

# POWERUP BOWL

From the Kitchen of: The Lunch Room, LLC

**Preparation Time:** 20 minutes | **Cook Time:** 5 minutes | **Yield:** 4 bowls

**Common Allergens:** Sesame, Soy

The PowerUp Bowl is one of the most popular lunch dishes at Detroit Street Filling Station! Packed with hearty vegetable goodness, this bowl features a delicious, creamy “Bad Axe” dressing, alongside filling rice and tofu. This recipe is just one of many shared on The Lunch Room’s website. You can find more delicious vegan recipes at [thelunchrooma2.com/recipes](https://thelunchrooma2.com/recipes).

## INGREDIENTS:

### FOR THE MARINATED TOFU:

- 1/2 cup sunflower or canola oil
- 1/2 cup sesame oil
- 1/2 cup rice vinegar
- 1/4 cup tamari
- 2 teaspoons garlic, minced
- 2 teaspoons ginger, minced
- 1 teaspoon sriracha
- 1 pound firm tofu

### FOR THE “BAD AXE” DRESSING:

- 1/2 cup vegan mayonnaise
- 1/4 cup spicy Dijon mustard
- 1/4 cup maple syrup
- 1/4 teaspoon red pepper flakes

### FOR THE SPICE MIX:

- 2 teaspoon granulated garlic
- 2 teaspoons sea salt
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 teaspoon ground ginger
- 1 teaspoon paprika
- 1 teaspoon nutritional yeast
- 1 teaspoon sugar
- 1/2 teaspoon ground coriander
- 1/2 teaspoon onion powder
- dash of cayenne

## INGREDIENTS:

### FOR THE POWERUP BOWL:

- 4 cups brown rice, cooked
- 1-2 Tablespoons of neutral oil, for sautéing
- 1 red onion, cut into small strips
- 1 bell pepper, cut into small strips
- 1 batch marinated tofu
- 1 bunch kale, cleaned and ripped from the stem in bite-sized pieces
- 1 avocado, sliced
- 1 cup walnuts, toasted
- 1 cup “Bad Axe” dressing
- 1/4 cup spice mix

## INSTRUCTIONS:

- Combine all of the ingredients for the tofu marinade. Cut about 1 pound of tofu into small cubes & marinate them in the refrigerator overnight.
- In a separate container, combine all ingredients for the “Bad Axe” dressing.
- In a separate container, combine the ingredients for the spice mix.
- Cook the rice according to package instructions, until it is to your desired texture for eating. This step can be done ahead, if desired.
- Heat a sauté pan with small amount of cooking oil.
- Place the red onions, red bell peppers, & marinated tofu in the pan. Sprinkle on spice mix & stir.
- Put a lid on the pan and cook it over medium-high heat for 3 minutes, stirring frequently.
- Then, add the kale and drizzle in a little bit of water.

- Place the lid on again & let it cook for 2 more minutes.
- Place 1 cup of cooked rice into each serving bowl.
- Divide the contents of the pan between the bowls, on top of the rice.
- Drizzle “Bad Axe” dressing over the top of each bowl.
- Top each bowl with  $\frac{1}{4}$  of the sliced avocado and a handful of toasted walnuts.

### **PHILLIS’ KEYS TO CREATING SIMPLE PLANT-BASED MEALS:**

Phillis, owner of The Lunch Room, LLC, says that a well-stocked pantry and a bit of forward thinking are the keys to crafting simple vegan meals. “Get creative!” she says, adding, “stock your pantry with a variety of grains, nuts, legumes, pastas, oils, vinegars, and spices, then you’ll be off to a start.” Buying whole foods in bulk, she says, will help you avoid unnecessary packaging and ensure you always have ingredients for a delicious meal!

Phillis suggested preparing different components of recipes ahead and “mix and matching” throughout the week to put together big, bountiful bowls of plant foods. “Throw in hot foods with cold foods, add a grain, a protein, and a green! That’s dinner!”



Buffalo Cauliflower from **Detroit Street Filling Station** in Kerrytown.