

Mills Family

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# Cookbook

# Preface

Here is a collection of recipes we like.

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# Chapter 1

## Drinks

Peppermint Mocha			1 Portions
			10 Min
1	250 mL 1 Tbsp 1 Tbsp 2 tsp	Brewed Coffee Peppermint Syrup Vegan Coffee Creamer Cocoa Powder	Add to a pre-warmed cup and stir to combine.
2	1 1 1	Vegan Whipped Cream Peppermint Candy Vegan Chocolate Syrup	Garnish as desired.

## Chapter 2

### Snacks & Appetizers

Hummus				4 Portions
				15 Min
1	1 Can 4 Cloves 3 Tbsp $\frac{1}{2}$ C $1\frac{1}{2}$ Tsp	Chickpeas Garlic Tahini Lemon Juice Salt	Drain and rinse the chickpeas. Add all ingredients to a blender and blend until smooth.	
2	2 Tbsp 1 Tbsp	Parsley Olive Oil	Optionally garnish with whole chickpeas, parsley, and/or olive oil.	



Figure 21: Hummus

Tomatillo Salsa Fresca			
			4 Portions
			20 Minutes
1	3 1/2	Tomatillos Orange or Yellow	Wash and chop the ingredients and add to a bowl.
		Bell Pepper	
	1	Anaheim Chillie	
	1	Avocado	
	1/3 C	Chopped Cilantro	
2	1	Lime Juice	Drizzle ingredients over the salsa. Mix gently to combine.
	1 Tbsp	Agave Nectar	
	1/4 tsp	Salt	

Beet Muhummara	8 Portions
	20 Minutes

Beet Muhummara is a tasty dip with a consistency similar to hummus.

1	4	Beets - Raw, peeled, and quartered.	Combine all ingredients into a food processor.
	1 <sup>1</sup> / <sub>3</sub> C	Walnuts	
	1/2 C	Panko Bread Crumbs	
	3	Cloves of Garlic	
	1 <sup>1</sup> / <sub>2</sub> Tbsp	Ground Cumin	
	1/2 tsp	Salt	
	1/4 tsp	Black Pepper	
	1/8 tsp	Red Pepper Flakes	
	2 Tbsp	Pomegranate Molasses	
	3 Tbsp	Lemon Juice	
2	1/4 C	Olive Oil	With the food processor running, slowly add the olive oil. Chill the dip and serve with carrot, celery, pita, and olives.

**Black Eyed Pea Hummus** 8 Portions

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			15 Min
1	2 Cans	Black Eyed Peas - Drained and rinsed.	Combine all ingredients in a food processor until smooth.
	$\frac{1}{2}$	Onion	
	3	Cloves of Garlic	
	$\frac{1}{4}$ C	Pecans	
	1 $\frac{1}{2}$ Tbsp	Lemon Juice	
	1 Tbsp	Hot Sauce	
	1 tsp	Smoked Paprika	
	$\frac{1}{2}$ tsp	Salt	



Figure 22: Black Eyed Pea Hummus

		Deviled Tomatoes	8 Portions
			20 Minutes
1	1 Can	Garbanzo Beans - Rinsed, Drained.	Mash all ingredients by hand
	$\frac{1}{3}$ C	Vegan Mayo	
	2 Tbsp	Nutritional Yeast	
	1 Tbsp	Lemon Juice	
	2 tsp	Yellow Mustard	
	1 tsp	Curry Powder	
	$\frac{1}{8}$ tsp	Black Pepper	
	$\frac{1}{8}$ tsp	Cumin	
	$\frac{1}{8}$ tsp	Salt	
2	8 to 10	Roma Tomatoes	Cut each tomato in half and scoop out the insides. Fill the hollow tomato halves with the mixture from step 1.

# Chapter 3

## Soups

Garlic Soup			6 Portions
			20 Min
1	1 L	Water	Add all ingredients to a sauce pan and simmer for 30 min. Mash the garlic once soft.
	1 Head	Garlic	
	1 tsp	Salt	
	1/4 tsp	Pepper	
	2	Cloves	
	1/4 tsp	Sage	
	1/4 tsp	Thyme	
	1/2	Bay Leaf	
	4 Sprig	Parsley	
	3 Tbsp	Olive Oil	

Lentil Soup				8 Portions
				1 Hour
1	2	Large Onions	Use a large pot and saute in olive oil until onions are translucent.	
	4	Carrots		
	5	Cloves of Garlic		
2	4 C	Lentils	Wash lentils and add the remaining ingredients to the pot. Cover with water and bring to a boil.	
	1	Bay Leaf	Cover pot with a lid and simmer for 30-40 min.	
	1 1/2 tsp	Ground Cumin		
	1 1/2 tsp	Ground Coriander	Add water as needed.	
	1 1/2 tsp	Salt		
	1/4 tsp	Turmeric		
	2	Vegan Bullion Cubes		

Rasam	10 Portions
	45 Min

Rasam is a thin soup from Southern India. This recipe makes a fairly thick version. It is nice to serve with warm rice.

1	3 1½ Tbsp 1½ Tbsp 1 tsp 1 tsp	Dried Red Chillies Dal (Lentil) Coriander Seeds Cumin Seeds Black Peppercorns	Add ingredients to a dry pan and toast until fragrant. Then, add to a blender to process into a powder.
2	1 28-Oz 1½ L 2 tsp 1 Sprig 2 Clove 1 tsp 1 tsp 1 tsp ½ tsp ½ tsp 2 1 tsp	Can of Crushed Tomatoes Water Tamarind Paste Curry Leaves Garlic Mustard Seed Ground Cumin Ground Black Pepper Methi Seeds (Fenugreek) Hing / Asafoetida Dried red chillies - broken. Mustard Seed	Add all ingredients, including the spice powder mix from the previous step, to a sauce pan and simmer for 30 min.

		Sweet and Sour Soup	4 Portions
			30 Min
1	1 Tbsp	Olive Oil	Saute in a pot until soft.
	1 Tbsp	Grated Ginger	
2	6 C	Vegetable Broth	Add to the pot and bring to a simmer.
	1/2 Tbsp	Soy Sauce	
	2 Tbsp	Rice Vinegar	
	1 Tbsp	Garlic Chili Sauce	
3	1	Block of Tofu	Cut into cubes and add to the pot. Simmer until heated thru.
4	1/4	Red Cabbage	Slice or julienne vegetables. Divide among serving bowls. Ladle broth and tofu on top.
	4	Green Onions	
	3	Carrots	
	8	Button	
		Mushrooms	



Figure 31: Sweet and Sour Soup

West African Peanut Soup				6 Portions
				30 Min
1	1	Large Yellow Onion	Saute until in a pot until translucent.	
	1/2 Tbsp	Olive oil		
2	2	Carrots	Peel and chop the carrots. Add the carrots and	
	1/4 Tbsp	Grated Ginger	spices to the pot and continue to saute for 5 min-	
	1/2 tsp	Salt	utes longer.	
	1/4 tsp	Cayenne		
3	1	Sweet Potato	Peel and chop the sweet potato. Add to the pot	
	2 1/2 C	Vegetable Stock	with stock and simmer until the vegetables are	
			cooked thru.	
4	3/4 C	Peanut Butter	Remove from the heat and add the peanut butter	
	3/4 C	Vegetable/Tomato	and Juice. Blend until smooth.	
		Juice		

# Chapter 4

## Tempeh, Seitan, etc

Basic Seitan				10 Portions
				1.5 Hour
1	1 Tbsp 1 Large 2 Cloves	Olive Oil Onion Garlic	Sautee.	
2	1/3 tsp 1 tsp 2 Tbsp 1 Tbsp 1 C	Salt Paprika Tomato Paste Soy Sauce Bullion Broth	Combine with ingredients from step 1 in a blender and puree.	
3	1 1/2 C 1/4 C 2 Tbsp	Vital Wheat Gluten Chickpea Flour Nutritional Yeast	Combine with pureed mixture from step 2 to form a dough. Fill dough into a covered dish for steaming. Steam dish with seitan dough for 1 hour.	



Figure 41: Basic Seitan

Greek Gyro Seitan				10 Portions
				1.5 Hour
1	1 Tbsp 1 Large 2 Cloves	Olive Oil Onion Garlic	Sautee.	
2	$\frac{1}{3}$ tsp 1 tsp 1 tsp 2 Tbsp 1 Tbsp 1 C	Salt Marjoram Ground Rosemary Tomato Paste Soy Sauce Bullion Broth	Combine with ingredients from step 1 in a blender and puree.	
3	$1\frac{1}{2}$ C $\frac{1}{4}$ C 2 Tbsp	Vital Wheat Gluten Chickpea Flour Nutritional Yeast	Combine with pureed mixture from step 2 to form a dough. Fill dough into a covered dish for steaming. Steam dish with seitan dough for 1 hour.	

# **Chapter 5**

## **Side Dishes**

# Chapter 6

## Main Course

Pizza Dough				2 Portions
				1 Hour
1			Preheat the oven to 450 F.	
2	1 C 2 tsp 1 tsp	Warm Water Yeast Sugar	Combine these ingredients and set aside for the yeast to bloom and become frothy. ~10 min.	
3	360 g 1/2 tsp 2 Tbsp	AP Flour Salt Olive Oil	Combine these ingredients in a bowl or food processor. Add the bloomed yeast mixture from the previous step and combine.	
			Knead dough until smooth and cover in a warm place to rise. ~30 min.	
			Roll out the dough, add toppings, and bake for around 10 min. The type and quantity of toppings will affect the bake time.	



Figure 61: Pizza Dough

# Chapter 7

## Deserts

Apple Pie			1 Pie
			2 Hours
1			Preheat the oven to 350 F.
2	240 g 1/2 tsp 1/2 tsp	Sifted AP Flour Salt Sugar	Mix ingredients to combine.
3	205 g	Vegetable shortening	Cut in shortening into dry ingredient mixture ei- ther by fork or with food processor.
4	Up to 6 Tbsp	Cold Water	Add water 1 Tbsp. at a time until a work- able dough has been formed. Refrigerate until needed.
5	6-8	Apples	Peel then slice apples. Keep slices apples sub- merged in a water / lemon juice solution to pre- vent oxidation. Roll out /fr12 of the dough and line a pie tin. Drain slightly and add the sliced apples.
6	Up to 1 C 1/4 tsp 1/2 tsp 2 Tbsp	Sugar Salt Cinnamon Flour	Combine and sprinkle over the apples in the pie.

7      2 Tbsp      Vegan Butter

Dot pieces of butter onto of apples. Roll out remaining dough to form a pie top. Crimp edges and cut off excess dough. Slice steam holes in the dough, and decorate if desired. Bake for 45 min or until pie filling has been bubbling for a minimum of 5 minutes and crust is browned. If the crust is cooking too quickly, cover with aluminum foil.



Figure 71: Apple Pie

# Chapter 8

## Staples

Almond Milk			4 Cups
			5 Minutes
1	4 C 2/3 C	Cold Water Almonds	Puree in a blender. Optionally add a sweetener such as a handful of dates, a tablespoon of agave nectar or maple syrup, and/or a teaspoon of vanilla extract.

Cashew Milk			4 Cups
			5 Minutes
1	4 C 1/2 C	Cold Water Cashews	Puree in a blender. Optionally add a sweetener such as a handful of dates, a tablespoon of nectar or maple syrup, and/or a teaspoon of vanilla extract.

Oat Milk			4 Cups
			5 Minutes
1	4 C	Cold Water	Puree in a blender. Optionally add a sweetener such as a handful of dates, a tablespoon of agave nectar or maple syrup, and/or a teaspoon of vanilla extract.
	1 C	Oats	

# Chapter 9

## Salads

Black Rice Salad				4 Portions
				40 Minutes
1	3 C 1/4 C 1 1/2 Tbsp 1 tsp 1/4 tsp 1 2 Tbsp	Cooked Black Rice Lime Juice Olive Oil Agave Nectar Salt Minced Garlic Chopped Cilantro	Make vinaigrette and pour over cooked black rice. Cover and chill.	
2	1 1 1/2 C 1/2 C	Diced Mango Diced Avocado Chopped Red Onion Chopped Cilantro	Add to the salad, cover and chill again before serving.	

Chickpea Salad				4 Portions
				15 Minutes
1	1 2 Tbsp	Can Chickpeas Sweet Pickle Relish	Drain and rinse the chickpeas. Add all to a bowl and mix.	
	1/2 tsp 2 Tbsp	Creole Seasoning Vegan Mayo		

Cranberry Salad				4 Portions
				20 Minutes
1	1/2 C	Sugar	Peel one of the oranges. Add all to a food processor and chop. Transfer to a bowl.	
	1	Red Vegan Jello		
	2	Oranges		
	1 Lb	Fresh Cranberries		
2	1 C	Celery	Chop in a food processor, then add to the bowl. Stir to combine, and chill for 3 hours.	
	1 C	Apples		
	1 C	Walnuts		

Vegan Tuna Salad			
			4 Portions
			15 Minutes
1	1	Can Chickpeas	Drain and rinse the chickpeas. Add all to a bowl
2	2	Chopped Celery Stalks	and mix.
$\frac{1}{3}$ C		Chopped Dill Pickle	
2 Tbsp		Vegan Mayo	
1 Tsp		White Vinegar	
1 Tbsp		Chopped Organic Kelp	
To			
Taste		Salt & Pepper	

Note: This is even better the next day.