

West African PEANUT STEW

in pot over medium heat sauté onion in 1Tbsp coconut oil for 7 min, then add garlic, ginger, serrano, & scallions (grated) 1Tbsp (grated) ginger

add spices and cook for 1-2 minutes then dump in all of this:

- 1 can of coconut milk
- 2 cans of chickpeas (drained)
- 1/2 can of peanut butter
- 2 peeled + cubed sweet potatoes
- add 1-2c spinach & salt to taste.
- garnish with peanuts, cilantro, lime.

TUSCAN^(ish) WHITE BEAN

Optional: any herbs in the Italian blend fam

1. sauté diced onions until translucent

2. add minced garlic & rosemary, sauté 3 min

3. add broth & jar of julienned sundried tomatoes plus the oil in the jar & bay leaf

4. add sliced carrots & celery, bring to boil then reduce to simmer until vegs are soft

5. add drained white beans & shredded kale

6. salt/pepper to taste

Serve with loaf of artisan bread

MISO MUSHROOM CHILI

INSTRUCTIONS

1. chop onion, sauté in oil
2. add sliced mushrooms, 2. cook 5-8 minutes
3. add minced garlic, ginger, curry powder, nooch, paprika,
4. add broth & coconut milk & cubed potatoes until potatoes are soft, add beans
5. bring to boil, reduce to simmer
6. turn off heat, add miso, lemon juice, red pepper, salt & pepper to taste, & greens

* Serve with crusty bread, rice, or add rice noodles

RAMEN

INSTRUCTIONS

1. sear bok choy in splash oil w/ med heat until browned, sprinkle w/ salt & 2TBSP water, cover 1 min, set aside.
2. cook shiitakes in splash oil & pinch of salt over med heat, 2 min undisturbed then 5 min stirring.
3. add broth, vinegar, sesame oil, bring to boil.
4. add noodles. When soft, turn off heat, add miso.
5. top w/ bok choy, tofu, basil, onion, carrot, seaweed

serve with soy sauce & chili crisp

SOUP RECIPES

one pot of Sparklemia's little zine

Vegan!

COCONUT LIME SOUP

with red beans, sweet potatoes, & Kale

INSTRUCTIONS

1. sauté diced onions until translucent
2. add minced garlic & rosemary, sauté 3 min
3. add broth & jar of julienned sundried tomatoes plus the oil in the jar & bay leaf
4. add sliced carrots & celery, bring to boil then reduce to simmer until vegs are soft
5. add drained white beans & shredded kale
6. salt/pepper to taste

CLASSIC LENTIL

INSTRUCTIONS

1. soak lentils 3+ hours, rinse & drain
2. dice onion, sauté in oil over med heat 7 min
3. add minced garlic, sliced carrots & celery, herbs, sauté 5 min
4. add veg broth, bay leaves, & lentils, bring to boil, then reduce to simmer
5. when lentils are cooked (~20 min) add can of tomatoes, squash, shredded kale
6. cook 5 more minutes
7. stir in lemon juice & brown sugar, salt & pepper to taste
8. garnish with fresh basil and/or parsley
9. serve with brown rice or hearty bread

* alternatively you can use brown or green lentils but may need to adjust your cook time a bit

CC 2024

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want to share a recipe?
just wanna bond over food & comics?

happy cooking!