

# Plant-Based & Planet-Friendly

Spring 2022

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## Homemade “Beyond” Burgers

Lightly adapted from [Nicole Osinga, RD](#)

**Serves 4**

**Time: 45 minutes**

**Vegan**

**Common Allergens: Soy, Check labels on optional ingredients**

### Ingredients

- 10 ounces white or cremini mushrooms (about 12 mushrooms)
- 1 teaspoon oil
- 1 cup brown rice or quinoa, cooked
- 12 ounces tempeh
- ¼ cup quick or rolled oats
- 2 tablespoons grated beets
- 1 tablespoon nutritional yeast
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon liquid smoke
- oil for cooking

### Optional

- 1 teaspoon Worcestershire sauce (vegan if necessary)
- 1 tablespoon peanut butter
- 2 teaspoons reduced sodium tamari or soy sauce
- salt and pepper to taste

### Notes

- To enhance flavor, you can let the patties rest for at least 30 minutes before cooking.
- Other mix-in ideas include sautéed onion, miso, tomato paste, paprika, or other spices.

### Instructions

1. Optional: steam the tempeh for 10 minutes before using to reduce bitter taste.
2. Pulse the mushrooms in a food processor until roughly chopped. Sauté in oil until browned.
3. Blend beets in food processor. Add tempeh and pulse until roughly chopped.
4. Add remaining ingredients to the food processor and blend until mostly chopped, incorporated, and the mix resembles hamburger. If it's too wet, add a bit more oats.
5. Divide into four pieces (or more or less, depending on how large you want your burgers), and shape into patties.
6. Sauté patties in a pan with optional oil and serve on buns with your choice of condiments.



## Easy Jackfruit Curry

Source [Vegan Richa](#)

**Serves 3-4**

**Time: 55 minutes**

**Vegan**

**Common Allergens: None**

### Ingredients

- 1 teaspoon oil
- ½ teaspoon cumin seeds
- ½ teaspoon mustard seeds
- ½ teaspoon nigella seeds
- 2 bay leaves
- 2 dried red chilies
- 1 small onion, chopped
- 5 cloves of garlic, chopped
- 1 inch ginger, chopped
- 1 teaspoon coriander powder
- ½ teaspoon turmeric
- ¼ teaspoon black pepper
- 2 medium tomatoes pureed or 1 ½ cups puree
- 20 ounce can green jackfruit, drained, rinsed and squeezed to remove excess brine, cores cut into smaller pieces
- ½ to ¾ teaspoon salt or to taste
- 1 to 1 ½ cups water

### Instructions

1. Heat oil in a skillet over medium heat. When hot, add cumin, mustard and nigella seeds and let them start to sizzle or pop. 1 minute. Add bay leaves and red chilies and cook for a few seconds. Add in the onion, garlic and ginger and a pinch of salt. Cook until translucent. 5 to 6 minutes. Stir occasionally.
2. Add coriander, turmeric, black pepper and mix well. Add pureed tomato, salt and jackfruit. Mix. Cover and cook for 15 minutes.
3. Uncover and cook for a few minutes to thicken the tomato puree. Also, shred the jackfruit a bit if you like.
4. Add water, cover and cook for 15 minutes. Taste and adjust salt and spice. Reduce heat to medium low and cover and cook for another 10 minutes or longer until desired consistency. Garnish with cilantro and serve.

### Notes

- If you don't have all of the spices, you can replace the cumin, coriander, and pepper with 2 teaspoons of garam masala. Add it in step 2 to prevent it from burning. If you are missing other spices, omit or replace with equivalent amounts of garam masala.
- Optional: replace some of the water with coconut milk - start with ½ cup coconut milk and ½ cup water - adding more of either to reach desired consistency.

