

# Ayurveda Global Cuisine Soups & Entrees

TEN DELICIOUS RECIPES  
*all following ayurvedic principles*





## Joseph Rich, Ayurvedic Chef and Teacher of Applied Consciousness

Find Joe at: [www.CenterForAppliedConsciousness.com](http://www.CenterForAppliedConsciousness.com)

As Hippocrates said "let food be your medicine, and medicine be your food." Please enjoy these recipes and feel free to change them to suit your tastes. The more you personalize your foods, the more they come to life and nourish your body. Also, remember that the environment that you are eating in is as important as the food itself. So, share these recipes with your friends and loved ones by inviting them over to dine with you.

In Ayurveda we say "we are not what we eat, but what we digest." Many blessings and buon appetito.

Joseph Rich



## Jennifer Day, Programs Director and Educator

Find Jennifer at: [www.iiayurveda.com](http://www.iiayurveda.com)

This book has been years in the making, and I am grateful that we have both the resources to put it together and the push from friends and community around us to do so.

One of the most important lessons I've learned in our kitchen is how many people are in love with being cooked for. If you're a cook, or are learning how to cook, please take these recipes and find others to share a meal with. It not only serves you and your community - it also serves the elevation of community at large.

Jennifer Briere



## Victor Briere, Ayurvedic Doctor

Find Victor at: [www.iiayurveda.com](http://www.iiayurveda.com)

Since starting an ayurvedic clinic over a decade ago, our clients have been requesting fantastic ayurvedic recipes that went beyond kitchari. I'm so happy for us to have finally put together ten extremely accessible and delicious recipes created on ayurvedic principles.

Use them, expand on them, create with them, and let them guide you while aspiring to an ayurvedic life.

Victor Briere

## Additional Thanks To:



**Bill Oxford**

Food Photography



**Lisa Wieneke**

Food Staging

# recipes

- 1 Ribollita Soup
- 2 Italian White Bean Soup
- 3 Penne Pasta with Fresh Pepper Sauce
- 4 Pesto Pasta Sauce + "Cheese" Sauce
- 5 Asparagus Risotto
- 6 Stuffed Acorn Squash
- 7 Shepherd's Pie
- 8 Veggie Burgers
- 9 Coconut Curry
- 10 Chinese Vegetables
- 11 Hungarian Goulash

\* The recipes can be reduced or multiplied - they scale proportionally \*

\* This recipe book is provided at no charge. If you would like to donate to our education and charity programs, visit: <https://square.link/u/W35y6EoX> \*



# Ribollita Soup

SERVINGS: 12

COOK TIME: 1 HR (W/ROASTING)

## Ingredients

1 Loaf of Fresh or Stale Bread  
3 Red Bell Peppers (or equal amount of jarred/canned pre-roasted peppers)  
2 x 14oz cans Artichoke Hearts  
6 Medium Carrots  
6 Pieces Celery Stalk  
1 Medium Zucchini  
1/2 cup Water  
4 x 15oz cans Cannellini Beans  
2 TBL Fresh Chopped Rosemary  
1 Bunch Fresh Chopped Parsley  
3 TBL Oregano  
1 TBL Salt  
1 TBL Thyme  
1 TBL Sage  
1/2 TBL Ginger Powder (opt.)  
3 TBL Smokey Paprika  
3 TBL Olive Oil  
Additional 2-3 Cups water

## Directions

- 1.Heat oven to 350°F. Roast the red bell peppers until liberally charred, about 45 minutes.
- 2.Cut the bread into chunks. If the bread is fresh, toast it in the oven until crispy.
- 3.While peppers are roasting, chop the vegetables and add to a pot with the 1/2 cup of water. Cook on medium until al dente, about 20 minutes. When they are done, stir the beans and herbs (excluding smokey paprika and olive oil) into the pot and turn off the burner.
- 4.When the peppers are roasted, blend in a blender with the smokey paprika and olive oil to make a paste.
- 5.Stir the pepper paste into the soup pot, and add the additional 2-3 cups of water to your desired consistency. Turn on the burner, and allow the soup to simmer for 5-10 minutes.
- 6.Place the hardened bread pieces into bowls, and ladle the soup on top.

*This recipe takes only 30 minutes when using pre-roasted peppers.*



# Italian White Bean Soup

SERVINGS: 12    COOK TIME: 30 MIN

---

## Ingredients

1 Medium Fennel Bulb  
2 Medium Carrots  
1 Medium Sweet Potato  
1 Bunch Basil  
1 TBL Oregano  
1/2 TBL Sage  
1/2 TBL Thyme  
1/2 TBL Fresh Minced Rosemary  
7 cups Water  
4 x 15oz cans Cannellini Beans,  
or Other White Beans  
1/2 cup Olive Oil  
1 TBL Salt  
4 cups Loosely-Packed Spinach  
1 tsp Liquid Smoke  
1 cup Nutritional Yeast

## Directions

1. Chop all vegetables, and place in a pot (excluding spinach) with 5 cups of water and all herbs.
2. Meanwhile, puree 2 cans of beans in a blender with the olive oil and salt. Blend until smooth, then add into the vegetable pot.
3. When the vegetables are cooked, add the other 2 cans of beans and spinach. Then add the liquid smoke and nutritional yeast, to taste. Stir, and serve.



# Penne Pasta with Fresh Pepper Sauce

SERVINGS: 12

COOK TIME: 1 HR (W/ROASTING)

## Ingredients

Sauce:

3 Red Bell Peppers (or equal amount of jarred/canned pre-roasted peppers)

1 cup Olive Oil

3-4 TBL Smokey Paprika

3 TBL Fresh Chopped Rosemary

3 TBL Oregano

1 TBL Salt

1 TBL Sage

1 TBL Thyme

1 TBL Turmeric

Vegetables

2 cans Artichoke Hearts

6 Medium Carrots

1 Medium Zucchini

1/2 cup Water

Pasta:

Penne to serve 12.

## Directions

1. Heat oven to 350°F. Roast the red bell peppers until liberally charred, about 45 minutes.
2. While peppers are roasting, chop the vegetables and add to a pot with the 1/2 cup of water. Cook on medium until al dente, about 20 minutes. When they are done, turn off the burner.
3. While peppers are roasting and vegetables are cooking, bring a separate pot of water to a boil.
4. When the peppers are roasted, add them to a blender until you have 32 ounces of blended red peppers. Add the rest of the sauce ingredients, and blend until mostly smooth.
5. Add your penne to the boiling water to cook.
6. Pour roasted pepper sauce into the vegetable pot. Strain the penne pasta when done.
7. Serve and enjoy!

*This recipe takes only 30 minutes when using pre-roasted peppers.*

# Two Additional Pasta Sauces

---

## Pesto Pasta Sauce

SERVINGS: 12      PREP TIME: 10 MIN

2 Bunches Fresh Basil  
1 Bunch Fresh parsley  
8 cups Spinach  
2 cups Olive Oil  
3-4 TBL Smokey Paprika  
1 TBL Oregano  
1 TBL Salt  
1 TBL Sage  
1 TBL Thyme  
1 TBL Turmeric  
1 TBL Fresh Chopped Rosemary

Directions: Blend all ingredients.

## 'Cheese" Sauce for Macaroni

SERVINGS: 12      PREP TIME: 10 MIN

4 cups Soy Milk, Unsweetened  
1 TBL Stone Ground Mustard  
1 TBL Turmeric  
1 TBL Salt  
2 tsp Smokey Paprika  
1/2 cup Olive Oil  
6 TBL Unbleached All-Purpose Flour (or White Spelt Flour)

Directions: Blend all ingredients except flour. Add flour a tablespoon at a time, and blend until you get your desired consistency. Mix into macaroni pasta for 12.





# Asparagus Risotto

SERVINGS: 12      COOK TIME: 45 MIN

---

## Ingredients

### Roasted Asparagus:

- 4 lbs Asparagus
- 1/2 cup Sesame Oil
- 2 TBL Smokey Paprika
- 1 TBL Powdered Ginger

### Risotto + Sauce:

- 1 Fennel, Chopped
- Approx. 4 TBL Olive Oil
- 6 cups Arborio Rice
- 14 cups Water
- 3 x 13.5 oz cans Coconut Milk
- 2 cups Nutritional Yeast
- 3 TBL Tahini
- 2 TBL Oregano
- 1 TBL Salt
- 1 TBL Red Chili Powder
- 1 tsp Saffron
- 1 Bunch Parsley, Chopped
- 1 Bunch Basil, Chopped
- 3/4 cup Vegan Butter (or Coconut Oil)
- 1/2 Green Olives, Chopped

## Directions

1. Preheat the oven to 425°F.
2. Place the asparagus in a 20" x 12" pan, and toss with the other roasting ingredients. Place in the pre-heated oven to bake for about 20 minutes. Check periodically.
3. While the asparagus is roasting, saute the fennel in a pot with enough olive oil to coat everything.
4. Add the rice and saute until it "cracks."
5. Add the water, 1 cup at a time, and stir. Let each cup absorb into the rice before adding another. Stir regularly.
6. While the rice cooks, blend the coconut milk, nutritional yeast, tahini, oregano, salt, red chili powder, and saffron in a blender.
7. When the water is all in, and the rice is completely cooked, add in the blended ingredients, parsley and basil. Stir to mix together completely.
8. Stir in the vegan butter and olives to taste right before serving.



# Stuffed Acorn Squash

SERVINGS: 12    COOK TIME: 1 HOUR

---

## Ingredients

6 Acorn Squash  
Approx. 4 TBL Olive Oil  
3 cups of Black Forbidden Rice  
3-1/2 cups Water  
1 Fennel, Chopped  
1 cup of Chopped Celery Stalks  
1 Bunch of Parsley, Chopped  
1 Bunch of Basil, Chopped  
2 TBL Fresh Chopped Rosemary  
1 TBL Thyme  
1 TBL Salt  
1/2 TBL Sage  
3 cups of Almonds, Toasted and Chopped

Gravy:  
3/4 cup Olive Oil  
3/4 cup All-Purpose Flour  
1/3 cup Tamari  
3/4 tsp Sage  
3/4 tsp Salt  
3 cups Water

## Directions

1. Preheat the oven to 375°F.
2. Cut the squash in half and remove the seeds. Place face down on a lightly oiled baking sheet (or, a baking sheet with silicone mat) and bake for about 35 minutes. Test that it is cooked through with a fork or knife.
3. While the squash is roasting, cook the 3 cups of black rice with 3 cups of water, in a rice cooker or an Instant Pot (sealed, on rice setting with high pressure).
4. With the squash and rice cooking, place all the vegetables, herbs, and almonds, and 1/2 cup of water together in a separate pot, and cook on medium heat.
5. While all of the above is cooking, prepare the gravy by mixing all of the ingredients into a small pot. Cook at a simmer for five minutes, stirring or whisking regularly.
6. When the rice is done, mix it into the vegetable pot.
7. When the squash are done, dish them on plates and put 2 scoops of the veggie/rice mixture in the indent of each. Drizzle gravy on top.



# Shepherd's Pie

SERVINGS: 12      COOK TIME: 1 HOUR

---

## Ingredients

12 cups Cubed Sweet Potato  
A Pot of Water  
1 Medium Fennel  
2 Medium Carrots  
2 Small Zucchini  
1 Bunch Asparagus  
1 Bag Frozen Peas  
1 Bag Frozen Corn  
1/2 cup Water + extra on hand  
2 TBL Smokey Paprika  
2 TBL Oregano  
1 TBL Sage  
1 TBL Thyme  
1 TBL Rosemary  
1 TBL Salt  
1 TBL Red Chili Powder  
1 TBL Turmeric  
3 TBL Methi  
1 cup Tahini  
1 can Coconut Milk  
1/2 cup Nutritional Yeast  
\*Optional: Gravy from the Stuffed Squash recipe\*

## Directions

- 1.Pre-heat the oven to 375°F
- 2.Boil the Sweet Potatoes in the pot of water until soft enough to mash.
- 3.Chop all vegetables, and place in a pot with 1/2 cup of water. Begin cooking on high without a lid. Add the herbs and spices, mix in. The veggies should release their own water as they cook. Add water if necessary to avoid the vegetables from drying out, but avoid having excess water in the pot.
- 4.When the vegetables are cooked, add tahini to the vegetables and stir in gently.
- 5.Strain the potatoes, and mash in the pot they cooked in with the coconut milk.
- 6.Coat a 20"x12" baking pan with olive oil.
- 7.Layer potatoes, then vegetables, then potatoes again in the pan.
- 8.Sprinkle the nutritional yeast on top.
- 9.Bake, uncovered, for ~ 30 minutes.
- 10.If you are making the gravy, prepare while the Shephard's Pie is baking.
- 11.Serve, and top with gravy if desired.



# Vegetarian Burgers

SERVINGS: 12    COOK TIME: 45 MIN

---

## Ingredients

1 cup Dry Quinoa  
3-1/4 cups Water  
1-1/2 TBL Olive or Coconut Oil  
1 Small Carrot  
1 Small Fennel  
1-1/2 TBL Oregano  
1 TBL Sage  
1 TBL Thyme  
1 tsp Salt  
2 x 14oz cans Garbanzo Beans,  
or Black Beans

Plus Your Desired  
Toppings/Sauces

## Directions

- 1.Pre-heat the oven to 350°F.
- 2.Sauté the dry quinoa in a pan with the oil, until it "cracks." Add 3 cups of the water, bring to a boil, then simmer covered for about 20 minutes. Check it periodically. (You can skip the step of sautéing the quinoa, but the patties will become more mashed than firm). If the quinoa is done but there is excess liquid, then turn the burner off and allow excess moisture to steam out.
- 3.While the quinoa cooks, roughly chop the vegetables and cook them in 1/4 cup of water in a separate pot.
- 4.When the vegetables are done, and the water from the pot evaporated, turn off the burner. Add the herbs, salt, and beans. Stir them together. When the quinoa is done, add to the pot and stir as well.
- 5.Add the full mixture to a food processor and pulse until just small pieces of everything remain.
- 6.Form into patties and bake for 20 minutes. Flip, and bake another 10-15 minutes.



# Coconut Curry

SERVINGS: 12    COOK TIME: 30 MIN

---

## Ingredients

Vegetables:

- 6 Medium Carrots
- 3 Medium Zucchini
- 1 Bunch Asparagus
- 1 Medium Fennel
- 12oz Tofu, Cubed (optional)
- 1/4 cup water

Sauce:

- 6 x 13.5oz cans Coconut Milk
- 2 TBL Coriander
- 2 TBL Curry Leaf
- 2 TBL Fennel
- 2 TBL Methi (Fenugreek Leaves)
- 2 TBL Turmeric
- 1 TBL Salt
- 1 TBL Cumin
- 1 TBL Ginger
- 2 cups Coconut Shreds

Rice: Cooked basmati rice to serve 12

## Directions

1. Chop all vegetables, and cook in a pot with the water.
2. In a separate pot, mix together the sauce ingredients and cook on medium heat for about five minutes, stirring regularly.
3. When the vegetables are cooked how you like them, combine the sauce into the vegetables and stir.
4. Serve over the rice.



# Chinese Vegetables

SERVINGS: 12    COOK TIME: 30 MIN

---

## Ingredients

Vegetables:

- 4 Medium Carrots
- 2 x 8oz cans Water Chestnuts
- 2 x 8oz cans Bamboo Shoots
- 2 Handfuls Green Beans
- 2 Handfuls Snow Peas
- 1 Bunch Asparagus
- 1/2 cup Water

Sauce:

- 16oz Fermented Black Beans ("douchi")
- 1 cup Tamari
- 1 cup Toasted Sesame Oil
- 1/2 cup Sucanat or Sugar
- 3 TBL 4-Spice Mix
- 1 TBL Ginger Powder
- Liquid Smoke, to taste

Rice/noodles: Cooked basmati rice or rice noodles to serve 12

## Directions

1. Add all sauce ingredients to a blender, and blend until smooth.
2. Chop all vegetables and cook in the water until al dente.
3. Add the sauce ingredients to the vegetable pot, and continue simmering for 5-10 more minutes.
4. Serve the vegetable + sauce mixture over rice or noodles. Top with sesame seeds if desired.

*We custom make our 4-spice blend with:  
4 parts Star Anise Powder, 3 parts Anise Seed Powder,  
1 part Cinnamon Powder, and 1 part Fennel Seed Powder.  
Alternatively, you can use a store-bought 5-spice blend.*



# Hungarian Goulash

SERVINGS: 12

COOK TIME: 1 HR (W/ROASTING)

## Ingredients

3.5 Cups of Red Bell Peppers  
2 Zucchini  
6 Medium Yukon Gold Potatoes  
1 Medium Fennel Bulb  
1 Bunch of Asparagus  
6 Medium Carrots  
4-8oz Packages of Tempeh  
1/2 cup Water  
4 TBL Smokey Paprika  
2 TBL Red Chili Powder  
1 TBL Salt  
3/4 - 1 cup Olive Oil  
1/4 cup Soy Milk, Unsweetened  
3/4 cup Nutritional Yeast

Goulash Base: Quinoa or Rice

Sauce:

2 cups Vegan Mayonnaise  
1 Lemon, Juice of  
1 Bunch Dill, Finely Chopped  
2 Cups Blanched Almonds, for garnish

## Directions

- 1.Heat oven to 350 \*F. Roast the red bell peppers until liberally charred, about 45 minutes.
- 2.While peppers are roasting, chop the vegetables and tempeh, and add to a pot with the 1/2 cup of water. Cook on medium until al dente, about 20 minutes. When they are done, turn off the burner.
- 3.When the peppers are roasted, blend in a blender with the smokey paprika, chili powder, salt, olive oil, and soy milk to make a paste.
- 4.Add the red pepper paste into the vegetable/tempeh pot, and mix well. Turn the pot on and simmer everything together for five minutes.
- 5.Serve over quinoa or rice, with a topping of the sauce.

*This recipe takes only 30-40 minutes when using pre-roasted canned/jarred peppers of equal amount.*





# Contact us

+1 707-225-8844

[www.iiayurveda.com](http://www.iiayurveda.com)

[www.centerforac.com](http://www.centerforac.com)

Via dell'Opio nel Corso, 3  
Montepulciano Italy



Ayurveda Global Cuisine

Copywrite 2022 by the Center for Applied Consciousness