FatMan's Favorites

Fast and Easy Whole Food Plant-Based Recipes

Tim and Heather Kaufman
“Eat plants and move your body,
all ya gotta do is a little more than ya did yesterday.”
Special thanks to all my friends and family in the plant-based community that have helped me with my transition. Thank you to Heidi of Heidi Lynn's Book Reviews for the review and help with formatting.

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I am also truly grateful to God for my second chance.
FatMan’s Favorites

QUICK AND EASY PLANT-BASED FOOD

TIM AND HEATHER KAUFMAN
OF
FATMANRANTS
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Why Whole Food Plant-Based?

I personally believe that a whole food plant-based diet is the optimal diet for a human being.

So, what does whole food plant-based mean? I’m glad you asked. It is a diet consisting of thousands of options (literally) that come from the ground, just the way nature intended. I prefer to focus on what we should eat rather than what we should stay away from. This lifestyle is one of abundance and not restriction. There are so many things that this lifestyle added to my menu and just a few that we avoid because they make us sick, overweight, and tired. I truly believe that by eliminating animal products such as meat, fish, egg and dairy from our diets, we can live a much healthier life. It is not only better for our health, but it will also stop encouraging factory farming and is better for the environment. By the same token, removing processed foods (especially oil of any kind) can also help us reach our optimum level of health. Eating a whole food plant-based diet along with exercise has changed my life and tens of thousands of people’s lives around the globe.

How come you have never heard of this before? I am glad you asked. The food we eat and have grown accustomed to is heavily reliant on marketing and advertising. Simply put, whomever has the most money can make the most noise and,
in turn, influence society. The carrot and broccoli companies just don’t have the capital to market the way big food industries and huge cooperatives can. So it is our job to take this life-saving information to friends and family and help them realize how much what they eat really affects their health.
My Story

Walking out of the doctor’s office, reality had finally sunk in. I was not going to be around for another year. My wife and kids would very likely not have a husband or father within the year. My blood pressure was 255/115, although I was on three medications to bring it down. My cholesterol (300) and triglycerides (279) were off the charts (literally). I was on a ton of heavy medications and I was also self-medicating and struggling with addictions of all kinds. My weight became so out of control that the doctor could no longer weigh me in his office. I was having trouble breathing and had severe sleep apnea. I was born with a genetic disorder called Ehlers Danlos Syndrome and my joints are very loose and hyper-mobile. The excess weight was too much for my already destroyed joints to handle. I was constantly on crutches, canes, and immobilizers. I was cast and fitted for very expensive leg braces that would keep my legs from buckling. My wife was actually putting my socks and shoes on me most mornings. Nothing was working and my life was spiraling out of control. I was going to die, and I don’t know if I really cared. I would try diets and I would lose some weight and then gain it all back. It was a vicious cycle. The more I hurt, the more I medicated. The more I medicated, the more I hurt. As a result, I had lost my passion for life. I was just surviving with no goals other than to get back to the couch and escape yet another day.
Every day I could see the hurt in my wife’s eyes as I grew more and more unhealthy. We were in the process of dealing with my father and her mother both being diagnosed with aggressive cancer. It was very hard to see the pain she was going through. One night I realized that she would soon have to deal with the same pain as a result of the choices I was making. I had become an expert on excuses and on reasoning why I had become who I was. In the back of my head I think I knew that at least some of what I was going through was self-induced. To make a very long story short: If I had a single chance to save my wife from more pain, I was going to give it a try. Although I really didn’t care about myself, I figured it was pretty selfish to put her through another death that was self-induced. When you watch someone cling to life and struggle to stay alive, you can’t help but appreciate life no matter how bad you think you have it. While I complained about how bad my knees hurt, I watched as my loved ones struggled to just breathe. Perspective is an amazing thing! I made some phone calls and started the process to get a gastric sleeve. I had done the research, and this sounded like the best option. I was scheduled for the meetings and pre-op tests. I had to get clearance from my primary doctor. This was just a formality, or so I thought. My wife was skeptical, which was weird because as an addict you learn to become a master at manipulation. I just couldn’t sell this one to her. I thought by taking her to my doctor he would convince her of what a good decision this was. She and I sat down with my doctor and I told him my plan. He explained that he had ok’d everyone that had ever asked for the surgery. He said many
people have had success with it. However.................he would not sign off on the surgery for me. I was enraged to put it mildly. I was not healthy enough and he thought that my joints would become worse if I had the surgery.

So, there I was. My last hope had dwindled. I have no idea what transpired in my head that night, but I am more than positive it was Divine intervention. I grabbed a notebook and wrote down tomorrow’s date at the top. Directly underneath I wrote “this is the first day of the rest of your life.” I got on my knees and I asked the Lord to give me enough strength to change just one small thing a day. Underneath that, I wrote a goal. It was to get up from a chair twice. This whole notion was way out of character for me: writing things down is for old people or weirdos. Anyway, I figured if I could get up from a chair once, I could do it twice. The next day, that’s exactly what I did. If someone had seen me, they would have thought I had lost it. Every day, I added just one small change. Sometimes it was to just to walk up 4 extra stairs, but it was always a little more than I did the day before. I started to log my food, but I really had no idea what real food was. In time, my food choices started changing. I started to eat things that made me feel better instead of putting me into a food coma. Little changes, many hours of research, and documentaries like Forks Over Knives, Vegucated, Engine 2 Kitchen Rescue, Fat Sick and Nearly Dead, and The Gerson Miracle, just to name a few gave me an entirely new perspective on food. The more successes and better food choices that I made, the more I wanted to stay focused. Since
I started to focus on change, my life has completely flipped upside down. Every single aspect of my life has changed. I hate going to sleep because I’m afraid I’m going to miss something. I’ve had so many opportunities that sometimes I think it’s all a dream. I’ve climbed mountains, hiked on the Appalachian Trail, cycled 100-mile bike rides, ran 5ks, 10ks, a bunch of half-marathons, and a couple full marathons. I had the pleasure to complete an Ironman 70.3 and believe it or not, I did a couple 50ks and a 50-mile ultra-marathon on some crazy trails. Imagine that, I am supposed to be in a wheelchair! My doctor now refers patients to me for advice: How cool is that? The best part of this whole thing is this: My wife has been there by my side every step of the way. She has done nothing but support me and she has been my rock. She too has had some major changes in her life.

As a result of my lifestyle changes, hers have changed by default. She has lost 85 pounds by eating plants too! We love our life together and are making memory after memory. I thank the Lord for my health and happiness every day. I am truly grateful for the second chance He’s given me, and I am on a mission to not only appreciate it but to pass it on to anyone who will listen. It’s not magic, but it is quite simple. Just do a little more than you did yesterday.

My wife and I are now thriving on a plant-based diet free of meat, dairy, and oil, centered on starch, vegetables, and fruits as our main fuel source. My cholesterol is 117 and triglycerides are 74. I eat more now than I did when I
weighed 400 pounds and I am never hungry, and I never count calories. If you are even thinking about changing your diet, please watch the movie Forks Over Knives. Read the Starch Solution and The China Study. Eat to Live is another great one! Also, check out NutritionFacts.org.

My mission is to document as much of the information and thoughts I have that got me this far. I have a long way to go and I’m not even close to where I want to be. But I’m a long way from where I started.

I don’t have all the answers and I may be wrong about some things, but I will do my best to be as real as possible and to help anyone that sincerely wants it.

Please don’t get freaked out about the plant-based lifestyle. If someone would have told me I’d be eating this way 4 years ago, I would have tossed my burger at them! Give it a try, it won’t cost you a dime.

***results are VERY typical and expected****

“Eat plants and move your body, all ya gotta do is a little more than ya did yesterday.”
Heather’s Story

My husband, Tim, had been on his plant-based journey for a few years. I had seen first-hand the lifesaving results from his new way of eating and daily habits. I fully supported him, and I did eat more plant-based food but for some reason I never went fully plant-based. In 2014, I was diagnosed with a uterine fibroid that was bigger than a grapefruit. The fibroid was putting pressure on the ureter to my right kidney, so the fibroid had to be removed. In 2015, I had a total hysterectomy. During the surgery and hospital stay, I had flashbacks of my mother’s long days and nights at the hospital as she battled leukemia. My dear mother lost her battle with cancer and I vowed the day after my surgery that I would never set foot in a hospital again if I had anything to do with it. While I couldn’t control everything that happened to me, I could control what I put in my body. I flipped the switch and went 100 percent whole food plant-based and never looked back. As a result of me making my health a priority, I have lost 85 pounds and became a competitive runner. I love running and being outside. The finish lines and medals are fun but what I like most about it is spending time with my husband and enjoying the running community.

Now that Tim and I are both whole food plant-based and active together, our marriage is thriving, we feel like teenagers, and we are enjoying life to its fullest. We enjoy our new friends and our plant-based community. We are passionate about showing others how to transition to a whole
food plant-based lifestyle through our classes, social media, and potlucks.

I thank God for the second chance for both of us and I am grateful for every day we are given. I can’t put into words how much I appreciate the plant-based doctors, educators, and community. It has saved my husband’s life and gave us a completely new life together. I am convinced that without a whole food plant-based lifestyle, I would not have my husband and my children would not have their father.
FatMan’s One Pot Taco

Ingredients:
1 large onion (diced)
1 green pepper (diced)
2 cups brown rice
4 cups water
1 lb frozen corn
1 Tbsp chili powder
1 Tbsp onion powder
1 tsp garlic powder
1 tsp oregano
1 tsp black pepper
1 tsp cumin
1 tsp paprika (smoked if you have it)
1 tsp red pepper powder (or to taste)
2 cans (15.5 oz each) drained black beans
2 heads of fresh romaine lettuce (shredded)
2 ripe tomatoes or your favorite salsa

Instructions:
Add all ingredients excluding the beans, romaine, and tomatoes (or salsa) to an electric pressure cooker and give it a quick stir. Cook on high pressure for 9 minutes and release naturally. This can also be cooked in a pot conventionally on the stove: Just cover and simmer until all the water is absorbed. As soon as the rice mixture is done cooking, pour
into a large mixing bowl with the shredded romaine and the
drained beans and stir. Top with salsa or fresh tomatoes.
*This makes quite a large batch. * You can eat it twice for the
week or take it for lunches or just cut the recipe in half.

Serves 8
FatMan’s Cashew Queso

Ingredients:
1 cup raw cashews
1 cup water
½ cup nutritional yeast
1 Tbsp onion powder
1 cup of your favorite salsa

Instructions:
Add all ingredients excluding the salsa to a high-speed blender (preferably a Vitamix or Nutri-Bullet). Blend on high until creamy and smooth. Empty contents into a mixing bowl and stir in salsa. Use for tacos, dipping sauce, on top of rice, or even as a salad dressing.

*Be aware that although this stuff isn’t “terrible” it is higher in calorie density and should only be used on occasion and in smaller portions. *

Serves 4
FatMan’s Creamy Italian Tomato Dressing

**Ingredients:**
1 can (15 oz) undrained Great Northern beans (or any white bean)
1 large tomato
1 Tbsp liquid aminos or salt to taste (optional)
1 tsp parsley
2 garlic cloves (or 1 tsp garlic powder)
1 tsp basil
1 tsp oregano

**Instructions:** Place all ingredients including the undrained beans into a high-speed blender and blend until smooth and creamy.

Serves 4
FatMan’s Quinoa Stuffed Peppers

**Ingredients:**
6 bell peppers (colors optional)

Stuffing:
2 cups dry quinoa
4 cups water
1 cup frozen corn
1 cup chopped greens
1 medium chopped onion
1 tsp curry powder
1 tsp ground celery seed
1 tsp black pepper
1 Tbsp liquid aminos or salt to taste (optional)

Topping:
½ cup rolled oats
½ cup raw cashews
1 Tbsp onion powder
1 Tbsp flaxseed (ground will work too)
1 tsp black pepper

**Instructions:**
Cut tops of peppers off, remove core and set aside. Place all ingredients for the stuffing in a covered pot and cook on medium–high until water is absorbed. Spoon cooked mixture into peppers until they are filled to the top. In a high–speed blender, add all the ingredients for the topping and blend on
medium–high until it turns to powder. Do not over blend or it will start turning into paste. Sprinkle topping onto the tops of the peppers until coated. Bake in a pre-heated oven for 40 minutes at 400˚F.

*Sometimes it helps to take a thin cut off the bottom of the pepper to get it to sit up straight. *

Make 6 to 8 peppers
FatMan’s Italian Zucchini

Ingredients:
5 or 6 small (10 inch) zucchini or equivalent, (peeled and diced)
1 large onion (chopped)
1 can (28 oz) crushed tomatoes
1 Tbsp oregano
1 Tbsp parsley
1 Tbsp basil
1 tsp garlic powder
1/2 tsp black pepper

Instructions:
Add all ingredients to a covered large nonstick skillet and cook on medium-high until veggies are softened. About 15 minutes. Stir occasionally.

Serves 5
FatMan’s Simple Cinnamon Cookies

Ingredients:
3 overripe bananas
12 pitted medjool dates
1 Tbsp cinnamon
2/3 cup plant milk
2 3/4 cups oat flour (ground oats)

Instructions:
Add all ingredients except the oat flour to a high-speed blender. Blend on high until smooth. Pour mixture in a bowl and stir in the oat flour until thoroughly mixed. Using a heaping tablespoon, drop batter on a baking sheet lined with parchment paper and bake at 350°F for 25 minutes.

Makes 20 cookies
**FatMan’s Shroom Steaks**

**Ingredients:**
4 to 6 large portabella mushroom caps (about 5 inch)

Brine:
1 cup water
1 cup white vinegar
1 Tbsp onion powder
1 Tbsp garlic powder
1 Tbsp oregano
1 Tbsp smoked paprika
2 tsp cumin
2 Tbsp liquid aminos

**Instructions:**
Add all ingredients for the brine in a mixing bowl and stir until mixed thoroughly. Transfer mixture to a 1-gallon sealable storage or freezer bag. Gently wash mushroom caps and add them to the brine bag. Remove as much air from the bag as possible and seal. Marinate for at least 2 hours but preferable overnight in refrigerator. For best results flip the bag over about half way. Remove from brine and place on grill or broiler on high for 10 to 15 minutes or until charred on both sides and soft in the middle. Serve alone or in a sandwich.

*If you are grilling them, use the leftover brine to pour over them for extra flavor.*
Makes 4 to 6 “steaks”
FatMan’s Jammin Jelly

**Ingredients:**
5 pitted medjool dates
½ cup thawed mixed berries (or any fresh fruit)
½ banana

**Instructions:**
Add all ingredients to a high-speed blender and blend on high until smooth. Spread on Ezekiel bread (or a whole grain, no-oil bread). Can also be used as a topping for banana nice cream or anything else you can think of. Don’t be afraid to experiment.

Serves 2
FatMan’s Santa Fe Sliders

Ingredients:
2 cups cooked brown rice
1 can (15.5 oz) drained and rinsed black beans
2 cups frozen corn
1 medium onion (chopped)
1/2 green pepper (chopped)
1 cup mushroom (chopped)
1 cup salsa
1 Tbsp oregano
1 Tbsp garlic powder
1 Tbsp onion powder
2 Tbsp chili powder
1 Tbsp smoked paprika
2 tsp cumin
1/2 tsp red pepper (or to taste)
2 Tbsp liquid aminos or salt to taste (optional)
1 1/2 cup oat flour (ground oats)

Instructions:
Add cooked rice, drained and rinsed beans, frozen corn, and finely chopped veggies in a mixing bowl with salsa and spices and mix thoroughly. Gradually add oat flour until mixture is a dough like consistency. With wet hands, patty the mixture into burgers and place on a baking sheet with parchment paper. Bake at 425°F for 30 minutes or until crispy.
Note: It freezes well.

Makes 25 sliders
FatMan’s Bold and Tangy BBQ Sauce

Ingredients:
1 can (29 oz) tomato puree
15 pitted dates (10 if medjool dates)
1 Tbsp onion powder
2 tsp garlic powder
1 Tbsp smoked paprika
2 Tbsp mustard
1 cup white vinegar
1/2 cup water
1 tsp black pepper
1 Tbsp liquid aminos or salt to taste (optional)
1/2 tsp red pepper (optional)

Instructions:
Place all ingredients in a high-speed blender and blend on high until smooth.

Make about 3 pints

Store in refrigerator.
FatMan’s Cool Slaw

**Ingredients:**
6 cups shredded cabbage (14 oz package)
4 cups shredded red cabbage (8 oz package)
2 cups shredded carrots (3 carrots worth)
1/4 cup finely chopped sweet onion
1 can (15 oz) undrained white beans (I used Great Northern)
1/2 cup white vinegar
1 Tbsp mustard
1 tsp ground celery seed
1 tsp black pepper

**Instructions:**
In a large mixing bowl, place cabbage, red cabbage, carrots, and onions and mix until evenly distributed. Place undrained beans, vinegar, mustard, and spices in a high-speed blender and blend until smooth. Fold mixture into the shredded veggies until coated evenly. Place in sealed container overnight.

Serves 6
FatMan’s BBQ Tofu Crumbles

Ingredients:
1 pkg (15 oz) of extra firm tofu (drained and squeezed)
1 cup BBQ sauce (preferably FatMan’s)
1/4 cup nutritional yeast
2 cups oat flour (ground oats)
2 Tbsp dried minced onions

Instructions:
In a large mixing bowl, crumble the drained tofu into pieces no bigger than an inch. Stir in the BBQ sauce until the tofu is completely coated. Mix in the dry ingredients until the crumbles are evenly coated and on the dry side. Spread pieces on a baking sheet lined with parchment paper and bake at 400°F for 25–30 minutes or until crispy or cook in air fryer at 400 for 20–25 minutes or until crispy.

Serves 3
FatMan’s Melon Freeze

Ingredients:
2 overripe frozen bananas
3 cups of frozen water melon

Instructions:
Blend on high in a Vitamix or any other high-speed blender.

Serves 2
Hetty’s Power Recovery Stew

**Ingredients:**
6 cups water
4 cups kale (chopped)
3 celery ribs (chopped)
1 medium onion (chopped)
1 can (6 oz) tomato paste
1 cup dry quinoa
4 cups sweet potato, peeled and cubed about ½ inch (2 medium potatoes)
1 can (15.5 oz) chickpeas (undrained)
1 tsp ginger powder
½ tsp black pepper
1 ½ tsp turmeric

**Instructions:**
Add 6 cups of water, chopped kale, chopped celery, chopped onion, and tomato paste to a 5-quart stock pot. Bring to a rolling boil and cook for 10 minutes. Add in quinoa, sweet potato, undrained chickpeas, and spices. Bring back to a rolling boil and cook for 15 minutes, stirring occasionally. Cover and let rest for 10 minutes.

Serves 6
FatMan’s Curry Greenchini

Ingredients:
8 cups cubed zucchini (I used a medium yellow and green unpeeled)
1 large onion (chopped)
1 Tbsp onion powder
1 Tbsp curry powder
½ tsp black pepper
1 Tbsp liquid aminos or salt to taste (optional)
½ tsp red pepper or to taste (optional)
2 heads of romaine lettuce (shredded)

Instructions:
Add cubed zucchini and chopped onion to a large skillet. Evenly sprinkle spices on top then pile on the shredded romaine. Cover and cook on medium-high heat for about 15 minutes or until the veggies are softened. Stir occasionally.

Serves 4
FatMan’s Fabulous Five Soup

**Ingredients:**
5 lbs. of veggies:
1 lb. chopped celery (entire stalk)
1 lb. chopped onion (3 medium)
3 lbs. fresh or frozen veggies (your choice mix or match)
10 cups of water (5 lbs.)
2 Tbsp parsley
2 Tbsp onion powder
1 Tbsp garlic powder
½ tsp black pepper
½ tsp ground celery seed
3 Tbsp liquid aminos or salt to taste (optional)

*Add a can of tomato puree or paste to add some extra flavor and color. *

**Instructions:**
Add all ingredients to an 8-quart stock pot. Cover and bring to boil. Uncover and simmer for 30 minutes.

Serves 10
FatMan’s No Muffin Top Pizza

Ingredients:
Ezekiel™ English muffins
FatMan’s Cashew Cheese Sauce or Sunflower Cheese Sauce
Various veggie toppings (your choice)

Pizza sauce:
1 can (29 oz) tomato puree
1 Tbsp parsley
1 Tbsp basil
1 Tbsp onion powder
2 Tbsp nutritional yeast
1 tsp garlic powder
1 tsp oregano

Instructions:
Defrost Ezekiel muffins, slice in half and arrange on a baking sheet with sliced side up. Place all ingredients for pizza sauce in a mixing bowl and mix thoroughly. Spoon about 2 or 3 Tbsp of the sauce onto the sliced muffins. Pile fresh veggie topping onto of the sauce. Spoon or drizzle cashew cheese sauce on top of the veggies and bake for 30 minutes at 350˚F. Let stand for 5 minutes before serving.
There are unlimited possibilities for these, just experiment.

Makes 12 muffins
FatMan’s Spicy and Sour Cabbage Rolls

**Ingredients:**
1 pkg (10 oz) shredded red cabbage (green slaw will work as well)
1 pkg (12 oz) broccoli slaw
5 oz (2 cups) matchstick carrots
1 medium onion finely chopped
¼ cup rice vinegar (white will work as well)
1 Tbsp garlic powder
1 Tbsp marjoram
1 Tbsp parsley
3 Tbsp soy sauce or liquid aminos
½ tsp red pepper powder (or to taste)
8 rice paper spring roll wraps

**Instructions:**
Add all ingredients except the spring roll wraps to a large nonstick skillet and mix. Heat on high, covered, until cabbage is softened (about 10 – 15 minutes). Stir occasionally. Let mixture cool and place about 1 cup of it in the center of the moistened spring roll wrap. Wrap as per directions on package. Bake at 400°F in air fryer or conventional oven for 20 – 30 minutes or until crispy.

Makes about 8 rolls
FatMan’s Buffalo Cauliflower Wings

**Ingredients:**
1 large head of fresh cauliflower

Batter:
1 cup dried chickpeas (or chickpea flour)
2 cups of rolled oats (or oat flour)
½ cup nutritional yeast
1 Tbsp onion powder
2 cups of unsweetened plant milk
½ cup of your favorite hot sauce (I prefer Frank’s Hot Sauce)

**Instructions:**
Add all dry ingredients of the batter into a high-speed blender and blend on high until it is a flour-like consistency. If you don’t have a high-speed blender, use pre-made flours and blend until mixed. Pour dry mix into a large mixing bowl. Add hot sauce and plant milk and stir until smooth. It should look like a pancake batter. You may need to adjust the liquid especially if you let it sit for a while because it will thicken. Cut fresh cauliflower into desired sized pieces. Dip or stir them into the batter making sure they are evenly coated. Arrange them so they are not touching on a baking sheet lined with parchment paper. Bake for 45 minutes at 410°F. You can also cook them in an air fryer at 400°F for 35 minutes.
*This batter can be used for tofu, potatoes, mushrooms, or any other veggie you have on hand. *

Serves 5
FatMan’s Smokey Curry Dressing

Ingredients:
1 can (15 oz) undrained Great Northern beans (or any white bean)
1 Tbsp curry powder
1 Tbsp smoked paprika
1 Tbsp garlic powder

Instructions:
Place all ingredients including undrained beans in a high-speed blender and blend on high until creamy.

Serves 4
FatMan’s Tater Dill Bombs

Ingredients:
12 small to medium potatoes (red, Yukon, white...)
1 Tbsp onion powder
2 Tbsp dill weed
1 Tbsp garlic powder
3 dill pickle spears (optional)
1 Tbsp liquid aminos or salt to taste (optional)
¼ cup unsweetened plant milk

Instructions:
Place washed potatoes on the oven rack pre-heated to 425°F and bake for 45 minutes. Remove from oven and let cool enough to handle safely. With a sharp knife cut potato lengthwise. Using a spoon, scoop out the potato, leaving a ¼ inch layer on the skin. Arrange shells on a baking sheet. Place the potato insides in a blender and add the remaining ingredients. Blend on medium until smooth. Mixture should be a thick pancake-like batter. Adjust liquid as needed. Pour mixture into the potato shells until they are filled to the top. Place tray into the oven at 425°F and bake for 20 minutes. **can be served hot or cold**

Serves 6
FatMan’s Sunflower Cheese Sauce

Ingredients:
1 cup unsalted sunflower seeds
1 cup water
½ cup nutritional yeast
1 Tbsp onion powder
1 Tbsp rice vinegar (or any white vinegar)
2 Tbsp liquid aminos
1 large cooked red potato (no need to peel)

Instructions:
Place all ingredients including cooked potato in a high-speed blender and blend on high until creamy. Use for pizza, dip, spread, or anything else you can think of.

Serves 6
FatMan’s Warrior Stew

Ingredients:
6 cups water
1 cup dry quinoa
2 cups kale (chopped)
1 medium onion (chopped)
1 cup brown rice
1 cup green lentils
5 medium carrots (½ pound – peeled and sliced)
*2 cups of the water that the carrots were boiled in*
1 can (29 oz) tomato puree
2 Tbsp liquid aminos or salt to taste (optional)
1 Tbsp basil
1 Tbsp garlic powder
1 Tbsp parsley
1 tsp oregano
1 tsp celery seed
1 tsp black pepper

Instructions:
Add 6 cups of water, quinoa, kale, onion, brown rice, and lentils to a pot and cook, covered, on medium–high heat for 40 minutes or until rice is tender. In a sauce pan, add peeled and sliced carrots and cover with water. Boil until carrots are tender (about 10 minutes). Drain but DO NOT discard water. Add cooked carrots and 2 cups of the water drained from the carrots along with the tomato puree, liquid aminos, and
spices to a blender and blend until smooth. Pour mixture into the pot of cooked quinoa, rice, and lentils and stir.

Serves 6
**FatMan’s Lazy Lasagna**

**Ingredients:**
1 medium onion (diced)  
1 green pepper (diced)  
1 pkg (8 oz) sliced mushrooms  
1 can (28 oz) crushed tomatoes  
2 small zucchini (diced)  
1 Tbsp oregano  
1 Tbsp parsley  
1 Tbsp basil  
1 tsp garlic powder  
1/2 tsp black pepper  
1 pkg (8 oz) of whole grain pasta shells (I use quinoa)

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**FatMan’s Tofu Ricotta**

**Ingredients:**
1 pkg (15 oz) extra firm tofu (drained and pressed to leave minimal water)  
3 Tbsp nutritional yeast  
2 Tbsp Liquid aminos or salt to taste (optional)  
1 Tbsp onion powder  
1 Tbsp lemon juice  
1 tsp garlic powder

**Instructions for ricotta:**
Hand crumble tofu and stir in the remaining ingredients until mixed thoroughly.
Instructions:
Place all ingredients except the pasta and FatMan’s Tofu Ricotta in a nonstick skillet and cook on medium-high for about 20 minutes or until the onions are tender. Cook pasta as per instructions on the box, drain, and rinse. Add cooked pasta and FatMan’s Tofu Ricotta to the skillet with the veggies and tomato and fold it together. Remove from heat and serve.

Serves 6
FatMan’s Where Do You Get Your Protein Burgers

**Ingredients:**
- 2 cups chopped leafy greens
- 1 pkg (8 oz) mushrooms
- 1 medium onion
- 2 cups cooked quinoa
- 1 can (15 oz) black beans (drained and rinsed)
- 2 cups frozen corn
- ½ cup raw pepitas (pumpkin seeds)
- ½ cup raw sunflower seeds
- 2 Tbsp onion powder
- 2 Tbsp smoked paprika
- 2 Tbsp parsley
- 1 tsp cumin
- 2 tsp garlic powder
- 1 tsp black pepper
- ½ cup nutritional yeast
- 3 Tbsp liquid aminos or salt to taste (optional)
- ½ cup water
- 2 cups oat flour (ground rolled oats)

**Instructions:**
In a large bowl, chop greens, mushrooms, and onion into fine pieces. Add cooked quinoa, rinsed beans, frozen corn, seeds, spices, nutritional yeast, and liquid aminos and mix thoroughly. Add water and gradually add oat flour until
mixture is a sticky, dough-like consistency. (You may need to adjust water.)

*With wet hands, patty the mixture into burgers and place on a baking sheet with parchment paper.*

Bake at 425°F for 30 minutes or until crispy.

Makes 16 burgers
FatMan’s Not Chicken Wing Soup

**Ingredients:**
4 cups of water
3 medium carrots (finely chopped)
3 ribs of celery (finely chopped)
1 small onion (finely chopped)
3 cups unsweetened plant milk
1/4 cup corn starch
1/2 cup of nutritional yeast
3/4 cup of hot sauce (add more if you like it HOT)

**Instructions:**
Place water, carrots, celery, and onion into a soup pot and simmer ingredients for 10 minutes. Place unsweetened plant milk, corn starch, nutritional yeast, and hot sauce in a blender and blend until mixed. Add mixture to the pot and cook on medium-high until thickened. (about 10 minutes) *You can add a can of shredded Jackfruit to crank it up a notch! *

Serves 5
FatMan’s Creamy Scalloped Taters

Ingredients:
5 lbs. Potatoes (russet, white, red, or Yukon)
1 medium sweet onion
6 garlic cloves (or 2 tsp garlic powder)
6+2 cups unsweetened plant milk – (I used almond)
½ cup nutritional yeast
1 Tbsp onion powder
1 tsp black pepper
1 Tbsp parsley
4 Tbsp liquid aminos or salt to taste (optional)
½ cup cornstarch

Instructions:
Peel and slice potatoes into thin slices using a mandolin or knife (use caution with the mandolin). Finely chop the onion and garlic cloves (I used a food processor) and place them in a 4 quart or larger pot and add in 6 of the 8 cups of plant milk along with the nutritional yeast, all the spices and liquid aminos or salt. Heat mixture on medium-high but do not bring to a boil (about 15 minutes). Add the remaining 2 cups of plant milk and the cornstarch to the food processor or blender and mix thoroughly. Add the blended mixture to the pot and cook on medium-high until thickened stirring constantly (about 10 minutes). Place enough sliced potatoes to fill about ½ of a 9x13 baking pan and carefully add enough mixture to cover the potatoes. Stir and separate slices to ensure they are all covered. Add in more potatoes to finish
filling the pan and then add more of the mixture and fold the potatoes in until they are all submerged. You will probably have enough extra potatoes and sauce to make another small pan for another day. Bake covered in aluminum foil at 375° for 60 minutes, uncover and bake for another 15 – 20 minutes until golden brown.

*You can add some liquid smoke and some more nutritional yeast to give it that smoky cheese flavor. *

Serves 10
FatMan’s Creamy Tater Soup

**Ingredients:**
- 6 cloves of garlic
- 2 medium red onions
- 4 cups water
- 10 medium potatoes (4 lbs.)
- 2+2 cups unsweetened plant milk (I used almond)
- 1 Tbsp onion powder
- 1 Tbsp parsley
- ½ tsp black pepper
- 2 Tbsp liquid aminos or salt to taste (optional)
- ½ cup cornstarch
- ½ cup nutritional yeast

**Instructions:**
Place garlic and onions in a food processor and chop finely. Put chopped garlic and onions into a soup pan (8 qt or larger) along with 4 cups of water and cook on high for 15 minutes. Wash and dice potatoes into ½ inch cubes and transfer them to the soup pot along with 2 of the cups of plant milk, onion powder, parsley, black pepper and liquid aminos or salt. Continue heating until the potatoes are tender (about 20 min). In a blender add the remaining 2 cups of plant milk, ½ cup cornstarch, and ½ cup nutritional yeast and blend until mixed. Add mixture to the soup pot and continue cooking on
high until thickened, stir constantly. Remove from heat and serve.

Serves 6
FatMan's Famous Marinade

Ingredients:
1 cup white vinegar
1 cup water
1 Tbsp parsley
1 Tbsp oregano
1 Tbsp basil
1 Tbsp onion powder
1 Tbsp liquid aminos
1 tsp garlic powder
1 tsp black pepper

Instructions:
Place all ingredients into a sealable jar and shake. For best results, let sit in refrigerator overnight. Use as marinade on roasted vegetables, mushrooms, potatoes, or as a stand-alone dressing.

Makes 2 cups
FatMan's ‘Sour Cream’ and Picante Dip

**Ingredients:**
1 lb. firm tofu (drained)
1 cup your favorite picante sauce (or salsa)
2 Tbsp rice vinegar (any white will work)
3 Tbsp nutritional yeast
1 Tbsp liquid aminos

**Instructions:**
Place all ingredients into a blender and blend on high until smooth.
Use in taco dishes or a stand-alone dip or dressing.

Serves 5
FatMan's Two Bean Salad

Ingredients:
1 can (15.5 oz) black beans (drained and rinsed)
1 can (15.5 oz) chickpeas (drained and rinsed)
1 cup fresh or frozen corn (thawed)
½ cup white vinegar
½ cup finely chopped red onion
½ tsp black pepper
1 Tbsp maple syrup (optional)
Dash of red pepper (optional)

Instructions:
Place all ingredients into a mixing bowl and stir until mixed thoroughly. For best results, let sit in refrigerator overnight.

Serves 4
FatMan’s Simple Scrambler

Ingredients:
1 pkg (15 oz) extra firm tofu (drained and pressed to leave minimal water)
3 Tbsp nutritional yeast
2 Tbsp liquid aminos
1 Tbsp onion powder
1 tsp garlic powder
¼ cup water
1 green bell pepper (diced)
1 medium onion (chopped)
1 pkg (8 oz) mushrooms (chopped)

Instructions:
Hand crumble tofu into a mixing bowl and add nutritional yeast, liquid aminos, onion powder, and garlic powder. Stir until mixed thoroughly. Place water, green pepper, onion, and mushrooms in a nonstick skillet and heat covered on high until veggies are softened (about 7 minutes). Add tofu mixture and continue to cook. Turn and fold mixture until tofu is heated through.

Serves 3
FatMan's Where’s Waldorf Salad

Ingredients:
1 pkg (15 oz) extra firm tofu (drained and pressed to leave minimal water)
1 Tbsp lemon juice
½ cup aquafaba (canned chickpea juice)
1 Tbsp white vinegar
1 Tbsp parsley
2 apples (peeled, cored, and diced)
1 cup of grapes (halved)
¼ cup red onion (chopped finely)
1 cup chopped walnuts

Instructions:
Cut drained tofu into ½ inch cubes and place into a mixing bowl. Evenly add lemon juice, aquafaba, vinegar, and parsley to bowl and mix gently. Add diced apples, grapes, red onion, and walnuts into the bowl and gently mix. You can serve immediately but, for best results, refrigerate overnight, covered.

Serves 3
FatMan's Lazy Oats

Ingredients:
½ overripe banana
1 cup of berries (or any fresh or frozen fruit)
½ tsp vanilla extract
1 Tbsp ground flaxseed
½ cup old fashioned oats
1 cup plant-based milk

Instructions:
Place overripe banana in a Mason jar and mash with a fork. Add berries, vanilla, and flaxseed and mix thoroughly. Add oats and milk. Cover and let sit overnight.
*This is just a solid base for overnight oats. Use it as a guide and experiment with what you like. Nuts, fruit, and spices. *

Serves 1
FatMan's Black Bean Brownies

**Ingredients:**
- 15 pitted dates
- 2 overripe bananas
- 1 can (15.5 oz) black beans (drained and rinsed)
- 1 tsp cinnamon
- 1 tsp vanilla extract
- ¼ cup of a quality unsweetened cocoa powder
- ½ cup of oat flour (ground oats)
- ½ cup of chopped walnuts (optional)

**Instructions:**
Place dates in a small glass container (I use a mug) and cover dates with boiling water to soak for 10 minutes then drain water. Add softened dates, bananas, and beans to a blender or food processor and blend on high until smooth. Add cinnamon, vanilla, and cocoa powder and continue to blend until smooth. Add oat flour and mix. Batter should be the consistency of pudding. Mix in walnuts (optional). Pour mixture into a nonstick 8x8 baking pan. I lined mine with parchment paper to be safe. Bake at 350°F until a toothpick comes out clean (20–30 minutes).

Serves 2 (if you are lucky)
FatMan’s Bold and Tangy Jackfruit

**Sauce ingredients:**
1 can (29 oz) tomato puree
15 pitted dates
1 Tbsp onion powder
2 tsp garlic powder
1 Tbsp smoked paprika
2 Tbsp mustard
1 cup white vinegar
1/2 cup water
1 tsp black pepper
1 Tbsp liquid aminos or salt to taste (optional)
1/2 tsp red pepper (optional)

**Sauce instructions:**
Place all ingredients in a high-speed blender and blend on high until smooth.

**Jackfruit ingredients:**
2 cups of sauce
1 Tbsp minced onion
1 can (20 oz) drained and shredded young green jackfruit
(I used Aroy-D brand)

**Jackfruit instructions:**
Add 2 cups of sauce to a small pan along with the minced onion. Heat on medium while slowly adding the shredded
jackfruit. Cook until heated through. Stir continuously. Serve on a sprouted bread, on a bed of rice or greens, or on its own. Serves 4
FatMan’s Lentil Mushroom Soup

Ingredients:
1 ½ cup green lentils
8 cups water
1 medium onion (chopped)
2 cups kale (chopped)
1 pkg (8 oz) mushrooms
1 Tbsp onion powder
1 Tbsp parsley
2 Tbsp liquid aminos or salt to taste (optional)
½ tsp cumin
1 tsp black pepper
1 can (6 oz) tomato paste

Instructions:
Add all ingredients aside from the tomato paste to a Dutch oven or small stock pot. Heat on high until boil is reached. Stir in tomato paste and reduce heat to simmer and cook covered for 30 minutes.

Serves 6
FatMan's Sammy Spread

Ingredients:
1 can (15.5 oz) chickpeas (drained and rinsed)
1/4 cup finely chopped sweet onion
2 celery ribs (finely chopped)
2 tsp dill weed
1 Tbsp white vinegar
1 Tbsp maple syrup (optional)
1 Tbsp lemon juice
1 Tbsp mustard
1 Tbsp water
1 Tbsp liquid aminos
Dash of black pepper
Dash of red pepper (optional)

Instructions:
Place all ingredients into a food processor and run on high until mixture is chunky but starting to turn a bit creamy. Serve on a sandwich, taco, on rice or greens, or as a dip.

Serves 2
FatMan's Dirty, Crumby, Taters

Ingredients:
5 lbs. red potatoes (washed and quartered)
1 lb. baby carrots (or sliced carrots)
1 medium onion (chopped)
5 garlic cloves
3 Tbsp liquid aminos or salt to taste (optional)
1 lb. frozen corn
4 slices of Ezekiel sprouted grain bread
2 Tbsp nutritional yeast
1 Tbsp onion powder
1 Tbsp parsley
Dash of black pepper

Instructions:
Place potatoes, carrots, onion, and garlic into a stock pot and add water until the veggies are covered. Bring to boil and heat on high covered until largest potatoes are soft (about 35 minutes). Drain the water and place cooked mixture into a large bowl. Using a hand mixer, whip the potatoes until creamy. Add liquid aminos and bag of frozen corn and continue to mix until mixed thoroughly. Empty mixture into a 9x13 baking dish and smooth out the top. Place Ezekiel bread on oven rack or in toaster and toast on a lower temperature to dry bread out. Place toasted bread, nutritional yeast, onion powder, and black pepper into a food processor
and pulse until everything is turned into coarse crumbs. Spread evenly on top of potatoes and bake at 375°F until top is brown (15–20 minutes).

Great for parties or potlucks!

Serves 8–10
FatMan’s Meetloaf, Smeetloaf

**Ingredients:**
1 cup chopped onion (1 onion)
1 cup chopped carrot (1 carrot)
3 cups cooked green lentils
1 can (6 oz) tomato paste
1 Tbsp liquid aminos or salt to taste (optional)
1 tsp chili powder
1 tsp paprika
1 tsp garlic
2 tsp onion powder
½ tsp black pepper
1 cup ground oats

**Instructions:**
Place onion and carrot into a food processor and pulse until finely chopped. Add mixture to a large mixing bowl along with cooked lentils, tomato paste, liquid aminos, and spices. Stir and fold mixture until mixed thoroughly. Add the oat flour and fold until flour is dispersed evenly. Tightly pack mixture in a silicone or parchment lined bread pan and bake at 375°F for 40 minutes or until toothpick comes out clean. Remove from pan onto a rack and let cool for 10 minutes. Top with FatMan’s Catch Up or FatMan’s BBQ Sauce (optional) then slice and serve.

Serves 4
Hetty’s Rice Puddin

Ingredients:
2 cups cooked brown rice as per instructions
1 ¾ cups plant milk
½ tsp cinnamon
Dash nutmeg
¼ cup chopped dates or raisins
¼ cup maple syrup

Instructions:
Add all ingredients to a medium sauce pan and bring to a boil then simmer for 10 minutes while stirring constantly.
Remove from heat and let stand for 5 or 10 minutes to thicken.

Serves 3
FatMan’s Tangy Lime Hummus

Ingredients:
2 cans (15 oz each) drained Great Northern beans (or any white bean)
½ lime (peeled and seeded)
2 garlic cloves
1 Tbsp onion powder
½ tsp cumin
½ tsp black pepper

Instructions:
Place all ingredients including undrained beans in a high-speed blender and blend on high until creamy.

Serves 4
FatMan’s Little Wienies

Ingredients:
2 lbs. baby carrots (full size carrots will work as well)
2 Tbsp soy sauce
2 Tbsp liquid aminos
1/2 cup white vinegar
1/4 cup water
1 tsp garlic powder
1 tsp onion powder
1/2 Tbsp ground ginger
2 Tbsp liquid smoke
1/2 tsp black pepper

Instructions:
In a sauce pan, add carrots and cover with water. Heat on high and boil for 5 – 10 minutes. Cook until carrots get tender, do not let them get mushy. (Err on the side of undercooked.) Immediately place them in cold water to stop the cooking process. Mix the remaining ingredients in a bowl and transfer mixture to a 1-gallon storage bag. Add the cooked carrots to the bag and remove as much air as possible. Place flattened bag on a plate in the refrigerator overnight to marinate. Remove carrots from brine and cook in a nonstick pan on high until they are seared or place on grill. Top with anything you would put on a hotdog.

Serves 4
FatMan’s Catch Up

**Ingredients:**
1 can (6 oz) tomato paste
½ cup white vinegar
½ cup water
7 pitted dates (soaked and drained)
1 tsp onion powder
1 tsp garlic powder
¼ tsp black pepper
¼ tsp allspice
1 tsp liquid aminos

**Instructions:**
Place all ingredients in a high-speed blender and blend on high until creamy.

Makes about 2 cups. Store in refrigerator.
FatMan’s Chicken Wing Hummus Dip

**Ingredients:**
1 stick of celery
1/8 of a medium red onion
1/2 cup favorite hot sauce (I like Frank’s Redhot)
2 cans (15.5 oz each) garbanzo beans (don’t drain yet)
1/4 cup nutritional yeast

**Instructions:**
Place 1/2 of the celery stick (the leafy half), onion, and hot sauce in a blender. Add 1 can of undrained chickpeas and continue blending. Drain the second can of beans (save liquid) and add it along with the nutritional yeast to the blender. Add in the reserved liquid as needed to desired texture. Top with diced celery and some extra hot sauce.

Serves 8
FatMan’s BBQ “Meat”Ballz

**Ingredients:** “Meat” balls:
- 2 cups cooked brown rice
- 2 cups cooked lentils (green)
- 1 large onion (finely chopped)
- 2 green peppers (finely chopped)
- 1 Tbsp garlic powder
- 1 Tbsp smoked paprika
- 1 Tbsp parsley
- 1 tsp black pepper
- 1 tsp cumin
- 1 cup old fashioned oats (ground into flour)
- 1 Tbsp liquid aminos or salt to taste (optional)

**Ingredients:** Sauce:
- 1 can (29 oz) tomato puree
- 1 cup FatMan’s BBQ Sauce
- 1 Tbsp basil
- 1 Tbsp parsley
- 1 tsp garlic powder
- 1 Tbsp onion powder
- 1 tsp oregano

**Instructions:**
Combine all “meat” balls’ ingredients in a mixing bowl and mix thoroughly. Mixture should be a dough-like consistency. Using wet hands, roll mixture into balls and place on a baking sheet with parchment paper. Bake at 425°F for 30 minutes or
until crispy. In a sauce pan, combine tomato puree, BBQ sauce, and sauce spices and bring to a simmer for 5 minutes. Carefully place a few “meat”balls into sauce for about a minute, remove, plate, and serve.

DO NOT cook the balls in the sauce (they will fall apart).

Makes approximately 30 “meat”balls

Serves 8
FatMan’s Quinoa Corn Fritters

**Ingredients:**
- 2 cups dry quinoa
- 4+1 cups of water
- 1 Tbsp onion powder
- 1 lb. frozen corn
- 1 medium diced onion
- 1 Tbsp liquid aminos or salt to taste (optional)
- 1 tsp cumin
- ½ tsp black pepper
- ½ tsp ground celery seed
- ¼ cup nutritional yeast
- red pepper to taste (optional)
- 1 ¾ cup ground oats (oat flour)

**Instructions:**
Add quinoa with 4 cups of water and onion powder to a sauce pan. Cook covered on medium-high heat until water is absorbed. In a large mixing bowl, add the cooked quinoa and the remaining ingredients (aside from the remaining cup of water and the oats) and mix thoroughly. Stir in the ground oats. Add water until the mixture sticks together.
With wet hands, patty the mixture into burgers and place on a baking sheet with parchment paper. Bake at 425°F for 30 minutes or until crispy.

Makes 12 burgers
FatMan’s Sloppy Toes

Ingredients:
1 can (12 oz) tomato paste
12 pitted medjool dates
1+4 cups water
1 lb. dry lentils
1 medium onion (finely chopped)
1 green pepper (finely chopped)
8 oz mushroom (finely chopped)
1 Tbsp chili powder
1 tsp garlic powder
1 Tbsp onion powder ½ tsp black pepper
1 Tbsp liquid aminos or salt to taste (optional)

Instructions:
Add tomato paste, dates, and 1 cup of water to a high-speed blender, blend until smooth. Add mixture along with the remaining 4 cups of water, and the remainder ingredients to an electric pressure cooker. Cook on high pressure for 15 minutes with a natural release. Or cook in crockpot on low for 5–6 hours.

Serves 8
FatMan’s “Cheesy” Onion Tater Cubes

Ingredients:
2 ½ lbs. potatoes (russet, Yukon gold, or red)
½ cup nutritional yeast
1 Tbsp onion powder
1 tsp garlic powder
1 Tbsp parsley
½ tsp black pepper

Instructions:
Wash and dice potatoes (approx. ½ inch) and place in mixing bowl. Combine dry ingredients in a measuring cup, mix thoroughly. Add dry mixture to potatoes (1/2 at a time) and stir to coat potatoes evenly. Bake at 425°F on baking sheet lined with parchment paper for 35- 45 minutes or until crispy.

Serves 4 for a side or 2 for an entrée
FatMan’s Veggie Burger Base

Ingredients:
1 lb. of cooked white rice or other whole grain (as per instructions)
1 lb. frozen corn
2 carrots
1 pkg (8 oz) of mushrooms
1 green pepper
1 red pepper
1 medium red onion
1 Tbsp of onion powder
1 Tbsp of basil
2 Tbsp of parsley
1 tsp of black pepper
2 tsp of salt
1 tsp of cumin
½ cup of “nooch” (nutritional yeast)
3 cups of oats (ground into flour)

Instructions:
Add cooked rice, frozen corn, and finely chopped veggies in a mixing bowl with spices and nooch and mix thoroughly. Gradually add oat flour until mixture is a dough like consistency.
With wet hands, patty the mixture into burgers and place on a baking sheet with parchment paper. Bake at 425°F for 30 minutes or until crispy.
Note: It freezes well.

Makes 20 burgers
FatMan’s Peaches For Me Oats

**Ingredients:**
1 cup oats (rolled old-fashioned)
½ cup plant milk (I like unsweetened almond)
1 fresh peach or apple (or 1 cup of any frozen fruit)
1 ½ tsp cinnamon
1 Tbsp ground flaxseed (optional)

**Instructions:**
Combine all ingredients into a microwavable bowl. Microwave on high power for 1 ½ minutes or 2 minutes if fruit is frozen.
*Add a handful of walnuts or dried fruit for a great treat.*

Serves 1
FatMan’s Nannercakes

Ingredients:
¼ cup plant milk
5 pitted medjool dates
1 very ripe banana
1 tsp baking powder
1 tsp baking soda
2 cups of oat flour (ground rolled oats)

Instructions:
Blend all ingredients except the oat flour in a high-speed blender until smooth. Add in oat flour and blend on medium until smooth. Pour batter on a hot nonstick pan to desired size (approx. ½ cup).
*Experiment by adding blueberries, raspberries, or anything else you can think of.*

Makes about 6 pancakes
FatMan’s Eat Like A Peasant Feel Like A King Rice

**Ingredients:**
2 cups brown rice
4 1/2 cup water
1 large sweet onion (diced)
1/2 lb. of frozen corn
1 Tbsp liquid aminos or salt to taste (optional)
1 Tbsp onion powder
1 Tbsp parsley
1 tsp curry powder
1 tsp garlic powder
1 can (15 oz) black beans (drained)

**Instructions:**
Cook rice and water at a medium-high heat covered for 15 minutes. Add in diced onion, corn, liquid aminos and spices and continue to cook until water is absorbed. Remove from heat and stir in drained black beans.
This meal will take about 30 min., prep and cook combined. If you want fast food use white or Jasmine rice, add the onion, corn, and spices right away and cook until water is absorbed, then add beans.

Serves 5
FatMan’s Creamy Dill Dressing

Ingredients:
1 can (15 oz) Great Northern beans (undrained)
2 Tbsp dill weed
1 Tbsp onion powder
3 Tbsp nutritional yeast
3 Tbsp white vinegar
Dash of red pepper (optional)

Instructions:
Place all ingredients including undrained beans in a high-speed blender and blend on high until creamy.

Serves 5
FatMan’s Creamy Italian Dressing

Ingredients:
1 can (15 oz) Great Northern beans (undrained)
2 Tbsp onion powder
2 tsp garlic powder
1 Tbsp basil
1 Tbsp oregano
1 Tbsp parsley
4 Tbsp white vinegar

Instructions:
Place all ingredients including undrained beans in a high-speed blender and blend on high until creamy.

Serves 5
FatMan’s Blueberry Muffins

Ingredients:
6 overripe bananas
1 Tbsp vanilla extract
1 tsp baking powder
1 tsp baking soda
2 cups (or more) fresh or frozen fruit (I used blueberries)
3 ½ cups rolled oats

Instructions:
Mash bananas in a mixing bowl with a fork. When bananas are smooth, stir in the remainder of the ingredients aside from the oats. Lastly, stir in oats until uniform consistency. Spoon into silicon muffing pan and bake at 375°F for 30 to 35 minutes.
*You can also do everything in a power mixer. *

Makes 12 small muffins
FatMan’s Quinoa and Chunky Marinara

Ingredients:
2 cups dry quinoa
4 cups water
1 large onion
1 green pepper
1 pkg (8 oz) sliced mushrooms
2 Tbsp onion powder
1 Tbsp oregano
1 Tbsp basil
1 Tbsp parsley
2 tsp garlic powder
2 Tbsp liquid aminos or salt to taste (optional)
1 can (29 oz) tomato puree

Instructions:
Add 2 cups of rinsed quinoa and 4 cups of water to a saucepan and cook on medium–high, covered, until water is absorbed. In a nonstick pan on a medium–high heat, sauté (no oil needed) onion, pepper and mushrooms, covered, until softened. Add spices, liquid aminos, and tomato puree to the softened veggies. Continue to heat for about 5 minutes then add in the cooked quinoa. Stir thoroughly and serve.

Serves 6
FatMan’s Smokey Santa Fe Green Topper

**Ingredients:**
1 lb. frozen corn
1 lb. frozen cauliflower
1 can (15.5 oz) black beans (drained and rinsed)
1 Tbsp onion powder
1 Tbsp chili powder
1 Tbsp smoked paprika
3 Tbsp nutritional yeast
A shake or two or three or four of red pepper (all shakes optional)

**Instructions:**
In a sauce pan, add frozen veggies and cover with water. Bring to a boil and cook on medium–high until cauliflower is tender (about 5 min.). Drain veggies and add the can of drained beans along with the rest of the ingredients, stir thoroughly. I use this as a topper for my greens, but you can use it as a stand-alone side or mix it with a whole grain.

Serves 4
FatMan’s Kickin’ Sweet Hot and Smokey Sauce

Ingredients:
4 pitted medjool dates
1 can (15.5 oz) Great Northern beans (undrained)
1 Tbsp onion powder
1 tsp smoked paprika
1 tsp garlic powder
4–10 jalapeno slices and ¼ cup of the brine from the jar

Instructions:
Add all the ingredients except the jalapeno slices to a high-speed blender and blend on high until smooth. Finely chop the jalapeno slices and stir them in the mixture.
*To turn this into hummus drain half of the liquid from the can of beans before blending. *
*To turn this into a dressing add ½ cup of water. *

Serves 4
FatMan’s Cashew Cheese Sauce

Ingredients:
1 cup raw cashews
1 cup water
1 Tbsp lemon juice
1 Tbsp liquid aminos
1 Tbsp onion powder
1 Tbsp white vinegar or brine from jalapeno peppers
¼ cup nutritional yeast
1 medium–large cooked potato (I microwave mine and no need to peel)

Instructions:
In a high-speed blender, place the cashews in first, followed by the remaining ingredients. Let sit for 15 minutes. Blend on high until smooth and creamy.
*Be aware that although this stuff isn’t “terrible” it is higher in calorie density and should only be used on occasion and in smaller portions. *
It’s so freaking good!

Serves 4
FatMan’s Snack Peas with a Punch

Ingredients:
1 can (15.5 oz) chickpeas, drained (you can use any type of bean)
1 tsp curry powder
2 Tbsp nutritional yeast
½ tsp ground red pepper (HOT) or tame it down to taste

Instructions:
Put all ingredients in a bowl with a lid and give it a shake until all peas are coated.
*(optional) place on baking sheet with parchment paper and bake at 400˚F for 30 minutes for a crunchy version. *

Serves 2
FatMan’s Crispy Tater Chips

Ingredients:
Yukon gold potatoes
Mandolin
Random spices
Nutritional yeast

Instructions:
So dang simple, so dang delicious. Let's go. Set your mandolin on the thinnest setting. Lay them out so they are just touching each other on parchment paper about the size of your turntable. Season them up. My favorite is a little nutritional yeast and red pepper. Microwave for about 7 minutes (right before they burn). The Mrs. likes dill and garlic powder. These puppies are better that the best kettle chips you've ever had. No joke. Endless possibilities on the spices.

*IF THEY CAN'T SPIN ON THE CAROUSEL THEY WILL START ON FIRE. *
FatMan’s Garden Gravy

Ingredients:
2 bell peppers (any color will work)
2 medium onions
1 pkg (8 oz) sliced mushrooms
1 cup water
1 tsp garlic powder
3 Tbsp cornstarch
¼ cup nutritional yeast
1 Tbsp onion powder
3 cups unsweetened plant milk
2 Tbsp liquid aminos

Instructions:
In a nonstick pan, place peppers, onions, and mushrooms along with water and garlic powder and cook covered on medium–high heat. Cook until veggies are very soft and wet (about 10 min). In a blender, add cornstarch, nutritional yeast, onion powder, unsweetened plant milk, and liquid aminos and blend on high until mixed thoroughly. Add mixture to pan and cook on high stirring constantly until a gravy–like thickness is obtained. Remove from heat and serve over potatoes, minimally processed noodles, or rice.

Serves 4
FatMan’s Minestrone Soup

**Ingredients:**
2 cans (15.5 oz each) chickpeas (drained)  
1 can (15.5 oz) pinto beans (drained)  
4 qts. water  
1 lb. frozen green beans  
1 entire stalk of chopped celery (include leaves)  
1 large finely chopped onion  
1 lb. sliced carrot  
5 leaves of kale finely chopped  
1 can (29 oz) tomato puree  
1 tsp thyme  
2 Tbsp parsley  
1 Tbsp garlic powder  
1 Tbsp onion powder  
1 Tbsp basil  
3 Tbsp liquid aminos or salt to taste (optional)

**Instructions:**
Drain the 3 cans of beans and set aside. Add all remaining ingredients into a large stock pot. Bring to a boil, uncovered, and simmer for 40 minutes. Remove from heat and add beans.  
Note: it freezes well.

Makes 8 quarts
FatMan’s Smoky Cauliflower Chili

Ingredients:
3 large onions
2 green bell peppers
1 entire stalk of celery (including leaves)
2 lbs. carrots
1 lb. sliced portabella mushrooms
1 lb. frozen corn
2 lbs. frozen cauliflower
2 qts. water
2 cans (29 oz each) tomato puree
1 Tbsp garlic powder
3 Tbsp onion powder
2 Tbsp parsley
2 Tbsp basil
1 tsp celery seed
1 Tbsp smoked paprika
¼ cup chili powder
Dash or two of red pepper (to taste)
1 Tbsp sea salt (optional / to taste)
1 Tbsp liquid smoke
1 can (12 oz) tomato paste
5 cans (15.5 oz each) beans, your choice, drained (mix them up, I used black, kidney, and pinto)
Instructions:
Chop fresh veggies up and add them to a 12 qts. (or larger) stockpot with the frozen veggies and 2 qts. of water. Add the tomato puree, all spices and liquid smoke. Bring covered pot to a boil. Remove cover and simmer on medium-high for about an hour or until carrots are tender. Stir in tomato paste and remove from heat. Stir in the 5 cans of beans (undrained) and let stand for 10 min. Taste and adjust spices to your liking. This is a huge batch so you may want to cut it in half. Also, do not be afraid to substitute and experiment. It’s pretty hard to screw up.
Note: it freezes well.

Makes 10 quarts
FatMan’s Garlic Taters and Greens

Ingredients:
5 lbs. red potatoes
10 cloves of garlic
1 cup unsweetened plant milk
2 Tbsp onion powder
3 Tbsp liquid aminos or salt to taste (optional)
½ cup nutritional yeast

Instructions:
Wash and quarter potatoes (no need to peel) and place them along with the peeled garlic cloves in a 6 quarts pot and fill with water until potatoes are covered. Cook covered on high until water comes to a boil. Remove cover and boil for 20 minutes. Drain potatoes and garlic and place them back in the pot, add plant milk along with the remaining ingredients and whip with a hand mixer until potatoes are smooth and creamy. Serve on a heaping pile of mixed greens and top with ground red pepper (optional).

Serves 5–7 hungry people – Great for parties
Hetty’s Bean and Broccoli Stew

**Ingredients:**
- 2+3 qts. water
- 2 cups dry red lentils
- 2 cups dry black beans
- 2+2 Tbsp onion powder
- 2 lbs. frozen broccoli flowerets
- 1 lb. frozen cut green beans
- 2 lb. frozen corn
- 1 pkg (8 oz) sliced portabella mushrooms
- 1 entire stalk of celery
- 2 chopped green peppers
- 2 medium chopped onions
- 1 can (29 oz) tomato puree
- 2 Tbsp liquid aminos or salt to taste (optional)
- 1 tsp black pepper
- 1/2 tsp cumin
- 1 tsp ground rosemary
- 1 Tbsp garlic powder
- 1 cup nutritional yeast
- 1 can (12 oz) tomato paste

**Instructions:**
Add 2 qts. water, dry beans and 2 Tbsp onion powder to electric pressure cooker. Cook on high pressure for 30 min. with a natural release. (You can also cook these conventionally as per directions on package.) In a 12 qts. stockpot add 3 qts. water, all fresh and frozen veggies,
tomato puree, liquid aminos, remaining spices, and nutritional yeast. Simmer on medium–high heat until celery is tender (30–40 min). Add the ingredients from electric pressure cooker along with tomato paste. Stir and remove from heat. Add salt or liquid aminos to taste (optional) Note: It freezes well.

Makes 10 quarts
Hetty’s Healthy Corn Chips

Ingredients:
Corn tortillas (check the package basically 2 ingredients, corn flour and water – no oil)
Hot sauce
Onion powder
Nutritional yeast

Instructions:
Cut tortillas into wedges (I use a pizza cutter). Place on a nonstick baking sheet or parchment paper. Coat with a very thin layer of hot sauce and sprinkle onion powder and nutritional yeast on the tortillas. Bake at 350°F for 20 minutes or until crispy. Watch closely as they will burn quickly. You can play around with the spices or just bake them plain. They are great for scooping up hummus or salsa.
**Hetty’s Banana Fruit Whip**
(just like ice cream)

**Ingredients:**
- 4 overripe bananas
- 2 cups fruit (fresh or frozen) Raspberry, Blueberry, Cherry, Peach, Blackberry or Strawberry
- Splash of unsweetened plant milk (optional)

**Instructions:**
Peel and slice overripe bananas and place in the freezer until frozen (about 2 hours). Add bananas and 2 cups of fruit to a high-speed blender and blend on high until creamy. You may need to add a splash of plant milk. You can also use a Yonanas brand machine.

*If you find overripe bananas at the store buy them and freeze them in a gallon bag to use another day. Don’t be afraid to experiment with fruits, nuts, and even cacao powder.*

Serves 2 or 3
FatMan’s Fruit Salad

**Ingredients:**
- Pineapple
- Strawberry
- Nectarine
- Kiwi fruit
- Apple
- Raisins
- Bananas
- Cantaloup
- Walnuts
- Oranges
- Mango
- Pear
- Grapes
- Watermelon
- Blackberry
- Raspberry
- Grapefruit
- Peach
- Blueberry
- Apricot
- Currants
- Cherry
- Tangerines

**Instructions:**
Grab any amount of any of the ideas from above and mix it up! Don’t forget to add it to a big pile of greens. I know this sounds like a “no brainer” but we eat so much of this. It is hands down the best thing to take to a party or social event because everyone loves something in there.
FatMan’s Black Bean Dip

**Ingredients:**
1 can (15.5 oz) black beans (drained)
1 cup salsa (whatever you like)
1 Tbsp onion powder
1 Tbsp chili powder (optional)
Red pepper (optional)

**Instructions:**
Add drained and rinsed beans, salsa, and onion powder to a high-speed blender and blend on high until mixture is smooth. Serve with fresh carrots, celery, cucumbers, or corn chips. You can also use this for a dressing for your greens or potato topper.

Serves 2 or 3
FatMan’s B-Fast Fuel

Ingredients:
1 ripe banana
1 cup any fruit (frozen work too, thaw first)
1 cup old-fashioned oats
1 cup plant milk (I use water sometimes as well)
1 Tbsp ground flaxseed
Handful of walnuts (optional)
1 Tbsp cinnamon (optional)

Instructions:
Just mix it all up and eat it! There are thousands of possibilities for this, get what is in season or what you find discounts on.
It sounds simple but I thought I would share my favorite way to eat oats, especially before a big workout or race. Do not be afraid to experiment, mine never look the same.
FatMan’s Fine Beans with Mushroom and Onion

**Ingredients:**
2 lbs. of frozen green beans (I love the extra fine beans for this)
1 large sweet onion (chopped)
1 pkg (8 oz) sliced portabella mushroom
1 Tbsp onion powder
¼ cup nutritional yeast
2 Tbsp liquid aminos

**Instructions:**
Cook frozen beans as per instruction on bag. Drain and place in mixing bowl. In a nonstick pan, place chopped onion and mushrooms and cook covered on medium-high until onions are tender. Add onions and mushrooms to the beans along with onion powder, nutritional yeast, and liquid aminos. Toss beans until they are evenly coated.

Serves 4
FatMan’s Chopped Salad

This is where health lives

**Ingredients:**
1 lb. of washed mixed greens (we like spring mix and kale)
2 heads of romaine lettuce
2 colored sweet peppers (diced)
½ medium red onion (finely chopped)
4 ribs of celery
1 pkg (10 oz) shredded red cabbage
1 pkg (10 oz) matchstick carrots
1 pkg (10 oz) broccoli slaw
2 cucumbers, peeled and sliced (and quartered)
2 fresh diced tomatoes (or handful of cherry tomatoes)

**Instructions:**
Add mixed greens and sliced romaine to a very large mixing bowl. Using a ulu knife chop greens so that pieces are no bigger than an inch in size. Add peppers, onion, celery, cabbage, carrots, and broccoli and chop a bit more while mixing. Add the cucumbers and tomatoes and give it a few more flips. Top with thinned hummus, salsa, healthy no-oil dressing, or use as a base to put your favorite bean or rice dish on. If you are prepping for the week, do not add cucumber or tomato until you are ready to eat.

Serves 5
FatMan’s Romaine Fajitas

Ingredients:
1 medium sweet onion
1 large green pepper
1 colored pepper
1 pkg (8 oz) mushrooms
1 tsp garlic powder
Splash of liquid aminos
1 head of romaine lettuce

Instructions:
Slice onion and peppers into thin strips and place into a nonstick pan with mushroom and garlic powder. Cook on high covered until veggies are softened. Uncover and add splash of liquid aminos and stir. Remove from heat and serve on romaine leaves.
FatMan’s Baked Taters and Toppin’s

Ingredients:
4 large potatoes (Yukon golds, red, russets, sweet, etc.)
Anything from the list

Instructions:
Wash potatoes, no need to peel them. Place in oven (poke holes in them if you are so inclined) and bake at 400°F for about 45 minutes or until you squeeze them, and they are soft (don’t get burned).

Potatoes get a bad rap because of what you put on them. Potatoes are super HEALTHY if you don’t load them up with fat and nasty garbage. Here are some ideas for ya. Get creative on your own but this will get you started.

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<td>Hummus</td>
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FatMan’s Lazy Cauliflower Wings

**Ingredients:**
2 lbs. frozen cauliflower
¼ cup vinegar based hot sauce (I like Franks)
¼ cup nutritional yeast

**Instructions:**
Pour the frozen cauliflower into a large mixing bowl. Stir in hot sauce and nutritional yeast and toss until cauliflower is evenly coated. Place on parchment lined baking sheet and bake at 425°F for 1 hour or until desired crispiness.
Hetty’s Healthy Popcorn

**Ingredients:**
- ¼ cup of popcorn kernels
- Vinegar
- Liquid aminos
- Chili powder
- Smoked paprika
- Onion powder
- Nutritional yeast
- Dill weed
- Red pepper
- Siracha
- Garlic powder

**Instructions:**
Popcorn is another one of those things that gets a bad rap. It’s not the popcorn, it’s the crap you put on it. So, you can air pop it with an air-popper machine or you can microwave it in a brown lunch bag. If you are using a bag, just put ¼ cup of kernels in the bag and fold the top over twice. Microwave until the popping slows to 1 or two pops a second (about 3 min. depending on wattage).

So basically, if you use a spray bottle filled with any of the liquids listed above, you can sprinkle any of the dry items and it will stick to the liquid. It’s a great way to enjoy a variety of flavors without loading it with the fat from butter. Use your imagination and experiment.
FatMan’s Walnut Blondies

Ingredients:
10 pitted medjool dates
1 very ripe banana
1 can (15 oz) Great Northern beans, drained (or any white bean)
1/2 tsp of baking powder
1/2 tsp of baking soda
1 Tbsp vanilla extract
2/3 cup of oat flour (ground, rolled oats)
2/3 cup chopped walnuts

Instructions:
Add pitted dates and banana in a high-speed blender and blend on high until smooth. Drain and rinse beans and add to blender with baking powder and soda along with vanilla. Blend on medium until smooth and mixed thoroughly. Empty contents in a mixing bowl and mix in oat flour and walnuts. Place mixture in an 8x8 baking pan lined with parchment paper or scoop into silicon muffin pan filling them about 1/2 inch each. Bake at 350°F for about 20 min. or until the top is golden brown and the middle isn’t doughy. Let cool before cutting.

Makes 6 (ya may want to double it)
FatMan’s Easy Irish Feast

Ingredients:
1 cup water
5 garlic cloves (or 1 Tbsp garlic powder)
1 small head of green cabbage
5 medium red potatoes (any potatoes will work)
2 lbs. carrots
2 medium red onions (cubed)
1 Tbsp parsley
1 tsp black pepper

Instructions:
Place water in electric pressure cooker. Add peeled garlic cloves and head of cabbage cut into wedges. Wash and quarter potatoes (no need to peel) and add to pot with peeled and chunked carrots and cubed onions. Sprinkle in parsley and pepper. Cook on high pressure for 5 minutes with a natural release. Or cook in crockpot on low for 6-8 hours or until carrots are tender.

Serves 4
FatMan’s One Pot Wonder

Ingredients:
2 cups rice (I used brown Jasmine)
4 cups water
1 large red onion (or equivalent) diced
1/2 lb. frozen corn
1 Tbsp parsley
1 tsp black pepper
1 tsp garlic powder
1 Tbsp liquid aminos or salt to taste (optional)

Instructions:
Place all ingredients in a covered sauce pan, bring to a boil and cook on medium until water is absorbed. This is definitely one of my go-to meals. It’s quick and easy and the possibilities are endless. Experiment! You can’t screw this up!

*Don’t forget to serve this on a heaping pile of greens! *

Serves at 4
FatMan’s Easy Marinara Sauce

Ingredients:
1 large onion (chopped finely)
2 large green pepper (chopped finely)
1 pkg (8 oz) mushrooms (chopped finely) (I prefer portabellas)
1 can (29 oz) tomato puree
1 Tbsp oregano
1 Tbsp basil
1 Tbsp parsley
1 Tbsp onion powder
1 tsp garlic powder

Instructions:
Place onions, peppers, and mushrooms with a splash of water in a covered nonstick pan and heat on high for about 7 minutes or until softened. Add remaining ingredients and cook on medium, uncovered, stirring occasionally. Cook until sauce is simmering and heated through.

Serve on a minimally processed noodle (rice, corn, bean, or quinoa based) or serve over veggie noodles from a spiralizer, any grain, or potato. Top with some nutritional yeast for a “cheesy” flavor.

Serves 4 or 5
FatMan’s Famous Tater Salad

**Ingredients:**
5 lbs. red potatoes (peel if desired, no need to, though)
4 ribs of celery
1 large onion
2 cans (15.5 oz each) undrained Great Northern beans (any white bean will work)
2 Tbsp mustard
1 Tbsp lemon juice
4 Tbsp white vinegar (I like rice vinegar)
1 Tbsp liquid aminos or salt to taste (optional)
2 Tbsp dill weed (optional but a nice touch)

**Instructions:**
Cut potatoes in half. Place in a pot and cover with water. Turn heat on high for 30 minutes or until they are tender. **DO NOT OVER COOK.** Immediately drain and replace the water with cold tap water to cool them as quickly as possible. You may have to drain the water and replace it again with cold. Place in refrigerator until they are completely cooled. Remove from the refrigerator. Using a very sharp knife, cut into ½ to 1-inch cubes. Place cubes into a large mixing bowl. Finely chop celery and onion and add it to the potatoes. Add all remaining ingredients including the undrained beans into a blender and blend on high until smooth. Carefully fold the mixture into the potato cubes, top with paprika and serve.

Serves 6 or 7
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