

2 Vegan Recipes from Diet for a Small Planet

We double the recipe when we make these great dishes and put the leftovers in single-serving plastic containers and freeze them. So when we need a quick meal or have a night meeting, we heat up the Mjeddrah or Sabji in the microwave for a few minutes (after taking it out of the plastic container), cut up some veggies or bring out condiments and voila! a healthy, vegan dinner ready in about 15 minutes. For the Mjeddrah, we just cut up a tomato and cucumber and use ready-made Italian dressing—keeping it really simple.
Tamra

MJEDDRAH

“This is a wonderful basic food—one of the most popular dishes in the Middle East. No wonder! According to Biblical scholars, Mjeddrah is the ‘mess of pottage’ for which Esau sold his birthright to Jacob. When you taste its simple, hearty flavor, you’ll see why.”

(3-4 servings)

1 ½ cups lentils, rinsed
4 cups water
3 to 3 ½ tablespoons olive oil

2 large onions, coarsely chopped
½ teaspoon salt
¾ cup brown rice

Bring lentils and water to a boil, then reduce heat, cover and simmer for 25 minutes. Heat 2 tablespoons oil in a skillet and sauté onions and salt until onions are translucent. Heat the remaining oil in another skillet and sauté rice for 3 minutes. Combine lentils, onions, and rice, cover tightly and simmer until lentils and rice are tender, about 1 hour. Up to 2 cups more water may be needed to cook the rice. Stir occasionally. Add more salt, if necessary.

Mjeddrah is traditionally eaten with a salad and the following dressing on top (like a tostada without the tortilla). Choose from among lettuce, spinach, tomatoes, green onions, cucumber, radishes, bell pepper, and sprouts. For the dressing, combine 3 tablespoons olive oil, 2 tablespoons lemon juice, ½ teaspoon paprika, ¼ teaspoon dry mustard, one clove garlic minced, ¼ teaspoon honey, and salt to taste, and toss with salad.

SABJI (Lentil Curry)

“Have a vegan curry party—you supply the rice and curry and have each guest bring a condiment.”

1 cup lentils or yellow split peas
¼ teaspoon salt
1 cup brown rice
3 tablespoons oil for sautéing
2 cups chopped onions
½ head cauliflower, broken into pieces and coarsely chopped (optional)

1-2 cloves garlic, minced
2 tablespoons Indian curry powder
1 cup fresh or frozen peas
Cayenne pepper to taste
1 cup yogurt (for vegan omit)
½ cucumber, chopped
Condiments: chutney, raisins, chopped nuts and shredded coconut

Cook lentils and salt in 2 cups water until they lose their distinct shape, about 25 minutes. In another pot, cook rice in 2 cups water, about 30 – 45 minutes. Heat oil in a large skillet and sauté onions, cauliflower, and garlic until onions are translucent. Stir in curry powder, sauté briefly, and add lentils, peas, cayenne pepper, and water as needed, about ¼ cup. Simmer about 15 minutes. In a small bowl, combine yogurt and cucumber. To serve, put condiments in bowls on the table. Serve lentils over rice, with a generous dollop of yogurt-cucumber sauce for coolness. Everyone chooses their own condiments.