One-Pot Tofu Veggie Quinoa  Serves 2-3

1 tablespoon olive oil
½ onion, diced, about ½ cup
1 carrot, diced
2 garlic cloves, minced
1 tablespoon fresh ginger, grated
1 cup uncooked quinoa, rinsed and drained well
1 bell peppers, chopped
1 cup cauliflower or broccoli florets
1 teaspoon ground turmeric
1 teaspoon ground cumin
1 teaspoon ground coriander
1 cup vegetable broth or water, 2 cups if doing this on your stove
1 tablespoon soy sauce, or liquid aminos
12 oz firm tofu, cut into ½ inch cubes
A handful of bok choy or other leafy green
½ cup fresh cilantro leaves (optional)
Salt and pepper, to taste

Turn your instant pot to the saute function and heat olive oil until hot, add onions, carrot, garlic, and ginger into the pot and saute until onions soften and turn translucent.

Add quinoa into the pot and cook for 1-2 minutes.

Add peppers, cauliflower, and spices, mix well. Add broth or water, and soy sauce over the top of the quinoa and veggies, carefully place tofu on top of the quinoa mixture, and cover the pot with the lid. Seal the instant pot and set to high pressure for 3 minutes. Allow the instant pot to release for at least 10 minutes naturally.

Mix in the leafy greens and mix well; if you want the leafy greens to cook a bit more, you can turn your instant pot to the sauté function again.

Garnish quinoa with cilantro if desired.

*To make this on your stovetop, use a pot with a fitted lid and double the amount of liquid. Bring everything in the pot up to a boil, then cover the pot and reduce to a simmer for 20 minutes, turn off the heat and allow the quinoa to sit covered for 10 minutes before fluffing and serving.
Indonesian Chicken Satay with Peanut Sauce   Serves 3- 4

2 tablespoons soy sauce, preferably kecap manis (sweet soy sauce, recipe below)
1 dash white pepper
1 teaspoons ground coriander seeds
1 teaspoons ground nutmeg
½ teaspoon cumin
1 teaspoon turmeric
3 cloves garlic, minced
2 teaspoon freshly grated ginger
½  tablespoon brown sugar
½  tablespoon fish sauce
1 pounds boneless, skinless chicken thighs, cut into 1-inch chunks
2 tablespoons canola oil or other neutral oil
Kosher salt and freshly ground black pepper, to taste
Bamboo skewer

Peanut Sauce

3 tablespoons creamy or peanut butter
1 tablespoon soy sauce or kecap manis
1 teaspoon brown sugar
2 teaspoons chili garlic sauce, or more, to taste
1 teaspoon minced garlic
1 shallot, minced
1 teaspoon ground cumin
2 teaspoons ground coriander seeds
1 tablespoon freshly squeezed lime juice
Water as needed

Combine all the ingredients for the chicken, except bamboo skewers and marinate for at least 1 hour, preferably overnight.

Skewer chicken pieces on bamboo skewers, and heat your grill or broiler.  If you are using your broiler, line a baking sheet with foil and broil for 3- 4 minutes per side, making sure to cover the exposed portion of the bamboo skewer with foil so that it doesn't burn.  Baste the chicken with more of the sweet soy sauce before you flip.  If you are using a grill, grill skewers for 3-4 minutes per side, baste with more sweet soy sauce as you cook.  To prevent the skewers from burning on the grill, you can keep them away from the direct heat or wrap in foil.

To make the peanut sauce, combine all the ingredients and thin with water to your desired consistency.  Serve with chicken sate.

Kecap Manis:  Combine 1 cup soy sauce with 1 ¼ cup brown sugar, and 1 tablespoon molasses (optional), bring a boil and cook until thick and bubbly, cool and use as needed, store in your refrigerator for up to 1 week.