

KALE STIR FRY

Caribbean influence and low country flavor paired together to create a healthy soulful dish

Yield: 4 servings

GATHER EQUIPMENT:

- 1 strainer to wash vegetables and drain chickpeas
- 1 knife
- 1 cutting board
- 1 medium pot with lid or rice cooker
- 1 large sauté pan
- Measuring spoons
- Measuring cup, wet
- Measuring cups, dry
- 1 cooking spoon or spatula
- 1 can opener

PREP IT!

2 cups	Brown rice, dry
3½ cups	Vegetable broth
½ cup	Water
4 tablespoons	Oil, vegetable or canola
1 medium	Red onion, fresh, sliced
16 cloves	Garlic, fresh, sliced
2 cans	Chickpeas, drained
5 large	Baby bella mushrooms, fresh, sliced (optional)
10 ounces	Kale, fresh
½ cup	Vegetable broth
2 large	Roma tomatoes, fresh, diced
2 teaspoons	Taste Tutor Seasoning 101
2 teaspoons	Taste Tutor Gullah Seasoning

MAKE IT!

1. In a medium pot add brown rice, vegetable broth, and water. Cover tightly and bring to a boil. Once boiling, turn heat to the lowest setting and allow to steam.
2. While rice is cooking, heat oil in a large sauté pan over medium high heat.
3. Sauté half of the sliced onions, all the garlic, chickpeas, mushrooms (if using), 1 teaspoon of Taste Tutor Seasoning 101, and 1 teaspoon Taste Tutor Gullah Seasoning until onions are soft and caramelized, about 3 minutes. Add kale and allow to wilt for about 2 minutes.
4. Add vegetable broth, tomatoes, and remaining onions. Allow to cook down until broth has almost cooked off, about 5 minutes. Taste for seasoning. If preferred, sprinkle the remaining Taste Tutor Seasoning 101 and Taste Tutor Gullah Seasoning in and stir.
5. Serve hot over rice.

Tip: Rice cooks using steam. Whichever method you use, be sure the lid is tight, so the steam is trapped in the cooking vessel. This will ensure your rice is cooked perfectly every time.

How to Cook Rice: To cook rice, use a rice cooker or in a medium pot, bring rice and liquid to a boil. Once boiling turn heat down to low. Cover pot with foil and lid to trap the steam in. Allow rice to steam for 20 - 30 (or 30 – 45 for brown rice) minutes until rice is tender. Do not stir rice until it has finished steaming. Keeping the heat on low will prevent rice on the bottom from burning while cooking. But honestly, if you do accidentally burn the some of the rice, who doesn't love the burnt bottom part of the rice pot anyway... flavor!

Reheat leftovers: combine leftover rice and kale stir fry in a pan and sauté until heated through.

GROCERY LIST

Produce

- 1 medium Red onion, fresh
- 1 head Garlic, fresh
- 5 large Baby bella mushrooms, fresh (optional)
- 10-ounce bag Kale, fresh
- 2 large Roma tomatoes, fresh

Spice/Oils/Baking

- 1 small bottle Oil, vegetable or canola
- 1 jar Taste Tutor Seasoning 101 *available at*
<https://www.thetastetutor.com/taste-tutor-shop-kitchen-store-food-seasonings>
- 1 jar Taste Tutor Gullah Seasoning *available at*
<https://www.thetastetutor.com/taste-tutor-shop-kitchen-store-food-seasonings>

Dry Goods

- 1 small bag Brown rice, dry
- 2 cans Chickpeas
- 32-ounce carton Vegetable broth

HEALTHY TIDBITS

Here are some tips on achieving flavorful and filling vegan recipes on a budget.

- Purchase vegetables that are in season. They are typically less expensive because they are local and do not have to travel as far to get to your grocery store. Or you can try growing your own.
- Purchase dried beans and cook them in bulk. Freeze them in smaller portions so they are ready for any recipe when you decide to make it.
- Purchase frozen produce. It is typically picked when ripe and frozen right away maintaining most of the flavor and nutrients. It is also often less expensive than buying fresh out of season produce.
- Purchase other staples that are inexpensive like tomatoes, peppers, carrots, onions, greens, and herbs to have on hand.
- Having a well-stocked seasoning cabinet so you can impart any desired flavor to any of your dishes. 😊
<https://www.thetastetutor.com/taste-tutor-shop-kitchen-store-food-seasonings>

Why complete proteins are important and how to get them from plants.

Protein is important for your body's overall health. It is a vital ingredient in your body's creation of the hormones, tissue, and enzymes needed for it to perform daily functions. Your body already makes 11 of the 20 essential amino acids needed for daily function. The remaining 9 essential amino acids you can get from food. A complete protein contains all 9 of the essential amino acids. These types of proteins are typically found in animal products, but complete proteins can also come from eating a variety of plant foods. Variety provides all 9 amino acids as well as other essential nutrients when eaten in combination with complimentary foods. Think Hoppin' John, beans and cornbread, or a peanut butter sandwich.

Plant protein is a great way to get complete proteins without some of the unhealthy benefits that come with consuming too many animal byproducts specifically affecting those with heart disease, diabetes, high blood pressure, etc.

It is also important to balance the amount of low carb containing fruits and vegetables with high carb grains to ensure too many carbohydrates aren't being consumed either.

It's all about balance, moderation, and enjoying flavorful food!

Here are some tips on getting necessary nutrients on a budget.

- Eat a variety of colors. Different colored foods indicate different nutrients that are naturally occurring and good for your body.
- Choose foods that are naturally vegan like vegetables, whole grains, fruits, and legumes rather than expensive meat alternatives.

General Flavor Tips

- Season first with spices and herbs other than salt. Add salt at the end to taste or replace salt with things like vinegars or citrus juices to boost the flavor of the overall dish.
- Use low sodium broths and stocks to replace water when cooking with water is required.
- Finish off all cooked food with a fresh element like fresh herbs, green onions, peppers, or onions to bring a bright and complex flavor back into your dish.