



Bronx Cooks Together: Demo Recipes

Whole food, plant-based cooking demo - June 30, 2020

Recipes contributed by Chef Blenlly Mena, [Next Stop Vegan](#)

Beet Hummus

½ pound beets (approx. 4 small to medium sized beets), scrubbed, peeled, and cubed
1-15 ounce can of garbanzo beans, drained and washed
3 T tahini
5 T lemon juice
1 T garlic powder or 1 small clove
1 tsp of paprika
A pinch of salt
Fresh ground pepper to taste



Chef's note: Wash the garbanzo beans with white vinegar for a few minutes.

- Heat a pot filled with water.
- Add beets in boiling water. Cook until beets are tender. Use a fork to ensure the beets are tender and soft.
- In a blender, add the beets, garbanzo beans, and remaining ingredients.
- Blend until the mixture is uniform and smooth.

No Mayo "Tuna" Sandwich

1-15 ounce can of garbanzo, drained and washed with white vinegar
1 celery stalk
1 large carrot
2 T vinegar
1 tsp paprika
1 T garlic or 1 small clove
5 T lemon juice
A pinch of salt
Fresh ground pepper to taste
Desired toppings such as sliced cabbage, tomatoes and red onions

- Chop celery and carrot into small pieces.

- Mash remaining ingredients.

Banana Mint Ice Cream

4 frozen bananas, cut in chunks or halves

3-4 leaves of mint (depends on how strong you prefer)

3 pitted dates

½ cup oats

Hint of salt

Cacao nibs and additional mint leaf for garnish

- In a blender, add in bananas and mint leaves. If you have a high-speed blender, you can blend dates, too.
- While blending, add the oats.
- Blend until smooth. Add salt if desired.
- Scoop the banana ice cream and place it in a bowl.
- Sprinkle cacao nibs and add a fresh mint leaf before serving.

Tip: If you don't have a high-speed blender, soak the dates to soften them.