

**FORKS OVER KNIVES RECIPES**  
**HEARTY RECIPES FROM CHEF DEL SROUFE**



# FORKS OVER KNIVES™



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## **TABLE OF CONTENTS**

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### **Hearty Recipes from Chef Del Sroufe**

**Orange Black Bean Taquitos with Spiced Sour "Cream"..... Page 3**

**Mexican Style Bean and Rice Casserole ..... Page 4**

**Chef Del Sroufe is co-owner and executive chef of Wellness Forum Foods in Columbus, Ohio. He is the author of the upcoming recipe book, Forks Over Knives - A Year of Meals.**

**The book is due out in June 2012.**

## Orange Black Bean Taquitos with Spiced Sour "Cream"

Serves 4



1. Sauté the onions in a saucepan over medium heat for 8 to 10 minutes. Add water 1 to 2 tablespoons at a time to keep them from sticking. Add the garlic and cook another minute. Add the cumin, chiles in adobo sauce, orange zest and juice, and black beans.
2. Season with salt and puree the mixture in a food processor until smooth but still a little chunky.
3. Place the tortillas, a few at a time, in a non-stick skillet over medium-low heat. Heat until softened, 3 to 4 minutes. Wrap in foil and repeat with the remaining tortillas.
4. Spread 3 tablespoons of the black bean mixture over half of each tortilla, then roll up tortilla and set it aside. Repeat with the remaining tortillas, then place all of the taquitos into a large non-stick skillet and heat over medium-low heat for 3 to 4 minutes.
5. Serve with the Spiced Sour Cream (recipe follows) and salsa.

1 large yellow onion, diced small  
4 cloves garlic, minced  
2 teaspoons cumin seeds, toasted and ground  
2 chiles in adobo sauce, minced, or 2 teaspoons ancho chile powder  
Zest and juice of 2 oranges  
Two 15-ounce cans black beans, drained and rinsed, about 4 cups  
Sea salt to taste  
18 corn tortillas  
1 batch Spiced Sour Cream (recipe follows)  
1 jar salsa

### Spiced Sour Cream (Makes 1 1/2 cups):

1 package extra firm silken tofu  
1 tablespoon lemon juice  
1 tablespoon red wine vinegar  
1/2 teaspoon chile powder  
Pinch cayenne pepper

Combine all ingredients in a blender and puree until smooth and creamy. Chill until ready to serve.



## Mexican Style Bean and Rice Casserole

Serves 6



- 1 large yellow onion, diced
- 1 red bell pepper, seeded and diced
- 3 cloves garlic, minced
- 2 teaspoons cumin
- 2 teaspoons ancho chile powder
- 2 medium zucchinis cut into 1/2-inch dice
- 2 cups cooked brown rice
- One 15-ounce can black beans, rinsed and drained
- One 10-ounce package frozen corn
- One recipe No-Cheese Sauce (recipe follows)

1. Preheat the oven to 350 degrees.

2. Sauté the onion and pepper in a large saucepan over medium heat, 7 to 8 minutes, until the onions start to brown. Add water 1 to 2 tablespoons at a time to keep the vegetables from sticking. Add the garlic and cook 4 minutes. Add the cumin and chile powder, and cook another 30 seconds. Add the cooked rice and the remaining ingredients and mix well.

3. Spoon the mixture into a nonstick 9x13-inch pan. Bake 30 minutes.

### No-Cheese Sauce:

This sauce is great with the casserole and can be used for recipes like mac and cheese or baked ziti. Best of all, it takes about 5 minutes to put together.

- 1 large yellow onion, coarsely chopped
- 1 large red bell pepper, coarsely chopped
- 3 tablespoons toasted cashews
- 1 tablespoon tahini
- 1 cup nutritional yeast
- Sea salt to taste

Combine everything in a blender and puree until smooth and creamy.

