

Vegetarian Recipes for Weight Loss

Green Onion Soup

Green onions (allowed amount)

2 cups of vegetarian broth

1 tsp parsley

1 tsp stevia

½ tsp paprika

½ tsp sea salt

½ tsp dill

½ tsp thyme

1/8 tsp cayenne or red pepper flakes

1/8 tsp celery seed

Steam the green onions until tender. Preheat the pan on medium heat. Chop up the steamed green onions. In the pan, sauté the green onions in a bit of vegetable broth for a couple of minutes. Add the parsley, stevia, paprika, salt, dill, thyme, celery seed and cayenne. Sauté 1-2 minutes more. Add remaining vegetable broth. Reduce the heat. Cover and simmer for 20-30 minutes.

Roasted Asparagus

1 bunch thin asparagus spears, trimmed

1 clove of garlic, minced

1 teaspoon sea salt

1/2 teaspoon ground black pepper

1 tablespoon lemon juice (optional)

Preheat an oven to 425 degrees F (220 degrees C).

Place the asparagus into a mixing bowl, sprinkle with garlic, salt, and pepper. Arrange the asparagus onto a baking sheet in a single layer.

Bake in the preheated oven until just tender, 12 to 15 minutes depending on thickness. Sprinkle with lemon juice just before serving.

Easy Egg Drop Soup

2 cups basic vegetable broth

1 bunch chopped green onions

1/4 cup Japanese ginger soy dressing with water omitted

2- 3 egg whites

2 tablespoons cold water

Heat vegetable broth and green onions in a large pot over medium-high heat. Reduce heat and stir dressing in to the broth. Boil soup on high for 1 minute, and then reduce heat to medium-low.

Beat eggs with 2 tablespoons of cold water. Using a fork, stir egg mixture in to soup and cook until eggs are opaque, about 2 minutes.

Basic Vegetable Broth

1 large onion, roughly chopped

2 large celery stalks with leaves, roughly chopped

1 large tomato, roughly chopped

1 cup sliced cabbage

1 cup roughly chopped greens such as chard, beet tops, or spinach

4 garlic cloves, roughly chopped

Large handful parsley springs

2 springs thyme

2 bay leaves

1 teaspoon each dried basil and marjoram

½ teaspoon paprika

8 cups water

Salt and pepper to taste

Place all ingredients in a large soup pot and bring just to a boil over high heat.

Reduce heat to a very low simmer and cook, covered with a lid, for 2 ½ hours.

Strain broth, discard vegetable and sprigs and keep refrigerated for frozen.

Grilled Zucchini

3 ½ ounces zucchini

1tsp sea salt

1tsp pepper

1 tsp lemon juice

Cut zucchini into thin slices. Add salty, pepper, and lemon juice. Place on a grill over medium heat. Cook till tender and serve.

Tomato Basil Soup

Ingredients:

2 cups chicken or vegetable broth (or substitute 1 cup water for 1 cup broth)

2 cups chopped fresh tomatoes

3 ounces of tomato paste

4-6 leaves of fresh basil rolled and sliced

1-2 cloves garlic crushed and minced

2 tablespoons chopped onion

1 teaspoon garlic powder

¼ teaspoon dried oregano

Pinch of marjoram

Salt and black pepper to taste

Directions:

Puree all ingredients in a food processor or blender. Pour into a saucepan and heat to a boil. Reduce heat and simmer for 20 to 30 minutes. Serve hot, garnish with fresh basil leaves or parsley.

Salsa

Ingredients:

1 cup fresh chopped tomato

3 tablespoons lemon juice

1 tablespoon apple cider vinegar (optional)

2 cloves garlic crushed and minced

2 tablespoons finely chopped onion

¼ teaspoon chili powder

¼ teaspoon fresh or dried oregano

Cayenne pepper to taste

Fresh chopped cilantro

Salt and pepper to taste

Directions:

Puree ingredients in food processor for smooth salsa or chop ingredients by hand for chunkier salsa. Add spices and chill in the refrigerator for 10 minutes or more to allow flavors to blend.

Cabbage Noodles

Ingredients:

½ – 1 head of cabbage finely chopped into rice sized or noodle size pieces

Your choice of spices

1 cup chicken, vegetable broth or water

Mexican style

1 cup chicken or vegetable broth

2 tablespoons minced onion

1 clove of garlic crushed and minced

¼ teaspoon Mexican oregano

¼ teaspoon cayenne pepper or to taste

Dash of cumin to taste

Fresh chopped cilantro

Salt and pepper to taste

Italian style

1 cup chicken or vegetable broth

¼ teaspoon fresh or dried oregano

¼ teaspoon dried basil or 5 leaves fresh basil rolled and sliced

2 tablespoons minced onion

1 clove garlic crushed and minced

Salt and pepper to taste

Indian style

½ teaspoon curry

2 tablespoons minced onion

1 clove garlic crushed and minced

¼ teaspoon cumin

Salt and pepper to taste

Asian Style

½ teaspoon ginger

3 tablespoons Bragg's liquid aminos

2 tablespoons lemon juice

3 tablespoons orange juice (optional)

2 tablespoons chopped onion

1 clove garlic crushed and minced

Directions:

In a large frying pan sauté cabbage with a little water (vegetable or chicken broth may be substituted) and liquid ingredients. Add spices and cook until cabbage is tender adding water as necessary. Add ground beef or chicken to the spiced cabbage if desired.

Cinnamon Applesauce

Ingredients:

1 apple

½ teaspoon cinnamon

Pinch of nutmeg

Powdered stevia to taste

Directions:

Peel and puree apple in a food processor. Add in cinnamon and stevia to taste. Serve chilled.

Garlic and Onion Spiced Chard

4-6 cups swiss or red chard

1 tablespoon apple cider vinegar

½ cup vegetable, chicken broth or water

4 tablespoons lemon juice to taste

6 cloves of garlic chopped

2 tablespoons chopped onion

½ teaspoon garlic powder

Salt and pepper to taste

In a frying pan add chard, water, onion, garlic and spices to the water and

liquid ingredients and sauté for 5 minutes or to desired level of doneness.

Sprinkle with lemon and salt and pepper to taste.

Caramelized Onion Garnish

½ large onion cut into fine rings

4 tablespoons lemon juice

Vanilla stevia to taste

Small amount of water as needed

Pinch of salt

Preheat skillet. Add small amount of water to bottom of pan and add lemon juice and stevia. Add onion rings and stevia and cook quickly periodically deglazing the pan with a little more water to create a sweet caramel sauce.

Serve immediately over steak or chicken. Spoon any remaining sauce created by deglazing over the top. Can be served chilled and added as a topping to salads.

Savory Baked Red Onion Garnish

½ red onion cut into rings

¼ cup apple cider vinegar

2 tablespoons lemon juice

1 clove garlic crushed and minced

Pinch of dried basil and oregano (optional)

Salt and pepper to taste

Small amount of water

Put onion in a baking dish with apple cider vinegar, water, and spices. Bake at 375 for 10 minutes. Serve hot over beef or chicken or chill and add to salads. Can also be sautéed in a small frying pan deglazing periodically.

Garlic Spinach

Spinach

½ cup chicken broth or water

2 tablespoons lemon juice

2 tablespoons minced onion

2 cloves garlic crushed and minced

¼ teaspoon onion powder

Pinch red pepper flakes

Sauté the onion and garlic lightly in frying pan with a little water and lemon juice until soft. Add fresh garlic and spices. Stir in fresh spinach leaves and cook lightly. Serve with your favorite chicken or fish dish.

Saffron Cabbage

Chopped cabbage (½ head)

1 cup chicken broth or water

2 tablespoons onion finely chopped

1 clove garlic crushed and minced

Pinch of saffron powder or threads softened in water and made into a paste.

1/8 teaspoon turmeric

Dash of mustard powder

Salt and pepper to taste

In a large frying pan, heat chicken/vegetable broth and spices. Add cabbage and cover pan with a lid. Cook cabbage until tender adding water if necessary to keep from burning and coating with the spice mixture. Serve hot with chicken or chilled for a cool salad.

Radish Relish

6-7 large red radishes

3 tablespoons of apple cider vinegar

Dash of garlic powder

Dash of onion powder

Salt and pepper to taste

Stevia to taste (optional)

Combine liquid ingredients with powdered spices. Finely dice radishes and marinate in liquid mixture for 1-3 hours or overnight. Use as a topping on your protein servings or as a side dish.

Indian Spiced Spinach

Spinach

2 tablespoons minced onion

¼ cup chicken broth or water

1/8 teaspoon cumin

1/8 teaspoon paprika

1/8 teaspoon turmeric

Pinch of fresh grated ginger

Pinch of ground coriander

Salt and pepper to taste

Sauté spices in chicken broth with onion. Add spinach and stir gently until cooked.

Baked Celery

Celery

½ cup beef, chicken broth, or water

2 tablespoons lemon juice

2 tablespoons Bragg's liquid aminos

2 tablespoons chopped onions

1 clove fresh chopped garlic

Pinch of red pepper flakes

Paprika to taste

Salt and pepper to taste

Chop up celery into sticks and arrange in a baking dish. Dissolve spices in liquid ingredients and pour over the celery. Bake in 375 degree oven until soft and lightly brown on top. Serve with the juices and sprinkle with paprika. Add salt and pepper to taste.

Chilled Tomato Salad

Chopped tomatoes

¼ cup apple cider vinegar

1 tablespoon green onion sliced

1 garlic clove crushed and minced

Dash of mustard powder

¼ teaspoon basil

1/8 teaspoon thyme

1/8 teaspoon marjoram

Salt and pepper to taste

Combine apple cider vinegar with spices. Pour over tomato chunks or slices. Marinate and chill for 1 hour before serving.

Grilled Asparagus with Rosemary Lemon Sauce

Asparagus

Juice of ½ lemon with rind

1 tablespoon Bragg's liquid aminos

1 clove garlic crushed and minced

¼ teaspoon rosemary

Dash of garlic powder

Dash of onion powder

Salt and pepper to taste

Cayenne pepper to taste

Marinate asparagus in lemon, garlic, salt, cayenne pepper and Bragg's. Steam or grill asparagus spears to desired level of doneness. In a small saucepan place remaining lemon marinade along with lemon rind, ½ cup water, spices and cook until pulp starts to come out. You may add a little stevia if you wish for added sweetness. Reduce liquid by half. Remove lemon rind and pour over grilled asparagus. Garnish with lemon wedges and salt and pepper to taste.

Pickled Beet Greens

Beet greens

¼ cup apple cider vinegar

1 tablespoon lemon juice

1 tablespoon Bragg's amino acids

1 clove garlic crushed and sliced

2 tablespoons minced onion

¼ teaspoon red pepper flakes or to taste

Salt and pepper to taste

Stevia to taste (optional)

Combine liquid ingredients and spices. Pour over beet greens and cook for 5-10 minutes stirring occasionally to mix spices. Add water as necessary.

Serve hot or cold.

Roasted Fruit and Vegetable Kabobs

1 apple cut into large chunks

¼ onion cut into 1 inch petals

1 tomato cut into chunks

1 tablespoon apple cider vinegar

1 tablespoon lemon juice

½ teaspoon crushed mint leaves

½ teaspoon crushed cilantro leaves

Pinch of all spice

Stevia to taste

Marinate fruit and vegetables in lemon juice and vinegar with stevia and spices in the refrigerator for 20 minutes or more. Soak wooden skewers in water for five minutes. Layer chopped apple, onion petals, and tomato alternately on to skewers.

Place on grill for 5-8 minutes or until desired level of doneness. Top with herbs and serve with lemon wedges.

Hot Pickled Red Cabbage

Red cabbage

1 apple diced

½ cup apple cider vinegar

¼ cup water

2 tablespoons Bragg's liquid aminos

2 tablespoons chopped red onion

1 clove garlic crushed and minced

A pinch of red pepper flakes

Salt and pepper to taste

Slow cook cabbage and apples in water, apple cider vinegar. Add spices and chopped onion, and garlic, and stevia. Add salt and pepper to taste. Serve hot or cold.

Hot Peppered Chicory

Chicory

Salt and pepper to taste

2 tablespoons lemon juice

¼ cup vegetable broth or water

Mince the chicory. In a small saucepan add chicory to broth and add lemon juice, salt and pepper. Cook for 3-5 minutes and serve hot.

Fennel with Herbs

Fennel bulbs

½ cup vegetable broth or water.

2 tablespoons lemon juice

Your choice of marinade or dressing . Thoroughly wash and trim fresh fennel. Cook the fennel for several minutes in a little water or vegetable broth adding pepper, lemon, salt and fresh or dried herbs. Try Italian style or toss with Spicy Cajun or Dill Dressing. Cook until the bulb portion is tender and delicious. Fennel may also be grilled on the barbeque.

Herbed Asparagus

Generous serving of Asparagus

½ cup vegetable, chicken broth, or water

2 tablespoons lemon juice

1 clove of garlic crushed and minced

1 tablespoon minced onion

1 teaspoon organic Italian herb mix

Water as needed

Lightly sauté chopped onion, garlic and herbs in the chicken broth for about one minute. Add the asparagus and cook until tender. Top with herbed sauce (add a little powdered garlic and onion for a thicker sauce). Garnish with parsley and lemon wedges.

Roasted Tomato with Onion

4 thin whole slices of onion

4 thick cut tomato slices

1-2 cloves of garlic sliced

2 leaves fresh basil rolled and sliced

Sprinkle of dried or fresh oregano

Salt and black pepper to taste

Stevia to taste (optional)

Squeeze of lemon juice

Lay out slices of onion rings intact. Salt and pepper the onion and sprinkle with lemon juice. Lay a few slices of basil and garlic on top of the onion. Top onion slices with a slice of tomato. Top the tomato with remaining basil and garlic. Bake at 375 for 10-15 minutes or until desired level of doneness. Sprinkle with lemon juice and salt and pepper to taste.

Spiced Beet Greens

Beet greens

¼ cup chicken broth or water

4 tablespoons lemon juice

2 cloves of garlic crushed and minced

¼ teaspoon paprika

Pinch of cumin

Pinch of lemon zest

Salt and pepper to taste

Combine spices in liquid ingredients. Lightly sauté beet greens in spice mixture. Serve hot and garnish with lemon and fresh ground black pepper.

Chilled Pesto Tomato Salad

2 medium tomatoes or 3 Roma tomatoes sliced.

3 leaves of fresh basil rolled and sliced

Savory red onion or caramelized onion garnish

1-2 cloves of garlic minced

2 tablespoons lemon juice

2 tablespoons caper juice

1 tablespoon of apple cider vinegar

Toss fresh tomatoes with spices and vinegar and coat completely. Marinate for at least 1 hour. Top with onion garnish and serve.

Edamame Hummus

Goes great with allowed one type of vegetable.

Ingredients

1. 1 -1/2 tsps cumin
2. 1/2 tsp sea salt salt
3. 1-2 tsp olive oil
4. 1/3 cup lemon juice
5. 3 cloves garlic
6. 1 cup shelled edamame, cooked
7. 3.5 oz silken tofu, drained

Directions

8. Blend ingredients together in a food processor for about two minutes, until smooth.
9. Season with salt, pepper, lemon juice, to taste.
10. Garnish with a few extra edamame and cumin.

Fresh Herb and Kale Tabbouleh

Ingredients

For the salad:

- 1 bunch of parsley
- 4-6 oz kale
- 3/4 oz package of fresh mint leaves
- 1½ cup of grape tomatoes
- 1 diced cucumber
- 1 cup of hemp seed

- 1/2 cup of diced sweet onion

For the dressing:

- 2/3 c. olive oil
- 1/2 c. lemon
- 2-3 cloves of garlic
- 1 tsp sea salt salt
- 1 tsp thyme
- 1/2 tsp black pepper

Methods/steps

Salad Preparation:

- 1) Wash and dry all greens, then remove stems.
- 2) Finely shred the kale and place in a large bowl. Sprinkle with a little salt and massage with your hands until it begins to soften and wilt.
- 3) Finely chop the parsley, either by hand or in a food processor. Add to the bowl.
- 4) Chop the mint by hand and mix with parsley and kale. Toss in your remaining salad ingredients.

Dressing:

- 1) Add all ingredients except olive oil to a blender or food processor. Blend until smooth.
- 2) With the blade running, add the olive oil last, until just combined.
- 3) Pour over salad and toss well. You might not use all of the dressing, adjust to your taste!

Japanese Tofu and Green Onion Soup

3 ounces/100 grams soft Tofu, small cubed

4 green onions, thinly sliced

10 slices fresh ginger root (peel slices off root with vegetable peeler)

2 cups fat free chicken/vegetable broth

2 tsp soy sauce or Braggs liquid aminos

1 tsp unfiltered apple cider vinegar

1/2 packet Stevia

In a saucepan, saute the green onions, tofu, and ginger in a bit of vegetable broth until onion and ginger are tender 3 minutes. Add remaining ingredients and broth. Simmer for 20 minutes and serve.

Edamame Salad

1 cup of edamame

1 clove garlic, minced

1 teaspoon grated fresh ginger

1/4 cup apple cider vinegar

3 tsp olive oil

juice of 1 lime

pinch of sea salt and fresh cracked pepper

1/2 cup sliced green onion

3 tablespoons chopped fresh parsley

3 radishes, sliced

1 cup of hemp seeds

Bring about 4 cups of water to boil in a medium saucepan. Add edamame and boil for just a few minutes, until cooked through but still with a slight bite to them. Drain and allow to cool.

In the meantime, make the dressing.

In a small bowl, whisk together red wine vinegar, oil, garlic, ginger, lime, and salt and pepper. Whisk together until completely incorporated. Set aside.

In a medium bowl, combine cooled edamame, green onion, parsley and radishes. Toss together. Add dressing to desired amount. Salad lasts up to 4 days in the fridge, but be warned, the radishes will start to lose their red color.

French Onion Soup

Ingredients

1 onion, thinly sliced
2 cups beef broth
3-4 garlic cloves
1/2 tsp granulated sugar substitute
1/4 tsp black pepper

Directions

Cook garlic and onions in pan for 5-10 minutes, stir in sugar substitute & cook 10-15 minutes until onions are caramelized. Add beef broth & bring to boil and cook for 20 minutes. Add salt and pepper to taste.

Tofu Burger

Ingredients:

- 3-5 oz extra firm tofu
- 1/2 c parsley tops or fresh basil leaves, washed & dried
- 1 tsp each paprika, coriander, cumin
- 1/2 tsp dried basil or thyme
- 1/4 tsp ginger
- pinch cayenne
- 1/2 tsp sea salt or 1 Tsp soy sauce
- Optional: 1 clove of garlic
- 3 tsp olive oil

Directions:

1. Heat a non-stick frying pan on medium with olive oil
2. Add a crushed garlic clove to the oil for extra flavor
3. Cut tofu into chunks, and add to food processor
4. If you don't have one, mash by hand or with a potato masher, and finely chop the parsley or basil first
5. Throw in everything else and mix well by hand, or on low in the food processor just until it all clumps up
6. Form into eight 3 - 4 inch patties
7. Fry on medium heat, 5-7 minutes on each side, or until golden brown