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## Busy? Make a Bowl!

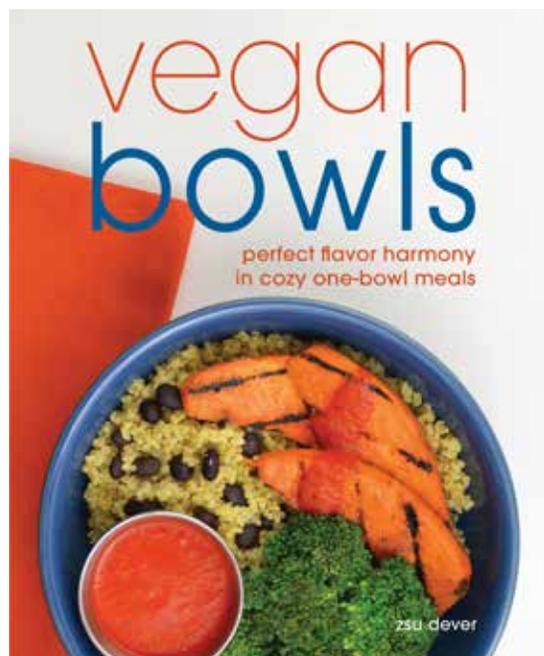
**Vegan Bowls** (Vegan Heritage Press, \$21.95, September 2015) is the first-ever cookbook dedicated to making plant-based one-bowl meals.

With expert flavor pairings and balanced meals in every bowl, Zsu Dever redefines "flavor harmony" with cozy bowl recipes that you will want to make again and again.

Many of the recipes can be made in 30 minutes or less and include soup, salad, breakfast, international specialties, as well as main dishes.

- Sizzling Southwest Fajita Salad
- Summer Orzotto Bowl
- Vegan Gyros Bowl

The recipes sound like they're from an upscale restaurant, but they are simple to prepare and use familiar ingredients. Best of all, every savory recipe is a complete meal in a single, cozy bowl: protein, starch, vegetable, and flavors, flavors, flavors!



### About the Author

Zsu Dever has been involved in the restaurant business most of her life. She hails from a long line of culinary professionals and restaurateurs. She is passionate about teaching new vegans and vegetarians how to succeed with their plant-based lifestyle and sharing the recipes that keep her family happy. She is the mother of three and resides in San Diego, California. Learn more at her blog, [zsusveganpantry.com](http://zsusveganpantry.com).

### **Vegan Bowls: Perfect Flavor Harmony in Cozy One-Bowl Meals**

by Zsu Dever • Vegan Heritage Press, LLC

ISBN: 978-1-941252-15-4 • Price: \$21.95 (\$25.95 Canada)

Paperback, 192 pages, 7½ x 9 • Publicity begins September 2015

Available wherever print and ebooks are sold.

# green and white chili bowl

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SERVES 4 to 6 | GF, SF

A red chili is all the rage, but the seldom-made cousin, a green and white chili, is just as flavorful, perhaps more so. This chili is full of hominy (dried and treated maize), fresh green chiles and two kinds of white beans. If you cannot find hominy, use thawed corn kernels instead.

## BEANS

4 cups vegetable broth  
1 teaspoon dried oregano  
1/2 teaspoon sea salt  
4 cups cooked cannellini beans  
2 (15-ounce) cans white hominy, rinsed and drained  
2 cups cooked chickpeas

## VEGETABLES

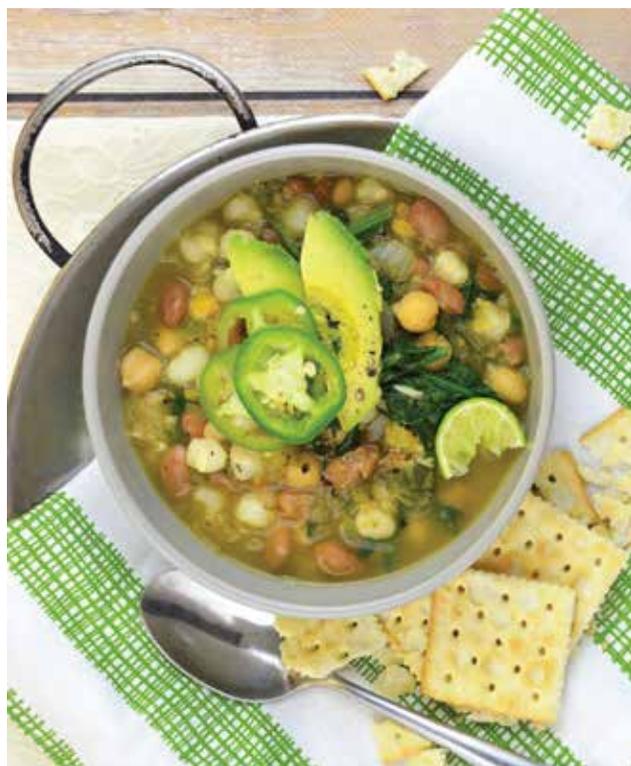
4 Anaheim peppers, coarsely chopped  
1 jalapeno, coarsely chopped  
1 medium onion, coarsely chopped  
6 garlic cloves, crushed

1 tablespoon grapeseed oil  
2 teaspoons ground cumin  
8 ounces fresh spinach, tough stems removed, coarsely chopped  
Sea salt and black pepper to taste  
2 tablespoons fresh lime juice  
1/4 cup coarsely chopped cilantro  
1 ripe Hass avocado, pitted, peeled, and coarsely chopped (optional)

**BEANS:** Combine the broth, oregano, salt, cannellini, hominy, and chickpeas in a large pot. Cover and bring to a boil over high heat, reduce to simmer and cook until needed.

**VEGETABLES:** Add the peppers, onion and garlic to a food processor. Pulse until minced. Heat the oil in a large pot over high heat. Add the minced vegetables and cumin and cook until the mixture is dry, about 8 minutes, stirring often.

Add the broth and beans to the sauteed vegetables and simmer until the flavors combine, about 5 minutes. Add the spinach and cook until tender. Taste and adjust seasoning with salt and black pepper. Stir in the lime juice and cilantro. Serve with avocado, if using.



Flip the page  
for another  
delicious recipe

From *Vegan Bowls* by Zsu Dever

# puttanesca bowl

## with sauteed kale

SERVES 4 | GFO, SFO

Puttanesca is probably my favorite red sauce for pasta. It is a pungent, salty tomato-based sauce with olives, capers, and spice. Most puttanesca recipes include anchovies, but in this wonderful vegan version, white miso has the triple duty of bringing a unique saltiness, a sharp-cheesy flavor, and a fermented umami flavor to the dish that anchovies are credited with supplying.

### PASTA

12 ounces spaghetti

### SAUCE

2 tablespoons olive oil  
1/4 to 1 teaspoon red pepper flakes  
1 cup pitted Kalamata olives, drained and coarsely chopped, divided  
2 tablespoons red wine  
2 (15-ounce) cans diced tomatoes, drained and juice reserved

3 tablespoons capers, drained and rinsed  
2 tablespoons white miso  
Black pepper

### KALE

1 tablespoon olive oil  
4 garlic cloves, minced  
1 pound kale, tough stems removed and chopped

**PASTA:** Bring a large pot of salted water to boil. Add the spaghetti and cook 1 minute shy of al dente. Drain and set aside.

**SAUCE:** Heat the oil in a large pot over medium-high heat. Add the red pepper flakes and half of the olives. Cook for 1 minute. Add the red wine and cook until the wine evaporates, about 1 minute. Add the diced tomatoes and capers. Bring to boil, reduce to simmer and cook over medium heat until the sauce thickens and the tomatoes break down, about 10 minutes.

Combine the reserved tomato juice and miso, stirring well using a small whisk or fork. Add the miso mixture, the pasta and remaining olives to the sauce, mixing well. Season with salt and black pepper. Cook until the pasta is tender, about 2 minutes.

**KALE:** Heat the oil in a large skillet over medium-high heat. Add the garlic and cook until fragrant, about 30 seconds. Add the kale, stirring well with tongs. Cover and cook until tender, about 4 minutes, stirring occasionally. Serve the pasta in bowls, garnished with the kale.



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