



Prep time: 10 min

Cook time: 35 min

# Vegan French Dip Sandwiches

## Ingredients

- 1 medium onion sliced into half rings
- 2 garlic cloves minced
- 3 portobello mushroom caps, about 20 oz. total, cleaned and sliced into thin strips
- 1 cup vegetable broth
- 1 tbsp. soy sauce
- 1 tbsp. vegan Worcestershire sauce
- 1/2 tsp. dried thyme
- 1/4 tsp. liquid smoke, optional, but highly recommended
- 1/4 tsp. black pepper
- 2-6 inch sandwich rolls or baguette sections sliced open
- horseradish mustard

## Instructions

1. Place skillet over medium-low heat. Add onion and water satue. Allow to cook until caramelized, about 20 minutes, flipping occasionally. Add garlic and cook about 2 minutes more. Transfer onions and garlic to a plate.
2. Coat skillet with another tablespoon of oil and raise heat to medium. Add mushroom strips. Avoid overcrowding the skillet. A little overlapping is okay, but work in multiple batches if needed (I needed two), adding a bit of oil between batches if needed. Cook until lightly browned, about 5 minutes. Flip and cook 5 minutes more on opposite sides.
3. Return onions to skillet and add broth, soy sauce, Worchestershire sauce, thyme, liquid smoke and pepper. Bring to a simmer and allow to cook, stirring occasionally, until liquid is reduced by half, about 5 minutes.
4. Slather the insides of rolls with horseradish mustard. Use a slotted spoon to remove onions and mushrooms from skillet, pressing lightly to squeeze out any excess juice. Divide onions and mushrooms into rolls. Pour cooking liquid into a small bowl and serve with sandwiches, for dipping.

Original Recipie found here: <https://www.connoisseurusveg.com/vegan-french-dip-sandwich>



Prep time: 20 min

Cook time: 20 min

## Tofu Stir Fry with Broccoli and Peppers

### Ingredients

- 1 cup uncooked rice
- 1 tbsp. peanut or sesame oil
- 1/2 red onion, thinly sliced
- 1 red bell pepper, seeded and chopped
- 1 medium head of broccoli, chopped
- 8 ounces extra-firm tofu, pressed
- 2 batches Thai Peanut Sauce
- 2 green onions
- a few sprigs of cilantro
- 1/4 cup dry-roasted peanuts

### Instructions

1. Cook the rice according to package instructions. While the rice is cooking, prepare the rest of the stir-fry.
2. Preheat the oven to 400F. Line a baking sheet with parchment paper and set aside.
3. Make the Thai Peanut Sauce and set aside. Cut the tofu into 1/2" cubes and place in a shallow dish. Pour 1/4 cup of the Thai Peanut Sauce over tofu, stirring to coat.
4. Transfer the tofu to the prepared baking sheet and bake for 20 minutes, flipping after 10 minutes.
5. Heat peanut oil in a cast iron skillet over medium heat. Add onions and saute for 5 minutes, until translucent. Add bell peppers and broccoli and continue cooking for an additional 5 minutes, until vegetables are tender. Stir in the remaining peanut sauce and remove from heat.
6. To serve, evenly divide the rice onto 4 plates. Add stir-fried broccoli and peppers and baked tofu. Top with green onions, cilantro, and peanuts. Serve immediately.

Adapted From: <https://www.mydarlingvegan.com/broccoli-pepper-stir-fry-with-ginger-p>



Prep time: 5 min

Cook time: 15 min

## One Pot Mushroom Stroganoff

### Ingredients

- 1 small yellow onion, sliced and quartered
- 10 ounces (280 g) cremini mushrooms, cut in half or fourths
- 8 ounces (225 g) dry rotini pasta\*; about 4 cups
- 4 cups imitation beef-flavored broth (or sub vegetable broth)
- 2 tablespoons nutritional yeast
- 1/4 teaspoon freshly ground black pepper, plus more to taste
- 1/3 cup (85 g) cashew butter\*
- 1 tablespoon lemon juice
- 1/4 1/2 teaspoon kosher salt (optional)
- 2 tablespoons parsley, chopped

### Instructions

- Saut the Onion: add 1/4 cup (60 ml) of water to a large pot over medium heat. Add in the sliced onions and cook until translucent, about 3 to 5 minutes. You can also saut the onions in 1 tablespoon of oil instead of water, if you wish.
- Cook the Pasta: add in the pasta, mushrooms, beef-flavored broth, nutritional yeast, and black pepper. Bring to a boil over high heat, then reduce the heat to medium-low and let simmer for 10-15 minutes, stirring occasionally to ensure nothing sticks to the bottom of the pan.
- Make it Creamy: turn the heat off, then stir in the cashew butter and lemon juice until everything is well incorporated. Taste the pasta and add any additional salt, if necessary.
- Serve: top with freshly chopped parsley and black pepper, and serve warm. Store any leftovers in an airtight container in the fridge for up to one week.

### Tips

Cashew Butter: If you cannot find cashew butter near you, you can make your own at home or substitute it with 1/3 cup of plant-based cream cheese or sour cream. If you do either of these, only add lemon juice to taste.

Original Recipe: <https://frommybowl.com/one-pot-mushroom-stroganoff/>