

Garden Vegetable Sauté



INGREDIENTS (Serves 4–6)

- 8 ounces tempeh, cut into ½-inch cubes
- ½ cup burgundy or dry red wine
- ¼ cup tamari soy sauce
- 3 tablespoons vegetable oil
- 2 cups yellow onion, chopped
- 2 cloves garlic, minced
- 3 cups zucchini, sliced into rounds
- 1 bell pepper, diced (red or green)
- 2 large tomatoes, chopped
- 1 tablespoon fresh dill (½ teaspoon dried)
- 3 tablespoons fresh parsley, chopped
- salt and pepper to taste
- chopped scallions for garnish (optional)

PREPARATION

1. Mix together wine and soy sauce, and pour it over the tempeh cubes, and marinate while chopping vegetables. After vegetables are chopped, drain the tempeh and reserve the marinade.
2. In a wok or large saucepan, sauté the onions and garlic in oil until translucent.
3. Add tempeh to the onions and cook on medium heat for 5–10 minutes until tempeh starts to brown, stirring frequently.
4. Add zucchini, salt lightly, cover the pot and cook for 5 minutes. Add peppers and cook 5 minutes more.
5. Add the tomatoes and seasonings. Add reserved marinade to taste, being careful it doesn't become too salty. Cook until tomatoes break down into the sauce, about 10 minutes.

Garden Vegetable Sauté

SHOPPING LIST

Produce

- 1 yellow onion
- Fresh garlic
- Zucchini
- 1 red or green bell pepper
- 2 large tomatoes
- Fresh dill
- Fresh parsley
- Bunch of scallions

Grocery

- Tempeh
- Tamari
- Red wine
- Vegetable oil

SERVING SUGGESTION

Delicious served on top of your favorite rice and garnished with scallions. (Meat eaters can substitute marinated steak or chicken in place of tempeh.)

NUTRITIONAL INFORMATION

Per Serving: 410 calories, 16 g fat, 0 mg cholesterol, 45 g carbohydrates, 18 g dietary fiber, 20 g protein 614 mg sodium

The nutritional values and information provided are approximations.

This Rush Hour Recipe courtesy of:

National Cooperative Grocers Association



Spicy Corned Beef Hash with Chorizo



INGREDIENTS (Serves 4)

- 3 tablespoons unsalted butter
- 1 cup onion, finely chopped
- 2 cups cooked corned beef (½ pound), chopped
- 3 cups cooked potatoes, cubed small (Shortcut: use frozen potatoes)
- ½ cup cooked chorizo, medium chopped, casing removed
- 4 eggs (optional)
- Salt and pepper

PREPARATION

1. Heat butter in a large (14-inch) cast iron or non-stick skillet over medium heat. Add the onion and cook a few minutes, until translucent.
2. Mix in the chopped corned beef, chorizo and potatoes. Stir and spread evenly over the pan. Turn heat to medium low and press down on the hash mixture with a spatula.
3. Shake, but don't stir, the hash mixture. Let it brown like a giant potato pancake, being careful not to burn the butter.
4. Once browned, use the spatula to flip over sections in the pan so they can brown on the other side, pressing down with the spatula as needed. (Add more butter to the pan if the hash is sticking.)
5. Continue to cook in this manner until the hash is nicely browned and looks lightly crisped.
6. Remove from heat, stir in some freshly chopped parsley. Add plenty of freshly ground black pepper, and salt to taste.

Vegetarian option: Substitute chopped stir fry vegetables and a tablespoon (or more) of Cajun spices for the corned beef and chorizo.

Spicy Corned Beef Hash with Chorizo

SHOPPING LIST

Produce

1 onion

Potatoes (fresh or frozen)

Meat/Poultry/Seafood

½ pound corned beef (cooked)

Chorizo

Refrigerated/Frozen

Unsalted butter

Eggs (optional)

SERVING SUGGESTION

Top each portion with a fried or poached egg and serve with toast or an English muffin. Try it with a little warm chili sauce, Creole mustard sauce or roasted corn and tomato salsa! Serve alongside a creamy soup and crusty bread.

NUTRITIONAL INFORMATION

Per Serving: 247 calories, 19 g fat, 70 mg cholesterol, 3 g carbohydrates, 2 g dietary fiber, 16 g protein 169 mg sodium

The nutritional values and information provided are approximations.

This Rush Hour Recipe courtesy of:

National Cooperative Grocers Association



Black Eyed Pea and Edamame Succotash



INGREDIENTS (Serves 4–6)

- | | |
|---|--|
| ¼ cup yellow onion,
finely diced | 2 tablespoons green onion,
chopped (about 3 green onions) |
| 1 clove garlic, minced | 1½ tablespoons smooth Dijon
mustard |
| 1 tablespoon olive oil | 1½ tablespoons sherry vinegar |
| 1 15-ounce can black-eyed
peas, drained and rinsed | 1 tablespoon honey |
| 1 cup edamame, shelled,
frozen | Pinch cinnamon, ground |
| 1 cup sweet corn, frozen | ½ teaspoon chili powder |
| 1 cup red bell pepper, finely
diced | 1 tablespoon fresh chives,
chopped |
| ½ cup fresh cilantro, roughly
chopped | Salt and pepper to taste |
| ½ jalapeno pepper, finely diced | 8 chicken or turkey
sausages (2 packages) |

PREPARATION

1. Place oil in a large sauté pan and sauté onions and garlic until translucent.
2. Add black eyed peas, frozen corn, and frozen edamame. Stir until frozen vegetables are thawed. Remove from heat.
3. Combine honey, mustard, vinegar, cinnamon, chili powder, and chives, and whisk to make dressing.
4. Stir all ingredients together with the dressing.
5. Prepare the sausage links according to directions.
6. Serve sausages with succotash on the side.

Black Eyed Pea and Edamame Succotash

SHOPPING LIST

Produce

Yellow onion
Fresh garlic
Red bell pepper
Green onions
Jalapeno pepper
Fresh chives
Fresh cilantro

Meat/Poultry/Seafood

8 chicken or turkey sausages (optional)

Refrigerated/Frozen

1 bag frozen edamame
1 bag frozen sweet corn

Grocery

Olive oil
1 can black-eyed peas (or 1 bag frozen)
Dijon mustard
Honey
Sherry vinegar

Spices/Seasonings

Ground cinnamon
Chili powder
Salt
Pepper

SERVING SUGGESTION

Add additional vegetables, such as mushrooms or carrots (pictured) for a more substantial salad. Serve with a hearty soup, green salad and bread or rolls.

NUTRITIONAL INFORMATION

Per Serving: 303 calories, 11 g fat, 60 mg cholesterol, 34 g carbohydrates, 10 g dietary fiber, 22 g protein, 729 mg sodium

The nutritional values and information provided are approximations.

This Rush Hour Recipe courtesy of:

Community Mercantile, Lawrence, Kansas



Asian Cabbage Salad with Pan-Seared Tofu Steaks



INGREDIENTS (Serves 4-6)

Salad

- ½ pound green cabbage, shredded
- ½ pound bok choy, sliced thin
- ½ cup shredded carrots (1 large carrot)
- 2 teaspoons arame seaweed, rehydrated and drained (optional)
- ½ cup toasted almonds, slivered or sliced

Dressing

- 1½ tablespoons minced ginger
- 3 tablespoons sugar
- ⅔ cup rice vinegar
- 1 teaspoon salt
- Pinch xanthan or guar gum (optional)

Seared Tofu

- 2 8-ounce packages tofu steaks, pre-marinated (Asian flavored)
- 2 tablespoons tamari soy sauce
- 1 tablespoon vegetable oil

PREPARATION

1. In a large mixing bowl, mix together the Salad ingredients. Set aside.
2. In a separate bowl, mix together Dressing ingredients. Pour dressing over the cabbage mix. Toss until well coated. Set aside.
3. In a wide-bottom non-stick skillet, heat 1 tablespoon of vegetable oil over medium low heat. Lay the tofu steaks into the oil and sear well, then flip. Splash with tamari sauce, shake the pan and sear the tofu until it begins to turn dark/caramelize.
4. Flip tofu and finish, being careful not to burn the pan dry. (Note: Add a dash more tamari if needed, but be aware of the saltiness if you are using packaged tofu that already uses tamari in its marinade.)
5. Serve one 3-ounce portion of seared tofu per person with the cabbage salad.

Asian Cabbage Salad with Pan-Seared Tofu Steaks

SHOPPING LIST

Produce

Green cabbage
Bok choy
Carrots
Fresh ginger
Arame seaweed

Grocery

Slivered or sliced almonds
Vegetable oil
Rice vinegar
Xanthan gum
Tamari sauce
Sugar

Refrigerated/Frozen

Tofu

Spices/Seasonings

Salt

SERVING SUGGESTION

Goes great with sesame or Szechuan-style green beans, wontons or a side of red or japonica rice.

NUTRITIONAL INFORMATION

Per Serving: 223 calories, 18 g fat, 0 mg cholesterol, 7 g carbohydrates, 4 g dietary fiber, 21 g protein 638 mg sodium

The nutritional values and information provided are approximations.

This Rush Hour Recipe courtesy of:

Davis Food Co-op, Davis, California



Ginger Miso Soup with Arame



INGREDIENTS (Serves 4)

- 2 tablespoons sesame oil
- 1 cup diced onion
- ½ pound sliced button mushrooms
- 3 tablespoons fresh ginger, peeled and minced
- 1 vegetable bouillon cube, no salt
- 4 cups water
- 1 cup extra firm tofu, diced small
- ¼ cup arame seaweed, soaked and drained
- 2 or 3 tablespoons red miso
- 4 scallions, sliced

PREPARATION

1. Take two large pinches of the arame seaweed and set aside to soak in a cup of fresh water for 5 minutes.
2. While the arame is soaking, gently heat the oil over medium in a 4-quart saucepan. When the oil is hot, add the onions and mushrooms and sauté 3 minutes. Add the ginger and sauté 2 minutes more.
3. Add the 4 cups of water, bring to a boil and add the bouillon cube. Simmer 5 minutes.
4. In a small bowl, dissolve the miso in some of the hot soup liquids, and add it, the tofu and the soaked, drained arame to the pot and simmer 5 minutes. Be careful not to boil the miso.

Ginger Miso Soup with Arame

SHOPPING LIST

Produce

- 1 onion
- 4 scallions
- 1 package button mushrooms
- Fresh ginger

Refrigerated/Frozen

Tofu

Grocery

- Sesame oil
- Vegetable bouillon
- Arame seaweed
- Miso

SERVING SUGGESTION

Serve garnished with chopped scallions. This soup goes well with fried rice or spicy noodles.

NUTRITIONAL INFORMATION

Per Serving: 167 calories, 11 g fat, 0 mg cholesterol, 10 g carbohydrates, 3 g dietary fiber, 10 g protein, 33 mg sodium

The nutritional values and information provided are approximations.

This Rush Hour Recipe courtesy of:

National Cooperative Grocers Association



Grilled Adobo Steak with Corn and Tomato Relish



INGREDIENTS (Serves 4)

1 ¼ pound flank steak
(or 4 6-ounce portions of ribeye
or sirloin steak)

Marinade

4 cloves fresh garlic
2 chipotle peppers in Adobo
sauce (canned)
¼ cup apple cider vinegar
½ teaspoon cumin, ground
1 tablespoon fresh thyme
(or ½ teaspoon dried thyme)
1 cup honey
½ cup brown sugar

Relish

2 cups frozen or canned corn
1 tomato, diced
1 chipotle pepper in adobo,
diced (from can used in
marinade)
½ cup olive oil
½ cup apple cider vinegar
1 tablespoon fresh garlic,
minced
1 teaspoon fresh thyme,
chopped

PREPARATION

1. Combine all marinade ingredients into a food processor or blender and puree.
2. In a bowl or plastic bag, pour half the marinade over the beef and let marinate at least 30 minutes, turning often.
3. Over a medium hot grill, cook steak to desired doneness (about 145 degrees F for medium rare), brushing on additional marinade while cooking.
4. Combine all relish ingredients and season with salt and pepper to taste.
5. To serve, remove the steak from the grill and let it rest 5 minutes. Slice it thin and serve it topped with the tomato corn relish, or open faced on grilled sourdough bread.

Grilled Adobo Steak with Corn and Tomato Relish

SHOPPING LIST

Produce

Fresh garlic
Fresh thyme
Tomato

Meat/Poultry/Seafood

1¼ pound flank steak (or 4 6-ounce portions of ribeye or sirloin steak)

Refrigerated/Frozen

1 bag frozen corn

Grocery

1 can chipotle peppers in Adobo sauce
Apple cider vinegar
Honey
Brown sugar
Olive oil

SERVING SUGGESTION

Goes great with corn on the cob and a creamy cucumber salad.

NUTRITIONAL INFORMATION

Per Serving: 773 calories, 21 g fat, 95 mg cholesterol, 106 g carbohydrates, 3 g dietary fiber, 30 g protein, 213 mg sodium

The nutritional values and information provided are approximations.

This Rush Hour Recipe courtesy of:

Caden Rocker, Middlebury Natural Foods, Middlebury, Vermont



Curried Winter Squash and Chicken Stew



INGREDIENTS (Serves 4 – 6)

- 1 pound boneless chicken breast, diced
- 2 cups yellow onion, diced (1 large)
- 1 tablespoon fresh garlic, minced
- 2 tablespoons olive oil
- 2 tablespoons curry powder
- 2 teaspoons cumin, ground
- ½ teaspoon cinnamon
- 1½–2 cups chicken stock
- 1 12-ounce can coconut milk
- 2 medium red potatoes, washed and diced
- 1 large butternut squash, peeled, seeded and diced
- 1 15-ounce can diced tomatoes (do not drain)
- To taste: sea salt, black pepper,
- Garnish with fresh, chopped cilantro

PREPARATION

1. In a large (4½ quart) pot, sauté the onion and garlic in olive oil. Add chicken and cook until onion is translucent.
2. Add curry powder, cumin and cinnamon. Cook for 1 minute.
3. Add stock, coconut milk, potatoes, squash and tomatoes to the pot. Bring to a boil, stirring slowly.
4. Cover and simmer until potatoes and squash are just fork tender.
5. Season with salt and pepper. Garnish with cilantro and serve.

Curried Winter Squash and Chicken Stew

SHOPPING LIST

Produce

Yellow onion
Fresh garlic
Red potatoes
Butternut squash
Fresh cilantro

Meat/Poultry/Seafood

1 pound chicken breasts

Grocery

Olive oil
Chicken stock
15-ounce can diced tomatoes
12-ounce can coconut milk

Spices/Seasonings

Curry powder
Cumin
Cinnamon
Black pepper
Salt

SERVING SUGGESTION

Serve with a hearty bread or roll and green salad.

NUTRITIONAL INFORMATION

Per Serving: 288 calories, 5 g fat, 61 mg cholesterol, 20 g carbohydrates, 7 g dietary fiber, 21 g protein 484 mg sodium

The nutritional values and information provided are approximations.

This Rush Hour Recipe courtesy of:

Seward Co-op Grocery and Deli, Minneapolis, Minnesota



Mustard Fried Tempeh Wraps



INGREDIENTS (Serves 4)

1 tempeh patty (8 ounce)
 ½ cup vegetable or corn oil
 4 tortillas
 1 tomato, diced
 1 cup shredded lettuce

Coating

1 egg, beaten
 ½ cup yellow mustard
 1 cup flour
 1 teaspoon oregano, dried
 1 teaspoon chili powder
 ½ teaspoon cumin, ground
 ½ teaspoon each—basil, black pepper and salt

Creole Mustard Sauce

½ cup mayonnaise
 ¼ cup yellow mustard
 2 tablespoons stone ground or
 Dijon mustard
 1 tablespoon chili powder
 1 teaspoon garlic, fresh chopped
 1 tablespoon jalapeno pepper,
 chopped

PREPARATION

1. Combine the Creole Mustard Sauce ingredients and set aside.
2. In a wide-bottom bowl, combine the flour, oregano, basil, chili powder, salt and pepper and mix well.
3. In a small bowl, combine the beaten egg and yellow mustard.
4. Slice the tempeh patty once across depth, then horizontally, to make 4 thin patties. Cut again cross-wise into 1-inch-wide pieces.
5. Heat the oil in a large skillet over medium flame.
6. Dredge all tempeh pieces in the flour mix, then coat with the mustard mix and dredge in flour once more.
7. Add coated tempeh pieces to the frying pan. Cook the coated tempeh in the heated oil over medium for 2 minutes on each side (or until golden), then flip. Cool on a paper towel-lined plate.
8. Layer each tortilla with lettuce, tomato, tempeh and Creole Mustard Sauce, and wrap.

Mustard Fried Tempeh Wraps

SHOPPING LIST

Produce

2 tomatoes
1 jalapeno pepper
Lettuce
Fresh garlic

Refrigerated/Frozen

Tempeh
Eggs

Grocery

Vegetable or corn oil
Tortillas
Yellow mustard
Flour
Mayonnaise
Stone ground or Dijon mustard

Spices/Seasonings

Oregano
Chili powder
Cumin
Basil
Black pepper and salt

SERVING SUGGESTION

Serve with plenty of mustard dipping sauce and a side of coleslaw, baked beans or Romaine lettuce salad.

NUTRITIONAL INFORMATION

Per Serving: 687 calories, 21 g fat, 60 mg cholesterol, 89 g carbohydrates, 13 g dietary fiber, 24 g protein, 1095 mg sodium

The nutritional values and information provided are approximations.

This Rush Hour Recipe courtesy of:

National Cooperative Grocers Association

