

HEALTHY WORLD SEDONA VegFest
Sunday Lunch Recipes
Black Bean Stew with Mango Sticky Rice, Salsa, and Crema
Salad with Avocado Roasted Red Pepper Dressing

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MANGO STICKY RICE

1 ¼ cups organic brown jasmine rice
2 cups 100% Mango Juice
½ 13.5-ounce can coconut cream
½ 13.5-ounce can coconut milk of your choice
1 cup water
Fruit from 1 mangoes plus 2 tablespoons water, pureed

- Put all the ingredients (excluding the pureed mangoes and water) into a large, heavy-bottomed stock pot.
- Bring to a boil, then reduce to a gently simmer
- At the beginning, you'll want to stir about every ten to fifteen minutes.
- Once the mixture begins to become viscous, reduce the heat to barely simmering and stir every five to ten minutes. You want to make sure that it doesn't stick to the bottom and burn.
- It will take approximately 1 hour 20-25 minutes from start to finish.
- When it's done and creamy, stir in the mango puree mixture.
- Best served warm or at room temperature.

VOLUME: 6 1/2. Cups rice - 8 large servings

BLACK BEAN STEW

2 1/2 cups dried black beans, soaked overnight with a small piece of kombu
1 mulato chili rehydrated in 1 cup water (or any other dried chili of your liking)
¼ cup chickenless broth or other vegan broth
½ large onion chopped
4-5 garlic cloves, minced
½ 12-ounce bottle of gluten-free beer
1 ¼ cup strong coffee (use the equivalent of 2 tea bags in hot water, allow to steep at least 1 hour)
6 cups flavorful vegan broth, chickenless or beefless preferred
1 ½ teaspoon epazote, crushed
1 ½ teaspoon annatto paste
½ jalapeno, minced
1/8 cup carob chips or vegan chocolate chips

- Soak black beans at least 8-12 hours in water with kombu. When you are ready to begin cooking, drain and set beans aside, tossing kombu and soaking water
- Soak Mulato chili in hot water for 15 minutes, then puree and set pureed mixture aside.
- In large heavy-bottomed stock pot, sauté the onions on medium heat, adding a scant amount of the ¼ cup broth as needed, until they are slightly caramelized.

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- Add the garlic, and continue sautéing until fragrant.
- Add all the ingredients, except the carob/chocolate chips.
- Bring to a boil, then reduce to a simmer. Stir at least once every 15 minutes.
- Cook for 3-4 hours, or until the black beans are soft and the stew is thick.
- Note: Once the liquid becomes viscous from the starch in the beans, you may want to lower the heat slightly, but keep it simmering, and stir more often, to prevent sticking on the bottom of the pan.

VOLUME: 8 cups of stew. 1 cup per serving = 8 servings.

TOMATO MANGO LIME SALSA

3 Roma tomatoes
1 mangoes
¼ medium red onion
¼ jalapeno
1/8 cup Cilantro leaves
1 ½ teaspoons lime juice
½ teaspoons salt
¼ teaspoon black pepper

- Chop tomatoes and mangoes into diced of equal sizes and park in large mixing bowl.
- Chop red onion into very small dices. Add to bowl.
- Mince jalapeno and add to bowl.
- Chop cilantro and add to bowl.
- Add lime juice, salt and pepper.
- Stir to combine.
- Park in refrigerator to chill.

VOLUME: Approximately 2 ¼ cups of salsa. ¼ cup per serving = 9

CASHEW CREMA

1 cups Cashews
1 tablespoon Lime juice, separated
2 ½ cups water, separated
½ cup water
½ teaspoon salt
¼ teaspoon white ground pepper

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- Soak the cashews and ½ tablespoon lime juice with 2 cups of water overnight.
- Drain and rinse cashews.
- In blender, add the cashews, the remaining ½ tablespoon lime juice, ½ cup water, salt, and pepper; and blend until smooth.
- Pour into squeeze bottles.

VOLUME: Approximately 1 1/3 cups of crema. 2 tablespoons serving = 22 servings.

SALAD WITH AVOCADO LIME DRESSING

For the Salad:

Romaine Lettuce

Radishes

Celery

Carrots

Jicama

For the Dressing:

1 ripe Haas avocado

¼ large roasted red pepper

1 tablespoon lime juice

¼ bunch cilantro

1/2 teaspoon cumin

½ teaspoon cinnamon

3/8 teaspoon Salt

1/4 teaspoon black Pepper

3/8 cup vegan broth, preferably chickenless broth (depending on the size of the avocados, you might need slightly more or less)

- Put all the ingredients in a blender and process until smooth. Add more broth if needed to thin out dressing.

VOLUME: 8 servings

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