

# Vegan Collard Greens

Ingredients:

1lb collard greens, large veins removed

1/2 cup white onion, diced

1 tbsp olive oil

2 tsp minced garlic

2-2 1/4 cup low-sodium vegetable  
broth

1/2 tsp black pepper

1/2 tsp red pepper flakes

1/4 tsp paprika\*

1/2 tsp liquid smoke\*

2 tsp sugar

\*can replace both of these items with  
smoked paprika



**Original Recipe Source: I Can You Can Vegan blog**  
**Recipe Revisions: Jessica Grzybowski**

Instructions:

1. In a large pot, saute minced garlic and diced onions in olive oil until fragrant over medium-low heat.
2. Stir in the collard greens along with the low-sodium vegetable broth and bring to a low simmer. Stir in all seasonings and liquid smoke.
3. Cover the pot with a lid and reduce to a low simmer, stirring occasionally. Let cook for at least 1 hour. When finished, remove from the heat and serve immediately. Enjoy!

Nutrition Facts: Serves 4 - 93 calories per serving. Serving size: 1/2 cup. Carb: 13g.  
Fat: 3g. Protein: 3g. Sodium: 91mg. Sugar: 5g. Added sugar: 5g. Fiber: 5g.



# Vegan Gumbo

Ingredients:

1/4 cup olive oil

1/4 cup all-purpose flour

1 medium onion, diced

1 green pepper, diced

1 celery stalk, diced

3 cloves of garlic, minced

2 cups okra, sliced

1 can crushed tomatoes (low sodium, if possible)

2 ½ - 3 ½ cups low-sodium vegetable broth

10 mushrooms, sliced

½ teaspoon thyme

½ tsp cayenne pepper

2 bay leaves

2 cups cooked beans, drained, rinsed (can be any beans you have, chickpeas, kidney, etc.)

1 tsp salt-free creole seasoning



# Original Recipe Source: Cilantro & Citronella blog

## Recipe Revisions: Jessica Grzybowski

### Instructions:

1. To start off this recipe you are making a roux, this will help thicken the gumbo, have patience with this part, you can do it! Heat a wide saucepan over medium heat. Add the oil and allow it to heat up, then sprinkle in the flour. Stir or whisk continuously until the roux reaches a dark caramel or milk chocolate color, a bit darker than peanut butter. It will take about 15 – 20 minutes, do not burn it!
2. Add the onions and continue stirring continuously until soft. Add the green pepper, celery, garlic and okra. Sauté, stirring frequently for 10-15 minutes until the vegetables are soft and the okra slime has disappeared.
3. Add the tomato, 2 ½ cups of broth, mushrooms, beans, thyme, cayenne pepper and bay leaves. Bring to a boil then lower the heat to medium-low and simmer gently for 30 minutes.
4. If you like your gumbo a bit thinner and more soup-like, add as much of the remaining stock as you want. Taste the gumbo and adjust any seasonings. Serve the gumbo with brown rice or enjoy by itself!

Nutrition Facts: Serves 4 - 397 calories per serving. Serving size: 1 cup. Carb: 39g. Fat: 18g. Protein: 15g. Sodium: 277mg. Sugar: 6g. Added sugar: 0g. Fiber: 12g.



## Beefy Vegan Chili

Ingredients:

1 tbsp olive oil

1 container Ozo™ Grounds

2 cans low-sodium chili beans

3 tsp minced garlic

½ red onion, diced

2 - 14.5 oz. cans low-sodium diced tomatoes

1 cup low-sodium vegetable broth

2 tbsp cumin

2 tbsp chili powder

½ tsp dried oregano

1 green pepper, diced

¼ tsp ground cayenne pepper

1 tsp paprika

1/4 tsp black pepper

\*If you do not have Ozo™ Grounds, add in 2 cans low-sodium black beans, rinsed and drained



## Original Recipe Source: I Can You Can Vegan blog

### Recipe Revisions: Jessica Grzybowski

#### Instructions:

1. In a large pot over low-medium heat, add 1 tbsp of olive oil. Once the oil is heated, add the diced red onions and minced garlic. Season with black pepper.
2. Saute until onions are translucent and the garlic is fragrant. Using your hands or a fork, crumble the Ozo™ Grounds into the pot. Add in all other ingredients and stir to combine. Increase temperature and bring to a low boil. Cover the pot with a lid and let simmer over low heat for at least 45 minutes or longer if desired.
3. After 45 minutes taste your chili and season more, if needed. Serve with sliced green onions (optional) and top with 1 TBSP of Follow Your Heart® Soy Cheddar Shreds. Enjoy!

Nutrition Facts: Serves 6 - 252 calories per serving. Serving size: 1 cup. Carb: 34g. Fat: 5g. Protein: 20g. Sodium: 413mg. Sugar: 6g. Added Sugar: 0g. Fiber: 11g.