

MYE Recipes

Recipes that I use on a regular basis

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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 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)

1.4 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/)

1.5 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)

1.6 Mushroom Stroganoff

SERVINGS: 4 servings

INGREDIENTS:

- 16oz of pasta (penne and fusilli)
- 2 TBSP vegan butter
- 1 large white onion, diced
- 10oz cremini mushrooms, sliced thinly
- 3 cloves garlic
- 1 cup vegan sour cream or vegan Greek yogurt
- 4-5 large portobello mushrooms, thickly sliced
- 2 cups vegan vegetable broth
<https://www.betterthanbouillon.com/>
- 1 TBSP vegan Worcestershire sauce
- Tamari sauce to taste
- Red wine to taste
- 1 TBSP fresh rosemary, chopped
- ½ tsp salt
- 3 TBSP gluten-free flour (to thicken sauce)
- 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. Put 4-5 large portobello mushrooms, thickly sliced into the pan and saute for about 3 minutes
6. In an empty bowl mix:
 - 1 cup veggie broth
 - 1 TBSP Worcestershire sauce
 - Splash of red wine
 - 1 TBSP fresh rosemary, choppedAfter mixing, add to pan with large portobello mushrooms
7. Bring mixture to boil and simmer for about 15 minutes (until portobellos reduce in size by about 25%)
8. In empty bowl mix:
 - 1 cup veggie broth
 - 3 TBSP gluten-free flourAfter mixing, add to pan
9. Immediately add the mushroom/onion mixture to the pan as well
10. Bring mixture to a boil and stir constantly for about 2 minutes
11. Stir in 1 cup sour cream/Greek yogurt, make sure to heat until warm but donot boil
If need more salty flavor add Tamari
12. 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

1.7 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)

1.8 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

2 Soup

2.1 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 peantus sprinkled on top

NOTES: Good with brown rice

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

2.2 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)
 - napa 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/)

2.3 Three Sisters Soup

SERVINGS:

INGREDIENTS:

- 1 TBSP olive oil
- 3 cloves of garlic
- Large sweet onion
- 2½ cups diced carrots
- 2½ cups diced celery
- 2½ cups diced potatoes, *Prefer purple potatoes*
- 2½ cups diced winter squash, *Prefer delicata*
- 4 cups veggie broth
- 14oz can of coconut milk
- 14oz can of corn
- 14oz can of navy beans
- 1-2 TBSP of parsley
- 3 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
 - 2½ cups diced carrots
 - 2½ cups diced celerySaute for about 10 minutes
3. Add to pot:
 - 2½ cups diced potatoes
 - 2½ cups diced winter squash
 - 4 cups veggie broth
 - 14oz can of coconut milk
4. Bring to the pot to just before a boil, then reduce heat and simmer for about 30 minutes (until veggies are fork tender)
5. Add to the pot:
 - 14oz can of corn
 - 14oz can of navy beans
 - 1-2 TBSP of parsley
 - 3 tsp nutmeg
 - Salt and pepper, to taste
6. 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

2.4 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 Sides

3.1 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

3.2 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 1 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