth (divided)
- 3 **cups** White Navy Beans (Cannellini Beans )
- 500 **grams** Chicken Thighs (boneless, skinless)
- 1/2 **cup** Corn (tinned or fresh)
- 1/2 **tsp** Coriander (chopped)
- 1 Lime (sliced into wedges)

# Ginger Beef and Veg Stir Fry

10 ingredients · 30 minutes · 4 servings



## Directions

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1. Mix together tamari, garlic, ginger and maple syrup in a jar. Put on a lid and shake well. Set aside.
2. Add olive oil to a large frying pan and place over medium heat. Add beef and onion. Saute for 3 to 5 minutes or until beef is cooked rare. Add in celery, snap peas and mushrooms. Saute for another 5 minutes. Pour in sauce from jar. Stir well to mix. Once everything is well combined, turn off the heat.
3. Plate stir fry. Garnish with sesame seeds and hot sauce if you like. Enjoy!

## Notes

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### Alternative Vegetables

Use broccoli, carrots, capsicum or any other vegetables you have on hand.

### More Carbs

Serve with brown rice or quinoa.

### Vegan & Vegetarian

Use cooked chickpeas or tofu instead of beef.

### Which Beef ?

Use rump, top sirloin or tenderloin (eye fillet)

### More Greens

Stir in kale or baby spinach until wilted.

## Ingredients

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- 1/4 cup Tamari
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 tbsp Maple Syrup
- 3 tbsps Extra Virgin Olive Oil
- 500 grams Beef Tenderloin (sliced into strips)
- 1 White Onion (sliced)
- 3 stalks Celery (chopped)
- 3 cups Snap Peas
- 3 cups Mushrooms (sliced)