

The Best Sh*t I've Ever Made

VOLUME 1:
MY FIVE ALL-TIME FAVORITE MUST-
TRY ENTREE RECIPES

By: Tess Challis

Hey loves!

Thanks for grabbing a copy of my lil' e-book.

This was hella fun to create for you, and I'm not even kidding. I mean, lists are fun, top five favorites of anything are fun, and eating delicious vegan food is *definitely* fun, right??

Despite the fact that I've written five cookbooks (and have another one in the works), I'd be lying if I said I didn't play favorites. Yes, there are lots of other recipes I totally love and think you should try, but if I HAD to pick five all-time faves at this particular moment, these would be it.

Stay tuned for another volume, coming soon - I'm thinking I'll do my top five desserts next time!

Hope you enJOY these recipes, and please let me know which one is your favorite. Also, if you post any photos of these dishes online, feel free to tag me in them. It always makes my day to see you enjoying my recipes, friends!

xo

Tess Challis

"One Degree" Coach, Author, & Vegan Chef

www.tesschallis.com



Photo by Anna Pelzer

Loaded Jackfruit Nachos

Yes, you get to eat nachos and call them “dinner.” Yes, oh yes. Make up the jackfruit and cheesy sauce ahead of time to greatly simplify your future food life. Also, invite me over when you make these. K thanks.

Jackfruit:

20 oz. can jackfruit, drained
¼ cup EACH: BBQ sauce and water
2 tablespoons tamari, shoyu, or soy sauce
1 tablespoon fresh lemon juice
4 large cloves garlic, minced or pressed
1 teaspoon onion granules
1/8 teaspoon cayenne powder

Nacho Cheesy Sauce:

1 cup raw cashews*
8 oz. roasted red peppers, drained (if in a jar)
½ cup nutritional yeast
¼ cup plus 2 tablespoons fresh lemon juice
6 medium-large cloves garlic, peeled
¼ cup water
2 teaspoons granulated onion
1 ½ teaspoons sea salt

Toppings:

Two medium tomatoes, chopped

½ cup EACH: chopped cilantro and minced red onions

Optional, for kick: 2 jalapenos, thinly sliced

Optional, for avocado love: 1 avocado, chopped or fancifully sliced

Chip Situation:

Tortilla chips of your choice

OR:

8 sprouted corn tortillas, cut into fourths

Coconut oil spray

1. *For the jackfruit:* Place all of the ingredients in a large skillet (I use a nonstick, as there's no oil in this recipe) over high heat. Stir well and break up the jackfruit a bit with your spatula. Once the mixture boils, reduce heat to low. Continue to cook, stirring often (and breaking up the jackfruit as you stir), for about 20 minutes, or until all of the liquid has been absorbed. Set aside.
2. *For the cheesy sauce:* Blend the Nacho Cheesy Sauce ingredients in a blender until velvety smooth. *NOTE: If you don't have a high-speed blender, you'll first need to soak the cashews for a few hours in the water and lemon juice to soften them.
3. *For the chips:* If you're using store-bought chips, skip this section because you're on easy street at this point. *If you want to make super healthy chips, do the following:* Lightly spray the cut tortillas with the oil. At 400 degrees, air-fry or bake in a single layer on a cookie sheet until lightly browned (this usually takes about 10 minutes, but really varies with different ovens). Remove from heat and allow to sit at room temperature for a few minutes to crisp up.
4. *To assemble:* Place the chips on plates, and then evenly top with the jackfruit, cheesy sauce, tomatoes, cilantro, red onion - and jalapeno and avocado if using. Enjoy!

Makes 2 large (dinner size) servings of nachos; GF/Blue (according to the health guidelines in my cookbooks and programs)



Photo by Michelle Cehn

Michelle Cehn

Panang Curry Veggies

This is a new recipe, but quickly becoming a favorite. The sauce is a “cheater” (slightly non-traditional and supermarket-friendly) take on panang curry, and comes together in a flash. I dedicate this to anyone who loves Thai curries, but thinks they can’t make a delicious version at home. YES. YOU. CAN.

Rice*:

1 ½ cups rice, brown or white
3 cups water

Sauce:

One can (approximately 14 oz) coconut milk, full fat
¼ cup plus 2 tablespoons coconut sugar
¼ cup EACH: red curry paste and natural peanut butter, smooth
2 tablespoons coconut oil
4 large cloves garlic, peeled
1 teaspoon grated lime zest
1 teaspoon sea salt

Veggies:

8 cups stir-fry veggies of your choice (I like shiitake mushrooms, broccoli, onions, and carrots)

1. *Make the rice:* If you have a rice cooker, you know what to do. *If not:* Bring the rice and water to boil in a covered pot. Reduce heat to low and simmer until water is absorbed and rice is tender. While the rice is cooking you can get the rest of the meal ready!
2. *Make the sauce:* Place all of the ingredients in a blender and process until smooth and emulsified.
3. *Do up the veggies:* In a wok or large skillet, heat a teaspoon of oil and add the vegetables. Stir-fry until crisp-tender. (Add the veggies in order of how long they take to cook and how thickly you've cut them, so that they cook in an even way.) Alternatively, you can steam the vegetables. I sometimes just put them in a steamer basket over the rice in my rice cooker.
4. *To serve:* Gently warm the sauce over low heat. On each plate, scoop out some rice, top with veggies, and drizzle generously with sauce. Enjoy!

Serves about 4; GF/SF/Blue (according to the health guidelines in my cookbooks and programs)

*NOTE: If you prefer, substitute Asian noodles (we like brown rice noodles or soba) for the rice.



@anna.pelzer

Photo by Anna Pelzer

Thai Red Curry Noodles

Oh mama. I could eat these every day. If you ever have to feed someone who “hates vegan food,” just toss them a bowl of these. BOOM. Bye, hater—hello, lover.

8 oz. whole grain rice noodles, the kind you would use for Pad Thai (I use Annie Chun’s or Explore Asian brown rice noodles)

2 tablespoons Thai red curry paste (such as Thai Kitchen brand)

One 14 oz. can coconut milk, regular

5 large cloves garlic, minced or pressed

2 tablespoons grated fresh ginger

½ cup (packed) EACH: finely chopped green onions and chopped cilantro

¼ cup fresh lime juice

¼ cup (packed) fresh basil, cut into thin ribbons

1 teaspoon sea salt

1. Prepare the noodles according to the directions on their package.
2. While the noodles are cooking, you can get the rest of the dish together. In a large bowl, place the curry paste and a little of the coconut milk. Whisk together until smooth. Add the remaining coconut milk and whisk again until emulsified.
3. Add the remaining ingredients to the bowl and stir well.
4. Once the noodles are al dente, drain them very well and add them to the bowl. Stir gently to thoroughly combine. Serve at room temperature.

Serves 4/GF/SF/Blue (according to the health guidelines in my cookbooks and programs)



Photo by Janet Malowany

Scrumptious Hungarian Chickpeas

This simple bean dish is actually quite easy to make despite the list of ingredients, and OH SO WORTH IT. My mouth is literally watering just thinking about how much I've been missing this dish. By the way, please be sure to use actual Kalamata olives and smoked paprika for a proper taste explosion. You should be able to find both in health food stores, well-stocked grocery stores, or Italian markets.

Two 15 oz. cans chickpeas (garbanzo beans), rinsed and drained
¼ cup pitted and quartered kalamata olives (or other Greek olives)
¼ cup EACH: raisins, chopped cilantro, and minced yellow or white onion
2 tablespoons EACH: extra-virgin olive oil and raw agave nectar
4 teaspoons EACH: dijon mustard, fresh lime juice, and smoked paprika
2 teaspoons dried oregano
4 large cloves garlic, minced or pressed
1 teaspoon sea salt

Combine all of the ingredients and stir very well. Serve cold or at room temperature. This will keep, refrigerated in an airtight container, for up to a week. I especially love this one for road trips and picnics!

Serves 4/GF/SF/Green (according to the health guidelines in my cookbooks)



Photo by Olga Eglite

Vegan Meatball Wrap and You'll Never Go Back

Once you take a bite out of this insanely scrumptious creation, you'll never crave an animal-based meatball sandwich again! But be warned—it's messy. The sort of thing you'd save for a third date, after your potential life partner thinks you're cute with marinara on your chin.

NOTE: As pictured, you can also just make up the "Banzoballs" and serve them over pasta with a marinara sauce for a vegan "spaghetti and meatballs". Kids (whether vegan or omnivores) absolutely flip for these, especially when they get to help make them.

Banzoballs:

- 2 tablespoons EACH: water and tamari
- 1 cup cooked garbanzo beans (chickpeas)
- ½ cup EACH: breadcrumbs (from whole grain bread) and vital wheat gluten
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon EACH (dried): rosemary, basil, sage, oregano, and apple cider vinegar
- 3 cloves garlic, minced or pressed

Mushrooms:

- 3 cups sliced baby portabella mushrooms
- 1 teaspoon EACH: olive oil and tamari
- ½ teaspoon balsamic vinegar
- 2 large cloves garlic, minced or pressed

Wrap It Up:

- 3 whole grain tortillas
- ½ cup shredded vegan mozzarella cheese, optional
- 1½ cups vegan marinara sauce, heated
- ¼ cup EACH: minced onions and sliced pepperoncini
- 3 tablespoons fresh basil, cut into ribbons

1. To make the Banzoballs: Preheat your oven to 400 F. Blend the water, tamari, and chickpeas in a food processor or blender until smooth. Remove to a large bowl.
2. Add the remaining Banzoball ingredients (breadcrumbs, gluten, oil, herbs, vinegar, and garlic) to the bean mixture and stir well to combine. Once well combined, knead for a minute or two (either in the bowl or on your countertop). Form into 1-inch balls and place on a lightly oiled baking sheet.
3. Bake the Banzoballs for 10-15 minutes, or until browned on the bottom. Remove and turn over. Bake for another 10-15 minutes, or until the balls are nicely browned on both sides. Set aside.
4. To make the mushrooms: Place the mushrooms, oil, tamari, and garlic in a medium skillet over medium-high heat. Sauté for about 5 minutes, stirring often, until the mushrooms are tender and browned. Set aside.
5. To finish your delicious creations: Warm the tortillas in a dry skillet or oven. Place the cheese down the center of each tortilla and immediately top with the hot marinara so as to help the cheese melt. Top evenly with the banzo balls and add the mushrooms, onions, pepperoncini, and basil to each wrap. Fold up and get your fix!

Makes 3 wraps/Blue (according to the health guidelines in my cookbooks and programs)