

One Pot Burrito Bowls

Serves 4

Time 45 minutes

Vegan

Common Allergens Check labels

Recipe from [Okonomi Kitchen](#)

Ingredients

- 1 teaspoon canola oil or other cooking oil
- $\frac{3}{4}$ cup yellow onion, chopped (about $\frac{1}{2}$ large)
- 15-ounce can black beans, rinsed & drained
- 10-ounce bag frozen corn
- 1 cup bell pepper, chopped (about 1 large)
- 1 cup salsa
- 4-ounce can diced green chiles
- 2 tablespoons [taco seasoning](#)
- 1 cup long grain jasmine rice
- 1 cup water or broth

Optional toppings

- Lettuce, fresh tomatoes, red onions, green onions or cilantro
- Guacamole or avocado
- Vegan sour cream
- Salsa
- $\frac{1}{2}$ cup vegan cheese



Instructions

Stovetop Instructions

1. Heat a stock pot over medium heat. Add oil, then onions and cook for 5 minutes, stirring occasionally, until they start to brown.
2. Add the black beans, corn, bell pepper, salsa, green chiles, taco seasoning, rice and then water/broth. Ensure that the rice is fully submerged underwater (do not stir the rice but layer it evenly on top of the other ingredients).
3. Reduce heat to a simmer, cover, and let cook 16-20 minutes, or until rice is cooked and liquid is absorbed. If rice is cooking unevenly, gently stir to incorporate the rice in the last few minutes of cooking.
4. Serve with toppings of your choice.

Instant Pot Instructions

1. Set instant pot to sauté. Add oil, then onions and cook for 5 minutes, stirring occasionally, until they start to brown. Turn off the sauté setting. Deglaze the pan to prevent burning by pouring 2 tablespoons of water or broth into the pot and using a wooden spoon to scrape the bottom of the pot.
2. Add the black beans, corn, bell pepper, salsa, green chiles, taco seasoning, rice and then water/broth. Ensure that the rice is fully submerged underwater (do not stir the rice but layer it evenly on top of the other ingredients). Cook on high pressure for 10 minutes. Allow the pressure to release naturally.
3. Serve with toppings of your choice.

Note

- If you don't have taco seasoning, add 1 tablespoon chili powder, 1 teaspoon ground cumin, 1 teaspoon paprika, $\frac{1}{2}$ teaspoon dried oregano, $\frac{1}{2}$ teaspoon salt, and $\frac{1}{2}$ teaspoon black pepper
- If you don't need the recipe to be vegan or dairy-free, you can use dairy cheese and sour cream

Crispy Sheet Pan Gnocchi & Veggies

Serves 4

Time 5 minutes

Vegetarian, can be vegan

Recipe from [The Kitchen](#)

Common Allergens Wheat, milk

Ingredients

- 1 pound fresh, shelf-stable, or frozen potato gnocchi
- 2 medium bell peppers, cut into 1-inch chunks
- 1 pint grape or cherry tomatoes
- ½ cup red onion, thinly sliced
- 3 sprigs fresh rosemary
- 4 cloves garlic, minced
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 tablespoons olive oil, plus more for drizzling

Optional Toppings:

- 4 ounces burrata cheese
- ½ cup pesto
- 1 tablespoon fresh basil, leaves sliced or torn
- Grated Pecorino Romano or Parmesan cheese
- Red pepper flakes



Instructions

1. Arrange a rack in the middle of the oven and heat the oven to 450°F. Line 2 baking sheets with parchment paper or silicone baking mats.
2. In a large bowl, combine gnocchi, bell peppers, tomatoes, onion, rosemary sprigs, garlic, salt, and pepper. Drizzle with olive oil and gently toss to combine. Transfer to the baking sheets and spread into an even layer.
3. Roast, stirring halfway through, until the gnocchi are plump and the vegetables are tender and starting to brown, 18 to 20 minutes total.
4. Remove the baking sheet from the oven. Remove the rosemary sprigs. If using, immediately tear burrata cheese and scatter over the gnocchi and vegetables. Top with other optional toppings if using: pesto, basil, parmesan, or red pepper flakes. Drizzle with more olive oil, if desired.

Note

- To make this a more complete meal, serve with a protein side or add a protein source to the pan, such as beans, sliced sausage, crumbled sausage, or frozen meatballs.

Quick and Easy Meals

Fall 2025

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Veggie Pot Pie

Serves 4-6 **Time** 1 hour **Vegetarian, can be vegan** **Common Allergens** Wheat, crust may contain milk
Recipe adapted from [Plant You](#)

Ingredients

- 16 ounces frozen mixed vegetables (peas, carrots, corn etc.), about 4 cups
- 1 ½ cups plain unsweetened soy milk
- 15-ounce can white beans, rinsed and drained
- 1 cup vegetable broth
- 3 tablespoons nutritional yeast
- 1 tablespoon dried thyme
- 1 tablespoon dried minced onion or 1 teaspoon onion powder
- 1 teaspoon salt
- 1 teaspoon dried sage
- 1 teaspoon turmeric
- ½ teaspoon black pepper
- ½ teaspoon garlic powder
- ¼ cup cornstarch
- 1 premade pie crust, thawed if frozen

Optional “egg” wash:

- 1 teaspoon oil such as canola or olive
- 1 teaspoon soy milk
- 1 teaspoon agave nectar



Instructions

1. Preheat oven to 375°F.
2. Heat a large, high-walled, oven-safe skillet over medium-high heat. Add the frozen vegetables, soy milk, beans, broth, nutritional yeast, thyme, onion, salt, sage, turmeric, black pepper, garlic powder. Stir well to combine and heat until it starts bubbling.
3. Meanwhile, mix the corn starch with ¼ cup water in a small bowl and stir until well combined.
4. Reduce heat to low. Give the corn starch mixture another stir in case it has settled, then add to the vegetable mixture and stir constantly for 1-2 minutes. The mixture will thicken quite a bit. It should look like a thick, creamy soup. If it is too thick for your preferences (it will thicken a bit while baking), add water 1 tablespoon at a time until it reaches desired consistency.
5. Remove from heat and place the pie crust on top, being careful not to burn your fingers on the edges of the pan. You do not need to press the dough to the pan edges - it can just sit on top of the mixture. It's okay if it looks a little rustic! Use a knife to poke a hole in the center to allow steam to escape.
6. Optional: In a small bowl, combine oil, soy milk, and agave nectar. Stir well and brush on top of the pie crust to help it brown and become shiny.
7. Place pan in the oven for 45 to 50 minutes, until the top is browned. Let cool for 10 minutes, then serve.

Note

- If preparing ahead, stop after step 6 and refrigerate until ready to bake. It may take a bit longer to bake since it will be cold when you put it in the oven.
- If you prefer to bake the pie in a pie plate, transfer the mixture to the pie plate after step 4.
- For a puff pastry top, transfer the mixture after step 4 to a rectangular casserole dish and top with thawed pre-made puff pastry, then cut a hole for steam to escape.