

COOKING WITH TOYA • DIGITAL RECIPE COLLECTION (VOLUME 1)

Cooking With Toya: The Plant-Based Soul Food Digital Recipe Book

8 Vibrant, Comforting, 100% Plant-Based Recipes That Love Your Body Back, Feed Your Silver Crown, and Bring Joy to Your Kitchen Table

“You don’t miss the meat, baby—you miss the seasoning and the love in the pot! When you change your food, you elevate your energy behind the chair, on your walks, and in your life.” — Toya Knowles

Welcome to my kitchen, my loves! In Chapter 6 of my 96-page book *It's All About Love*, I share how transitioning to colorful, plant-based meals transformed my energy, cleared my skin, fed my silver crown from the inside out, and freed me from the afternoon food coma. Every recipe in this digital cookbook includes exact ingredients, simple step-by-step home cooking directions, inside-out wellness benefits, and a daily Mirror Affirmation to speak twice over your life.

Recipe 01: Toya’s Signature Spicy Two-Bean Veggie Chili

Prep Time: 10 mins • Simmer Time: 20 mins • Servings: 4–6 bowls | Inspired by Chapter 3: The Great Release & Chapter 6: When You Change Your Food

Why Your Body & Crown Love This Dish: Kidney beans and pinto beans deliver slow-burning plant protein, iron, and soluble fiber that stabilize blood sugar and feed healthy hair follicles without the afternoon heaviness.

Ingredients:

- 1 can (15 oz) Dark Red Kidney Beans, rinsed and drained
- 1 can (15 oz) Pinto Beans, rinsed and drained
- 1 can (28 oz) Fire-Roasted Crushed Tomatoes
- 1 medium Red Onion, finely diced
- 1 bunch Green Onions (scallions), sliced (white parts for cooking, green tops for garnish)
- 1 fresh Jalapeño, finely diced (remove seeds for mild, keep a few seeds for a warm kick)
- 1/2 cup Sliced Black Olives
- 1/2 bunch Fresh Cilantro, chopped
- 2 cups Low-Sodium Vegetable Broth
- 1 tbsp Avocado Oil
- Seasoning Blend: 2 tbsp Smoked Paprika, 1.5 tbsp Ground Cumin, 1 tbsp Garlic Powder, 1 tbsp Onion Powder, 1 tsp Dried Oregano, Sea Salt & Cracked Black Pepper to taste

Step-by-Step Kitchen Directions:

1. Warm the avocado oil in a heavy Dutch oven or soup pot over medium heat. Add the diced red onion, the white parts of the green onions, and the diced jalapeño. Sauté for 4 to 5 minutes until softened and fragrant.
2. Bloom the spices: Sprinkle the smoked paprika, cumin, garlic powder, onion powder, and oregano directly over the warm onions and jalapeño. Stir continuously for 30 seconds so the spices toast and release their smoky aroma.
3. Pour in the fire-roasted crushed tomatoes, vegetable broth, rinsed kidney beans, pinto beans, and sliced black olives. Stir well to combine.
4. Bring the pot to a gentle bubble, then reduce heat to medium-low. Partially cover and simmer for 15 to 20 minutes, stirring occasionally until the chili is thick, rich, and velvety.
5. Taste and adjust sea salt and cracked black pepper. Ladle into warm bowls and crown generously with fresh chopped cilantro and sliced green onion tops.

Mirror Affirmation (Speak Out Loud Twice): “I nourish my body with love, and I release everything that no longer feeds my peace.”

Recipe 02: 5-Minute Morning Ginger-Turmeric “Crown Glow” Tea

Prep Time: 2 mins • Steep Time: 5 mins • Servings: 1 large mug | Inspired by Chapter 4: Protecting Your Morning Routine

Why Your Body & Crown Love This Dish: Fresh ginger and golden turmeric calm systemic inflammation, wake up digestion gently before coffee, and support healthy circulation to your scalp and skin.

Ingredients:

- 2 cups Filtered Water
- 1 thumb-sized piece Fresh Ginger Root, washed and sliced into thin coins
- 1 tsp Ground Turmeric (or 1 tbsp freshly grated turmeric root)
- Juice of 1/2 Fresh Lemon
- 1 pinch Cracked Black Pepper (essential—piperine activates curcumin absorption by up to 2,000%!)
- 1 tsp Pure Maple Syrup or Raw Agave Nectar

Step-by-Step Kitchen Directions:

1. Add the filtered water, sliced fresh ginger coins, turmeric, and pinch of black pepper to a small saucepan over medium-high heat.
2. Bring to a gentle simmer, then lower the heat and let steep for 4 to 5 minutes until the water turns a vibrant golden amber.
3. Remove from heat and stir in the fresh lemon juice and pure maple syrup.
4. Strain into your favorite warm mug, wrap both hands around the cup, take three deep breaths in stillness, and sip slowly before checking your phone.

Mirror Affirmation (Speak Out Loud Twice): *“My morning belongs to my peace, and I glow from the inside out.”*

Recipe 03: Silver Crown Sweet Potato & Black Bean Soul Bowls

Prep Time: 12 mins • Roast Time: 25 mins • Servings: 4 bowls | Inspired by Chapter 2: Embracing Your Flaws & Your Natural Crown

Why Your Body & Crown Love This Dish: Garnet sweet potatoes are rich in beta-carotene for natural scalp sebum balance, black beans provide iron for strong strands, and pepitas (pumpkin seeds) supply concentrated zinc.

Ingredients:

- 2 large Garnet Sweet Potatoes, peeled and cubed into bite-sized pieces
- 1 tbsp Avocado Oil + 1 tsp Ceylon Cinnamon + 1 tsp Smoked Paprika + 1/2 tsp Sea Salt
- 1 can (15 oz) Black Beans, rinsed and warmed with 1/2 tsp cumin and garlic powder
- 3 cups Fresh Lacinato Kale, stems removed and thinly ribboned
- 2 cups Cooked Quinoa or Brown Rice
- 1/4 cup Roasted Pumpkin Seeds (Pepitas)
- Maple-Tahini Drizzle: 1/3 cup Creamy Tahini, 1.5 tbsp Pure Maple Syrup, juice of 1 Lemon, 1 small clove grated Garlic, pinch of Sea Salt, and 3–4 tbsp warm water

Step-by-Step Kitchen Directions:

1. Preheat oven to 400°F. Toss the cubed sweet potatoes with avocado oil, cinnamon, smoked paprika, and sea salt on a parchment-lined baking sheet. Roast for 22 to 25 minutes, flipping halfway, until caramelized and tender.
2. Prepare the kale: Place the ribboned kale in a bowl with a squeeze of fresh lemon juice and a pinch of salt. Massage gently with your clean hands for 20 to 30 seconds until the leaves turn deep emerald green and silky.
3. Whisk the Maple-Tahini Drizzle: In a small bowl, whisk together the tahini, maple syrup, lemon juice, grated garlic, and salt. Whisk in warm water 1 tablespoon at a time until smooth and pourable.
4. Assemble each Soul Bowl with a base of warm quinoa, massaged emerald kale, seasoned black beans, and caramelized sweet potatoes. Top with crunchy pepitas and generous ribbons of Maple-Tahini Drizzle.

Mirror Affirmation (Speak Out Loud Twice): *“I honor every season of my life, and I wear my crown without apology.”*

Recipe 04: Toya's 5-Spice Soul Seasoning Blend & Crispy Roasted Chickpeas

Prep Time: 5 mins • Roast Time: 22 mins • Yield: 1 jar seasoning + 2 cups snack | Inspired by Chapter 6: When You Change Your Food

Why Your Body & Crown Love This Dish: Nutritional yeast provides natural B-vitamins that support hair sheen and cellular energy, while smoky spices satisfy savory cravings without excess sodium or heavy fats.

Ingredients:

- Toya's Master Soul Jar: 3 tbsp Smoked Paprika, 2 tbsp Garlic Powder, 2 tbsp Onion Powder, 3 tbsp Nutritional Yeast Flakes, 1 tbsp Dried Thyme, 1 tsp Cayenne or Chipotle Powder, 1.5 tsp Fine Sea Salt
- For the Crispy Chickpea Crunch: 1 can (15 oz) Chickpeas (garbanzo beans), rinsed, drained, and patted completely dry
- 1 tbsp Avocado Oil
- 2 tbsp Toya's Master Soul Seasoning Blend
- Fresh squeeze of Lime Juice right after roasting

Step-by-Step Kitchen Directions:

1. Mix the Master Soul Jar: Whisk all dry spices and nutritional yeast together in a bowl and store in an airtight glass jar by your stove. Use it on roasted vegetables, soups, beans, and tofu.
2. To make Crispy Roasted Chickpeas: Preheat oven to 400°F (or set Air Fryer to 390°F). Pat the rinsed chickpeas thoroughly dry with a clean kitchen towel.
3. Toss the dry chickpeas with avocado oil and 2 tablespoons of Toya's Master Soul Seasoning Blend.
4. Roast on a sheet pan for 20 to 25 minutes (or air-fry for 12 to 14 minutes), shaking the pan halfway through, until golden and crunchy. Finish with a quick squeeze of fresh lime juice.

Mirror Affirmation (Speak Out Loud Twice): *“Healthy living is joyful, flavorful, and deeply satisfying to my soul.”*

Recipe 05: Chicagoland Sunday Jackfruit & Portobello “Pot Roast”

Prep Time: 15 mins • Braise Time: 35 mins • Servings: 4–6 servings | Inspired by Chapter 5: Fuel Your Faith

Why Your Body & Crown Love This Dish: Portobello mushrooms and herbs create a deeply savory, iron-rich gravy while baby gold potatoes and carrots provide comforting potassium and antioxidants.

Ingredients:

- 2 cans (20 oz each) Young Green Jackfruit in water or brine (NOT syrup), drained and rinsed
- 8 oz Thick-Sliced Portobello or Cremini Mushrooms
- 1 lb Baby Gold Potatoes, halved
- 3 medium Carrots, cut into angled chunks
- 1 large Yellow Onion, sliced into half-moons + 4 cloves Garlic, minced
- 2 tbsp Tomato Paste + 2 tbsp Coconut Aminos (or low-sodium tamari)
- 3 cups Rich Vegetable Broth + 2 tbsp Arrowroot Starch or Flour (whisked for gravy)
- 3 sprigs Fresh Rosemary + 4 sprigs Fresh Thyme + 2 Bay Leaves

Step-by-Step Kitchen Directions:

1. Prepare the jackfruit: Using your fingers or two forks, shred the tender jackfruit pieces so they resemble pulled pot roast, discarding any tough core tips. Season lightly with garlic powder, onion powder, and black pepper.
2. In a large Dutch oven over medium-high heat, sear the shredded jackfruit and sliced portobello mushrooms in 1 tablespoon of avocado oil for 6 minutes until golden brown on the edges.
3. Add the sliced onion, minced garlic, tomato paste, and coconut aminos. Stir for 2 minutes until rich and caramelized.
4. Add the halved baby gold potatoes, carrots, fresh rosemary, thyme, and bay leaves. Whisk the arrowroot starch into the cold vegetable broth, pour into the pot, and bring to a simmer.
5. Cover tightly, reduce heat to low, and braise for 30 to 35 minutes until the potatoes and carrots are fork-tender and the rosemary-thyme brown gravy is velvety thick.

Mirror Affirmation (Speak Out Loud Twice): “My faith is stronger than my fear, and I am anchored in peace.”

Recipe 06: 10-Minute Crispy Air-Fryer Black Bean & Avocado Tacos

Prep Time: 5 mins • Cook Time: 6–8 mins • Servings: 6 crispy tacos | Inspired by Chapter 9: All Or Nothing (Choosing Consistency Over Extremes)

Why Your Body & Crown Love This Dish: Healthy monounsaturated fats from avocado and lime crema help your body absorb fat-soluble vitamins while keeping weeknight dinners fast, realistic, and delicious.

Ingredients:

- 6 Corn Tortillas (warmed briefly so they fold without cracking)
- 1 can (15 oz) Black Beans, rinsed, drained, and lightly mashed with a fork
- 1/2 cup Fresh Salsa + 1 tsp Ground Cumin + 1 tsp Smoked Paprika + 1/2 tsp Garlic Powder
- 1.5 cups Shredded Purple Cabbage
- 1 large Ripe Avocado, sliced
- Cilantro-Lime Crema: 1/3 cup Unsweetened Plant-Based Yogurt (or mashed avocado), juice of 1 Lime, handful of chopped Cilantro, pinch of Sea Salt

Step-by-Step Kitchen Directions:

1. In a medium bowl, mash the black beans with the salsa, cumin, smoked paprika, and garlic powder until creamy but still slightly textured.
2. Warm the corn tortillas for 20 seconds in a dry skillet or wrapped in a damp towel. Spoon 2 to 3 tablespoons of the seasoned black bean filling onto half of each tortilla and fold over into a half-moon.
3. Lightly mist both sides with avocado oil spray. Place in the Air Fryer at 390°F for 6 to 7 minutes (or pan-sear in a cast-iron skillet for 3 minutes per side) until golden and crispy.
4. Open the crispy taco shells slightly and stuff with crunchy purple cabbage, fresh avocado slices, and a drizzle of Cilantro-Lime Crema.

Mirror Affirmation (Speak Out Loud Twice): “Balance is my new standard; I choose loving consistency over extremes.”

Recipe 07: Toya's Gratitude Table Thanksgiving Trio

Prep Time: 20 mins • Cook Time: 35 mins • Servings: 6–8 holiday servings | Inspired by Chapter 7: Recycled Relationships & Protecting Holiday Peace

Why Your Body & Crown Love This Dish: A show-stopping plant-based holiday trio featuring cruciferous Brussels sprouts, mineral-rich collard greens, and antioxidant-packed cranberry wild rice.

Ingredients:

- Dish 1 (Crispy Maple-Balsamic Brussels): 1.5 lbs Brussels Sprouts (halved), 1.5 tbsp Avocado Oil, 2 tbsp Balsamic Glaze, 1.5 tbsp Pure Maple Syrup, 1/2 cup Toasted Pecans
- Dish 2 (Cranberry-Orange Wild Rice): 1.5 cups Wild & Brown Rice Blend, 3 cups Vegetable Broth, 1/2 cup Dried Cranberries, zest & juice of 1 Orange, 1/3 cup Toasted Walnuts, chopped Fresh Parsley
- Dish 3 (Smoky Braised Collard Ribbons): 2 large bunches Collard Greens (stems removed, rolled and cut into thin ribbons), 1 Smoked Onion, 4 cloves Garlic, 2 cups Vegetable Broth, 1 tbsp Smoked Paprika, 1 tbsp Apple Cider Vinegar, pinch of Red Pepper Flakes

Step-by-Step Kitchen Directions:

1. Roast the Brussels Sprouts: Toss halved Brussels sprouts with avocado oil, salt, and pepper on a sheet pan at 400°F for 22 to 25 minutes until crispy and charred on the edges. Toss warm with maple syrup, balsamic glaze, and toasted pecans.
2. Simmer the Wild Rice: Cook the wild rice blend in vegetable broth until tender. Fluff with a fork and fold in the fresh orange zest, orange juice, dried cranberries, toasted walnuts, and parsley.
3. Braise the Collard Greens: Sauté diced onion and garlic with smoked paprika until fragrant. Add the collard ribbons and vegetable broth, cover, and simmer on low for 30 minutes until tender. Brighten with apple cider vinegar and red pepper flakes right before serving.

Mirror Affirmation (Speak Out Loud Twice): *“My peace is precious, and I bring love and healthy boundaries to every table.”*

Recipe 08: 10-Minute Skillet Cinnamon-Baked Honeycrisp Apples

Prep Time: 4 mins • Cook Time: 8 mins • Servings: 4 warm bowls | Inspired by Chapter 8: Big Kid At Heart (Creating Joy Daily)

Why Your Body & Crown Love This Dish: All the warm nostalgia of homemade apple cobbler in 10 minutes using natural fruit pectin, Ceylon cinnamon for blood-sugar balance, and omega-3 walnuts.

Ingredients:

- 3 large Honeycrisp or Granny Smith Apples, cored and sliced into wedges
- 1 tbsp Coconut Oil
- 1.5 tsp Ceylon Cinnamon + 1/4 tsp Fresh Nutmeg + 1/8 tsp Allspice
- 2 tbsp Pure Maple Syrup + 1 tsp Pure Vanilla Extract
- 1/3 cup Rolled Oats + 1/3 cup Chopped Walnuts or Pecans
- 3 tbsp Water or Apple Cider + pinch of Sea Salt

Step-by-Step Kitchen Directions:

1. Toast the oat-walnut crumble: In a warm cast-iron skillet over medium heat, toast the rolled oats and chopped walnuts dry for 2 to 3 minutes until fragrant and golden. Transfer to a small bowl.
2. In the same skillet, melt the coconut oil and add the sliced Honeycrisp apples, cinnamon, nutmeg, allspice, and sea salt. Toss to coat every slice.
3. Add the water (or apple cider) and cover the skillet for 4 to 5 minutes until the apples are tender-crisp.
4. Uncover, pour in the maple syrup and vanilla extract, and let bubble for 60 seconds until glossy and caramelized. Spoon into bowls, top with the toasted walnut-oat crumble, and take your 15-minute evening walk afterward!

Mirror Affirmation (Speak Out Loud Twice): *“I give myself permission to experience joy, sweetness, and gratitude every single day.”*

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