

# Jews eat veggies

Chinese Shabbat in an Hour  
for  
Jewish Vegan Life



## Chinese Shabbat in an Hour

Serves 4

You really can make healthy, homemade Chinese food. You really can make Shabbat in an hour-including set up and clean up! Enjoy!

3	About Jews Eat Veggies
4	Orange Tofu
5	Broccoli in Garlic Sauce
6	Sticky Rice
6	Carrots

### Ingredients

1 cup Sushi Rice  
 1 package tofu, pressed and cubed  
 3 Tablespoons maple syrup  
 1 orange, zest and juice  
 2 Tablespoons Braggs liquid aminos (or low sodium tamari or soy sauce)  
 1 Tablespoon toasted sesame oil  
 1 Tablespoon black sesame seeds  
 1 Tablespoon olive oil

½ onion, diced (or ½ cup frozen diced onion)  
 2 garlic cloves, minced  
 1 large bag frozen broccoli (24 oz)  
 ½ teaspoon ginger powder  
 Dash of cayenne pepper  
 1.5 Tablespoons corn starch  
 2 Tablespoons Braggs liquid aminos (or low sodium tamari or soy sauce)  
 1 bag frozen carrots (16 oz)

### Equipment

Measuring cups and spoons  
 2 cup pyrex measuring cup  
 Mesh strainer  
 Rice cooker or pot to cook rice in  
 Paper towels or 2 linen dish towels  
 Cutting board  
 Chef's knife  
 Glass bowls to defrost broccoli and carrots

Non-stick sauté pan for broccoli  
 Baking pan covered with parchment paper  
 Zester  
 Citrus juicer  
 Wooden or silicone spoon or spatula to cook broccoli  
 Fork or small whisk

# About Jews Eat Veggies

I'm Natasha Nadel, a vegan chef, educator, and author of [The Healthy Family, Healthy You Cookbook](#) and [The Healthy Mama's Guide to Feeding your Family Well](#).

My mission is to give you the tools you are looking for to eat more plants, make easy weeknight dinners, and quick healthy lunches for you and your children. I also make decadent but doable plant-based recipes for Shabbat and holidays. Vegan recipes can be filling main meals that delight all your senses.

I teach plant-based cooking classes and run workshops and camps for everyone from Jewish day school students to children with special needs and seniors. Jews Eat Veggies is here to support the plant-based revolution and provide resources for those who agree that living a Jewish life should add to our health and happiness, not be a risk factor for heart disease, obesity and Type 2 diabetes.



Community builds physical and mental health, but partaking in all that Jewish life has to offer can sometimes feel like a health hazard. If you are here, I hope you'll join me on my mission to change the present and create a new future where Jewish life builds us up physically and spiritually. (You don't even have to give up dessert!)

Learn more at [www.jewseatveggies.com](http://www.jewseatveggies.com)!

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Join my online camp June 21-25: ["Make your Family Dinner" Camp](#) or

Gift yourself or your family Private Lessons, Create your Own Camp or Workshop

<https://jewseatveggies.com/camp-events-workshops/>

Subscribe to JEV to join the JEV journey and receive tips, tricks, tools and recipes in my newsletter.

<https://www.JewsEatVeggies.com>

# Orange Tofu

Preheat oven to 375 fahrenheit. Use convection if you have it. Press tofu: Take the tofu out of the package and drain it completely. Place a dish towel or several paper towels on top of a cutting board or salad sized plate. Place tofu on the paper towels (or be more environmental and use a clean/non-fuzzy dish towel). Place several more paper towels on top of the tofu and then place a heavy pot on top. This will cause the remaining liquid from the tofu to become absorbed by the paper towels, leaving the tofu firmer. Ideally you should leave it "pressing" for 30 minutes, but even 10 will make a big difference. You can do this right when you walk in the door from work/carpool or you can do it in the morning and just leave it in the fridge all day.

**\*\* Place rice and water in your rice cooker or a pot on the stove and get that started. \*\***

Serves 4

## Ingredients

- 1 package extra-firm tofu, pressed and cubed
- 3 Tablespoons maple syrup
- 1 orange, zest and juice
- 2 Tablespoons Braggs liquid aminos
- 1 Tablespoon toasted sesame oil
- 1 Tablespoon black sesame seeds

## Instructions

To make the sauce: Combine maple syrup, zest, juice, Braggs, and sesame oil in the Pyrex measuring cup. Stir well. Line a baking sheet with parchment paper. Remove the tofu from the paper towels. Cube the tofu and put it in the Pyrex and mix gently. Pour the tofu and sauce onto the baking sheet. Sprinkle the sesame seeds on top of the tofu and place in the oven to bake for 30 minutes total. Stir the tofu at the 20-minute mark to make sure the sauce is evenly distributed.

After you've placed the tofu in the oven, get started on the broccoli.

# Broccoli in Garlic Sauce

## Ingredients

- 1 Tablespoon extra-virgin olive oil
- ½ onion, diced (or ½ cup frozen diced onion)
- 2 garlic cloves, minced
- 1 large bag frozen broccoli (24 oz)
- ½ teaspoon ginger powder
- Dash cayenne pepper
- 1.5 Tablespoons corn starch
- 2 Tablespoons Braggs liquid aminos ( or low sodium tamari or soy sauce)
- ½ cup water

## Instructions

Defrost broccoli in microwave (follow package directions). Heat the oil on medium heat in a non-stick sauté pan. Add onion and start to sauté. Mince garlic and add to the pan. Sauté until onions and garlic are browned. Add ginger and cayenne pepper to the pan and mix it into the onions and garlic. Drain the broccoli and then add it to the pan and mix thoroughly.

Combine corn starch, Braggs and water in a glass Pyrex measuring cup. Mix using a fork or small whisk until the corn starch is dissolved and then pour it into the pan with the broccoli. Cook for approximately 5 minutes until the flavors have had a chance to meld together and the sauce has thickened.

**\*\*While the broccoli is cooking, defrost your carrots in the microwave\*\***

## Sticky Rice

### Ingredients

1 cup Sushi Rice

1.5 cups water

### Instructions

Add ingredients to rice cooker or follow directions on the rice package to cook in a pot.

## Carrots

### Ingredients

1 bag (16 oz) frozen carrots

### Instructions

Follow instructions on the bag to defrost in the microwave.