

## **Chef AJ's Mushroom Chili**

**Adapted from "The Low Fat Herbivore" by Jocelyn Graef**

### **INGREDIENTS:**

2 lbs. crimini mushrooms washed and sliced  
10 oz. chopped onions (about 2 cups)  
8 cloves garlic, put through a press  
2 cans salt-free, fire roasted tomatoes (Muir Glen, preferred)  
1 can salt-free pinto beans  
1 can salt-free kidney beans  
1 can salt-free black beans

### **Spice:**

1 tsp. dry mustard powder,  
1 tsp. crushed red pepper flakes,  
½ tsp. thyme,  
½ tsp. oregano

### **METHOD:**

Place all ingredients in an electric pressure cooker. Cook on high pressure for 6 minutes. Release pressure. Stir in 1 lb. organic frozen corn. Delicious over brown rice or baked Yukon gold potato.

### **About Chef AJ**

Chef AJ is a chef, culinary instructor, professional speaker and author. She has followed a plant-based diet for over 30 years and she holds a certificate in plant-based nutrition from Cornell University and is a member of the America College of Lifestyle Medicine.

For more great recipes from Chef AJ get her book "Unprocessed" at [Amazon.com](http://Amazon.com)

Get more information on Chef AJ's teleclasses and seminars at <http://www.chefajshealthykitchen.com/>

## **Chef AJ's Rainbow Fiesta Rice**

You can purchase all the ingredients for this festive dish at your local salad bar if you don't want to cook the rice or make the salsa.

### **INGREDIENTS:**

1 pound cooked brown rice (approximately 4 cups)

1 cup pico de gallo salsa, or more to taste (Page 149 of UNPROCESSED) or your favorite salsa

1 can salt-free black beans, rinsed and drained (or 1.5 cups of cooked beans).

2-4 cups of mixed vegetables (or your favorite salad bar fixins') - For a rainbow effect, Chef AJ likes to use shredded carrots (orange), corn (yellow), peas (green), red onions (purple) and the salsa is red.

### **METHOD:**

Mix all ingredients together in a large bowl and chill. If you can't wait, well, then go ahead and eat it warm or at room temperature.

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