

MYE Recipes

Recipes that I use on a regular basis

2024-08-05 14:44:56.626046

1 Main	1
1.1 Alfredo	2
1.2 Baked Tofu	3
1.3 Bibimbap	4
1.4 Cheezy Mac	5
1.5 Eggs and Basil	6
1.6 Mango Blueberry Quinoa Salad	7
1.7 Mushroom Stroganoff	8
1.8 No Cook Tomatoe Sauce	9
1.9 Peanut Tofu Stir-Fry	10
1.10 Pesto	11
1.11 Pesto Gnoochi (Trader Joe's)	12
1.12 Pesto Pasta (Trader Joe's)	13
1.13 Shepherd's Pie	14
1.14 Spaghetti and Meatballs	15
1.15 Spaghetti Squash	16
1.16 Tofu Scrample	17
1.17 Tomato Basil Pasta	18
2 Soup	19
2.1 Chiken Chili	20
2.2 Soul Southing Peanut Stew	21
2.3 Spicy Tofu Stew	22
2.4 Three Sisters Soup	23
2.5 Veggie Chili	24
3 Side	25
3.1 Garlic Bread	26
3.2 Hummus	27
3.3 Kale Salad	28
3.4 Mexican Rice	29
3.5 Potato Leaves	30
3.6 Refried Beans	31
3.7 Squash Seeds	32
3.8 Sweet Squash	33
4 Dessert	35
4.1 Peanut Butter Cookies	36
4.2 Pistachio Cookies	37

1 Main

1.1 Alfredo

SERVINGS: 2-3 Servings (makes approximately 3-4 cups of sauce)

INGREDIENTS:

- 16 oz fettuccine or pasta of choice
we often use [Tinkyada \(https://www.tinkyada.com/\)](https://www.tinkyada.com/)
- 1.5 cup raw cashews
- 1-2 TBSP olive oil
- ½ medium sweet onion, chopped
- 6 cloves of garlic, minced
- 2 cups unsweetened almond milk
cashew/soy/coconut also fine
- ¼ cup nutritional yeast
- 1 tsp lemon juice
- 1 tsp salt, or to taste

DIRECTIONS:

1. Cook pasta while making the sauce
2. Bring 4 cups of water to boil. Pour hot water over the 1.5 cups of raw cashews and let soak for 5 minutes
3. Heat 1-2 TBSP olive oil over medium heat and add:
 - ½ medium sweet onion, chopped
 - 6 cloves of garlic, minced
4. Drain the cashews and discard the soaking water and add cashews to the blender
5. Add the following to the blender:
 - Cooked onions and garlic
 - 2 cups unsweetened almond milk
 - ¼ cup nutritional yeast
 - 1 tsp lemon juice
 - 1 tsp salt
6. Blend on high for approximately 1 min, or until sauce is creamy
7. Pour the sauce over the pasta and stir
8. Continue to heat the mixed pasta and sauce on low heat if adding more veggies

Possible Additions

- Cooked peas
- Kale
- Spinach
- Mushrooms
- Freshly grated Parmesan (like Violife)

SOURCE: [Nora Cooks \(https://www.noracooks.com/vegan-alfredo-sauce/\)](https://www.noracooks.com/vegan-alfredo-sauce/)

1.2 Baked Tofu

SERVINGS: 4 servings

INGREDIENTS:

- 1 block (12-15oz) extra-firm tofu
- 1 TBSP olive oil
- 1 TBSP tamari
- 1 TBSP cornstarch or arrowroot starch

DIRECTIONS:

1. Preheat the oven to 400 degrees F and line a large, rimmed baking sheet with parchment paper to prevent tofu from sticking.
2. To prepare the tofu: Drain the tofu and use your palms to gently squeeze out some water. Cube tofu.
3. Line a cutting board with a lint-free towel or paper towels, then arrange the tofu in an even layer on the towels. Fold the towels over the cubed tofu, then place something heavy on top (like a cutting board, pan, can of tomatoes) to help the tofu drain. Let the tofu rest for at least 10 minutes (preferably more than 30 minutes).
4. Transfer pressed tofu to medium mixing bowl and drizzle with olive oil and tamari. Toss to combine. Sprinkle in the starch over the tofu, and toss the tofu until starch is evenly coated.
5. Arrange the tofu on a baking sheet in an even layer. Bake for 25-30 minutes, tossing the tofu halfway, until tofu is deeply golden on the edges.

NOTES: Crispy tofu, often used in peanut stir fry dish

SOURCE: [Cookie and Kate \(https://cookieandkate.com/how-to-make-crispy-baked-tofu/print/24123/\)](https://cookieandkate.com/how-to-make-crispy-baked-tofu/print/24123/)

1.3 Bibimbap

SERVINGS: 2 servings

INGREDIENTS:

- 2 servings of cooked rice (for special occasions I use white rice, for regular meal I use brown rice)
- 1 medium zucchini, cut into match sticks
- 1 medium carrot, cut into match sticks
- 8 oz mushrooms (crimini or shiitake), thinly slice mushroom caps
- 2-3 handfulls of baby kale or spinach
- 1 block extra firm tofu, cubed *sprinkled with salt*
- 2-3 cloves garlic, minced
- salt
- sesame oil
- cooking oil (olive oil, coconut oil)
- Gochujang sauce, I really like the [We Love You \(http://weloveyou.com/products/sweet-spicy-korean-gochujang-chili-sauce/\)](http://weloveyou.com/products/sweet-spicy-korean-gochujang-chili-sauce/) brand

DIRECTIONS:

1. Cook rice, put rice into oven safe bowls and place into oven at 180 degrees
2. Cut up veggies, after cutting up zucchini sprinkle some salt on them and let sit for 10-15 minutes
3. Cook zucchini: heat pan with oil add zucchini and half of the minced garlic, saute for 2-3 minutes, stir in sesame oil
take bowls out of oven, add zucchini and put bowls back into oven
4. Cook carrots: heat pan with oil and add carrots, saute for 2-3 minutes (cook time will depend on how small pieces are)
take bowls out of oven, add carrots and put bowls back into oven
5. Cook mushrooms: heat pan with oil and add mushrooms, saute until liquid is gone from mushrooms (2-3 minutes)
take bowls out of oven, add mushrooms and put bowls back into oven
6. Cook kale/spinach: heat pan with oil and lightly saute kale/spinach (1-2 minutes)
take bowls out of oven, add kale/spinach and put bowls back into oven
7. Fry tofu: heat oil in pan on medium, while waiting sprinkle tofu with salt, once oil is hot add tofu to pan, pan-fry until all sides are lightly golden (5-10 minutes?)
8. take bowls out of oven and place onto cool plates, add tofu to bowls
9. lightly drizzle sesame oil over the mixture
10. Add garnishes (kimichi and Gochugan sauce) and eat

SOURCE:

[Korean Bapsang by Hyosun \(https://www.koreanbapsang.com/tofu-bibimbap/\)](https://www.koreanbapsang.com/tofu-bibimbap/)

Prep: 30 minutes

Cook: 30 minutes

Total A-Z time: 1 hour

1.4 Cheezy Mac

SERVINGS: 2-4 servings

INGREDIENTS:

- 12-16oz pasta
- 1 cup yellow potatoes, peeled and diced
- ¼ cup carrots, peeled and diced
- ⅓ cup onions, peeled and diced
- ¾ cup water (from pot of boiled veggies)
- ½ cup raw cashews
- ¼ cup coconut milk
- 2 TBSP nutritional yeast
- 1 TBSP lemon juice
- ¾ tsp salt
- ¼ tsp garlic powder
- ⅛ tsp paprika

DIRECTIONS:

1. Boil carrots, potato, and onion for ~10 minutes until fork tender
2. Blend all ingredients (except pasta) into blender on high for 45-60 seconds
3. Pour over and mix with pasta
4. Additions:
 - Truffle sauce
 - Frozen peas/broccoli

SOURCE: Can't find original source, had it hand-written down and made so often I never need to reference the original source

TO MAKE QUESO SAUCE ADD:

- ½ tsp chili powder
- ½ tsp cumin
- 4oz can of green chilis
- Black bean and cilantro (after blending)

1.5 Eggs and Basil

SERVINGS: 2 servings (usually double)

INGREDIENTS:

- 1 TBSP olive oil
- 6oz (2 servings) of vegan eggs (like Just Egg)
- 2 cups fresh basil leaves
- ¼ cup green onions, chopped
- ¼ tsp sesame oil
- Salt

DIRECTIONS:

1. Heat 1 TBSP olive oil in pan
2. Add 2 cups of fresh basil leaves to pan, quickly stir until basil leaves have cooked down
3. Add cooked basil to a bowl
4. Add 6oz of vegan eggs to the bowl with basil and stir together
5. Add ¼ cup green onions, chopped to pan (add more oil if needed). Stir and cook for 2-3 minutes
6. Add the eggs and basil mix to the pan. Do not stir for about 60 seconds, then stir and cook like scrambled eggs
7. Add ¼ tsp of sesame oil and salt to pan, stir until even.

NOTES: great on toasted bread with some vegan butter

SOURCE:

[Vegan-ize Fun Fun Cook \(https://mamaleeblog.wordpress.com/2016/10/28/basil-leaves-fried-free-range-eggs-taiwanese-dish/\)](https://mamaleeblog.wordpress.com/2016/10/28/basil-leaves-fried-free-range-eggs-taiwanese-dish/)

1.6 Mango Blueberry Quinoa Salad

SERVINGS: 4 servings

INGREDIENTS:

- 1 cup of dry quinoa
- 2 cup water
- 1 cup fresh blueberries
- 1 cup cubed ripe mangoes
- 1 cup cubed cucumbers
- 1 TBSP dried cranberries
- 3 TBSP olive oil
- 4 TBSP (¼ cup) lemon juice
- ½ tsp lemon zest
- 20 basil leaves, chopped finely
- Salt and pepper to taste

DIRECTIONS:

1. Cook the quinoa. Place quinoa and water into medium skillet and bring to boil. Reduce heat and simmer covered for 15 minutes. Remove lid and fluff with a fork. Let cooked quinoa cool to room temperature.
2. While quinoa is cooking, combine the following into a bowl and refrigerate until serving:
 - 1 cup fresh blueberries
 - 1 cup cubed ripe mangoes
 - 1 cup cubed cucumbers
 - 1 TBSP dried cranberries
3. Whisk the following dressing ingredients:
 - 3 TBSP olive oil
 - 4 TBSP (¼ cup) lemon juice
 - ½ tsp lemon zest
 - Salt and pepperWait to add basil leaves until serving
4. Combine all ingredients directly before serving, mix gently.

SOURCE:

[Veggie Belly by Sala \(http://www.veggiebelly.com/2011/06/mango-blueberry-quinoa-salad-with-lemon-basil-dressing-recipe.html\)](http://www.veggiebelly.com/2011/06/mango-blueberry-quinoa-salad-with-lemon-basil-dressing-recipe.html)

1.7 Mushroom Stroganoff

SERVINGS: 4 servings

INGREDIENTS:

- 24oz of pasta (2 boxes of penne)
- 2 TBSP vegan butter
- 1 large white onion, diced
- 10oz cremini mushrooms, sliced thinly
- 3 cloves garlic
- ¼ - ½ cup vegan sour cream or vegan Greek yogurt
- 4-5 large portobello mushrooms, thickly sliced
- 2 cups vegan vegetable broth
- <https://www.betterthanbouillon.com/>
- 8 cups of chopped kale (one bunch worth)
- ½ TBSP Rice vinegar
- ½ TBSP Tamari
- Red wine to taste
- 1 TBSP fresh rosemary, chopped
- ½ tsp salt
- 3 TBSP gluten-free flour (to thicken sauce)
- ¼ cup sour cream
- 2 TBSP fresh parsley, chopped

DIRECTIONS:

1. Cook pasta and set aside
2. Melt 2 TBSP of butter in pan
3. Add to the pan:
 - 1 large onion, diced
 - 3 cloves garlic
 - 10oz cremini mushrooms, thinly slicedSaute for about 5-10 minutes, until mushrooms have cooked down and onion is translucent
4. Take mushroom/onion contents from the pan and place into a bowl
5. Sauté the kale for 4-5 min; remove from pan and place into bowl with mushroom and onions
6. Put 4-5 large portobello mushrooms, thickly sliced into the pan and sauté for about 3 minutes
7. In an empty bowl mix:
 - 1 cup veggie broth
 - ½ TBSP rice vinegar
 - ½ TBSP tamari
 - Splash of red wine
 - 1 TBSP fresh rosemary, choppedAfter mixing, add to pan with large portobello mushrooms
8. Bring mixture to boil and simmer for about 15 minutes (until portobellos reduce in size by about 25%)
9. In empty bowl mix:
 - 1 cup veggie broth
 - 3 TBSP gluten-free flourAfter mixing, add to pan
10. Immediately add the mushroom/onion/kale mixture to the pan as well
11. Bring mixture to a boil and stir constantly for about 2 minutes
12. Stir in ¼ cup sour cream, make sure to heat until warm but do not boil
If tastes too sour, add some sesame oil
13. Gently mix mushroom mixture with pasta, toss with 2 TBSP fresh parsley, chopped

SOURCE: Can't find the original link, only had the recipe written down

TIME: 40 min prep + 40 min cook = 80 min total

1.8 No Cook Tomatoe Sauce

SERVINGS: 3 servings

INGREDIENTS:

- 4 cups chopped tomatoes (5-6 roma tomatoes)
- 1 clove garlic, minced finely
- 1 TBSP olive oil
- ½ tsp sea salt
- ¼ tsp black pepper
- 2-3 cups fresh basil leaves, finely sliced

DIRECTIONS:

1. In large bowl, place all ingredients and gently toss to combine
2. Best to make in morning and put into refridgerator for a few hours prior to serving so that the garlic/basil/tomato flavors have time to combine

NOTES: Usually mix with spaghetti on a hot summer day, also works great on toasted bread

SOURCE: Mom got it out of a 'Clean Eating' book I think

1.9 Peanut Tofu Stir-Fry

SERVINGS: 2 servings

INGREDIENTS:

- Baked Tofu (see recipe); or can fry tofu in oil
- 2 cups of Broccoli cut into pieces
- 1-2 medium carrots, sliced
- 4 leafs of dino kale
- olive oil or coconut oil
- Can also add spinach, bell pepper, other veggeis
- Peanut sauce (either buy or make homemade, I just eyeball it and taste it to get proportions right)
 - chili flakes
 - creamy peanut butter
 - tamari
 - rice vinegar
 - maple syrup
 - sesame oil

DIRECTIONS:

1. make tofu
2. make sauce - I just taste and add until I think its good
3. Add oil to big pot
4. Add broccoli and carrots
5. Saute for 1-2 minutes
6. Add some water and then add kale on top
7. Cover pot, cook until veggies are soft
8. Add sauce and stir in
9. Add tofu and stir in

Serve with brown rice

Prep: 30-40 minutes (cutting up veggies takes awhile)

Cook: varies (baking tofu, frying tofu, etc.)

Total A-Z time: budget 1.5 hours

1.10 Pesto

SERVINGS: 2-3 servings

INGREDIENTS:

- Large bunch of basil (3-4 cups of leaves)
The fresher the better
- 3 medium cloves of garlic
- ½ cup pine nuts
- 1 cup freshly grated Parmesean
[Violife \(https://shop.violifefoods.com/just-like-parmesan\)](https://shop.violifefoods.com/just-like-parmesan)
- 2-3 TBSP olive oil
- 8oz of pasta
- *Optional:* 1 ½ cups of haved cherry tomatoes

DIRECTIONS:

1. Put into a food processor:
 - Large bunch of basil
 - 3 medium cloves of garlic
 - ⅓ cup pine nuts, set remaining aside for serving
 - ¾ cup grated Parmesan, set remaining aside for servingProcess for 30-60 seconds until evenly chopped
May want to process in sections
2. Put basil mixture into bowl and cover with 2-3 TBSP olive oil, let soak for at least 5 minutes
3. Stir into hot pasta
I like to stir in the pesto to hot pasta just out of the pot, I think it helps 'blanch' the pesto or something, idk but I think the basil tastes better after stirring it into hot pasta
4. Eat warm or set aside to cool to room temperature
Prior to serving, add:
 - Remaining whole pine nuts
 - Remaining grated Parmesan
 - 1½ cups of haved cherry tomatoes

SOURCE:

[Vegan-ize epicurious \(https://www.epicurious.com/recipes/member/views/how-to-make-pesto-like-an-italian-grandmother-52149601\)](https://www.epicurious.com/recipes/member/views/how-to-make-pesto-like-an-italian-grandmother-52149601)

1.11 Pesto Gnoochi (Trader Joe's)

SERVINGS: 2-4 servings

INGREDIENTS:

- 1-2 packs of Trader Joe's Califlower Gnoochi
- Trader Joe's or homemade pesto
- handfull of pine nuts
- freshly grated Parmesean
- 2-3 TBSP olive oil
- 8-10 oz of grape/cherry tomatoes
- 2 handfuls of kale or spinach

[Violife \(https://shop.violifefoods.com/just-like-parmesan\)](https://shop.violifefoods.com/just-like-parmesan)

DIRECTIONS:

1. Heat oil in non-stick pan on medium
2. Add gnoochi and tomoatoes (whole, not cut) and cook for 9-10 min total, adding ingredients along the way
3. At ~3-4 min, add salt and pepper
4. At ~3-4 min, add kale (if using kale)
5. At ~7 min, add baby kale or spinach (if using baby kale or spinach)
6. At 9-10 min, once gnoochi is cooked through and lightly brown on edges, transfer to bowl with pesto and pine nuts
7. Mix ingridents together and top with parmesan

I usually make one serving (bag) at a time for me and Alex since our pan is not big enough for 2 bags of gnoochi

Total A-Z time: 12 minutes per serving (24 minutes for 2 servings)

1.12 Pesto Pasta (Trader Joe's)

SERVINGS: 3 servings

INGREDIENTS:

- 1 box of jovial gf bow tie pasta
- 0.35-0.40 lbs of Mississippi Market non-dairy pesto
- 1 bunch of kale; finely chopped (separate stems and leaves)
- 2-3 TBSP olive oil
- 12-16 oz of grape/cherry tomatoes, cut in half
- 2-4 TBSP of pine nuts
- freshly grated Parmesean
[Violife \(https://shop.violifefoods.com/just-like-parmesan\)](https://shop.violifefoods.com/just-like-parmesan)

DIRECTIONS:

1. Heat large pot of water until boiling
2. Heat oil in non-stick pan on medium
3. Add kale stems to pan, add pasta to boiling water (pasta cooks for 10 min)
4. Sautee kale stems for 1 min, then add kale leaves and sautee for 2-3 min
5. Add salt and pepper to taste
6. Turn heat to low and add tomatoes, mix
- 7.
8. Add pine nuts and pesto to pan.
9. Drain pasta and add to pan, mix thoroughly/li>
10. Serve with parmesan

TIME:: 30 min total

1.13 Shepherd's Pie

SERVINGS: 2 servings

INGREDIENTS:

- Medium carrot, peeled and diced
- 2 cloves garlic, diced
- Medium yellow onion, diced
- ¼ lbs white mushrooms
- ¾ cups green lentils
- 1¾ cups veggie broth
 - 1½ cups for lentils
 - ¼ cups for mashed potatoes
- ½ - 1 cup frozen peas
- Potatoes, a shit ton yellow or white
- Black pepper
- 2-3 TBSP vegan butter
- Salt and pepper
- Thyme, dried or fresh
- Paprika for serving

DIRECTIONS:

Mashed Potatoes

1. Peel and quarter the potatoes
2. Boil water in medium pan, add a dash of salt and then the diced potatoes
3. Reduce heat to medium and cook potatoes until they are tender when pierced with a knife, about 15 minutes
4. Drain potatoes and put back into pan
5. Add to the potatoes and mash:
 - 1-2 TBSP vegan butter
 - ¼ cups veggie broth
 - salt and pepper
6. Cover and put into oven to keep warm

Vegetables and Lentils

1. Preheat pan over medium heat
2. Once pan is hot, melt 1 TBSP vegan butter and swirl to coat bottom of the pan
3. Add the following to pan:
 - Medium carrot, peeled and diced
 - 2 cloves garlic, diced
 - Medium yellow onion, dicedSeason with salt and pepper
Cook, stirring frequently until veggies soften (2-3 min)
4. Add mushrooms to pan and cook until mushrooms soften (2-3 min)
5. Add lentils and 1½ cups veggie broth to the pan. Season with salt, pepper and thyme.
6. Bring mixture to a boil, then reduce heat to a simmer, cover with a lid, and cook until lentils are tender (15-20 minutes)
7. Stir in green peas, heat through
8. Serve on top of mashed potatoes with paprika

SOURCE: Can't remember original source

1.14 Spaghetti and Meatballs

SERVINGS: 2 servings

INGREDIENTS:

- 1 TBSP olive oil
- Half an onion, diced
- 2-3 clove garlic, minced finely
- 2 cups of halved grape or cherry tomatoes (I like getting the multi-color ones)
- salt, pepper, basil, oregano to taste
- 228 g of Bionature Gluten Free Spaghetti
- 6 Beyond Beef Gluten Free Italian Meatballs
- A massive amount of freshly grated Violife Parmesan
- Rao's marinara pasta sauce

DIRECTIONS:

1. Heat water in big pot on high
2. Prep food (cut onions, garlic, tomatoes, parmesan)
3. Heat oil in pan on median
4. Add onion, garlic
Optional: add sliced mushrooms
5. Saute for 2-4 minutes until onion is translucent
6. Add meatballs to the pan; saute for another 2-4 min until meatballs are lightly cooked
7. Spice it up: salt, pepper, dried oregano, dried basil
8. Stir for a few more minutes
9. Add pasta to boiling water, cook for 8-9 minutes
10. After 1-3 minutes, add tomatoes to pan and stir
11. After another 2-3 minutes, add spinach to pan and stir in
12. After done cooking pasta and meatball mix, strain pasta and add to bowls
13. Divide meatball mix evenly into 2 bowls with the pasta
14. Add marinara sauce and stir in
Optional: add fresh diced basil if available
15. Top with Parmesan

TIME: 20-25 min prep + 20-25 min cook = 40-50 min total

1.15 Spaghetti Squash

SERVINGS:2 servings

INGREDIENTS:

- 1 Spagetti Squash
- 1 onion
- 3 clove garlic, minced finely
- 1 large carrot, diced
- 2 stalks of celery, diced
- 1 red bell pepper, diced
- ½ cup of dry black lentils
- 1½ cup of vegetable broth
- 2-3 handfulls of spinach
- 1 cup marinara sauce
- Salt, pepper, oregano and basil to taste

DIRECTIONS:

1. Cut spaghetti squash in half and scope out seeds
2. Put squash face down onto a baking sheet (with parchment paper), and cover top lightly with tin foil
3. Bake squash at 400 degrees in oven for 40-60 min (until fork soft)
4. When about 30 min out of squash being done, heat a olive oil in pan on medium
5. Add onion and garlic, saute fro 3 min
6. Add celery and carrots, stir-in and daute for 3 min
7. Add bell pepper, salt, pepper, oregano and basil
8. Add broth and lentils
9. Bring mixture to a boil and boil for 2-3 min
10. Reduce heat to simmer, cover pan, simmer for 25 min
11. Add marinara sauce and mix
12. Once squash is done, scope out into bowl (half into one bowl, other half into another bowl)
13. Split mixture in pan between 2 bowls

TIME: 1.5 hours total

1.16 Tofu Scramble

SERVINGS: 4 servings (each approximately 1.5 cups)

INGREDIENTS:

- 2 tsp olive oil
- 2 cloves garlic, minced
- 2-3 shallots, diced
- 8oz cremini mushrooms, diced
- Red bell pepper, diced
- 1 TBSP nutritional yeast
- ¼ tsp paprika
Smoked paprika is best
- ½ tsp salt
- 1 package extra firm tofu
- 3 cups spinach
- Pepper to taste

DIRECTIONS:

1. Heat 1 TBSP olive oil in large pan over medium heat
2. Add to the pan:
 - 2 cloves garlic, minced
 - 2-3 shallots, diced
 - 8oz cremini mushrooms, dicedSaute for 5-10 minutes, until most of the liquid from mushrooms have evaporated
3. Add red bell pepper, diced and saute for a few more minutes
4. Add:
 - 1 TBSP nutritional yeast
 - ¼ tsp paprika
 - ½ tsp saltStir in thoroughly
5. Crumble tofu into pan and and stir in
6. Add spinach and stir until the spinach has cooked down

NOTES: Good with toast or potatoes.

SOURCE: [Oh She Glows by Angela Liddon, 2014 \(https://ohsheglows.com/book/\)](https://ohsheglows.com/book/)

1.17 Tomato Basil Pasta

SERVINGS: 3 servings

INGREDIENTS:

- ½ cup raw cashews
- 125 g soft tofu (about 1/3 of package)
- 12 oz of penne pasta
- olive oil
- 1 small onion, diced
- 2-3 cloves garlic
- 28 oz can of diced tomatoes
- 1 TBSP tomato paste
- 2.5-3 TBSP of nutritional yeast
- 3 handfuls of spinach
- 1 cup packed fresh basil, finely chopped
- 1 tsp of dried oregano
- ½ tsp salt
- ¼ tsp black pepper

DIRECTIONS:

1. Soak cashews in water for at least 2 hours (or in hot water for 30 min because you forgot)
2. Place cashews, tofu, tomato paste, nutritional yeast, oregano, salt, pepper, and juice from canned tomatoes into blender. Blend on high for 1 min and set aside. Add more water to mixture if not liquid enough.
3. Heat oil in pan on medium
4. Add onion and garlic and saute for 5- 10 minutes (until onion is translucent)
5. Add diced tomatoes and spinach and continue cooking for 7-10 minutes
6. If cooking pasta at same time, put pasta in water after adding tomatoes/spinach to pan.
7. Stir in cashew cream and basil, cook for 5-10 minutes
- 8.
9. Drain pasta and mix into pan

SOURCE: Adjusted luxurious tomato-basil pasta recipe from The Oh She Glows Cookbook by Angela Liddon

TIME: ~1 hour

2 Soup

2.1 Chicken Chili

SERVINGS: 3-4 servings

INGREDIENTS:

- 1 TBSP canola or olive oil
- 2-3 cups of fresh oyster mushrooms, bite size pieces
- 1½ tsp chili powder
- 1 tsp cumin
- 1 tsp paprika
- 28oz no-salt added diced tomatoes
- 1 14oz can of no-salted added black beans
- 1 14oz can of no-salted added red beans
- 4oz can minced green chilis
- 1 cup yellow whole kernel corn
- salt and pepper to taste
- 2 'cans' of water (using cans from beans)

DIRECTIONS:

1. In a pot, saute 2-3 cups of oyster mushrooms in 1 TBSP oil over medium-high heat for ~3 minutes
2. Stir in spices:
 - 1½ tsp chili powder
 - 1 tsp cumin
 - 1 tsp paprikaCoat mushrooms and saute for additional 3-4 minutes
3. Add remaining ingredients and heat through:
 - 28oz no-salt added diced tomatoes
 - 1 14oz can of no-salted added black beans
 - 1 14oz can of no-salted added red beans
 - 4oz can minced green chilis
 - 1 cup yellow whole kernel corn
 - salt and pepper to taste
 - 2 'cans' of water

SOURCE: Vegan-ize Chicken Chili recipe from Brad Diamond, also includes edits that Dad/Mom made to recipe

2.2 Soul Southing Peanut Stew

SERVINGS: 6 servings (each approximately 3 cups)

INGREDIENTS:

- 1 tsp olive oil
- 3 cloves garlic
- Medium sweet onion, diced
- Red bell pepper, diced
- Jalapeno, seeded and diced
- Large sweet potato, peeled and cubed
- 28oz can of diced tomatoes
- 4 cups vegetable broth
- 1½ TBSP chili powder
- *Optional:* 1¼ cayenne pepper
- ⅓ cup peanut butter
- 14oz can chickpeas (½ cup dried)
- 1 bunch spinach (3-5 cups)
- Salt and peper to taste
- Fresh cilantro and peantus for serving

DIRECTIONS:

1. Heat oil in large soup pot over medium heat
2. Add to the pot:
 - Medium sweet onion, diced
 - 3 cloves garlicSaute for 5 minutes, until onion is translucent
3. Add to the pot:
 - Red bell pepper, diced
 - Jalapeno, diced
 - Large sweet potatoe, cubed
 - 28oz can of diced tomatoesSimmer for 5 minutes
4. In a bowl, whisk
 - ⅓ cup peanut butter
 - 1 cup veggie brothAfter mixed, add to pot
5. Add to the pot:
 - 3 cups veggie broth
 - 1½ TBSP chili powder
 - 1¼ tsp cayenne pepper, if using
6. Cover soup pan iwth lid and reduce heat to medium-low. Simmer for 10-20 minutes, or until sweet potato is fork-tender.
7. Stir in:
 - Chickpeas
 - SpinachStir until spinach is cooked
8. Season with salt and pepper to taste
9. Serve with cilantro and peanuts sprinkled on top

NOTES: Good with brown rice

SOURCE: [Oh She Glows by Angela Liddon, 2014 \(https://ohsheglows.com/book/\)](https://ohsheglows.com/book/)

2.3 Spicy Tofu Stew

SERVINGS: 3 servings (will make more depending on amount of veggies)

INGREDIENTS:

- 1½ TBSP toasted sesame oil
- Small onion, sliced
- ½ cup sliced scallion or green onions
- 2-3 cloves of garlic, minced
- 2 TBSP gochugaro (Korean hot pepper powder)
- 2½ TBSP tamari
- ¾ cup vegan kimchi
- Medium zucchini, cubed
- 3 cups of mushrooms
mix of enoki, king oyster, shiitake
- 3 cups water (or veggie broth)
- ½ tsp salt
- 1 pack silken tofu, cut into cubes
- Additional veggies:
 - bok choy (go in with zucchini)
 - nappa cabbage (go in with zucchini)
 - spinach (go in right before tofu)

DIRECTIONS:

1. Heat pot
2. One pot is hot, add:
 - 1½ TBSP toasted sesame oil
 - Small onion, sliced
 - ½ cup sliced scallion or green onionsSaute for 2-3 minutes; until onion is translucent
3. Add to pot:
 - 2-3 cloves of garlic, minced
 - 2 TBSP gochugaro (Korean hot pepper powder)
 - 2½ TBSP tamariStir and cook for 2 minutes
4. Add ¾ cup vegan kimchi
Stir and cook for 2-3 minutes
5. Add 3 cups of mushrooms
Stir and cook for 3 minutes
6. Add zucchini cubed and mix well
7. Add 3 cups of water (or veggie broth)
8. Cover pot and leave to boil over medium heat for about 7 minutes; until the zucchini is cooked through
9. Taste and add salt as needed
10. Add spinach and mix in
11. Add pack of silken tofu, cubed
DO NOT MIX (silken tofu is delicate)
Leave to boil for 2-3 minutes

NOTES: Good with brown rice

SOURCE: [The Foodie Takes Flight \(https://thefoodietakesflight.com/sundubu-jjigae-or-korean-soft-tofu-stew-vegan-recipe/\)](https://thefoodietakesflight.com/sundubu-jjigae-or-korean-soft-tofu-stew-vegan-recipe/)

2.4 Three Sisters Soup

SERVINGS:

INGREDIENTS:

- 1 TBSP olive oil
- 3 cloves of garlic
- Large sweet onion
- 1½ cups diced carrots
- 1½ cups diced celery
- 1½ cups diced potatoes, *Prefer purple potatoes*
- 1 delicata squash
- 4 cups veggie broth
- 14oz can of coconut milk
- 14oz can of corn
- 14oz can of navy beans
- 1-2 TBSP of parsley
- 2 tsp nutmeg
- Salt and pepper, to taste

DIRECTIONS:

1. Heat 1 TBSP olive oil in large pot over medium heat
2. Add to pot:
 - 3 cloves of garlic
 - Large sweet onion
 - Salt & pepper to tasteSaute for about 5 minutes, until onions translucent
3. Add to pot:
 - 2½ cups diced carrots
 - 2½ cups diced celerySaute for about 5 minutes (until veggies start to soften)
4. Add to pot:
 - 2½ cups diced potatoes
 - 2½ cups diced winter squashSaute for about 2 minutes
5. Add to pot:
 - 4 cups veggie broth
 - 14oz can of coconut milk
6. Bring to the pot to just before a boil, then reduce heat and simmer for about 20-30 minutes (until veggies are fork tender)
7. Add to the pot:
 - 14oz can of corn
 - 14oz can of navy beans
 - 1-2 TBSP of parsley
 - 2 tsp nutmeg
 - Salt and pepper, to taste
8. Cook for a few more minutes until everything is heated through and serve

NOTES: Good with bread or homemade croutons

SOURCE: Based on soup from co-op in St. Peter, MN

TIME: 1.5 - 2 hours total

2.5 Veggie Chili

SERVINGS: 6 servings (each approximately 2 cups)

INGREDIENTS:

- 2 TBSP olive oil
 - 4 cloves garlic, minced
 - Large onion, diced
 - 3 bell peppers (red, yellow, orange), diced
 - 2 carrots, peeled and diced
 - 2 stalks celery, diced
 - Jalapeno, seeded and diced
 - 1 tsp ground oregano
 - 1 TBSP cumin
 - 2 TBSP chili powder (more/less to taste)
 - 3 cups veggie broth
 - 1 can (12-14oz) plain tomato sauce
 - 1 can (10oz) Ro-tel or 4oz diced green chilies & 8oz diced tomatoes
 - ½ tsp salt (more/less to taste)
 - 1 can (14oz) kidney beans
 - 1 can (14oz) pinto beans
 - 1 can (14oz) garbanzo beans
 - 1 can (14oz) black beans
 - Large zucchini, diced
 - ¼ Masa (corn flour) or cornmeal
 - ½ cup warm water
- [Vegan veggie \(https://www.betterthanbouillon.com/\)](https://www.betterthanbouillon.com/)

DIRECTIONS:

1. Heat 2 TBSP olive oil in large soup pot over medium heat
2. Add the following:
 - 4 cloves garlic, minced
 - Large onion, diced
 - 3 bell peppers, diced
 - 2 carrots, peeled and diced
 - 2 stalks celery, diced
 - Jalapeno, seeded and dicedSaute for 5 minutes (until starting to soften)
3. Add the following:
 - 1 tsp ground oregano
 - 1 TBSP cumin
 - 2 TBSP chili powder (more/less to taste)Stir/cook for a few more minutes
4. Add the following items:
 - 3 cups of veggie broth
 - 1 can (12-14oz) plain tomato sauce
 - Ro-tel (or diced tomatoes and chilies)
 - ½ tsp salt
5. Bring to a boil then reduce heat to low
Cover and simmer for 30 minutes
6. Add the following:
 - 1 can (14oz) kidney beans
 - 1 can (14oz) pinto beans
 - 1 can (14oz) garbanzo beans
 - 1 can (14oz) black beans
 - Large zucchini, dicedStir in, cover, and simmer for 30 more minutes
7. Mix in together:
 - ¼ Masa (corn flour) or cornmeal
 - ½ cup warm water
8. Pour corn/water mixture into the pot and stir
Simmer for 15 more minutes

NOTES: Good with brown rice mixed in

SOURCE: [Pioneer Woman \(https://www.thepioneerwoman.com/food-cooking/recipes/a11980/veggie-chili/\)](https://www.thepioneerwoman.com/food-cooking/recipes/a11980/veggie-chili/)

3 Side

3.1 Garlic Bread

SERVINGS: 2-3 servings

INGREDIENTS:

- ½ cup vegan butter
- 4 cloves garlic, finely minced
- 6 slices of bread (at least 1in thick)
- *Optional Additions*
 - Parsley, minced
 - Vegan Parmesan, grated
 - Salt and pepper, to taste

DIRECTIONS:

1. Preheat oven to 350 degrees F and line a baking sheet with parchment paper
2. Melt vegan butter in small bowl
3. Mix in minced garlic into melted butter
4. Coat each slice of bread with melted butter/garlic mixture on baking sheet
5. Transfer baking sheet to oven and bake for 10 minutes
6. Set oven to broil and bake for 1-2 more min if bread is still not golden brown

3.2 Hummus

SERVINGS: 6 servings, makes approximately 3 cups of beans

INGREDIENTS:

- 1 cup dried garbanzo/chickpeas
- 2-3 cloves of garlic
- 4 TBSP sesame seeds
- 1 TBSP oil (olive oil, sesame oil)
- juice from 1 lemon
- Salt to taste

DIRECTIONS:

1. Soak beans in water for 8-12 hours
2. Put beans into Instant Pot with 1½ cup water
3. Cook on high for 16 minutes, natural release of pressure (~10-20 minutes)
4. Put contents (beans and liquid) as well as all other ingredients into blender at low speed for 45-60 seconds

NOTES: Can make without soaking beans by putting directly into instant pot for 60 minutes and ~3 cups of water

3.3 Kale Salad

SERVINGS: 4-6 servings

INGREDIENTS:

- 10 cups kale, cut finely
- 1 cup dried cranberries
- 2 garlic cloves, minced
- ¼-½ cup lemon juice
- 2 TBSP olive oil
- ½ tsp salt
- Dash of pepper
- 1 cup halved pecans, toasted
- 1½ TBSP nutritional yeast

DIRECTIONS:

1. Make dressing by whisking together
 - 2 garlic cloves, minced
 - ¼-½ cup lemon juice
 - 2 TBSP olive oil
 - ½ tsp salt
 - Dash of pepper
2. Make pecan Parmesan by using a food processor to finally chop and mix:
 - 1 cup halved pecans, toasted
 - 1½ TBSP nutritional yeast
3. Combine kale, cranberries with dressing and toss
4. Finally add pecan Parmesan and toss

NOTES: Good on Thanksgiving or Christmas (winter celebration); lasts for a few days in refrigerator

SOURCE:

Similar to [Food.com \(https://www.food.com/recipe/the-best-shredded-kale-salad-with-pecan-parmesan-and-cranberries-514710\)](https://www.food.com/recipe/the-best-shredded-kale-salad-with-pecan-parmesan-and-cranberries-514710)

3.4 Mexican Rice

SERVINGS: 3-6 servings

INGREDIENTS:

- 1.5 TBSP oil
- 1.25 cup uncooked long grain rice
- 1.5 cup vegetable broth
- 1 TBSP tomato paste
- 0.5 tsp onion powder
- 0.5 tsp garlic powder
- 0.5 tsp cumin
- 0.25 tsp chili powder
- 0.25 tsp black pepper
- 0.25 tsp salt

DIRECTIONS:

1. Heat oil in pan over medium-high heat
2. Add rice to pan, stir constantly until rice starts to turn golden brown
3. Add broth, tomato paste and all spices. Mix into rice.
4. Bring to a boil, stirring tomato paste so it dissolves.
5. Turn heat to low, cover, and simmer for 20 min
6. Remove from heat and fluff with a fork

SOURCE:

[Mexican Rice by The Works of Life \(https://thewoksoflife.com/mexican-rice-recipe/\)](https://thewoksoflife.com/mexican-rice-recipe/)

TIME: 30 min total

3.5 Potato Leaves

SERVINGS: 2 servings

INGREDIENTS:

- 1 TBSP olive oil
- 2-3 cloves garlic, sliced
- Ginger (1 tsp ground or 1in fresh, minced)
- 8 cups sweet potato leaves
- ½ tsp salt or tamari to taste
- ½ sesame oil

DIRECTIONS:

1. Heat pan over medium heat
2. After heated, add:
 - 1 TBSP olive oil
 - 2-3 cloves garlic, sliced
 - Ginger (1 tsp ground or 1in fresh, minced)Saute for 1 minute
3. Add 8 cups of sweet potato leaves and stir until mostly cooked down
If needed at ¼ cup water to help cook down
4. Add:
 - ½ tsp salt or tamari to taste
 - ½ sesame oil

NOTES: Great side-dish if want more veggies, also good with rice.

SOURCE: Alex

3.6 Refried Beans

SERVINGS: 3-6 servings, makes approximately 3 cups of beans

INGREDIENTS:

- 1 cup dried pinto beans
- ½ tsp salt

DIRECTIONS:

1. Soak beans in water for 8-12 hours
2. Put beans into Instant Pot with 1¼ cup water
3. Cook on high for 16 minutes, natural release of pressure (~10-20 minutes)
4. Put contents (beans and liquid) into blender at low speed for 45-60 seconds

NOTES: Can make without soaking beans by putting directly into instant pot for 60 minutes and ~2.5-3 cups of water

3.7 Squash Seeds

INGREDIENTS:

- Seeds from fresh squash (delicata or spaghetti squash)
- Salt (or seasoned salt)
- Olive oil

DIRECTIONS:

1. Set oven at 325 degrees
2. Separate seeds from guts of squash and put seeds into a bowl
3. Add a small amount of olive oil; mix until seeds are lightly coated
4. Add salt and mix until seeds are lightly coated
5. Spread seeds out on a baking sheet (with parchment paper)
6. Bake for 25 min (or until seeds are golden brown)

3.8 Sweet Squash

INGREDIENTS:

- 1 delicata squash, cut into thin slices
- 2-4 TBSP Maple syrup
- 2-4 TBSP Vegan butter
- Salt

DIRECTIONS:

1. Set oven at 400 degrees
2. Coat each piece of squash in a mixture of butter and maple syrup
3. Place pieces spread out on a baking sheet (with parchment paper)
4. Sprinkle a little salt on the top
5. Bake for 25-35 min (until fork soft); flipping the pieces about halfway through

4 Dessert

4.1 Peanut Butter Cookies

SERVINGS: 12 cookies

INGREDIENTS:

- 1¼ cups gf flour (brown rice or oat)
- ½ tsp baking soda
- ½ tsp salt (Himalayan pink)
- ½ cup creamy peanut butter
- ½ cup maple syrup
- ¼ cup olive oil
- ½ tsp vanilla extract

DIRECTIONS:

1. Preheat oven to 350 degrees F and line a baking sheet with parchment paper
2. In a bowl combine dry ingredients:
 - 1¼ cups gf flour
 - ½ tsp baking soda
 - ½ tsp salt
3. In another bowl, combine wet ingredients:
 - ½ cup creamy peanut butter
 - ½ cup maple syrup
 - ¼ cup olive oil
 - ½ tsp vanilla extract
4. Pour the dry ingredients over the wet ingredients and stir until barely combine
Still look a bit dusty, avoid over stirring
5. Let the dough sit for 5 minutes and then give it one more quick stir
6. Drop the dough by heaping TBSP onto parchment paper. Gently press down on each with the back of a fork to get crisscross effect.
If dough is sticking, run fork and/or TBSP under hot water before use
7. Bake for 10 minutes, let the cookies cool for an additional 10 minutes before removing from the baking sheet

SOURCE: [American Lifestyle Magazine](https://americanlifestylemag.com/food-recipes/desserts/guilt-free-gluten-free-peanut-butter-cookies/)

[\(https://americanlifestylemag.com/food-recipes/desserts/guilt-free-gluten-free-peanut-butter-cookies/\)](https://americanlifestylemag.com/food-recipes/desserts/guilt-free-gluten-free-peanut-butter-cookies/)

4.2 Pistachio Cookies

SERVINGS: 6 cookies

INGREDIENTS:

- ~3 TBSP raw pistachios, peeled
- 6 TBSP white rice flour
- 2 TBSP dark maple syrup
- 2 TBSP smooth and creamy natural cashew butter
- ¼ almond extract
- ⅛ tsp salt

DIRECTIONS:

1. Pre-heat oven to 350F. Line a small cookie sheet with parchment paper. Set aside.
2. Briefly process the pistachios for the coating in your food processor to form little crushed pieces. Remove the chopped pistachios from the processor and place them in a shallow bowl. Set aside. (Don't worry if you have tiny bits or pistachio dust left behind in the food processor).
3. Process all cookie ingredients in the food processor until the mixture begins to form a ball. Remove this ball from the processor and shape into a ball* of dough with your hands.
4. Divide this mixture into 6 balls of dough. Roll each one first into a ball, then flatten with your fingers to form a little "hockey puck" shape. Roll one of these bits of dough in the crushed pistachios, first just running the sides of the cookie over the pistachios and then only the top part of the cookie – you'll need to press the dough into the pistachios very lightly as you go to make the pistachio pieces stick (note: if you press too hard you, the shape of your cookie can become distorted). Place the crusted cookie on the prepared baking tray. Repeat with the remaining cookies.
5. Bake in a pre-heated oven for approx. 9 mins. Remove from the oven and place on a cooling rack to cool off a little. Enjoy!

*The texture of the dough can be different depending on the cashew butter used. For example sometimes you might get a batch that's more "oily" other times one that's more dry + brands vary, etc. The dough should be soft and pliable. But if the mixture feels too sticky at this point, add a bit more flour (1 teaspoon at a time) and process again to incorporate; if too dry, add a bit more maple syrup or cashew butter.

SOURCE: [unconventional baker](https://www.unconventionalbaker.com/gluten-free-vegan-pistachio-cookies/)

(<https://www.unconventionalbaker.com/gluten-free-vegan-pistachio-cookies/>).

Prep time: 20 minutes

Cook time: 9 minutes

Total Time 30 minutes