

Green Beans & Turnips with Spicy Rarebit Sauce

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF T.J. GRACEFFA

Servings: 10 Serving Size: 4oz

Ingredients	Quantity	Measure
Light American style lager (i.e. Coors Lite)	8	Ounces
Vegetable stock	8	Ounces
Plain soy milk	32	Ounces
Daiya Shredded Cheddar Style Cheese	8	Ounces
Follow Your Heart Sour Cream	1	Cup
Daiya American Style Cheese	8	Ounces
Salt	1	Tablespoon
Tabasco sauce	1	Tablespoon
Nutritional yeast	2	Tablespoons
Light brown sugar	1	Tablespoon
Dijon mustard	¼	Cup
Shallots	2	Each
Corn starch	1	Cup
Fresh greens beans	2	Pounds
Turnips, peeled & diced	2	Pounds
Olive oil	4	Ounces
Salt		To taste
Pepper		To taste
Garlic, chopped	2	Tablespoons



Green Beans & Turnips with Spicy Rarebit Sauce Continued

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Preparation

1. Over medium heat, reduce beer by half.
2. Slice the shallots thinly, dredge in cornstarch and deep fry until golden brown and crisp. Immediately season with salt and drain well on paper towels.
3. Add soy milk and vegetable stock to reduced beer, bringing to a simmer.
4. Mix 1 tablespoon of cornstarch with 1 tablespoon of soy milk, eliminating lumps. Gradually whisk cornstarch slurry into simmering sauce, adding until it is thick enough to coat the back of a spoon.
5. Over low heat, add Daiya Shredded Cheddar Style Cheese, Daiya American Style Cheese, and Follow Your Heart Sour Cream. Allow to fully melt and incorporate.
6. Add salt, tabasco, nutritional yeast, brown sugar, and Dijon mustard to sauce.
7. Adjust seasonings as needed.
8. Steam turnips until lightly tender, then sauté in vegetable oil until lightly caramelized, seasoning with salt and pepper.
9. Sauté green beans on high heat until al dente, seasoning to taste with salt and pepper.
10. Arrange vegetables on serving platter, top with sauce and crispy shallots.

Nutrition Information *From USDA Nutrient Database

Calories: 404 Total Fat: 21g Saturated Fat: 5g Trans Fat: 0g Cholesterol: 8mg Sodium: 539mg Carbohydrate: 45g Fiber: 6g Sugar: 13g Protein: 9g

