



Dr. Leigh's

*Ten-Week Vegan
Recipe Book*

TABLE OF CONTENTS

BREAKFAST

Porridge blend 1
Buckwheat porridge 1
Steel-cut oatmeal 1
Stuart's choice 1
Quinoameal 1
School porridge mix four ways 2
Buttermilk cakes 3
Applejacks (apple flapjacks) 2
Banana flapjacks 2
Scrambled tofu 3
Red-eye sausage gravy 3
Smoothies 4

BREADS

Drop biscuits 5
Rolled biscuits 5
Corn bread 5
Harvester corn bread/ muffins 5
Gringo chapatis 6
Savory crepes 6
Sweet crepes 6
Pizza dough 7
Plain ordinary muffins 7
Pumpkin bread 7
Zucchini bread 8

SPREADS AND SANDWICHES

Peanut butter sandwich variations 8
Apple butter 8
Tempeh spread 9
Tofu spread 9
Soybean spread 9
Pate 10
Hummus 10
Marinated tempeh sandwich 10
Fried tofu sandwiches 10
Sloppy Joe with tempeh 11
Sloppy Joe with TVP 11
Sloppy Joe with "burger crumbles" 11
Homemade veggie burgers with TVP 11
Veggie burgers Southwestern style 12
Falafel sandwiches 12

VEGETABLES

Iceberg wedges with Iowa dressing 12
Aniseed carrots 13
Raspberry carrots 13
Twice baked potatoes 13
Potato salad 14
Oven fried potatoes 14
Mashed potatoes 14
Potato poppers 15
Sweet-potato oven fries with honey mustard 15
Candied sweet potatoes 15
Cabbage cooked with apples 16

Creamed spinach 16
Roasted asparagus 16
Guacamole 16
Instant refrigerator pickles 17

SAUCES AND DRESSINGS

Silken mayonnaise 17
Vinaigrette 17
Thousand island dressing 17
Creamy Italian dressing 18
Ranch dressing 18
Holiday sauce 18
Tempeh marinade 18
Homemade ketchup 19
Teriyaki sauce 19
Pico de gallo 19
Quick enchilada sauce 20
Green enchilada sauce 20
Marinara sauce 21
Spaghetti sauce 21
Pizza sauce 21
Yumm sauce 22
Peanut sauce 22
Health nut gravy 22
Mushroom gravy 23
White sauce 23
Fancy bechamel sauce 23
Tofu sour cream 23

ENTREES

Noodles baked with spinach 24
Pasta primavera 24
Baked ziti 24
Creole noodles 25
Stuffed shells or manicotti - no-boil style 25
Veggie meatballs 25
Risotto 26
Broccoli rice 26
Stuffed peppers 26
Dirty rice 27
Quinoa stuffed tomatoes 27
Quick sausage jambalaya 27
Spanish rice 28
New Orleans red beans and rice 28
Leigh's easy curry 29
Auntie Zoe's fresh green curry 29
Hoisin stir fry 30
Cashew stir fry 30
Fried rice 31
Lentil stew 31
Refried beans 31
Black bean enchiladas 32
Black beans and white rice 32
Corn pone 32
Hoppin' John 33
Laurel's baked beans 33

Beanie-weenie 33
Chili mac 34
Bean snap 34
Cous cous 34
Stuffing deluxe 35
Thanksgiving squash 35
Kebabs 35
Treatloaf 36
Mama Faith's pot pie 36
Vegetable crepes 37
Tabouli 37

SOUPS

Vegetable soup 38
Gumbo 38
Potage Ste-Germaine (Green Soup) 39
Corn chowder 39
Creamy potato soup 40
Vichyssoise 40
Cream of tomato soup 40
Butternut squash and leek soup 41
Cream of spinach soup 41
Senator soup 41
Cream of celery soup 42
Simple borscht 42
Mushroom-barley soup 42
Hot sour soup 43
Miso soup 43
Avgholemono 45
Minestrone 45
15 bean soup 44
Split pea soup 44
Cuban black bean soup 46
Lentil soup 46
Chili soup 47
Gothic chili 47
Blabarssopa 48

SWEETS

Strawberry shortcake 48
Apple crisp 48
Baked Apples 49
Peach cobbler 49
Banana bread 50

Easy applesauce cake 50
Jam cake 50
Carrot cake 51
Gingerbread with lemon sauce 51
Hungry day spice cake 52
Hungry day chocolate cake 52
Food-not-bombs cake 53
Marble cake 53
Buttercream frosting 53
Chocolate frosting 53
Pie crust 54
French apple pie 54
Strawberry rhubarb pie 54
Peach pie 55
Blueberry pie 55
Pumpkin pie 55
Whipped topping 55
Cherry pie 56
Granola bars 56
Chocolate chip cookies 57
Sandies 57
Brownies 57
Peanut butter fudge 58
Cocoa 58
Chai 58

DEALING WITH FOODS

Tempeh 59
Tofu 59
Soy milk 59
Soy milk powder 59
Egg replacer 59
Soy mayonnaise 59
Agar 59
Liquid smoke 60
Chipotle pepper 60
Miso 60
Texurized vegetable protein (TVP) 60
Nutritional yeast 60
Seitan 60
Soy sauce 60
Tahini 60
Vinegars 60

Note: throughout the cookbook, words like "milk" and "butter" are used. These refer to their vegan analogues - soy or nut milks, and vegan margarines.

BREAKFAST

Porridge blend

You can probably find these grains in the bulk section of your grocery, otherwise packaged in the dry goods section:

- 1 c cracked wheat
- 1 c steel-cut oats
- 1 c coarse-ground corn (polenta or grits)
- 1 c millet
- 1/2 c whole flax seeds

Mix them up and keep them in a jar or sack.

To make 2 servings:

Overnight method: place 1/2 c porridge mix, 1 1/2 c water, and a generous pinch of salt, in a saucepan or rice cooker overnight. They can sit out at room temperature or stay in the refrigerator. In the morning, may add up to 1/2 cup soymilk or water, if the grains already soaked up all the water. Turn on rice cooker, or in saucepan, heat to a boil, reduce heat to a simmer, and cook, stirring occasionally, for 15-20 minutes.

Morning method: Place 1/2 cup porridge, 2 cups water (or half water, half soymilk), and a generous pinch of salt in rice cooker or saucepan. Turn on rice cooker, or in saucepan, heat to a boil, reduce heat to a simmer, and cook, stirring occasionally, for about 20 minutes.

Buckwheat porridge

1/2 c raw buckwheat groats - grind in a coffee grinder for a few seconds until mostly ground (not completely).

Place in a small saucepan with 2 c water, 1/2 cup soymilk (plain or vanilla), and a pinch of salt.

Bring to a boil and reduce heat to a simmer, stirring often. Cook for about 10 minutes.

Steel-cut oatmeal

Place 1/2 cup oats, 1 1/2 cups water (or 1 c water, 1/2 c soymilk), and a generous pinch of salt in rice cooker or saucepan. Turn on rice cooker, or in saucepan, heat to a boil, reduce heat to a simmer, and cook, stirring occasionally, for about 20 minutes.

Stuart's choice

- 1/2 c cracked wheat
- 1/4 c coarse cornmeal (polenta or grits)

Stir these dry grains together in a bowl.

- 1 1/2 c water (or half water, half soymilk)
- A pinch of salt

Bring salted water to a boil.

Pour cereal in slowly, stirring to prevent lumps. Cook and stir for a minute or two, then cover and cook over very low heat for 20 minutes.

Quinoameal

("Keen-wa-meal," oatmeal made of quinoa)

- 1 c milk
- 1 c water
- 1 c quinoa
- pinch of salt

Heat to boiling, then turn heat down as low as possible and cook, partly covered, about 15 minutes until done.

(Note: Quinoa is a seed, not a grain; high protein and gluten-free.)

School porridge mixes

These will be instant hot cereal; just stir on the stovetop or microwave. More wholesome than "flavored instant oatmeal" packets. Make before the term starts and you'll have enough for the winter.

To prepare a schoolchild's single serving (half as much for young ones): Combine 2/3 c porridge mix with 1 c water. Cook on stove or nuke in microwave for a couple of minutes until ready - doesn't take long!

Currant:

- 2 c quick oats
- 1 c dry cream of rice cereal
- 1 c dry soymilk
- 1/2 c sugar
- 1/2 c currants
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1/4 tsp cloves

Apricot:

- 2 c quick oats
- 1 c dry cream of rice cereal
- 1 c dry soymilk
- 1/2 c sugar
- 1/2 c fine-snipped dried peaches/apricots
- 1 tsp ginger
- 1/2 tsp allspice

Applejacks (apple flapjacks)

Stir together in a mixing bowl:

- 3/4 c whole wheat flour
- 1 tsp baking powder
- 1/2 tsp cinnamon

Beat together in a separate bowl:

- 1/2 c milk
- 1 apple, peeled and grated

Mix wet into dry.

Cook 2 Tb batter per cake, spreading out the batter with your spoon, over medium heat in nonstick/lightly oiled pan. Flip when golden brown on the bottom.

Banana flapjacks

Stir together in a mixing bowl:

- 3/4 c flour - may use half whole wheat and half white
- 1 tsp baking powder
- Pinch of nutmeg

Beat together in a separate bowl:

- 1 small ripe banana, mashed with a fork
- 1/2 c vanilla milk

Mix wet into dry.

Cook 2 Tb batter per cake, spreading out the batter with your spoon, over medium heat in nonstick/lightly oiled pan. Flip when golden brown on the bottom.

Apple:

- 2 c quick oats
- 1 c cream of wheat
- 1 c dry soymilk
- 1/2 c brown sugar, mixed in well
(tends to clump)
- 3/4 c fine-snipped dried apples
- 1 tsp cinnamon

Pear:

- 2 c quick oats
- 1 c corn meal
- 1 c dry soymilk
- 1/2 c brown sugar, mixed in well
(tends to clump)
- 1/2 tsp allspice
- 1/2 tsp nutmeg

Buttermilk cakes

Stir together in a mixing bowl:

- 1 c white flour
- 1 c whole wheat flour
- 2 tb sugar
- 2 tsp baking powder
- 1 tsp baking soda
- 1 tsp salt

Beat together in a separate bowl:

- 2 eggs
- 2 c buttermilk (may sub milk with 2 tb vinegar - let sit 10 min)
- 1/4 c oil

Mix wet into dry, and fry on lightly oiled skillet.

Good versions:

Add 1 minced apple and 1/2 tsp cinnamon.

Add 2 lg sliced bananas and 1 c sunnies.

Add 1-2 c blueberries. (If you use frozen, rinse them well first.)

Scrambled tofu

Good for morning-after house parties. Keeps well on the back of the stove for the stragglers who slept in. Good with oven-fried potatoes or toast.

In one or two skillets, saute in 3/4 c butter:

- 1 c chopped onion
- 1 c chopped red peppers
- 1 c chopped green peppers
- 1 c chopped carrots
- 2 tsp chopped garlic

Cook about 15 minutes til softened.

Turn heat up high and add:

- 1 lb tofu, chopped or crumbled
- 1 tsp soy sauce
- dashes tabasco sauce to taste
- 1/2 tsp turmeric
- 1 tsp salt
- 1 tsp pepper
- 1/2 c squished-up canned tomatoes

Cook, stirring, til it looks sort of like scrambled eggs.

Red-eye sausage gravy

Make some coffee and a batch of drop biscuits (in Breads section). While they bake...

Brown 6 vegan breakfast sausage links (or 1/2 lb. vegan sausage) with 2 Tb butter or oil, chopping them up with a wooden spoon while they're browning.

Sprinkle in 1/4 c white flour, a bit at a time, stirring it in completely.

Slowly, a bit at a time, stir in 1 cup plain unsweetened soymilk mixed with 1/2 cup coffee (hot or cold), allowing it to thicken after each addition.

If it is too thick, add a little more milk or some water, stirring well.

Season with salt, black pepper, and a dash of hot sauce.

Adjust seasoning as necessary.

Serve over biscuits.

Smoothies

A basic recipe - flexible for variations.

Why acquire a blender and start making smoothies?

They are a quick meal you can slug down in a hurry.

Calcium and protein in one basic recipe - good for your muscles and bones.

You only dirty one "dish" (and you can drink it out of the blender jar, if you want).

In a blender jar, combine:

1/2 cup of soymilk (any kind)

1/2 cup soy yogurt or silken tofu

1/2 banana

(1 Tb soymilk powder, spirulina, etc., as desired)

With 1-2 other fruits or vegetables as desired:

A handful of frozen berries [strawberry, blueberry, blackberry, raspberry, etc.]

Half an apple [pear, nectarine, peach, etc.]

Tropical fruit [mango, papaya, kiwi, coconut, pineapple, etc.]

Kale or spinach leaves

Half a carrot

A chunk of cucumber or melon

Alfalfa sprouts

A dollop of canned pumpkin

And a spoonful of nuts, seeds, or grains:, as desired:

Peanut butter, almond butter, or tahini (sesame butter)

Small handful almonds, cashews, or other nuts

Small palmful of rolled oats

Spoonful of wheat germ or Grape-Nuts

Sample combinations (note, every smoothie has banana):

Apple + kale + wheat germ

Pineapple + carrot + almond

Strawberry + blueberry + oatmeal

Peanut butter + apple + cinnamon

Peach + raspberry + Grape-Nuts

Pumpkin + pecan + dash of cinnamon

BREADS

Drop biscuits

So much easier than rolled.

Oven 450F

Stir in bowl:

1 3/4 c flour

1/2 tsp salt

3 tsp baking powder

(If you're making shortbread for fruit shortcake, add 1 Tb sugar as well.)

Cut in 1/3 Tb shortening, using pastry blender or 2 knives, until the mixture looks like coarse crumbs.

Stir in 1 cup plain unsweetened soymilk. It's okay for it to be a little lumpy.

Drop in biscuit-sized dollops on ungreased baking sheet/s.

Bake 12-15 minutes until peaks are golden brown.

If you want rolled biscuits:

Use only 3/4 c soymilk.

Knead dough 8-10 times.

Roll thin and fold over before cutting into desired shapes (may use water glass for circles).

Bake as above.

Corn bread

Oven 425F

Stir in a bowl:

1 c white flour

3/4 c corn meal

1/2 Tb (1 1/2 tsp) egg replacer powder

1 Tb baking powder

1/2 tsp salt

In a separate bowl or measuring pitcher, combine:

2 Tb melted margarine

1/3 c honey (may sub sugar if desired)

1 c plain unsweetened soymilk (or water)

Wet into dry.

Bake in greased cake, pie, or loaf pan about 20 minutes til golden brown.

Harvester corn Bread/ Muffins

Not a sweet! A hearty variation, to have with supper. Well worth the extra trouble.

Makes 6 muffins, or 1 loaf-pan worth.

To one recipe of cornbread, add:

1/4 cup onion, minced

1/4 cup green pepper, minced

1/2 corn kernels (frozen, thawed under hot tap water - or fresh, cut off the cob)

1/2 cup shredded soy cheese, if desired

1 Tb molasses

Bake according to directions on box. Allow 5 extra minutes of baking time.

Gringo chapatis

In large bowl, combine and let work for 5 minutes:

1 cup warm water + 1 1/2 tsp yeast + 1 1/2 tsp sugar or other sweetener

Stir in 1/4 c oil.

Add 3/4 tsp salt and 2 c flour. (Add more flour if the dough is too sticky to handle.)

Turn out onto floured surface and knead for 5-10 minutes until smooth, elastic, and not sticky. Sprinkle more flour if too sticky.

Let raise for 1 hour, covered with a warm-damp towel or a piece of buttered tinfoil, in a warm spot (example: oven warmed, then turned off, door ajar).

Remove covering and punch down the dough to deflate it. Turn it out onto a clean surface. Cut the dough into quarters, then cut each of those into quarters (makes 16). Cover with cloth or foil.

Use a rolling pin (or large jar) to roll each piece of dough into a 4-inch round.

Bake on a nonstick or lightly oiled skillet or griddle over medium-high heat for about half a minute on each side, until puffy and lightly browned.

You can roll out the next while you're cooking the last.

Keep the chapatis in a towel in the warm oven while you make them.

You can store leftover chapatis in fridge or freezer, well-sealed.

Savory crepes

Makes 8-10. You really will need a nonstick pan. Fill with vegetables and top with sauce as desired (example: manicotti).

1/2 c plain unsweetened soymilk

2/3 c water

1/4 c melted margarine

1 c white flour

1/4 tsp salt

Place all the ingredients in a blender or in a bowl. Blend or whisk until smooth. Refrigerate for 30 minutes. While the batter is refrigerating, prepare your fillings.

Cook 1/3 c batter at a time over medium heat in nonstick pan, lightly oiled pan. Dip the batter with a measuring cup, and tilt the pan around to cover the bottom with batter. Flip when edges curl. You can use your fingers to flip them!

Sweet crepes

Makes 8-10. You really will need a nonstick pan. Fill with fruit +/- vegan "Cool Whip" as desired.

1/2 c vanilla soymilk

2/3 c water

1/4 c melted margarine

1 c white flour

1/4 tsp salt

1 Tb sugar

Place all the ingredients in a blender or in a bowl. Blend or whisk until smooth. Refrigerate for 30 minutes. While the batter is refrigerating, prepare your fillings.

Cook 1/3 c batter at a time over medium heat in nonstick pan, lightly oiled pan. Dip the batter with a measuring cup, and tilt the pan around to cover the bottom with batter. Flip when edges curl. You can use your fingers to flip them!

Pizza dough

2 crusts. Combine in a mixing bowl and let sit for 10 minutes:

- 1 Tb yeast
- 1 Tb sweetener
- 1 c warm water

Add:

- 2 Tb oil
- 1/2 tsp salt
- 3-4 c flour

Knead unceasingly until the dough is perfect. Recruit helpers if necessary. It will seem to take a long time, but it's actually no more than 15 minutes.

Turn dough over in a greased bowl and rise for 90 minutes.

Punch down and make into crust. Oil before putting sauce on, so it doesn't get soggy.

Plain ordinary muffins

Oven 400F

These are nice with soup and are super easy to whip up. Mix in a bowl:

- 1 c white flour
- 1 c whole wheat flour
- 1/3 c sugar
- 3/4 tsp salt
- 2 tsp baking powder
- 1 Tb egg replacer

Separately, mix up:

- 3/4 c milk
- 4 tb melted butter (can use oil)

Wet into dry.

Bake in well-greased muffin tins 20-25 minutes.

Pumpkin bread

Oven 350F

Cream together:

- 1 1/3 c shortening, 1 1/3 c sugar
- Beat in 1 c canned pumpkin.

In a mixing bowl, mix together:

- 1 3/4 c flour
- 1/4 tsp baking powder
- 1 Tb egg replacer powder
- 1 tsp baking soda
- 1/2 tsp salt
- 1/2 tsp cinnamon
- 1/4 tsp cloves

In a separate bowl, mix together:

- 1/2 c milk or water
- 1/2 tsp vanilla

Add the dry and wet to the pumpkin in 3 parts, alternating.

Stir in 1/3 c raisins and 1/3 c walnuts.

Bake in one greased and floured loaf pan for 1 hr.

Cool 10 minutes before removing from pan.

Zucchini bread

2 loaves. Oven 325F

In a mixing bowl, mix:

- 1 c honey
- 1 c oil
- 1 Tb vanilla
- 2 c grated zuke

Separately, mix:

- 2 c whole wheat flour
- 1 1/2 c white flour
- 1 tsp soda
- 1 tsp salt
- 1 tsp cinnamon
- 1/2 tsp baking powder
- 1 Tb egg replacer powder

Dry into wet.

Bake in two greased, floured pans 1 hr.

Cool 10 min before removing from pan.

SPREADS AND SANDWICHES

Peanut butter sandwich variations

These are useful if you are making a lot of sack lunches.

"A 2002 survey showed the average American will have eaten 1,500 of these sandwiches before graduating from high school." - Wikipedia

Please use natural peanut butter with nothing in it but peanuts and maybe salt.

Add:

honey	blueberries (frozen/thawed)	jam & cucumber
apple butter	sliced tomato & honey	bean sprouts
mint jelly	dried fruit, snipped	sliced green pepper & bacos
chocolate (chips, syrup, etc)	coconut and honey	thin-sliced apple, celery,
raisins or dates	apple slices	sprinkle of ginger
bananas, sliced	strawberries, sliced	

Apple butter

An easy awesome homemade sandwich spread.

Simmer til very soft - about 30 min:

- 2 lbs apples
- 1/2 cup apple juice or water
- 1/3 c apple cider vinegar

Process in blender, food processor, food mill, or strainer til smooth. Return to pot, and add:

- 3 Tb honey or brown sugar
- 1 tsp cinnamon
- 1/4 tsp allspice
- dash cloves

Simmer briskly, stirring often (water will evaporate).

Cook until it "sheets" as you drop it from a spoon

Cool completely before storing in sealed jar in fridge.

Tempeh spread

1/2 lb tempeh (8 oz): Cut into chunks and steam over boiling water for 20 min, or microwave, covered, with 1/4 c water for 5 min, then drain.

Put tempeh in a bowl and add 1 1/2 Tb cold water; mash with a fork. (It should be no warmer than room temperature before adding other ingredients.)

Stir in:

2 Tb minced onions (red or green, if you have them)

2 Tb minced celery

2 Tb minced fresh parsley, if you have it

1/3 c vegan mayonnaise

1 tsp dried dillweed

1 tsp prepared mustard

Salt to taste

Cover and chill before using.

Tofu spread

1/2 lb firm tofu: squeeze out water, and crumble finely in a bowl.

Add:

1 thin-sliced green onion (about 1/4 c)

1/2 stalk celery, minced

(1 tsp pickle relish, if desired)

2 Tb snipped fresh parsley, if you have it

1/4 tsp curry

scant dash garlic powder

1 tsp soy sauce

1/4 c vegan mayonnaise

Add salt to taste

Stir to blend well, cover and store in fridge.

Soybean spread

May use canned or frozen soybeans, or cook your own;

Mash up 1 cup cooked soybeans.

Saute in small amount of oil, until translucent:

1/2 onion, minced

1 clove garlic, crushed

1 small or 1/2 lg stalk celery, minced

(1/4 cup minced green or red bell pepper).

Stir in 2 Tb tomato paste with

1 tsp basil

1/2 tsp oregano

and heat through.

Add the beans with

1-2 tsp vinegar, and salt and pepper to taste.

Makes about 1 1/2 cups; store tightly sealed in fridge.

Pate

May use canned or frozen soybeans, or cook your own.

Mash up 1 cup cooked soybeans.

Saute in oil until translucent:

1 minced onion

2 cloves minced garlic

Remove from heat.

1/2 c roasted sunflower seeds - whiz in blender or food processor til ground.

Mix all ingredients together with salt and pepper to taste.

If too stiff, add a little water until your preferred consistency.

Hummus

A veggie and pita dip/spread. Combine in blender jar or food processor:

2 c cooked garbanzos (approx 1 can, drained)

1 clove garlic, crushed

1/4 c tahini (sesame butter)

1 Tb oil

Juice of 1/2 fresh lemon - or more to taste

Paprika

Salt

Puree.

Marinated tempeh sandwich

For two. Make a batch of tempeh marinade (found under "Sauces and Dressings").

If tempeh is fairly thick, slice 1/2 package crosswise to make thinner cakes, and then into squares or strips. Cover in marinade and let steep at least an hour (overnight is best).

(Remainder of tempeh can be refrigerated for a week, or frozen.)

Fry the marinated tempeh over medium heat, until golden brown, in a small amount of oil.

You can spoon a bit of marinade over the slices as they cook, turning them several times.

Don't try to cook it too fast - it can scorch!

Serve on toast with greens, thin-sliced sweet onion, whatever condiments you prefer.

Fried tofu sandwiches

Not for low sodium diets!

Slice firm tofu as thinly as possible.

Heat a small amount of oil in a skillet and add the tofu.

Soak in soy sauce. Fry over medium-high heat. It might get a little smoky.

You can put soy sauce on both sides.

This tofu is salty-smoky, similar to bacon, so use it sparingly on your sandwich with lots of veggies.

Sloppy Joes three ways

Sloppy Joe with tempeh:

- 8 oz tempeh - crumble up
- 1 onion - finely chopped
- 1/2 green bell pepper, finely chopped

Saute these over medium heat for 10 minutes, adding 2 Tb soy sauce

Add:

- 1/2 c ketchup
- 1 tsp mustard
- 1 tsp vinegar
- 1 tsp sugar

Stir well and simmer over medium-low heat, uncovered, for 10 minutes, stirring often.

Adjust seasonings as desired (tabasco? salt? pepper?).

Spoon mixture over bottoms of buns and top with tops.

Sloppy Joe with TVP:

Instead of tempeh, rehydrate 1 c TVP with a scant (7/8) cup of boiling water for 10 min, then proceed as above.

Sloppy Joe with "burger crumbles":

Instead of tempeh, use 1 pkg (12 oz) vegan burger crumbles, and omit the soy sauce.

Homemade veggie burgers with TVP

Makes 4

Make-ahead: you can make multiple batches of the dry goods ahead of time, storing them in zip-lock bags, separately from the TVP, until needed.

Rehydrate 1 c TVP crumbles in 3/4 c boiling water for 10 minutes.

Stir the TVP in a mixing bowl with:

- 1/4 c rolled oats
- 1/4 c flour
- 1 Tb nutritional yeast
- 1/2 tsp each: oregano, basil, parsley, garlic powder, onion powder, and 1/4 tsp dry mustard.

In a saucepan or measuring pitcher, combine :

- 3/4 c boiling water
- 2 Tb ketchup
- 2 Tb soy sauce
- 1 Tb peanut butter (or treenut butter, if allergic)

Add wet into dry and combine thoroughly.

Shape into 4 patties, placing on wax paper.

Fry on lightly oiled skillet over medium-high heat 6-8 minutes per side until browned.

Veggie burgers Southwestern style

Cook 1/2 c brown rice in 1 c water.

While the rice cooks, saute in a very small amount of oil:

- 1 small onion, finely diced
- 1 small red (or green) bell pepper, finely diced
- 2 cloves garlic, minced/pressed

When veggies are soft, turn off the heat.

While the veggies saute, drain and rinse 1 can (15oz) black beans. Mash them up with a masher or fork.

Combine the veggies, beans, and rice with

- 1 Tb egg replacer powder
- 1 Tb store-bought taco seasoning (or 1/2 Tb cumin powder + 1/2 Tb paprika or red chili powder)
- 1/2 tsp salt

Stir up well.

Shape into patties and fry in small amount of oil over medium heat.

Good with salsa instead of ketchup.

If you have extra, you can put patties between sheets of wax paper and freeze them for later.

Falafel sandwiches

The easiest way to make falafel is to buy a dry mix and add water as directed.

Shape into balls or patties and fry in small amount of oil.

Serve in pita pockets with veggies and tahini sauce (below).

For tahini sauce, mix together:

- 1 c tahini (sesame butter - there is no substitute)
- 1/4 c fresh squeezed lemon juice, 2-3 lemons needed (again, there is no substitute)
- 2 small cloves garlic, minced/crushed
- 1/2 tsp salt

Add gradually, stirring well: 1/2 c water

Add more water as desired for a sauce the consistency you like. Tahini starts out like peanut butter, but this sauce is usually of a batter consistency.

Add more salt and lemon for the flavor you want.

VEGETABLES

Iceberg wedges with Iowa dressing

Dressing:

Place in blender:

- 1/3 c white vinegar
- 1 1/2 tb finely grated white onion
- 1/2 c white sugar
- 1 tsp dry mustard
- 1 tsp salt

Buzz and slowly drizzle in 1/3 c oil til thickened.

Stir in 1 tb poppy seeds.

Spoon over wedges of iceberg lettuce.

Aniseseed carrots

1 1/2 lb carrots, cut how you like and cooked til tender.

Drain, put on a big plate, and let dry,
while you...

Melt 2 Tb margarine

Add:

1 Tb brown sugar

1 tsp salt

1/2 tsp pepper

1/2 tsp whole anise seed

Cook, stirring, for a few minutes to make a glaze.

Add carrots and cook til glazed and browned.

Raspberry carrots

1 1/2 lb carrots, cut how you like and cooked til tender.

Drain.

Melt 2 Tb margarine.

Add:

1 Tb brown sugar

1 tsp salt

1/2 tsp pepper

1-2 tb raspberry vinegar

Cook, stirring, for a few minutes to make a glaze.

Add carrots and cook through.

Twice baked potatoes

4 baking potatoes - bake til soft and remove from oven. Reduce oven heat to 350F.

Cut baked potatoes in half lengthwise and scoop insides into a bowl. Set the shells aside on a cookie sheet.

Gently mash the potato filling with:

Margarine

Soy milk (or soy cream, or a cup of bechamel sauce)

2 Tb nutritional yeast,

1 tsp salt

You don't want this mixture to be too wet.

Meanwhile, saute in a small amount of oil until soft:

1 medium onion, finely diced

3 garlic cloves, minced/pressed

A handful of mushrooms, thinly sliced

1/4 tsp thyme

Plenty of fresh ground black pepper

Add 1 bunch spinach, well washed and chopped (or 1/2 box frozen/thawed). Cook until fresh spinach is completely wilted (or frozen spinach is heated through).

Stir this mixture into the potatoes.

If the mixture is very wet, you can add some fresh-grated or dried bread crumbs to make it less goopy.

Spoon filling into potato shells, sprinkle with paprika, and return to oven for 20-30 minutes.

Potato salad

Peel, cut in half, and boil 5 potatoes. When firm-tender, rinse under cold water until cool enough to handle. Cut into small dice and place in mixing bowl.

Mince, and add to the bowl:

2 stalks celery

1/2 small onion, minced (want 2 Tb)

May add other veggies to taste: thin-sliced radishes, shredded carrots, shredded bell peppers, etc.

To make the dressing, in a small bowl, stir together:

1/3 c vegan mayonnaise (or more, to taste)

1 Tb pickle relish or minced pickle

1/4 tsp curry powder

2 Tb fresh parsley (or 1 heaping tsp dried)

1/2 tsp salt

Several grinds black pepper

Dump the dressing over the potato mixture, and toss gently to mix well.

(May add more mayonnaise to taste.)

Cover tightly with plastic wrap and refrigerate for at least an hour, to allow the flavors to blend. (Overnight is better.)

Oven fried potatoes

Ready in 20 minutes!

Oven 400F

2 large or 4 small potatoes, cut into strips.

Try to make them all about the same size so they cook evenly.

Place them in a plastic bag with:

2 Tb oil

2 Tb nutritional yeast

1 tsp paprika

1 tsp garlic powder

1 tsp salt

Several grinds black pepper

Shake until well coated. Place potatoes on a cookie sheet in a single layer.

Bake 10 minutes, turn over with a spatula.

Continue to bake until golden brown and tender (about ten minutes more).

Mashed potatoes

Scrub or peel, 2 large or 4 small/medium potatoes.

Halve or quarter into large pieces, no smaller than an egg. (Tiny pieces get mushy. Baby potatoes don't need cutting!)

Boil in water with plenty of salt* for about 20 minutes or until fork-tender.

Drain. Add and mash:

Approx 4 Tb margarine,

Approx. 1/2 c plain unsweetened soymilk

Salt and pepper to taste

If you have leftover mashed potatoes, you can use them in Potato poppers or Senator soup.

*If you salt the water now, you won't need as much salt later.

Potato poppers

Oven 350F

Kind of like tater tots. A good way to use up leftover mashed potatoes (1 1/4 c) and rice (1 cup).

Saute in oil til translucent:

- 1/2 onion, minced
- 1 stalk celery, minced

Stir in:

- 1 1/4 c mashed potatoes
- 1 c rice
- 1/4 c tomato paste
- 1 tsp salt
- 1/2 c bread crumbs*

Shape into balls and place on greased cookie sheet.

Bake 20 minutes til delicately browned.

Serve with ketchup.

*May use 1/2 c pre-prepared bread crumbs, or just grate a couple pieces whole wheat bread on a cheese grater.

Sweet-potato oven fries

Oven 400F

Cut 2 sweet potatoes into thin French-fry shapes. Try to make them all about the same size so they cook evenly.

Place on a cookie sheet and drizzle lightly with olive oil.

Sprinkle with salt, and toss, using 2 wooden spoons, to distribute the oil and salt evenly.

Bake for 15 minutes.

Remove from oven and flip with a spatula. Bake for another 15 minutes.

May dip in honey mustard:

- 3 Tb vegan mayonnaise
- 1 Tb mustard (sandwich or Dijon)
- 1 largeish tsp honey

Candied sweet potatoes

Oven 375F

Peel and cook 2 large whole sweet potatoes:

Either in boiling water, covered, about 20 minutes, until nearly fork-tender,

Or in microwave, wrapped loosely in plastic wrap, about 10 min, til firmly tender.

Cool slightly, then cut into 1/2 thick slices.

Place in a greased or sprayed pie pan, or other small shallow baking dish.

Sprinkle with:

- Salt
- 1/3 c brown sugar
- 2 Tb lemon juice
- 1/2 tsp ginger powder

Dot with 2 Tb margarine cut into little bits.

Bake, uncovered, approx 20 min, until glazed.

Put in a bowl and pour remaining glaze over the top, if desired.

Cabbage cooked with apples

Thinly slice 1/2 small head green or 1 small head red cabbage, to make about 4 cups

Peel (unless organic) and fine-chop 2 small tart apples (e.g. Granny Smith, winesap, McIntosh, etc) - don't need to discard cores/seeds.

Saute 1 medium onion, finely chopped, until translucent, in 4 Tb butter.

Add the cabbage and apples with:

1 tsp salt

1/4 c brown sugar

3/4 c apple juice or water

2 Tb vinegar

Toss to thoroughly mix.

Cover. Cook over low heat until cabbage is tender, stirring occasionally, about 20 min.

Creamed spinach

Serve over biscuits.

Best with fresh spinach - wash it leaf by leaf (or swirl it in a kettle of cold water) to remove all the sand, then pull off the stems and chop (or use frozen/thawed leaf spinach).

Make cream sauce:

Saute 1/2 minced onion with 3 Tb margarine over medium heat in large saucepan until translucent.

Stir in 3 Tb white flour - cook for a few moments to toast it a bit.

Add, stirring constantly, 3/4 cup plain unsweetened soymilk.

Bring to a gentle boil so it thickens - stir often.

If using fresh chopped spinach, add spinach a handful at a time, stirring while leaves cook down.

If using frozen/thawed/ drained spinach, stir in slowly so it doesn't chill the sauce.

Simmer gently til tender, adding salt and pepper and a pinch of nutmeg.

Roasted asparagus

Oven 400F

Wash 1/4 to 1/2 lb fresh asparagus. Snap off the stem ends where they snap easily.

Place them on a cookie sheet or pizza pan.

Drizzle very lightly (or spray) with olive oil.

Toss them around together, using 2 wooden spoons or your fingers, to distribute the oil.

Roast until tender, approximately 6-8 minutes.

Remove from baking sheet and sprinkle with salt and pepper to taste.

Guacamole

Serve with corn chips, on sandwiches, with huevos or burritos - anything you like!

1 large avocado - peel, pit, and mash with a fork.

Add:

1/4 c finely chopped fresh tomato

2 Tb thinly sliced scallions or minced onion

2 Tb c finely snipped fresh cilantro or parsley (use scissors if you want)

1 clove garlic, minced or crushed (about 1/2 tsp)

Juice of 1/2 lime (or 1-2 Tb)

Dash tabasco

1/4 tsp salt

Stir well.

Instant refrigerator pickles

Makes 2 c (1 pint jar full).

Prepare a pint (2 cups) of vegetables - sliced pickling (a.k.a. "Kirby") cucumbers, +/- green beans, cauliflower florets, sliced carrots, sliced beets, okra, pearl onions, asparagus, as desired.

If you use salad cucumbers, peel them. (Pickling cukes are thin skinned.)

For some of these vegetables, you may want to steam or blanch them a bit (cover with boiling water) so they're not rock-hard.

Heat to a simmer until dissolved:

- 1 cup white vinegar
- 1 Tb sugar
- 2 tsp whole mustard seed (optional)
- 2 tsp salt
- 2 cloves garlic, sliced thinly
- 2 tsp drained dillweed (or scant 1/4 cup fresh, snipped)
- 1 large bay leaf

Place the vegetables in a jar or deep bowl, and pour the simmering brine over them.

May top up with boiling water if you don't have enough brine.

Let stand at least an hour before removing from brine and serving.

Best if cooled and refrigerate longer than that. Will keep in fridge ten days.

SAUCES AND DRESSINGS

Silken mayonnaise

Place in blender jar or food processor:

- 1 pkg (12 oz) soft silken tofu
- 3 Tb lemon juice
- 1/2 tsp salt
- 1/4 tsp dry mustard

With the machine running, drizzle in 1/4 c olive oil til thoroughly blended.

Store tightly covered in fridge. Keeps about a week.

Vinaigrette

Place in a jar with a tight fitting lid:

- 1/4 cup vinegar (apple cider, red wine, balsamic, etc. as desired)
- 2 tsp sugar
- 1 Tb minced/crushed garlic
- 1/2 tsp salt
- 1/2 tsp fresh ground black pepper
- 3/4 c good light olive oil

Shake to blend thoroughly.

Thousand island dressing

Place in a deep bowl:

- 1 c vegan mayonnaise
- 1/2 c ketchup
- 1/3 c pickle relish
- 1 tsp onion powder
- 1/2 tsp salt

Whisk together til well blended; store in jar in fridge. Use within a week.

Creamy Italian dressing

Combine in a jar with a tight lid:

- 1/3 c wine vinegar (red or white)
- 1 Tb sugar
- 1/4 level tsp each: oregano, thyme, basil, salt
- 1 clove crushed or finely grated garlic, about 1 generous tsp
- 1/2 small onion, grated - about 1 Tb
- A generous grind of fresh black pepper

Shake these ingredients until well blended. Store until nearly ready to use, so the flavors "marry."

Before serving, add 1/2 c vegan mayonnaise, and shake until thoroughly blended.

Adjust seasonings. More vinegar? More salt? Store in fridge.

Ranch dressing

Place in blender jar:

- 1 pkg (12 oz) soft silken tofu
- 1/4 c olive oil
- 2 Tb sweet vinegar (umeboshi or balsamic)
- 2 Tb lemon juice
- 2 Tb water
- 1 tsp tarragon
- 1/2 tsp crushed garlic
- 1/2 tsp dillweed
- 1/4 tsp dry mustard 1/4 tsp salt

Whiz til well blended; store in jar in fridge. Use within a week.

Holiday sauce

Like Hollandaise sauce.

- 1/2 c silken tofu - warm on plate in microwave about 30 sec until warmed through.

Put tofu in food processor or blender with:

- 2 Tb fresh-squeezed lemon juice (juice of about 1 lemon - there is no substitute)
- 1 Tb nutritional yeast
- 1/2 tsp salt
- 1/8 tsp cayenne pepper
- 1/8 tsp turmeric

Whiz til smooth.

With blender/processor running, drizzle in 2 Tb melted margarine (or good oil).

May be stored and reheated if necessary - does not separate.

Tempeh marinade

Mix up in a measuring pitcher or shake in a jar:

- 1/4 cup orange juice concentrate (frozen/thawed)
- 1 Tb mustard, prepared (or 1/2 to 1 tsp dry)
- 1 Tb vinegar
- 1 Tb water
- 1 Tb oil
- 1/4 tsp garlic powder (or some crushed fresh)
- 1/2 tsp thyme
- 1 tsp salt

Homemade ketchup

Why would anybody make ketchup? For fun - and to avoid hidden sugars and 'natural' flavorings. In the old days, there were many many kinds of ketchup, and every cook had a different secret recipe.

Yields about 4 cups of ketchup. Store in little jars in the fridge.

Place into blender/food processor:

- 1 28-oz. can tomato puree, the fanciest you can obtain
- 1 medium yellow onion, peeled and quartered
- 1 clove garlic, crushed and peeled
- 1/2 fresh jalapeño, stems/seeds removed (Wash your hands! Dont touch your eyes!)

Whiz these till as smooth as possible.

Place veggie puree in a heavy-bottomed cookpot (the ketchup will have to cook and reduce for a while) with:

- 2 Tb dark brown sugar (or 2 Tb sugar and 1 tsp molasses)
- 1/2 c cider vinegar
- 1 c water

A pinch (scant 1/8 tsp) each of:

- cayenne
- celery salt
- dry mustard
- allspice
- cloves
- cinnamon
- (ginger, coriander, cumin, mustard as desired - the more, the merrier)

Simmer over medium heat for 45 minutes to an hour.

Teriyaki sauce

For stir fry and tofu and such.

- 3/4 c soy sauce
- 1/4 c sugar
- 1/4 c sake or dry sherry
- 1 clove garlic crushed
- 2 tsp grated fresh ginger

Mix up and marinade tofu, or thicken slightly to add to stir-fry.

Pico de gallo

It's just a fresh salsa you make yourself.

- 1 1/2 c seeded and finely diced fresh ripe tomatoes
- 1/4 c finely diced red onion
- 1 Tb diced jalapenos (remove seeds for milder taste - wash your hands and don't touch your eyes)
- 1 Tb crushed garlic
- Juice of 2 limes
- 2 Tb snipped fresh cilantro
- Salt and pepper to taste

Mix up, cover, and let the flavors "marry."

Quick enchilada sauce

Saute 5 minutes in 2 Tb oil or margarine, until very soft:

- 1 chopped onion
- 2 cloves garlic, crushed
- 1/2 c thin-slivered green pepper

Stir in 1 Tb flour and cook, stirring, for a couple of minutes to cook off the raw flour taste.

Add:

- 2 big cans tomatoes, sliced, with the liquid (you can replace up to 1/2 canful of the liquid with red wine, if desired)
- 1 Tb chili powder
- 1/2 tsp oregano
- 1 tsp whole cummin seed (or 1/2 tsp ground)
- 1 scant Tb sugar
- 1 tsp salt

Simmer 20 minutes.

Green enchilada sauce

Do you have access to fresh tomatillos (in the grocery store near the avocados, usually)?

This recipe makes a double batch - freeze half for another day.

This sauce can also be used as the basis for green chili.

Combine in blender or food processor:

- 1 1/2 lb tomatillos, husked (sticky on the inside is normal) and quartered
- 2 green bell peppers, chopped
- 2 seeded jalapenos, chopped
- 1/2 bunch cilantro, chopped

Whiz until smooth.

Saute in 2 Tb olive oil over medium heat in a large saucepan until translucent:

- 1 large onion, chopped
- 6 cloves garlic, crushed or minced

Add the tomatillo mixture and:

- 4 c vegetable broth
- 2 Tb sugar
- 2 tsp salt
- 2 tsp whole cumin seed (or 1 tsp powdered)
- 1/4 tsp black pepper

Simmer 15 min to 1 hr, to the desired consistency, stirring often.

Marinara sauce

A thinner sauce for pasta and casseroles (manicotti, lasagne, etc.). Can also be used as a soup base.

Saute in olive oil until onions are transparent and mushrooms are tender:

- 1 onion, finely chopped
- 5 cloves garlic, minced, crushed, or grated
- 1/2 lb mushrooms, thin-sliced
- 1/2 to 1 green pepper, finely chopped
- 1/2 to 1 zucchini, thin-sliced

Add:

- 2 medium cans diced tomatoes (or whole/squished)
- 1 can tomato paste
- 1/2 c red wine
- 1 tsp oregano
- A generous pinch each of thyme and basil
- A big bay leaf
- A few grinds of black pepper

Allow the sauce to simmer gently, partly covered, for at least 15 minutes (30-60 is better).

Spaghetti sauce

A hearty thick sauce, with tofu. The tofu makes white specks in the sauce, sort of cheese-like in appearance.

- Make a batch of marinara.
- Crumble a block of firm tofu into it.
- Cook through.

That's all there is to it.

Pizza sauce

Saute in small amount of oil gently til transparent:

- 1 small minced onion
- 1 head garlic, crushed (not a clove - a head)

Add:

- 2 small cans tomato paste
- 1 1/2 cans water
- 1/2 can red wine
- Pinch oregano
- Pinch thyme
- Bay leaf

Cook, stirring occasionally, for 10-15 minutes.

Yumm sauce

Direct from the Yumm Cafe.

Whiz in food processor or blender:

1/2 c oil

1/2 c almonds

1/3 c nutritional yeast

1/3 c chickpeas, drained

1/4 c soybeans, drained or frozen/thawed (may sub 1/2 c silken tofu)

1/2 c water

1/2 c lemon juice

2 garlic cloves, crushed

1/2 tsp salt

1 tsp curry powder

Serve with rice, pilaf, cous cous, pasta, vegetables, etc.

Peanut sauce

For stir-fry, noodles, or steamed veggies.

Place in mixing bowl:

1/2 c plain ("natural," no corn syrup or extra fat) peanut butter

2 Tb soy sauce

1 tsp vinegar

1 tsp maple syrup or other sweetener

1/2 tsp garlic, crushed

1/2 tsp ginger powder

1/8-1/4 tsp cayenne pepper, to taste

Stir in 1/2 c boiling water, and blend well until smooth

For a thinner sauce, add a little more boiling water (2 Tb or so)

Store tightly covered in fridge - will thicken when cold.

Health nut gravy

A last-minute light-brown gravy. If you can't get packaged vegan gravy mixes at your store, you might try this.

1 tsp each: onion flakes and granulated garlic

1/2 tsp salt

1/2 tsp nutritional yeast

Stir til blended. Add 2/3 c hot water and bring to a simmer.

In a separate bowl, mix 2 1/2 tsp cornstarch with 3 Tb cold water.

Stir cornstarch mixture into simmering liquid, and cook, stirring, over medium heat until it returns to a boil and is thickened.

Remove from heat.

Stir in 1 Tb margarine.

If it will have to sit for a while, stir it occasionally, to keep steam from thinning the sauce.

Mushroom gravy

From scratch.

Saute slowly in 2 Tb margarine, until mushrooms are very soft:

1/2 c onion, very finely chopped

1/2 c thinly-sliced mushroom

1 small clove garlic, very thinly sliced or minced

Stir in:

1 c broth

2 Tb soy sauce

and heat to a simmer.

In a separate bowl, mix up:

1 Tb cornstarch in 1/4 c dry wine or water

Add to hot liquid, stirring constantly until it comes to a simmer and thickens. Remove from heat.

Add seasonings to taste (salt and pepper, pinch of thyme, pinch of sage, etc.).

White sauce

Also called "Bechamel." This is a very basic cream sauce recipe, that you can use for all sorts of dishes: creamed vegetables, pastas, casseroles, etc..

1 Tb butter - melt in a saucepan

1 Tb white flour - stir in, and continue to cook and stir for 2 minutes

1 cup milk - stir in gradually, and allow to cook, stirring, for a few minutes until sauce is thickened.

Season as desired.

(Thicker sauce: Use 2 Tb butter, 2 Tb flour, and 1 cup milk.)

Fancy bechamel sauce

Worth it.

Heat gently in a saucepan or microwave:

2 c plain unsweetened soymilk

1 slice onion

1 bay leaf

6 whole peppercorns

1 pinch mace or nutmeg

Cook gently for 10 minutes; strain.

Use this milk to make white sauce:

Melt 2 Tb margarine, add 2 Tb flour, and stir, cooking for a couple of minutes.

Add the hot milk and stir until simmering and thickened.

Tofu sour cream

Place in blender or food processor:

1/4 c lemon juice

2 Tb oil

1 Tb light miso

1/4 tsp dry mustard (may sub prepared)

1 Tb soy sauce

Add 1/2 lb (1 cup) soft silken tofu, bit by bit, blending between each addition

ENTREES

Noodles baked with spinach

Such a simple name for such a luscious dish.

Oven 375F

You will need to make 2 cups of fancy bechamel sauce - the one where you steep the seasonings in the milk first.

Cook: 12 oz twirly noodles.

Meanwhile, saute slowly in 1/4 c butter (about 10 minutes):

2 medium onions, chopped finely.

Add:

3 lb chopped spinach (fresh or frozen/squeezed dry).

Cook 5 minutes.

Mix 1 Tb egg replacer powder with 2 Tb water, and stir into the hot spinach, blending thoroughly.

Add salt and pepper to taste.

Layer noodles with spinach in a greased deep casserole.

Pour bechamel sauce over the top.

(Saute 1 c breadcrumbs or 1 c grated bread in 1/4 cup butter; top casserole with crumbs, if desired.)

Bake 20 minutes til nicely browned.

Pasta primavera

Most of the time involved is just cutting vegetables. May be served hot or chilled.

1 head broccoli - cut into tiny flowerets

2-3 carrots - cut into tiny matchsticks

Cover these with boiling water and let stand.

Prepare these:

1 medium zucchini, sliced thinly

1/2 lb mushrooms, sliced thinly

1 red bell pepper, sliced thinly

1 small bunch of scallions, sliced thinly

4 cloves garlic, crushed

Saute them until soft in a mixture of margarine and oil.

Add the partly cooked broccoli and carrots at the end.

Boil 1 lb twirly noodles, and drain..

Toss everything together in a big bowl or serving dish.

If served cold, can also dress with vinaigrette.

Baked ziti

Oven 350

This dish transports well for picnics or camping.

1 lb cooked ziti

3 c spaghetti sauce (with tofu in it)

(1/2 lb vegan mozerella, cubed)

10 oz spinach, cooked and drained

Mix up and bake in greased oblong pan 30 minutes.

Creole noodles

Cook some noodles (spirals or shells) to make 3 cups.

Saute in 2 tb oil:

- 1 chopped onion
- 1 chopped green pepper

Add:

- 1 can red or kidney beans
- 2 c chopped tomatoes
- 4 sprigs parsley, snipped
- 2 c sliced green beans or okra
- 1/2 tsp dried basil
- 1 tsp paprika
- 1 bay leaf
- Pinch whole anise seed
- 1/2 tsp tabasco sauce
- 1/2 tsp salt

Cover and simmer 15 minutes.

Add noodles and simmer 10 more minutes uncovered.

Stuffed shells or manicotti - no-boil style

Oven 350F

Use jumbo shells - you do not have to boil them.

For manicotti, you can use a recipe of vegan crepes or else regular manicotti shells.

You will also need a recipe of marinara sauce. It should be pretty soupy, not stew-like, so it will steam the pasta shells.

Filling:

- 1 lb tofu, drained and well mashed
- 2/3 c vegan mayonnaise
- 2 tsp each: dried parsley, basil, onion powder
- 1 tsp each: garlic powder, salt
- 1/4 tsp black pepper

Mash up with potato masher, or process in food processor, until well blended.

Cover bottom of baking dish with a thin layer of marinara sauce.

Stuff the shells or manicotti with the filling and place in baking dish.

Cover with sauce. No dry pasta should be visible.

Cover baking dish tightly with lid or tin foil.

Bake 45-60 minutes until tender.

Veggie meatballs

Oven 350F.

Make 1 recipe veggie burgers (fine-grained - might need extra mashing).

Shape into walnut-sized balls.

Spray a baking sheet with spray oil, and place meatballs on it.

When sheet is full, spray tops of meatballs with the oil spray as well.

Bake for 20 minutes.

Remove from oven, turn each meatball, and return to oven for another 10 minutes.

Leftovers can be frozen.

Risotto

Mix up 2 cups bouillon and set aside.

Saute in 1 Tb oil plus 1 Tb margarine:

- 1 1/2 c arborio rice (or other short-grained white rice)
- 1 large onion, finely chopped (~1c)
- 2 cloves garlic, crushed/grated
- 2 c thin-sliced mushrooms (optional)

Saute veg with rice until onions are clear and mushrooms are soft.

2 c vegetable broth, hot

1 c white wine, room temperature if possible

Slowly add to rice mixture in about 1/2 cup increments (or ladlesful), stirring unceasingly, until liquid from each addition is fully absorbed. You may need more liquid. The rice will be creamy-firm but not crunchy.

The expert opinion is that you should keep your liquid simmering on a back burner so that you are adding 1/2 cup of truly hot liquid each time. However, the recipe will work either way.

Remove from heat and stir in:

- 2 Tb nutritional yeast
- 1 tsp tarragon
- 1 tsp thyme
- 1/2 tsp sage
- Salt & pepper to taste.

Broccoli rice

Cook 2 c dry rice in 4 c water.

Cover 1 large head of broccoli (cut up) with boiling water, cover, and let stand about 10 minutes, until deep green, tender-crisp, and fragrant.

Drain, rapidly cool under running water, chop, and set aside.

In a saucepan, make this sauce:

Melt 5 Tb margarine (1/3 c)

Stir in 5 Tb flour (1/3 c)

Cook, stirring, for several minutes, to cook off the raw flour taste.

Stir in 3 c plain unsweetened soymilk

with enough vegetable bouillon cubes or powder to make 3 c broth.

Cook, stirring, until simmering and thickened.

Season with granulated garlic, thyme, salt, and fresh-ground black pepper, as desired.

(It can be pretty salty, because it will be distributed throughout the rice and broccoli.)

In a large pot, combine sauce, broccoli, and rice.

Heat through.

(Or may mix up in a deep baking dish, and bake at 350F for 20 minutes.)

Stuffed peppers (with Spanish rice)

Oven 350F

Wash bell peppers.

If they can't stand alone, slice a THIN strip off the bottom of any that need it, so they stand unassisted.

Cut the caps off the peppers and scoop out the seeds and membranes.

Stuff the peppers with Spanish rice and replace the caps.

Place in oiled pan and cover with foil. Bake 1 hr. Remove foil and bake 15 min more.

Quinoa stuffed tomatoes

Oven 375F

Cut 6 ripe tomatoes in half and remove seeds and membranes, or else cut the tops off, and scoop out the insides (save the tops). Sprinkle with salt, turn upside down, and set aside.

Saute in oil, in saucepan, until onion is translucent, over medium heat:

- 1 onion, chopped
- 2 stalks celery, chopped
- 3 carrots, peeled and grated
- 2 cloves garlic, crushed or grated
- 1 Tb whole cumin seed (or 2 tsp powdered)

Add 1 10-oz pkg frozen leaf spinach, thawed and squeezed dry(ish)

Heat through. Add:

- 2 c vegetable broth
- 3/4 c quinoa
- 1 medium can black beans, drained and rinsed

Cover, bring to boil, then lower heat and simmer 20 minutes until quinoa is tender.

Salt and pepper to taste.

Stuff tomatoes with this filling.

Replace tops if that's how you prepared the tomatoes.

Bake 15 minutes, in oiled baking dish, until tomatoes are fork-tender.

Dirty rice

Good with greens, beets, carrots.

Prepare 4 c cooked brown rice (2 cups dry + 4 cups water or bouillon).

Briefly toast 1/2 c toasted nuts/seeds on cookie sheet in 350F oven (pecans are best, sunflower seeds are good too).

Saute in 2 tb butter:

- 2 cloves chopped garlic
- 4-6 sliced scallions
- 1/2 c coarsely chopped mushrooms
- the nuts/seeds

Cook until mushrooms are quite soft.

Add 2 tb soy sauce, cover, and simmer 5 minutes.

Stir in rice and heat through.

Quick sausage jambalaya

Cut a large vegan hot Italian sausage or chorizo into bite-sized chunks.

Saute it over medium-high heat, in a heavy skillet that has a lid.

Add:

- 1 c dry white rice
- 1 c green beans (from freezer, thawed under hot tap water)
- 1 can diced tomatoes, with liquid
- 1 tsp thyme
- 2 cup broth/ bouillon
- Dash Tabasco

Bring to a gentle boil, reduce heat to low, cover, and simmer 20 minutes.

Remove from heat, stir, re-cover, and let stand 5 minutes so rice can finish absorbing moisture.

Spanish rice

Cook 1 1/2 c rice with 1/3 c cornmeal in 3 1/2 c water or broth, and set aside.

Saute in oil:

- 1 onion, finely chopped
- 2 stalks celery, finely chopped
- 1 green bell pepper, finely chopped
- 4 cloves garlic, crushed or grated

Add:

- 1 heaping cup chopped fresh tomato (or 1 scant can with liquid)
- 1 tsp whole cumin seed, or 1/2 tsp powdered
- 1 Tb chili powder
- 1 tsp paprika
- 1/2 tsp oregano
- salt and pepper

When tomatoes are cooked through, add the rice and stir well.

If using as a main course, you can add 1 drained can of chickpeas.

New Orleans red beans and rice

If you want this to be a little meaty-ish, fry up some vegan hot Italian or chorizo sausage; drain and set aside (optional).

Cook 1 c rice in 2 c water (makes 2 c cooked rice).

In a saucepan, melt 1 Tb butter and add:

- 1 onion, chopped
- 1 green pepper, chopped
- 1 heaping Tb fresh garlic, chopped

Cook, stirring periodically, until onions are translucent.

Stir in:

- 1 can red beans (kidney or whatever you like, drained or not)
- 1 can diced tomatoes (drained or not)
- the rice
- (and the vegan sausage, if you're adding it).

Add these spices:

- 1 Tb paprika
- 2 tsp basil
- 1 tsp parsley
- 1 tsp whole (or 1/4 tsp ground) cumin seed
- 1/4 tsp of whole anise seed
- Dash of Tabasco or fat pinch of dried red pepper

Stir well and heat through.

Leigh's easy curry

Serve it over rice.

Drain 1 block tofu, slice, and cut into triangles.

Fry the tofu in oil until reasonably crispy.

Set aside on paper towels or coffee filters or paper plates.

Cover with boiling water in a small pot:

2 medium potatoes, peeled and diced

2 carrots, peeled and thin-sliced

1 cup snow peas or sugar snap peas

Return to a boil, turn heat off, and cover; let them steep on the warm burner.

In a deep skillet, saute until soft in a very small amount of oil:

1 fine-chopped onion

1 chopped red or green bell pepper

Stir in:

1 can coconut milk

Curry paste, 1 small (4 oz) can or 1/3 to 1/2 cup (if you have a bigger tub of it)

Mix until smooth.

Add the potatoes, carrots, and tofu.

Heat through. Might need to simmer gently for another 5-10 minutes, til the potatoes are tender.

Add 1 Tb soy sauce if it's not salty enough.

Auntie Zoe's fresh green curry

A complex dish for fancy occasions.

You will need fresh lemongrass, some fresh small green chiles (suggest jalapenos), fresh ginger, coriander, and basil, and a lime. Also - a can of coconut milk.

Make the green curry paste in advance, by coarsely chopping and placing in food processor (or cutting as directed below):

1 stalk fresh lemongrass, thinly sliced

1-3 fresh chiles, minced (remove seeds/stems for less heat; don't touch your face)

1 small (or 1/2 medium) onion, minced

3 cloves garlic, crushed

1 thumb-sized chunk fresh ginger root, peeled and grated

1 loose cup fine-chopped fresh coriander

1/4 fine-chopped fresh basil (fine-chop all of it; will use 1/2 c basil when serving)

Juice of the lime

3 Tb soy sauce

1 level Tb brown sugar

2 tsp ground coriander powder

1/2 tsp ground cumin

Process to a paste, adding a little coconut milk as needed for moisture. Alternately, may simply mix up and use as is, or mash it up with a mortar and pestle (or flat-bottomed dish and bottom of peanut butter jar).

Later, make "easy curry" above, using this green curry paste instead of canned.

Taste for saltiness, and add more soy sauce if necessary.

If it's too salty, add a little more fresh lime or lemon juice.

If it's too spicy, you can add some more coconut milk (or sub unsweetened soymilk).

Serve with rice, topped with a small pile of chopped basil.

Hoisin stir fry

Serve with rice or crisky chow mein type noodles.

Prepare tofu:

Drain 1 block, slice, and cut into triangles.

Fry in oil until reasonabley crispy.

Set aside on paper towels.

Prepare oither veggies:

Carrots: peel 2, diagonally slice them, place in a small pot and cover with boiling water.

Return to a boil, turn off heat, cover, and leave on the warm burner to steep.

Bamboo shoots: drain 1 small can and set aside.

Cut into slivers:

1 red bell pepper

1 green bell pepper

1 onion

Drain the carrots.

Now stir-fry, over fairly high heat, in a small amount of oil, the peppers, onion, and carrots. When crisp-soft (if you know what I mean), add the tofu and bamboo shoots, with a couple of spoonsful of hoisin sauce.

Stir well and heat through.

If the sauce is too thick, add a splash of water, sake, or white wine, and heat again.

Cashew stir fry

Serve with rice or crunchy chow-mein-type noodles.

Toast 3/4 c cashews on cookie sheet at 325F, til fragrant and lightly browned. Don't let them scorch!

Drain an 8-oz can of bamboo shoots, reserving the liquid in a measuring cup.

Cut up (or thaw, if frozen) about 4 cups of the vegetables of your choice, or use:

1 slivered onion

1 diagonally-sliced stalk celery

2 medium carrots, very thinly sliced

1 head chinese cabbage, coarsely chopped

1 lb tofu, chopped

Stir fry it up.

Make sauce:

Add 2 Tb soy sauce to the bamboo-shoot water, and enough vegetable bouillon, to make 1/3 cup total. (Use a bit less than 1/4 large bouillon cube or 1/2 tsp powder.)

Mince or crush 1 clove garlic (about 1 heaping tsp), and add it to the broth.

Peel and grate a piece of fresh ginger (about 1 heaping tsp), and add it to the broth.

In a separate bowl or small cup, combine 1 rounded tsp cornstarch with 1 Tb of cold water.

Make a well* in the center of the stir-fry, and pour the broth in. When it comes to a simmer, stir in the cornstarch mixture, and cook, stirring, til it is somewhat thickened.

Add the cashews and bamboo shoots, and toss everything together.

*If you are not using a wok, make the sauce separately in a small saucepan.

Fried rice

Cook 1 cup rice, or use 2 cups cooked leftover rice.

Saute in skillet or wok, over medium heat in 1 Tb oil, until onion is translucent:

1/2 onion, finely chopped

1 large garlic clove, crushed or minced (or a scant 1 tsp of jar garlic)

1 stalk celery, thinly sliced

1/2 carrot, very thinly sliced or shredded (may use the slicing slots or regular holes, on a cheese grater)

1/2 bell pepper, chopped (any color)

1/2 cup fresh mushrooms, sliced or chopped (3-4 mushrooms)

Now add the rice to the pan, along with:

2 Tb soy sauce

1/4 tsp ginger powder

1/4 tsp sugar

Dash tabasco

1/4 cup frozen green peas (thawed under hot tap water)

Cook, stirring, until heated through.

Lentil stew

Sort of Deep Southern, sort of South Indian. Serve with corn bread or gringo chappatis.

Mix in large saucepan:

1/2 lb lentils

2 1/2 c water

1/2 tsp salt

1/2 bay leaf

1 tsp fresh garlic

1/2 tsp dry mustard

1/2 tsp cinnamon

1/4 tsp cloves

1/4 tsp nutmeg

1/2 tsp ginger

1/2 tsp dried savory leaves

1/2 tsp dried thyme leaves

Simmer 30 minutes.

Add:

1 medium onions cut in smallish wedges

1 cups tomato juice

1 c tomato sauce or crushed tomatoes

1 Tb barbeque sauce

1 Tb molasses

Simmer covered 15 minutes.

Refried beans

Cook up a bunch of dried pinto beans til they are really soft.

Thin-slice and saute in a skillet a bunch of onions and a small, I mean small, amount of garlic.

Add half the cooked beans, and mash or food-process, adding bean cooking liquid to make a creamy sauce. Add the rest of the beans whole.

Season with cumin, oregano, salt, pepper, chili powder.

Black bean enchiladas:

Over 350F

Combine in a mixing bowl:

- 1 can of black beans, drained and rinsed
- 1 minced onion
- 1 cup frozen/thawed corn
- 1/4 tsp garlic powder or 1 tsp minced/crushed fresh garlic

Drop 1/4 cupful along edges of tortillas, and roll up.

Place in baking dish and top with enchilada sauce and a sprinkling of sunflower seeds and olives as desired. May top with vegan cheese if desired as well.

Bake 30 minutes til heated through.

Black beans and white rice

Cook 1 c white rice in 2 c water.

Saute until soft:

- 1 medium chopped onion
- 1 chopped red or green bell pepper
- 3 cloves fresh garlic, crushed or grated
- 1/2 c corn kernels (frozen/thawed)
- 1 Tb whole cumin seed (or 1 1/2 tsp powder)
- 1/4-1 tsp crushed red pepper (some like it hot)

Saute until veggies are soft.

Stir in 1 Tb flour and mix well.

Add 2 cans black beans with their liquid.

Cook, stirring, to thicken a little.

Season with:

- Salt and pepper
- 1 Tb oregano
- 2 Tb vinegar

Cook for 5 minutes to allow flavors to "marry."

Serve over rice.

Corn pone

Oven 375F

Saute in a small amount of oil over medium heat until soft:

- 1 small onion, chopped
- 2 cloves garlic, chopped
- (1 bell pepper, chopped - optional)

Stir in:

- 2 cans of beans (pinto, drained and rinsed)
- with 2 Tb red wine or other liquid
- (2 chopped tomatoes or 1/2 medium can - optional)

Heat through.

Grease a pie pan or a square cake pan, and pour in the beans. Place in oven.

Now mix up one recipe of corn bread.

When it is ready, top the beans with it by blobs - it will spread out as it bakes.

Bake for about 45 minutes. Poke it to make sure there isn't liquid batter sitting on top of the beans. If the top is getting too brown, lightly drape it with tinfoil.

You can let it sit for 10 minutes before serving.

Hoppin' John

Serve with greens and such. If you can't get chipotle peppers, consider adding a drop of Liquid Smoke.

Cook 1 1/2 c rice in 3 c water or broth +/- some white wine.

Saute in a small amount of oil over medium heat until soft:

- 1 cup onion, chopped
- 1/2 cup celery, chopped
- 1/2 cup green pepper, chopped
- 1 Tb garlic chopped
- 1 bay leaf
- 1 tsp thyme

Stir in:

- 1 Tb chipotle pepper, mushed up*
- 2 cans black-eyed peas, drained and rinsed
- the rice

Heat through

Remove the bay leaf before serving

Adjust seasonings (salt? pepper? etc.).

* You can buy a can of chipotle peppers in adobo sauce; it will be more than you need (spicy!). Mush them up in a blender, line ice-cube trays with plastic wrap, and freeze by spoonful, transferring to a ziplock bag when frozen.

Laurel's baked beans

Oven 350F

- 4 c cooked white beans (2 cans)
- 3/4 c vegetable broth
- 1/2 c ketchup
- 1 tsp dry or 1 tb wet mustard
- 1 tsp salt

Mix up in a deep baking dish.

Saute in 2 Tb oil:

- 1/2 onion, chopped
- 1 carrot, grated
- 1 apple, grated (you can include the core and seeds, it won't matter; the peel may have pesticides, however)

Cover and cook over very low heat 5 minutes.

Sir into beans.

Bake covered 45 minutes.

Beanie-weenie

Quick and easy.

Good with (also quick and easy) drop biscuits.

1 small can vegetarian baked beans - place in small saucepan.

Add 2 vegan weiners, sliced in 1-2" slices.

Heat thoroughly over medium heat.

Chili mac

Boil 2 c elbow macaroni, large or small, in salty water; drain and set aside. (To keep it from clumping, you can put it in a pot of cold water, then drain when you need it.)

Saute in oil until tender, in a largeish pot or deep skillet, over medium-high heat:

- 1 1/2 c chopped onion
- 1 green bell pepper, chopped
- 1/2 c chopped celery

Add and stir well, simmering til heated through:

- 1 can tomatoes with juice (diced, whole-and-then-squished, or stewed)
- 1 can kidney beans, drained
- (1/2 c corn, frozen/thawed or fresh - optional)
- 1/4 c soy sauce
- 1 tsp each: basil, chili powder, cumin seed (whole, or 1/2 tsp ground)

Stir in macaroni and combine well; heat through.

Adjust seasoning to taste (salt? pepper? tabasco?).

Bean snap

This dish transports very well for picnics and camping.

Saute:

- 2 lg onions, thin-sliced, in 2 tb butter with 1/2 tsp sugar.

Add:

- 1 medium (15-oz) can tomatoes, sliced, with liquid
- 1 tsp dried basil
- Salt and pepper

Heat through.

Add:

- 1 1/2 lb snapped frozen/thawed green beans
- 1 c canned garbanzo beans, drained

Cover and simmer 20 minutes.

Cous cous

Cous cous is semolina, the same stuff pasta is made from. Although you can buy instant box mixes, making it from scratch is also pretty instant. Use instant (fine-grained) cous cous.

Saute in 1 Tb margarine:

- 1-2 sliced scallions
- 1 c cous cous
- (Any other ingredients you want - thin sliced mushrooms, pine nuts and/or sunflower seeds, green peas [frozen/thawed], minced or shredded carrot, etc.)

Stir in seasonings: salt and pepper, garlic powder, cumin, curry powder, etc, as desired.

Cover with 1 1/2 c boiling water or broth and stir; cover with a lid and let it sit around until the water is absorbed, about 5 minutes.

Stuffing deluxe

I love stuffing so much that I like to have this as a main dish, with gravy on top, and veggies on the side.

Use one regular package of stuffing, any kind you like (seasoned or unseasoned bread cubes, cornbread, etc.) - or allow many slices of bread or a couple of pans of cornbread to dry out in a warm oven, with the door ajar, overnight and then cube or crumble. One package of stuffing yields 6-8 cups or cubes or chunks.

Fry up 1 block of firm tofu in any shapes you prefer. Set aside on a rack or paper towels.

Mix up bouillon cubes or powder with water, to make 1 1/2 c of broth; set aside.

Saute until soft, in 1/4 c margarine:

- 1 c chopped onion

- 1 c chopped celery

- 1 c sliced mushrooms

- 1/2 c thinly-sliced or shredded carrots

In a mixing bowl, combine the bread, the broth, the vegetables, and the tofu; stir til well mixed.

Turn out into greased casserole dish and bake at 350F, if desired, for 20 minutes or so.

Thanksgiving squash

2 acorn squashes - halve and de-seed.

Oven 350F

Saute in 1/4 c margarine until soft:

- 1/2 c chopped onion

- 2 cloves garlic chopped

- 1 stalk celery chopped

- 1/4 c chopped walnuts

Add:

- 1/2 tsp each sage and thyme

- 1 c finely crumbled up or grated whole wheat bread

- Juice of 1/2 fresh lemon

- 1/4 c raisins

Cook 5-8 minutes.

Remove from heat, pack into halved squashes, and bake on a cookie sheet, covered with foil, 25 minutes or til squash is tender.

Kebabs

Make a batch of teriyaki sauce the night before.

Drain a block of firm tofu - as firm as you can obtain. (You can use frozen/thawed/squeezed if you want; it's got a more spongy texture.) Cut into 1-inch cubes (for bamboo skewers - make bigger cubes for bigger skewers).

Also cut into same-sized shapes:

- Bell peppers, various colors

- Zucchini and/or summer squash

- Mushrooms

- Skinny eggplant

- Cherry tomatoes, whole

- Peel and quarter a sweet onion, and cut it in half. Separate individual leaves of onion.

Marinate everything overnight (or at least 4 hours), with the tofu on the bottom.

Load skewers and grill.

Treatloaf

Oven 350F

Mix in a mixing bowl:

3 cups bread crumbs

3 Tb nutritional yeast

2 Tb each: brown sugar, Spike seasoning, egg replacer (or cornstarch)

1 Tb black pepper

2 tsp each: parsley, sage, rosemary, thyme, tarragon

1/4 tsp cayenne

Mix in another bowl:

2 Tb almond or peanut butter

1/4 c soy sauce

1 1/2 blocks of tofu, drained and crumbled

Finely chop or whiz in a food processor:

1 medium onion

2 stalks celery

1 red bell pepper

1 Tb chopped garlic

Saute these vegetables in oil over medium heat until soft.

Mix everything together! You may have to use your hands.

Evenly distribute to two well-oiled loaf pans, flattening the top.

Bake for 90 minutes.

Mama Faith's pot pie

Oven 350F

1/2 block tofu - cut in chunks and fry golden, set aside on paper towels for later

Make 1-2 c cream sauce or gravy and set aside.

Cover with boiling water:

1 medium or 2 small potatoes, peeled and cut in 1-inch chunks

1 large or 2 small peeled carrots, sliced fairly thickly

Bring them back to a boil, then turn heat off, cover, and let them steep.

Saute in small amount of oil until onion is transparent:

1 medium onion, chopped

2 cloves garlic, minced

2 small parsnips, peeled and sliced the same size as the carrots

Add: The tofu

1/3 c frozen/thawed peas or green beans

The drained potatoes and carrots

The sauce, as much or as little as you like

Additional seasonings to taste:

Salt and fresh ground black pepper

Generous pinch of thyme and/or tarragon

1/2 tsp savory

1 heaping Tb fresh snipped parsley (or 1 tsp dried)

1/4 - 1/2 tsp red pepper flakes

Simmer til heated through, stirring occasionally, while you prepare one recipe of drop biscuits.

Place filling in pie pan or baking dish, drop dollops of biscuit dough on top (they will spread out as they bake), and bake 30-45 minutes until golden brown on top.

Vegetable crepes

You need 1 recipe of crepes.

Saute over medium heat in 1 Tb margarine until onion is translucent:

- 1 medium onion, finely chopped
- 1 clove garlic, crushed

Add:

- 1/2 head red or green cabbage, finely shredded
- 1 large tart apple, peeled and finely chopped
- 2/3 c raisins
- 1 Tb vinegar
- 1/2 tsp salt
- 1/4 tsp pepper

Cook covered 5 minutes more.

Fill crepes.

May top with bechamel (white) sauce and broil til golden, if desired.

Tabouli

Summer picnic style.

1 c bulgur: soak in 4 c hot water til soft. Drain and chill.

Mince and add:

- 2 c fresh parsley
- 1 med cucumber
- 1/3 c scallions
- 2 fresh tomatoes

Optional other stuff to add:

- 1/2 c chopped fresh mint
- 1 green pepper minced
- 2 minced radishes
- 1 c minced mushrooms
- 1/2 c chopped bean sprouts

Mix dressing:

- 1/2 c fresh lemon juice
- 1/4 c olive oil
- 1 tb fresh dill weed
- 1/2 tsp salt or garlic salt
- Some pepper

Mix dressing with tabouli and chill thoroughly.

SOUPS

Vegetable soup

Small-dice, cover with boiling water, and set aside:

2 potatoes

1 carrot

Measure and set aside in a bowl:

1/2 c frozen corn

1/2 c frozen peas

1/2 c frozen green beans (or use fresh).

Saute gently in soup pot with a small amount of oil:

1 large celery stalk, small-diced

1 onion, small-diced

When onions are translucent, stir in 1 heaping Tb white flour until well mixed, and stir over heat for a few moments.

Drain potatoes and carrots, and add them to pot with all the other vegetables.

Stir well. Add:

1 medium can diced (or whole/squished) tomatoes (or 2 c fresh, diced)

4 c vegetable broth.

Bring to a simmer, stirring occasionally.

Cook 20-30 minutes.

Add 1/2 Tb dried parsley, and adjust seasonings and consistency (salt? pepper? more water?).

Variations:

May cook 1/2 c barley, drain, and add it.

May cook 1/2 c small pasta (shells, macaroni), drain, and add it.

May cook 1/3 c alphabet pasta, drain, and add it.

May add 1 cup cooked navy beans.

Gumbo

Saute in 2 Tb oil til transparent:

1 onion, chopped

3 whole cloves (or a pinch of clove powder)

Add 1 diced green bell pepper and saute for a few minutes

Add 2 cups diced tomatoes (fresh or canned with juice) and simmer 5 minutes.

Add remaining ingredients:

4 c broth

1 c lima beans (fresh or frozen/thawed)

1 c corn kernels (fresh or frozen/thawed)

1 1/2 c sliced okra (fresh or frozen/thawed)

1-2 tsp salt

1/4 tsp allspice

Simmer 15 minutes or more.

May add 1/2 cup cooked rice (white or brown) if desired.

Potage Ste-Germaine

Also known as Green Soup.

Note: to clean leeks, split them in half and fan the layers out under running water, washing off all the sand between the layers.

You'll also need a 24-oz bag frozen peas - measure and set aside 1 c of them.

Saute in 2 Tb margarine, in a big soup pot:

1 sliced leek

1 chopped onion

2 sliced carrots

1/2 c chopped celery

1/2 c chopped fresh parsley

1/2 lb fresh spinach, washed very well (or 1/2 box frozen - you can chop it with a big knife)

The frozen peas (except for 1 c)

1 tsp salt

1/2 tsp thyme

When things are cooked reasonably well, add 3 c vegetable broth, cover, and simmer gently (do not boil!) for 30 minutes.

Puree the whole thing in a blender or food processor; return to pot, add the rest of the green peas, and heat to a simmer again.

In a small pot, make a wee roux:

Melt 1/4 c margarine

Stir in 1/4 c flour and cook for a few moments

Stir in 3/4 c plain unsweetened soymilk

And cook, stirring, til thickened; it will be very thick.

Add this to the soup, stirring til well blended, heated through, and thickened.

Serve each bowl with drizzles of sherry as one likes. Very rich. Good with crusty bread.

Corn chowder

2 diced potatoes: cover with boiling water in a small pot. Return to a boil, then turn off the heat, cover, and let them steep while you make the rest.

Saute in 2 Tb margarine until onion is translucent:

1 chopped onion

1 chopped green pepper

1/4 lb thin-sliced mushrooms (about 6)

Stir in 2 Tb flour and mix well. Stir for a few minutes over medium or medium-low heat to cook off the raw flour taste.

Stir in:

1 c water

1 c plain unsweetened soymilk

2 c corn (fresh kernels, or frozen/thawed)

Bouillon cubes or powder to make 2 c broth

Drain the potatoes, and add them too.

Simmer covered gently for 20 minutes, or til potatoes are fork-tender.

Add 2-3 c more cups soymilk to make a nice thin(ish) chowder.

Add salt and pepper to taste.

Creamy potato soup

Saute with 2 Tb margarine over medium-low heat for 5 minutes:

2 c thin-sliced onions

1 c finely diced celery

Add 3 Tb white flour and cook, stirring, 5 minutes more.

Add and bring to a boil, stirring:

4 c vegetable broth

1 lb. potatoes (3 medium), peeled and small-diced

Reduce heat and simmer partly covered 20-25 minutes until tender.

Add 2 c plain unsweetened soymilk and reheat.

Adjust seasonings (salt? white pepper? parsley?)

Vichyssoise

Also known as potato-leek soup. Serve hot in winter, cold in summer.

Note: to clean leeks, split them in half and fan the layers out under running water, washing off all the sand between the layers.

Simmer 25 minutes until tender:

1 c sliced leeks

1 lb. potatoes, peeled and diced

2 1/2 c vegetable broth

Puree these in a blender. (Cover and chill, if soup will be served cold.)

Make roux:

In saucepan, melt 2 Tb margarine.

Add 2 Tb white flour. Stir for a few minutes over medium heat to cook off the raw flour taste.

Stir in 2 c plain unsweetened soymilk, and bring to a simmer, stirring til thickened.

(Allow to cool for 15 minutes, if serving soup cold).

Add:

The potato-leek puree

Another 1/2 c soymilk for desired consistency

Salt and pepper to taste

Cream of tomato soup

Good for colds and flu, but takes a while.

Saute in 1/4 c butter until deep golden brown:

1 minced onion

1 minced carrot

1 minced clove of garlic

Add 1/4 c flour, stirring well.

Add:

4 c vegetable broth

6 fresh chopped or 1 large can squished tomatoes

4 sliced scallions

4 white peppercorns (or black)

1 tsp salt

1 Tb sugar

Cover and cook over low heat for 1 hr.

Blend smooth in blender.

Stir in 1 c plain unsweetened soymilk.

Butternut squash and leek soup

Makes 8 cups, due to how big a butternut squash is.

You can freeze the "starter puree" for later quick and easy use (see below).

Note: to clean leeks, split them in half and fan the layers out under running water, rinsing off the sand between the layers.

Place in a saucepan:

1 butternut squash (about 3 lbs), peeled, seeds and strings scooped out, 1-inch chunks (total, 6-7 cups)

Add 4 c vegetable broth, and bring to a gentle boil. Reduce heat and simmer, covered, 15-20 minutes until fork-tender.

Puree in blender or food processor and set aside.

Saute 1 1/2 c thinly sliced leeks in 2 Tb margarine over medium heat.

When leeks are soft, pour in the squash puree. Heat through, stirring occasionally.

Stir in 1 1/2 c plain unsweetened soymilk.

Heat through.

Cream of spinach soup

1 lb spinach, washed, trimmed, and steamed in 1 c water (or frozen, thawed).

Puree the spinach in a blender, along with its water.

In a separate pot, place:

1 carrot, cut in chunks

1 potato, cut in chunks

1 onion, cut in chunks

Just barely cover these with boiling water, and cook til tender.

Puree them in the blender, along with water, and add to the spinach puree.

Make a white sauce:

Melt 1/3 c margarine

Stir in 1/3 c flour and cook for a few moments, stirring.

Add 2 c plain unsweetened soymilk, and cook, stirring, til thickened.

Put this sauce with the vegetable puree into your soup pot, and add:

Salt and pepper to taste

(Bouillon powder or cubes to make 4 c broth - optional)

1/2 tsp basil

Pinch thyme

Heat through.

Senator soup

Use about 1 c leftover mashed potatoes - or cook 1/2 lb potatoes and mash with some plain unsweetened soymilk.

Separately, heat 3 cans navy beans with 6 c water - or cook 1 lb (2 cups) dry white beans in 6 c water with 1/4 tsp thyme and a bay leaf until very soft.

Add the potatoes to the cooked beans with:

1/2 c fine-chopped celery

1/2 c fine-chopped onion

1/4 c snipped fresh parsley (or 2 Tb dried)

1 minced clove garlic

1 1/2 tsp salt

(May add bouillon cubes or powder sufficient for 4 c broth, if desired.)

Gently cook for 1 hr, mashing some of the beans with a spoon as you stir.

Cream of celery soup

Cook until soft:

- 4 c chopped celery
- 3 c chopped potatoes
- 4 c water
- 1 tsp salt

Puree in blender or food processor.

In soup pot, saute in 1/4 c butter:

- 1 c minced onion
- 1 c minced celery
- 1/4 tsp celery seed
- 1/4 tsp salt

Stir in 2 Tb flour, and cook for a few moments.

Add the puree and 1 1/2 c plain unsweetened soymilk.

Do not overheat.

Simple borscht

Quickest-easiest; making sour cream (which is delicious in this soup) may add 5 minutes. You will need 1 can diced beets; you'll use the liquid (adding the beets at the end), so set it aside.

Saute in 2 Tb butter:

- 1 lg chopped onion
- 2 stalks chopped celery

Add:

- 3-4 diced peeled potatoes
- 3-4 sliced peeled carrots
- 4 c vegetable broth

The liquid from the can of beets.

Bring to a boil, reduce heat and simmer 20 minutes or til tender.

Add the beets and heat through without boiling.

Add 2 Tb vinegar, 1/2 tsp salt, fresh ground black pepper.

Serve with dollops of vegan sour cream.

Mushroom-barley soup

Cook 1/2 c barley in 2 c water, til tender, in a small covered pan.

Add water as it cooks, if it gets low. Set it aside when it's done.

Meanwhile, saute in saucepan over medium heat, for 5 minutes:

- 1 Tb margarine
 - 1 cup finely chopped onion
 - 2 cloves minced or crushed garlic
- Thinly slice 1 lb mushrooms while onions cook.

Add them to pot with 1/2 tsp thyme.

Saute for about 15 minutes until very soft and tender.

Add 6 cups broth, 1/4 c soy sauce, 1/2 c white wine.

Drain the barley, and add it, when it is tender.

Add black pepper to taste, cover, and simmer 30 min over very low heat.

Hot sour soup

Most excellent for colds and flu. Makes 6 cups. You need a can of bamboo shoots and some dried shiitake mushrooms.

Soak 5 mushrooms in 2 c boiled water for 1/2 hr.

Reserve the soaking water; remove the mushrooms, and cut them with scissors into slivers. Combine the soaking water, and add the water from 1 can bamboo shoots, with vegetable bouillon and water, to make a total of 6 cups of broth.

Mix 1 Tb cornstarch with a small amount of the cold broth in a cup, and set this aside.

Place the rest of the broth in a pot, heat it to a gentle boil and add:

- 1/3 lb firm tofu, grated on a cheese grater to shreds
- the mushrooms
- the bamboo shoots
- 2 Tb cider vinegar
- 1 Tb soy sauce
- a dash of sesame oil, if you have any
- 3 dashes tabasco sauce, or 1/8 tsp cayenne to taste

Return to a simmer.

Slowly stir in the cornstarch mixture, stirring until heated through and slightly thickened.

Miso soup

Travels and freezes well.

Dissolve 3 Tb miso in 6 c boiling water, and set aside.

If you want to use dried shiitake mushrooms, cover them with boiling water and let them steep and soften; you can snip them up with scissors (or slice) and add to the soup at the end; use the soaking water for part of your broth.

Prepare vegetables:

- 1/2 c thinly sliced green pepper - set aside for later.

Saute in 2 Tb oil, in bottom of soup pot, til soft:

- 1 c thinly sliced cabbage
- 1 c thinly sliced carrots
- 1 c thinly sliced celery
- 1/2 c thinly sliced onion
- 2 cloves garlic, crushed or minced
- 1 tsp fresh grated ginger root (or 1/2 tsp ginger powder).

Now add:

- The miso stock
- 3 Tb sherry (or other wine)
- 2 tsp cider vinegar
- The green peppers
- 1/2 tsp salt

Lots of fresh ground black pepper.

Bring briefly to a boil, reduce heat, and simmer very low, partly covered, for 15 minutes.

Extras you may add at the end (optional):

- Tofu, about 1/3 block, cut in small (1/2-inch) chunks
- 1/2 can sliced water chestnuts

15 bean soup

You will need a fresh lemon.

Use 2 c assorted dried beans. (There don't have to be fifteen kinds. It's just the name of the soup!)

Soak them overnight; the next day, cook and drain them.

Add to the cooked beans:

- 1 chopped onion
- 4 cloves garlic, crushed
- 4 c vegetable broth
- 2 c water
- 1 large can tomatoes (diced or whole/squished)
- Juice of 1 fresh lemon
- 1 1/2 tsp chili powder
- 1 tsp salt
- 1/2 tsp pepper
- 1 Tb oil

Simmer for about 1 hour. Do not bring to a full boil, or it will get foamy.

Split pea soup

Combine in soup pot:

- 1 cup split peas
- 1 cup chopped onion
- 1 clove garlic, minced or crushed
- 1 cup diced or grated carrots
- 1 cup chopped celery
- 6 cups broth or water
- 1 large bay leaf
- 1/2 tsp marjoram
- 1 tsp salt
- Several grinds black pepper

Bring to a gentle boil over medium-high heat, reduce heat to medium-low, and simmer for 1 hour, stirring occasionally.

Remove bay leaf. You may puree most of the soup in a blender, and stir it into the remainder.

Alternatively, allow the soup to simmer for another 30 minutes or so, stirring occasionally, while the peas break down and form a rich broth.

Avgholemono

A delicious Greek soup, very comforting. You'll need some spearmint and about 3 lemons.

Cook 1/2 c white rice in 1 c water, and set aside.

Mix up 2 c vegetable broth and set aside.

Prepare a thin white sauce:

Melt 1/2 Tb margarine

Add 1/2 Tb flour and stir for several minutes to cook off the raw flour taste

Stir in 1 c plain unsweetened soymilk

Heat to a simmer, stirring til thickened and smooth.

Remove the sauce from the heat and set aside. Stir it once in a while so it doesn't get a skin on top.

Mince up 1 c onion.

Saute in saucepan with 2 Tb margarine and some salt and pepper until soft and tender.

Juice the lemons to obtain 1/2 c juice. Makes your hands smell good!

Add the lemon juice to the onions with the vegetable broth and the rice.

Bring to a boil, then reduce heat to low.

Stir in the white sauce and 1 tsp dried spearmint (or 1 Tb fresh, snipped).

Stir well, and gently heat through.

Minestrone

Means "big soup." Travels and freezes well.

In a small pot, boil 1/2 cup pasta (elbows, shells, spirals, bowties - your choice).

When it is done, drain, cover with cold water, and set aside.

Meanwhile, saute in largeish saucepan, over medium heat, in 1 Tb olive oil, until translucent (take your time!):

1/2 c chopped onion

2 tsp minced or crushed garlic

1/4 c diced celery

1/2 c thin-sliced zucchini

1/2 c diced carrots

1 c shredded (thin-sliced) cabbage

Add to sauteed vegetables with the cooked pasta:

1 medium (15 oz) can tomatoes with juice (squished or chopped)

1/2 can chickpeas, drained

3 cups broth or water

Bring to a gentle boil, reduce heat to medium low, and simmer 1/2 hour.

Add:

1/3 cup frozen green peas (thawed under hot tap water)

1/4 tsp dried basil

1 tsp dried parsley (or 1 Tb fresh, snipped or chopped)

Salt and pepper to taste

Splash of red wine (optional)

Add water or broth, if necessary, to obtain the soupiness you desire.

Simmer 10 minutes until all is tender.

Cuban black bean soup

With marinated rice garnish, which gives it an extra kick.

Take some time to finely mince 3/4 cup of onion (about a medium onion).

Set 2 Tb of the onion aside in a small bowl covered with a saucer or plastic wrap, to use in garnish.

Cook 1/4 c white rice (dry measure - or use 1/2 c leftover cooked rice), and set aside.

While rice cooks, saute in 2 tsp olive oil, in saucepan over medium heat, for about 5 minutes, until

onion is translucent:

- The remaining onions

- 1/4 green pepper, finely diced

- 1 clove garlic, minced or crushed (or about 1/2 tsp jar garlic)

- 1 tsp oregano

- 1 tsp cumin seeds (or 1/4 tsp powdered cumin)

When the vegetables are cooked, stir in:

- 1 can black beans (drained and rinsed under running water)

- 3 cups broth or bouillon

Bring to a gentle boil, reduce heat to low, cover, and simmer for 45 minutes until black beans are very

tender, adding more water as necessary.

Add 2 tsp vinegar before serving.

While the soup cooks, prepare rice garnish. Combine in a small bowl:

- The cooked white rice (about 1/2 cup)

- The 2 Tb minced onion

- 1 tsp olive oil (or regular oil)

- 1 tsp white vinegar (may substitute other vinegar as needed)

Mix well, cover with a saucer or plastic wrap, and allow it to marinate.

Serve a generous spoonful in each bowl of soup.

Lentil soup

Makes lots - freeze some for a future quick and easy day.

Saute in oil til onions are translucent:

- 1 large chopped onions (or 2 medium)

- 2 stalks celery, chopped

- 3 sliced carrots

- 4 cloves garlic, minced, crushed, or grated

- 1 lb lentils

Add 4 cups vegetable broth and 2 cups water.

Bring to a boil, reduce heat and simmer partly covered about 1 hour, adding extra water as necessary, until lentils are very soft.

Now add:

- 1 large can tomatoes (diced or whole/squished)

- Juice of 1 fresh lemon

- 1/2 c red wine

- 1 Tb molasses

- 1 tsp vinegar

- A whole bunch of fresh-ground black pepper.

Heat through but do not boil (or it gets foamy).

Chili soup

"Wis-Mex" style - like Tex-Mex, except from Wisconsin.

Saute over in a pot with oil:

- 1 onion, chopped
- 1 green pepper, chopped
- 4 cloves garlic, minced or grated

Add:

- 1/2 c fresh or frozen/thawed corn kernels
- 1 large bay leaf
- 1 Tb whole cumin seed

Stir and heat through.

Add:

- 2 cans beans (your choice), undrained
- 1 medium (15 oz) can tomatoes with their juice (diced or whole/squished)
- 1 tomato-can-ful of water
- 1/3 tomato-can-ful of red wine
- Enough bouillon cubes or powder to make 4 cups of broth
- 1 Tb sugar
- Cayenne and chili powder to taste

Bring to a simmer.

Meanwhile, cook 3/4 c small pasta (e.g., elbows or bowties). Drain them and stir them into the soup.

Simmer about 15-20 minutes.

Gothic chili

...Dark and smoky.

Serve topped with fresh cilantro and vegan sour cream and/or a squeeze of fresh lime juice, and tortilla chips.

Saute over medium heat in a small amount of oil until the onions are translucent:

- 2 medium yellow or red onions, chopped
- 6 garlic cloves, minced

Add:

- 1 pound tempeh, crumbled
- 2 cans black beans, rinsed
- 1 large can whole tomatoes, squished
- Chipotle chiles canned in adobo - use just 2-3 chiles, chopped (more = spicier)
- 1 1/2 c stout
- 1 Tb chili powder
- 1 tsp ground cumin
- 1 tsp coriander
- 1 tsp oregano
- 1 tsp salt
- 1-2 c water, enough to produce the consistency you want

Simmer 45 minutes, stirring occasionally.

Stir in:

- 1 oz dark chocolate, broken up (or 3 Tb plain cocoa + 1 Tb molasses)
- 1/2 cup fresh cilantro, chopped

Adjust the seasonings as desired before serving.

Blabarssopa

Swedish blueberry soup, traditionally served hot to racers in the Vasa (Vasaloppet, world's longest and oldest ski marathon, held in Dalarna).

Place in smallish saucepan over medium heat:

- 2 cups blueberries, fresh or frozen
- 4 cups water
- 1/4 cup sugar
- 2 tsp lemon juice
- pinch of cinnamon

Bring to a simmer, lower heat, and simmer for 20 minutes, until blueberries are very soft.

In a cup or small bowl, mix with a fork or spoon until smooth:

- 2 Tb corn starch
- 2 Tb cold water
- 2 Tb dry sherry

Stir into hot berries, and cook over medium-low heat, stirring, until thickened slightly (about 5 minutes).

May be served warm or cold; may add a dash of cream and/or a sprinkling of muesli.

SWEETS

Strawberry shortcake

Summery!

Bake up a batch of sweet drop biscuits (with sugar in them).

Slice a lot of ripe strawberries into a mixing bowl.

Sprinkle with sugar, then mash them slightly with a potato masher to bring out the juices.

Set aside.

To serve, break up biscuits in a bowl and ladle berries over them.

May top with "ice bean" (vegan ice cream) if desired.

Apple crisp

Oven 350F

Mash up:

- 1/2 c margarine
- 1/2 c brown sugar
- 1 c rolled oats
- 1/3 c wheat germ
- 1/2 c flour
- 1/2 tsp salt

Use for up to 8 apples, peeled, cored, and tossed with:

- 2 Tb flour
- 1/4 c lemon juice
- 1 tsp cinnamon

Put a little juice or water in the bottom of a greased baking dish, add apples, top with crispy stuff, and bake 25 minutes or until apples are very soft.

May cover with tin foil if it is getting too brown before the apples are tender.

Baked apples

For 2 Jonathan, Braeburn, Cortland, Gala, etc. (not "Delicious") apples.

Use a long skinny knife, or an apple corer, to take out the apple cores, while leaving remainder of apple intact.

Put the apples in a small oiled or sprayed baking dish (e.g., pie pan, loaf pan, etc.).

In a small mixing bowl, mash up:

2 Tb margarine

2 Tb brown sugar

1/2 tsp cinnamon

Divide this mixture evenly in two parts, and pack it into the hollows of the apples, using a table knife

or small spoon.

Pour 1/4 cup water or apple cider into the pan. Cover the pan tightly with foil.

Bake for approximately 20 minutes, until apples are tender when pierced with a fork.

Remove the foil, and bake 20 minutes more, basting frequently, using a spoon and the syrup in the pan.

Remove from the oven and put into a bowl; pour remaining syrup over the top.

Peach cobbler

Oven 400F

After preparing the peaches, you'll mix up a recipe of sweet drop biscuit dough (with sugar added to it).

Drain 1 large and one small can sliced peaches, reserving 1 c juice.

In a cup, mix 2 Tb cornstarch in 1/4 cup of the reserved juice.

Put the remaining 3/4 c of juice in a saucepan over medium-high heat with:

1/3 c sugar

1 Tb butter

1/4 tsp cinnamon

When hot, add the cornstarch mixture to the hot juice stuff and cook, stirring, until thickened.

Stir in the peaches.

Pour this mixture into a greased casserole dish, and set aside.

Make your biscuit dough, and top the peaches with it. Dollop the dough as best you can - it doesn't have to completely perfectly cover. (Actually, a whole recipe may be too much - you might want to just make a few extra biscuits on the side.)

Bake about 1/2 hour until biscuits are done - pry it up a little to be sure you don't have uncooked biscuit goo sitting on the peaches.

May cover with tinfoil if it is getting too brown before the peach-side has cooked through.

May serve topped with "ice bean" (vegan ice cream) if desired.

Banana bread

Delicious toasted! Traditional use for overripe bananas.

Grease and flour a loaf pan or 4 mini loaf pans.

Oven 350F

Mash up 2 1/2 cups bananas until relatively smooth (usually about 4-5 bananas; use a potato masher).

Stir in 2 tsp vanilla extract.

Melt 1/2 c margarine (8 Tb), allow to cool, and beat it into the bananas.

Stir in:

2 cups flour

1 tsp baking soda

3/4 cup brown sugar (or 3/4 c white sugar with 1 tsp molasses)

1 Tb egg replacer powder

Mix until relatively smooth.

Bake for about an hour, until a toothpick (or spaghetti noodle) poked into the center comes out clean.

Let the bread cool in the pan for ten minutes, then remove from the pan and allow to cool (may use a cooling rack, if you want).

Easy applesauce cake

One cake pan full - an after-dinner treat.

Oven 350

Cream 1/2 c margarine with 1 c brown sugar.

Beat in 1 c applesauce.

(May add 1 Tb apple butter, if you have it.)

Stir in:

1 3/4 c flour

1 tsp each soda, cinnamon

1/2 tsp salt

1/4 tsp cloves

Stir in 1 c raisins, 1 c chopped walnuts.

Bake in greased and floured cake pan 50-60 minutes.

Jam cake

One round cake pan

Oven 350F

Cream 6 Tb margarine with 1 c brown sugar.

Beat in 1/4 c vegan yogurt or mayonnaise.

Stir in:

1 1/2 c flour

1 tsp each baking powder, cinnamon

1/2 tsp each soda, nutmeg

1/4 tsp cloves

Add 1 c berry or plum jam.

Bake 30 min in greased and floured pan, until tester inserted in center comes out clean.

Carrot cake

Oblong pan or three layers

Oven 350F

Mix:

- 2 c flour
- 2 tsp baking powder
- 2 Tb egg replacer powder
- 1 1/2 tsp soda
- 1 tsp salt
- 2 tsp cinnamon
- 1/2 c chopped walnuts

Separately mix:

- 3/4 c oil
- 3/4 c honey
- 2 c grated carrots
- 1 cup canned crushed pineapple with its juice

Wet into dry.

Bake in greased and floured pans, 35-40 minutes for oblong, less for layer pans.

Gingerbread with lemon sauce

One square pan

Oven 350F

This is appropriate for any meal of the day and is easier than you'd expect.

Combine in mixing bowl:

- 1/4 c molasses
- 1/4 c sugar
- 1/4 c oil
- 1/4 c boiling water.

In a separate bowl, mix:

- 1 c flour
- 1 tsp soda
- 1/2 Tb (1 1/2 tsp) egg replacer powder
- 1 1/2 tsp ginger powder
- 1/2 tsp each: salt, cinnamon, nutmeg
- 1/4 tsp cloves

Wet into dry. Mix til smooth.

Bake in greased, floured square pan 30-35 minutes, until tester inserted in center comes out clean.

While the gingerbread bakes:

Mix 1/3 c sugar and 1 Tb cornstarch in a small saucepan.

Stir in 1 c water and cook, stirring, over medium heat, til thickened.

Remove from heat and add:

- 1 tsp fresh grated lemon peel
- 1 1/2 Tb fresh squeezed lemon juice
- 2 Tb butter

Stir til smooth.

Pour over individual servings of gingerbread.

Hungry day spice cake

One square pan

Oven 325F

Cook in saucepan:

1 1/4 c water

1 c brown sugar (may use white sugar and 1 Tb molasses)

1/3 c shortening

1 c raisins

1c chopped apple

2 tsp cinnamon

1/2 tsp nutmeg

1/4 tsp cloves

Cook 3 minutes and cool.

Separately mix:

2 c flour

1/2 tsp salt

1 tsp baking powder

1/2 tsp baking soda

Wet into dry.

Bake in greased and floured square pan about 30-40 minutes or so.

Do not open the oven to check it until you can really smell the cake.

Let cool before cutting. This cake is kind of fragile.

Hungry day chocolate cake

One square pan

Oven 325F

- If using unsweetened baking chocolate, use 2 oz. and add it to the wet mixture.
- If using cocoa, use 1/2 - 3/4 cup and add it to the dry mixture.

Melt:

1/3 c shortening

1 c milk/soymilk

1 tsp vanilla

(unsweetened chocolate)

Separately mix:

1 3/4 c flour

1 c sugar

1 tsp baking soda

1/2 tsp salt

(cocoa)

Wet into dry.

Bake in greased and floured square pan about 30-40 minutes or so.

Do not open the oven to check it until you can really smell the cake.

Let cool before cutting. This cake is kind of fragile.

Food-not-bombs cake

Feeds many. One oblong.

Oven 350F

Cream 2/3 c margarine with 1 1/3 c sugar.

Beat in:

1/4 c vegan yogurt or mayonnaise

1 1/2 c water or soymilk

1 1/2 tsp vanilla

Stir in:

2 1/3 c flour

1 Tb egg replacer powder

2 tsp baking powder

2 1/2 Tb soymilk powder (do not need if you already used soymilk)

May want to add a few more Tb flour as needed to make a decent batter.

Bake in greased and floured pan for about 1/2 hour, until tester inserted in center comes out clean

Do not open the oven to check it until you can really smell the cake.

To make marble cake:

Pour 2/3 of the batter into the pan.

To the rest of the batter, add 1/4 c cocoa and 1/4 tsp cinnamon, and stir well blended.

Put blobs of the chocolate batter on top of the white batter.

Cut through with a table knife in big swirls to marblize - don't overdo it, or it won't be as pretty.

Bake as above.

Buttercream frosting

2 cups

Cream 6 Tb margarine.

Beat in 1/3 c milk and 1 tsp vanilla (or 1/3 c vanilla milk).

Mix in 2 2/3 c powdered sugar.

Cake must be completely cooled before frosting

Chocolate frosting:

Add 1/2 - 3/4 c cocoa to sugar to above recipe.

Pie crust

Place water in the freezer while preparing the flour.

Ingredients for a single crust:

- 1 1/2 c flour
- 1/2 tsp salt
- 1/2 c shortening
- Scant 1/2 c icewater

Ingredients for two crusts:

- 3 c white flour
- 1 tsp salt
- 1 c shortening
- 1 scant cup icewater

Instructions:

Stir flour and salt together in a bowl.

Cut in shortening, using a multibladed pastry blender or two knives, til it looks like coarse crumbs.

Stir in icewater and mix lightly. (Never, never knead pie dough.)

Roll with rolling pin or wine bottle on floured surface.

If you have to prebake a pie shell, prick it all over (all over) with a fork first or it will puff out of control!

French apple pie

Oven 425F

Needs one pie crust.

(May toss peeled sliced apples with a spoonful of flour and about 2 Tb lemon juice.)

Place apples in pie crust til somewhat heaped. (Apples will cook down.)

Mix up til crumbly:

- 1 c flour
- 1/2 c margarine
- 1/2 c brown sugar

Cover apples with this mixture. Might have to press it down slightly to hold it in place.

Bake 45 min.

Cover with tinfoil if it's already browned, and bake another 15 min until apples are knife-tender.

Cool at least 10 min before serving.

Strawberry rhubarb pie

Oven 450F

Needs 2 crusts

Mix:

- 2 c sliced rhubarb
- 2 c sliced strawberries
- 1/4 c flour
- 1 1/4 c sugar

Put in crust, dot with margarine, and put on top crust.

Bake at 450 for ten minutes; reduce heat to 350F and bake another 35-40 minutes.

Peach pie

Using canned peaches. It's hard to get fresh peaches that are truly ripe (especially in the winter). Here's an alternative.

Oven 400F

Needs two crusts.

Put a bunch of halved canned peaches in the crust.

Mix up:

1/2 Tb (1 1/2 tsp) egg replacer powder

2 Tb flour

2/3 c sugar

Stir in til well blended:

1/3 c melted butter

2 Tb water

Pour over peaches and put on top crust.

Bake 15 minutes; reduce oven to 350 and bake 50 min more.

(Not using egg replacer powder? Omit the water and the egg replacer powder, and sub whatever egg substitute you want to use.)

Blueberry pie

Oven 450F

Needs 2 crusts

Mix 4 c fresh berries with 2/3-1 c sugar, 1/4 c flour, 1 1/2 Tb lemon juice.

Let stand 15 minutes.

Pour into crust and dot with margarine. Put on top crust.

Bake 10 minutes, reduce heat to 350F and bake 35-40 minutes more.

Pumpkin Pie

Oven 400F

Needs 1 crust. Whiz in blender or food processor, or beat with electric mixer, til smooth:

1 15-oz can plain pumpkin (or 1 3/4 c cooked and mashed)

1 pkg (12 oz) soft silken tofu

3/4 c sugar

1/3 c cornstarch

1 Tb molasses

2 tsp cinnamon

1/2 tsp each: salt, ginger, allspice

1/4 tsp each: nutmeg, cloves

Place the pie pan with crust on a cookie sheet to fill the crust; use a measuring cup or ladle.

Bake 50 min until knife inserted off-center comes out clean.

The center will cook as it cools.

Chill well before serving.

Whipped topping

Store 1 can good-quality coconut milk (full fat, not "light") in the refrigerator overnight without disturbing it, so that the coconut cream separates from the water.

Place the coconut cream (not the water*) in a mixing bowl with 3 Tb powdered sugar and 1/4 tsp vanilla extract.

Beat on high speed with an electric hand mixer until thick and fluffy.

Cherry pie

Oven 400F

Needs 2 crusts

Use 2 cans of pie cherries (reserving the juice) or 3 1/2 c fresh or frozen/thawed cherries.

Mix 1 c sugar with 4 Tb (1/4 C) cornstarch in a saucepan.

Mix cherry juice (or other kind of juice or water) to make 1 cup, and add to sugar with a few drops of almond extract, and a few drops of red food coloring if desired.

Cook stirring over medium heat until thickened.

Remove from heat, stir in the cherries, and allow to cool, stirring occasionally so the steam doesn't thin out the filling.

Pour into crust, dot with margarine, put on the top crust, put the pie on a cookie sheet, and bake 1/2 hour.

Granola bars

Good hiking or lunchtime snack! Wrapped individually and ready to go.

Get most of the ingredients from the "bulk foods" section of your store.

Grease a 9x13" oblong baking dish, and set aside.

Oven 350F. (Will reduce heat later to 300F.)

Ingredients (from the bulk section of your grocery):

4 cups plain rolled oats

1 cup raw sunflower seeds

1 1/2 cup sliced almonds

1 cup raw wheat germ

2 cup dried fruit (any combination of raisins, dates, apricots, cranberries, apples, mango, etc. You can cut up the fruit at home, as needed, with scissors or a knife.)

1 cup honey

1/2 cup (packed) brown sugar

1/4 c margarine

1 Tb vanilla extract

1 tsp salt

Instructions:

- First, toast the oats, sunflower seeds, almonds, and wheat germ on a cookie sheet in the oven for 10 minutes, stirring occasionally. Don't let them scorch at the edges of the pan.
- When done, remove from the oven, and reduce the oven heat to 300F.
- Meanwhile, in a soup pot, over medium heat, mix the honey, sugar, butter, vanilla and salt. Cook until dissolved, then turn off the heat.
- Stir all the ingredients into the liquid in the saucepan. Mix with a large wooden spoon until evenly distributed.
- Turn the mixture out into the greased baking dish, pressing with buttered fingers to make a flat even surface. (continued)
- Bake in 300F oven for 25 minutes.
- Allow to cool completely, before cutting into squares with a sharp knife. Cut into 9-12 pieces.
- Wrap individually in wax paper or plastic wrap, for hikes and away-from-home snacks. For long-term storage, place in a sealed container in the refrigerator.

Chocolate chip cookies

Oven 375F

Cream 1 c margarine with 1/2 c white and 1/2 c brown sugar.

Beat in 1/4 c cold water, 1 tsp vanilla.

Stir in 2 1/2 c flour, 1 Tb egg replacer powder, 1 tsp salt, 1 tsp baking soda.

Stir in 12 oz (2 cups) chocolate chips, 1 c chopped nuts.

Bake on greased cookie sheets 10-12 minutes.

(Not using egg replacer powder? Omit the water and the egg replacer powder, and sub whatever egg substitute you want to use.)

Sandies

About 3 dozen.

Also known as polverones and Mexican wedding cakes.

Oven 325F

Cream 1 c margarine with 1/3 c sugar

Beat in 2 tsp water and 2 tsp vanilla

Stir in 2 c flour and 1 c finely-chopped pecans

Shape into balls and bake 20 minutes on ungreased sheets - do not brown.

When completely cooled, shake the cookies with powdered sugar in a bag, a few at a time.

Brownies

Oven 350F

In a mixing bowl, combine, then set aside:

1 1/4 c flour

1 c sugar

1/4 tsp baking powder

1/4 tsp salt

1/2 c cocoa powder (unsweetened)

In a food processor or blender jar, combine:

1/2 pkg (6 oz) firm silken tofu

1/2 c water

1/2 c maple syrup

2 Tb oil

1 tsp vanilla

Whiz til well blended.

Wet into dry. Fold in 1 c chopped walnuts, if desired.

Bakes in greased and floured 8-inch square pan 40 min or until a tester inserted in the center comes out clean.

Cool 10 minutes before cutting.

Peanut Butter Fudge

Melt in a saucepan over medium-low heat:

1/2 cup butter

2/3 cup creamy peanut butter

Turn heat to low and stir in, little by little:

2 1/3 cups powdered sugar

Add:

1/2 t vanilla (1/4 tsp almond extract, optional)

Pinch of salt

Stir mixture until it forms a play-dough-like ball.

Spread evenly into an oiled 8x8-inch baking dish (parchment paper can make it easier to get out of the pan).

For chocolate peanut butter fudge, melt chocolate chips and spread or drizzle over the top of the warm fudge.

Fastest easiest cocoa ever

Baby, it's cold outside.

Mix in a large mug or pyrex measuring pitcher:

1 Tb Hershey's cocoa powder

1 1/2 Tb sugar

Stir in:

3/4 cup soymilk

1/4 cup water

Heat in microwave until hot.

Chai (spiced milk tea)

Buy enough ingredients to make the recipe 4-5 times (from the bulk spice section of your grocery, ethnic, or natural-foods store):

Whole cardamom pods (20-25)

Whole black peppercorns (a couple of spoonsful)

Whole cinnamon sticks (4-5)

Whole cloves (a couple of spoonsful)

Darjeeling tea - loose or teabags (4-5 Tb or 4-5 bags)

(You can also buy a chunk of ginger root from the produce section - it will keep for a long time in the fridge, and you can cut slices off of it as needed)

To make 2 large mugs of chai:

Heat 1 1/2 c water to a boil in a pot.

While the water heats, crack up the spices - put them in a bag and hit them with a hammer:

10-15 peppercorns

5 cloves

1 stick of cinnamon

5 cardamoms (add these at the end, so you don't pulverize them too much).

You can also slice up a Tb of peeled fresh ginger root, if desired.

Put these spices in the pot, and bring to a boil.

Add 3 Tb loose tea (or the contents of 3 teabags). Simmer 3-5 min.

Add 1 to 1 1/2 c milk (soy, rice, almond, whatever type), and bring to a low boil. Remove from heat.

Strain. May add sweetener to taste.

DEALING WITH FOODS

Tempeh

Traditional Indonesian "bean cake," made from soybeans.

A cultured food, it has to be eaten cooked, not raw.

Most packaged forms are already cooked; if not, steam for 10 minutes before using.

Tofu

A traditional Asian soy food.

- Firm: for most uses.
- Silken: soft and creamy, packaged aseptically with the dry goods, rather than under water in the cooler.
- Frozen: chewier/spongier than fresh. Place an unopened package of firm tofu, with water, in freezer until you want to thaw and use it. Crumble, shred, or press after thawing, to use as slices or chunks.

Soymilk

- Regular: probably has mild sweetening in it: read the label.
- Plain unsweetened: may be in the dairy case or in the dry-goods section, in cartons.
- Vanilla, chocolate, etc.: flavored for various uses.

Dry soymilk powder

This is useful for make-ahead baking mixes; use the same way you would dry cow's milk.

Look for it in the bulk section. Note: not the same as soy flour.

Egg Replacer

A commercially made egg-free, gluten-free, dairy-free, yeast--free, soy--free, tree-nut/peanut-free product.

You can mix this powder with water and use the mixture in place of eggs.

Alternatively, you can stir the dry powder into the dry goods, and add the water to the wet part of a baking recipe.

1 egg = 1 1/2 tsp dry Egg Replacer plus 2 tbsp water

1 egg white = 1 1/2 tsp dry Egg Replacer plus 2 tbsp water

1 egg yolk = 1 1/2 tsp dry Egg Replacer plus 1 tbsp water

Soy Mayonnaise

It is super fast and easy to make your own with silken tofu, allowing you to tweak the flavor however you like.

If you buy it commercially, please do not expect vegan mayonnaise to taste the same as regular! It tastes more like the other faux "miracle spreads" on the market, than like "real" mayonnaise.

Vegan mayonnaise does not contain eggs, so it behaves differently, so it can readily be used in baked goods or for example tofu-lasagne filling.

It is also salmonella-free, so you don't have to worry about getting food poisoning from your potato or pasta salad, at a picnic on the hottest day of the year.

Agar

A traditional Asian and Celtic gelling agent extracted from seaweed, similar to gelatin.

Let the flakes "bloom" in cold water for 15 minutes before adding to hot liquid.

Sometimes sold as powder; 1Tb flakes = 1/2 to 1 tsp powder.

Liquid Smoke

Smoke flavoring, to add for ham-like or bacon-like taste.

Use only 1-2 drops at a time.

Chipotle peppers

Buy spicy-smoky chipotle peppers in adobo sauce, in the Latin section of your store; it will be more than you need for any one dish. Mash the peppers up, line ice-cube trays with plastic wrap, and freeze by spoonsful, transferring to a ziplock bag when frozen hard. To use, just drop into your recipe.

Miso

Traditional Asian soup base, made from rice, barley, and/or soybeans.

- White miso is pale gold and mild flavored, roughly analogous to chicken stock.
- Hatcho miso is dark and hearty tasting, roughly analogous to beef stock.
- Red miso is kind of in-between.

Note: miso does not *taste* like beef or chicken! But the strengths and colors are, as I say, roughly analogous to these kinds of stock.

TVP

Texurized vegetable or soy protein, made from soybeans.

It is dehydrated in larger or smaller crumbled bits. People (like those who design school and prison lunch programs, for example) often use it for a ground meat substitute.

Rehydrate before using: add 3/4c boiling water per 1 cup TVP and let stand 10 minutes.

Nutritional yeast

Not the same as baking yeast, and will not leaven dough.

Used as a flavor enhancer and /or nutritional supplement. Tangy-salty in flavor. A favorite to shake on popcorn in art theaters, often known as "hippie dust."

Some kinds are a good source of vitamin B-12, not otherwise found in unfortified plant foods. (They are grown on B-12-fortified medium.)

Seitan

Chewy protein made from wheat gluten. May be bought plain or seasoned. You can also make your own, but that is outside the scope of this book.

Soy sauce - Shoyu - Tamari

These are all about the same. It's a good idea to find a brand you really like, from an Asian food store, or mail-order. The ones in most American grocery stores are pretty flavorless.

Tahini

Sesame butter - like peanut butter made from sesame seed. Can be used as a binder in place of eggs, or as the basis of sauce for falafel, or to make hummus, or as the basis of sauce for falafel.

Vinegar

Seasoned rice vinegar is sweet and mild, perfect to use alone on salads, no oil required.

Make your own flavored vinegars by packing a clean jar with fresh herbs, garlic cloves, peppers, and/or fresh berries ad lib, then covering with boiled rice, red wine, malt, cider, or other vinegar. Cap tightly, date, and let stand in a cool dark place for 4 weeks, then strain and refrigerate. Discard if it becomes moldy, cloudy, or bubbly.

INDEX

- Apple butter 8
- Apple crisp 48
- Apple pie, French 54
- Applejacks (apple flapjacks) 2
- Applesauce cake 50
- Asparagus, roasted 16
- Avgholemono 45

- Baked apples 49
- Baked beans, Laurel's 33
- Baked ziti 24
- Banana bread 50
- Banana flapjacks 3
- Bean snap 34
- Beanie-weenie 33
- Bechamel sauce 23
- Biscuits, drop or rolled 5
- Black beans and white rice 32
- Black bean soup, Cuban 46
- Blueberry pie 55
- Blueberry soup (blabarssopa) 48
- Borscht 42
- Broccoli rice 26
- Brownies 57
- Buttercream frosting 53
- Butternut squash and leek soup 41

- Cabbage cooked with apples 16
- Carrot cake 51
- Carrots, aniseeed 13
- Carrots, raspberry 13
- Cashew stir fry 30
- Celery soup, cream 42
- Chai 58
- Chapatis, gringo 6
- Cherry pie 56
- Chili, Gothic 47
- Chili mac 34
- Chili soup 47
- Chocolate chip cookies 57
- Chocolate frosting 53
- Corn bread 5
- Corn bread/muffins, Harvester style 5
- Cocoa 58
- Corn chowder 39
- Corn pone 32
- Cous cous 34
- Creamed spinach 16
- Creamy Italian dressing 18
- Crepes, vegetable 37
- Creole noodles 25
- Crepes, savory c 6
- Crepes, sweet 6
- Curry, Leigh's easy 29
- Curry, green, Auntie Zoe's 29

- Dirty rice 27

- Enchilada sauce 20
- Enchilada sauce, Green 20
- Enchiladas, black bean 32

- Falafel sandwiches 12
- Fifteen bean soup 44
- Food-not-bombs cake 53
- Fried rice 31

- Gingerbread with lemon sauce 51
- Granola bars 56
- Gravy, health nut 22
- Gravy, mushroom 23
- Green curry, Auntie Zoe's 29
- Green Soup (Potage Ste-Germaine) 39
- Guacamole 16
- Gumbo 38

- Holiday sauce (Hollandase) 18
- Hoppin' John 33
- Hot sour soup 43
- Hungry day spice cake 52
- Hungry day chocolate cake 52
- Hummus 10

- Iceberg wedges with Iowa dressing 12

- Jam cake 50

- Kebabs 35
- Ketchup 19

- Lentil soup 46
- Lentil stew 31

- Marble cake 53
- Marinade, tempeh 18
- Marinara sauce 21
- Mashed potatoes 14
- Mayonnaise 17
- Meatballs, veggie 25
- Minestrone 45
- Miso soup 43
- Muffins 7
- Mushroom-barley soup 42

- Noodles baked with spinach 24

- Oven fried potatoes 14

- Pancakes, apple 2
- Pancakes, banana 2
- Pancakes, buttermilk 3

Pasta primavera 24
Pate 10
Peach cobbler 49
Peach pie 55
Peanut butter fudge 58
Peanut butter sandwich variations 8
Peanut sauce 22
Pickles, instant refrigerator 17
Pico de gallo 19
Pie crust 54
Pizza dough 7
Pizza sauce 21
Porridge blend 1
Porridge, buckwheat 1
Porridge, school mixes 2
Porridge, Stuart's choice 1
Porridge mixes, school 2
Potage Ste-Germaine (Green Soup) 39
Potato poppers 15
Potato salad 14
Potato soup, creamy 40
Pumpkin bread 7
Pumpkin pie 55

Quinoameal 1

Ranch dressing 18
Red beans and rice, New Orleans 28
Refried beans 31
Risotto 26

Sandies 57
Sausage gravy, red-eye 3
Scrambled tofu 3
Senator soup 41
Sloppy Joes 3 ways 11
Smoothies 4
Sour cream 23
Soybean spread 9
Spaghetti sauce 21

Spanish rice 28
Spinach soup, cream 41
Split pea soup 44
Squash, Thanksgiving 35
Steel-cut oatmeal 1
Stir fry, hoisin 30
Strawberry rhubarb pie 54
Strawberry shortcake 48
Stuffed peppers 26
Stuffed shells/manicotti, no-boil 25
Stuffed tomatoes, quinoa 27
Stuffing deluxe 35
Sweet potato oven fries with honey mustard 15
Sweet potatoes, candied 15

Tabouli 37
Tempeh sandwich, marinated 10
Tempeh spread 9
Teriyaki sauce 19
Thousand island dressing 17
Tofu pot pie, Mama Faith's 36
Tofu sandwiches, fried 10
Tofu spread 9
Tomato soup, cream 40
Treatloaf 36
Twice baked potatoes 13

Vegetable soup 38
Veggie burgers Southwestern style 12
Veggie burgers with TVP 11
Vichyssoise 40
Vinaigrette 17

Whipped topping 55
White sauce 23

Yumm sauce 22

Zucchini bread 8