

Cauliflower in tomato sauce



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For 3-4 servings:

1 cauliflower

1 onion, finely chopped

1/2 kg tomatoes, chopped or 1 can of chopped tomatoes or 2-3 tablespoons tomato paste

1 tablespoon oil

parsley, finely chopped

salt and pepper, to taste

Wash the cauliflower and cut it into florets.

Heat the oil in a large pan and add the onion. Fry for 3-4 minutes, stirring occasionally.

Add the cauliflower florets and a cup of water. Cover and simmer, on medium heat, for about 7-10 minutes.

Add the tomatoes (or the canned tomatoes or the tomato paste dissolved in a cup of water). Continue cooking on medium heat until cauliflower is done. Stir occasionally, taking care not to crush the cauliflower.

Finally add salt and pepper and garnish with parsley.

Variation: Together with the cauliflower you can add 3-4

potatoes, cut into pieces

Oyster mushroom soup



Oyster mushroom soup

For 6 servings:

For the vegetable stock:

1 carrot
1 onion, cut into large pieces
1 parsnip
1/2 celeriac or 2 stalks celery, cut
2 potatoes, cut in half
2-3 bay leaves
10 peppercorns

Put all ingredients in a soup pot with 2 liters water. When the vegetables are done remove them from the water (they can be served as salad, with garlic sauce or horseradish sauce).

Leave the pot on the stove on low heat.



Oyster mushroom soup

- 300 g oyster mushrooms, sliced [] approx. 0.5 cm thick
- 1 carrot, grated
- 1 yellow bell pepper, finely sliced
- 250 ml vegan sour cream (or 1 cup soy milk mixed with 2 tablespoons flour)
- 2 tablespoons olive oil
- 3-5 cloves garlic, mashed – to taste
- 3-5 tablespoons vinegar, to taste

Heat 1 tablespoon oil in a pan and add the carrots and bell pepper. Fry, stirring occasionally, until tender.



Oyster mushroom soup

Blend until smooth.



Oyster mushroom soup

Heat 1 tablespoon of oil in a pan and add the mushrooms. Fry, stirring occasionally. Add the moisture from the mushrooms to the vegetable stock. Continue frying until tender, taking care not to brown the mushrooms.



Oyster mushroom soup

Add the carrot/bell pepper paste and the mushrooms to the vegetable stock. Cook for a few minutes.

Add the vegan sour cream and salt (to taste).

Add the garlic and vinegar to taste and continue cooking for a few minutes longer.

Serve with fresh chili.

Red lentil creamy soup



Red lentil creamy soup

For 6 servings:

1 cup red lentils
1 large onion
1 carrot
1/2 celeriac or 2 stalks celery
2 potatoes
1 bell pepper
2 tomatoes
2 bay leaves
4-5 cloves of garlic
fresh chili / chili flakes (optional)
salt and pepper, to taste

Wash the lentils thoroughly .

Wash the vegetables and cut into medium pieces.

Put everything in a soup pan, add 4 cups of water, cover and simmer on medium heat.



Red lentil creamy soup

When the vegetables and lentils are cooked remove the bay leaves then blend until smooth.

Add salt and pepper to taste.

Variation: you can add in the plate some olive oil and / or fresh parsley, finely chopped.