

# Marinated Tomato Poke Bowls

**Serves** 3-4

**Time** 25 minutes

**Vegan**

**Common Allergens** soy, sesame, may contain wheat, egg

## Ingredients

For tomato poke:

- 3 roma tomatoes
- 2 tablespoons soy sauce or tamari
- 1 tablespoon agave
- 1 teaspoon sambal oelek
- 1 teaspoon toasted sesame oil
- 1 teaspoon minced ginger

For poke bowls

- 2 cups cooked sushi rice
- 2 cups cucumber, cut into strips
- 2 cups shelled edamame
- 2 medium avocados, sliced
- 1 mango, peeled and chopped
- 2 green onions, thinly sliced

Optional toppings:

- Sriracha mayonnaise - mix 3 parts vegan mayo with 1 part sriracha or to taste
- 1 cup pickled ginger
- 2 radishes, sliced
- 2 tablespoons furikake



## Instructions

To make tomato poke:

1. Place enough water in a saucepan to submerge the tomatoes and bring to a boil.
2. Score the tops of the tomatoes with an X as wide as the diameter of the tomato. Add to the boiling water and cook for 1 minute. Remove from boiling water and place into a bowl of ice water.
3. Once the tomatoes cool, peel off the skins. Chop into small ( $\frac{1}{2}$  inch) cubes.
4. Mix the remaining ingredients in a food storage container and the chopped tomato. Stir and refrigerate for at least 1 hour.

To assemble poke bowls:

1. To each bowl, add  $\frac{1}{2}$  cup cooked rice,  $\frac{1}{2}$  cup cucumber strips,  $\frac{1}{2}$  cup edamame, half of each avocado, a quarter of the mango, and garnish with green onion. Add the optional ingredients if desired.

## Notes

- Some types of furikake contain fish - check labels if you need this recipe to be fish-free
- You can use regular mayo instead of vegan mayo if you don't need it to be vegan/egg-free
- Omit the furikake and replace the sesame oil with another oil such as canola to make this recipe sesame-free
- Use gluten-free soy sauce or tamari to make this recipe gluten- and wheat-free
- Other topping ideas: seaweed salad, shredded carrots, tomato, jalapeno, red cabbage, kimchi, other sauces
- You can make this a salad by using leafy greens as the base instead of rice.

# Plant-Based & Planet-Friendly

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For past cooking class recipes, go to [uhs.berkeley.edu/cookwellberkeley](https://uhs.berkeley.edu/cookwellberkeley)



## Southwest Rice & Lentil Skillet

**Serves** 4

**Time** 45 minutes

**Vegan**

**Common Allergens** none

Recipe from [Budget Bytes](#)

### Ingredients

- 1 tablespoon olive oil
- 1 cup red onion, diced
- 2 cloves garlic, minced
- 2 teaspoons cumin
- 2 teaspoons chili powder
- ½ teaspoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- ½ cup brown lentils, rinsed
- 1 150 ounce can black beans, drained & rinsed
- 1 14.5 ounce can fire roasted tomatoes
- 1 cup frozen corn
- 2 cups vegetable broth
- ¾ cup long grain white rice, rinsed
- 2 green onions, sliced



### Notes

- Optional: After cooking, add ½ cup shredded cheddar cheese, using vegan cheese if preferred.

### Instructions

1. Heat a large, deep skillet over medium heat. Add olive oil and onion and sauté until onions are translucent, approximately 2-3 minutes. Add garlic and sauté an additional 30 seconds or until garlic is fragrant.
2. Add the cumin, chili powder, oregano, salt, and pepper to the skillet, stir and toast spices for about 30 seconds.
3. Next add in the lentils, black beans, fire roasted tomatoes (with juices), corn, and vegetable broth. Stir everything to combine. Place a lid on the skillet, turn the heat up to medium-high, and allow the mixture to come to a full boil. Once boiling, immediately reduce the heat to medium-low and simmer for 5 minutes. This will allow the lentils to start cooking first before adding the rice.
4. After 5 minutes, remove the lid and add the rice. Stir briefly just to evenly distribute the rice, cover with a lid, bring the skillet back to a boil, then reduce the heat again and simmer for 20 minutes.
5. After 20 minutes, remove the skillet from the heat and let it rest, with the lid on, for 5 minutes. After it has rested, remove the lid, fluff the rice and gently stir to redistribute the veggies.
6. Top the lentils and rice mixture with sliced green onions and serve.