

VEGAN (TR)EATS!

**Meals and More for the Animals, Your
Health, and the Earth**

Compiled by David Sztybel and Cassandra Prince

FREE ~ as the animals should be!

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INTRODUCTION: YES LINDA, WE ALWAYS EAT THIS WAY

One day we had Linda Woolven, a dear friend, over for a meal along with her husband Ted. She savoured our food and then asked: “Do you always eat this way???” In fact, we do. We do not know anyone who eats better than us. This book is an opportunity for others to enjoy some of the culinary delights that are our daily fare. This will be useful for us as activists, and also since David has taught animal rights courses at universities in the past and has wished to be able to help out his students in precisely this fashion.

This is not a “vegetarian starter kit,” although it provides enough information completely to overhaul one’s kitchen firmly in the direction of veganism or perhaps vegetarianism. It also provides some advanced recipes that go beyond just starting out.

Note that some of the recipes included in this selection are simple, for example, the salads. That is for a few reasons. Sometimes simple is best. It is also good to give initiates or experimenters simple recipes to go by. Sometimes people assume that “everyone” knows the simple recipes, but the truth is that things are often never known unless they are taught. And meat-eating households often do not teach simple vegan dishes, whether for young people who are striking out on their own or striving to be vegan in the same home as their parents. Older individuals too generally only know as well as they have been educated. So some recipes will be especially helpful for beginners, but regardless, there are life-enhancing foods for everyone set out in this volume.

Much has already been written elsewhere on the ethical, environmental, and health superiority of vegan diets in general. They also are helpful in terms of feeding the poor and avoiding war. This volume will contribute to the growing sense that vegan food is also second to none in terms of taste sensations.

This book is not intended to be comprehensive—only helpful. May you delight in its formulas for fantastic foods!!!

David and Cassandra
Toronto, Canada
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PART 1: FAST FOOD

FAST BREAKFASTS

- Toast with peanut butter, cashew butter, almond butter, jam, marmalade (Think anyone can make toast? Tip: margarine layer under jam, e.g., Becel margarine marked “Vegan,” or Earth Balance buttery spread, enhances the jam’s flavour!)
- Instant oatmeal packets (e.g., Quaker produces these in many flavours that can be done by adding water in a bowl and placing in microwave or saucepan; different from slowfood oatmeal flakes recipe given elsewhere in this book)
- Cold cereals: shredded wheat, cheerios, corn flakes, or if you want to try junkie stuff once in a while, corn squares, Life cereal with cinnamon, President’s Choice On Track cereal with delicious strawberry slices in it, Cap’n Crunch...
- Fried up tofu breakfast links

FAST LUNCH / DINNER MAIN DISHES

- Veggie burgers or dogs (some are chili pepper dogs)
- Sandwiches with Tartex veggie paté (available in health food stores), nut butter, fake turkey, false back bacon, phoney baloney, etc.)
- Stagg garden chili is from a can common in supprmarkets; good with rice or potatoes
- Ramen noodles (easy to make, just boil noodles for a minute; great to add quick chopped veggies OR if you can find your Chinese vegetarian market in your nearest city, veggie mutton chunks are DIVINE to add to this)
- Soups in a can or a cup are sometimes vegan
- Tofutti cheese slices (in health food stores) are delicious melted on toasted bread or buns
- Unico bean salad in a can
- Spaghetti and sauce (President’s Choice roasted garlic sauce truly is choice, but you can sample a variety of savours)

- Many take-out Chinese vegetable, rice, noodle dishes (also Vietnamese or Thai food), Italian pastas, subway sandwiches, cheese-free pizzas (these are surprisingly good, and we like to have olives, green pepper, mushrooms, garlic, and if you like, pineapple on these), Mexican restaurants with their salsas, tortillas, burritos, Jamaican-style roti shops (roti with chick pea, squash and potato is divine, and there are some other vegan take-out items—they would be pleased if you ask!) and many burger joints offer a vegan burger, e.g., Harvey's)

FAST SIDE DISHES

- Fruit: bananas, apples, pears, oranges
- Salads: get ready-made salads in plastic tubs and dressing
- Frozen corn niblets
- Frozen peas
- Assorted frozen vegetables
- Slice up ripe avocado in crescent shapes, pour olive oil over it, and sprinkle little green pepper corns on them—tastes yummy and is easy! Dare your grocer to find you a little jar of these green peppercorns—they are small, edible and tasty, roughly spherical
- Once in a while: frozen French fries

FAST DESSERTS AND SNACKS

- Fruit cookies (health food store) filled with raspberry, blueberry, fig
- Oreo and Fudgee-oh cookies, President's Choice gingersnap cookies, President's Choice coconut cream cookies (don't eat this too often; coconut fat not great for blood circulation!)
- Christie's salted crackers or certain vegan Triscuits
- Melba toast
- Ice cream (soy-based, rice-based...)

- Yes, you can eat many kinds of pretzels, and potato chips (even Ruffles All-Dressed!), as well as many varieties of soda pop...
- Check you local health food store for handy fast snacks, e.g., cakes, cookies, etc.

PART 2: SLOW FOOD

A WORD ABOUT SLOW FOOD...

Slow food is not just a product but is a state of mind. It takes more time to prepare “slow food,” obviously, but it is the quality of the time that counts. That quality will vary with the state of mind that you bring to the idea and experience of slow-food preparation. You can negatively think of it as an inconvenience, as not worth your time because you have better things to do, or as no match for your laziness. Such perilous thoughts, if you entertain them unchallenged, will make it less likely that you will do the job. It is some work, but if you instead approach it with positive thoughts, you are both more likely to succeed at slow food preparation and indeed to enjoy the process. Some positive thoughts that can accompany your slow food process:

1. It is priceless to have a healthy body and slow food can help you achieve that goal better than fast, prepared, and processed foods in general.
2. Everyone has to eat. No one can call that or whatever is needed for that a “waste of time.”
3. Great taste is one of life’s great joys, and the best tastes take time to create.

Slow food may seem overwhelming and thus contribute to an impression of inconvenience. Fast-paced schedules might clash with slow food. But that is part of the point. People need to slow down and achieve a more meditative pace at times if they are to be refreshed and rejuvenated in the mad hubbub of modern life. Looked at another way, slow food is a convenient way of achieving a meditative state of mind with each chop of the vegetable or fruit, so to speak. There are other ways such as straight meditation and yoga that are quite healthful, but slow food preparation is even more exciting in some ways in that you are accomplishing something else at the same time: nutritious and delicious fare.

Slow food is also the most convenient way to the best vegan food in your city, if you think about it. We love our recipes more than the majority of restaurant features, lovely as they are. Slow food **IS** convenient for the most quality because you are the master of the quality you create, which is an empowering thought. The best things often take time. Think of old master-craftspeople and home-builders compared with today’s crude slap-dashes. It is also most convenient economically because it is much cheaper than dining out, and also convenient in that once you get practiced, it may take less time than, say, eating out.

As for laziness, it is often a product of such negative thinking described above, and disappears with better habits of thinking. Or it is really fatigue born of contemporary lifestyles—but slow food can help to refresh you, body and soul!

You do not need to always choose between fast food and slow food. You can choose both at different times. But if you always choose the former, exactly what are you speeding towards...? Think about it.

You may picture yourself as a bumbler in the kitchen—or worse! Largely, this is a result of inexperience, since an arresting number of people in society do not cook (regularly).

Sorry, I can't continue for a moment—still shocked.

If you persist, though, you will find the first time can be a relatively safe adventure, and subsequent times will get easier and easier, and you will see that yes, you too can achieve first-rate food as a result. That is the best validation of all, not what you or anyone else thinks about your skills in the kitchen! So buck up your courage and get in there, and get out there to chase down your choice ingredients! If others can make great food, you can too—that's the whole principle behind recipes, as opposed to intuitive genius in the kitchen (which does exist, but we need not go there—yet perhaps you will as you build up a sense of ease and confidence in your own cuisine!). Take ownership of your kitchen—even if you are a renter!—and look out taste buds! No doubt you will dearly impress yourself, friends, and loved ones.

ENJOY YOUR SLOW FOOD PROCESS, THE FOOD ITSELF, AND THE GREAT BENEFITS THAT FOLLOW! EACH GREAT DISH IS LIKE A WONDERFUL LITTLE TREASURE CHEST TO THE ONE WHO FULLY APPRECIATES IT!

BREAKFAST ITEMS

OATMEAL

Ingredients:

- Quaker oats
- soy milk
- water
- maple syrup (optional)
- apples, berries, etc. (optional)

Instructions:

1. Measure a mugful of Quaker oats, and put in one of your two bowls (recipe serves two)
2. Measure a mugful of soy milk into pot.
3. Measure a mugful of water into pot.
4. Bring liquid to a boil.
5. Add oat flakes.
6. Reduce heat and let simmer, stirring now and again, until the mixture thickens.
7. Once it reaches desired consistency, pour into bowls.
8. **ENJOY!!!**

Note: tastes great with maple syrup, or with fresh fruit mixed in such as chopped apple, berries, etc.

SCRAMBLED TOFU

Ingredients:

- tofu
- onion
- nutritional yeast
- soy sauce
- turmeric

Directions:

1. Sauté some onions in a frying pan.
2. Add mashed tofu with nutritional yeast flakes, salt, pepper, and soy sauce to taste.
3. Add turmeric for colour (optional).
4. Fry until tofu browned.
5. **ENJOY!!!**

PANCAKES

Ingredients:

- 1 + ¼ cup flour
- 2 tbsp sweetener (sugar, succanat, etc.)
- 2 tsp baking powder
- ½ tsp salt
- 2 tbsp oil (e.g., sunflower oil)
- 1 + ½ cups water

Instructions:

1. Mix dry ingredients and wet ingredients separately.
2. Combine to make pancake/waffle batter.
3. Cook on ungreased, nonstick or greased griddle.
4. Eat with margarine and syrup. Fresh berries a nice touch.
5. **E N J O Y ! ! !**

Note: serves 2.

From VegWeb <http://vegweb.com/food/breakfast/1060.shtml>

YUMMY GRANOLA

Vary this to your heart's content, since any good ingredients will tend to go well together, titillating your tongue on the way down...

Ingredients:

Group 1:

- 4 cups of rolled oats (not quick oats)
- 1 cup wheat germ
- 1 cup walnut pieces
- 1 cup pecan pieces
- 1 cup raw sunflower seeds, shelled
- $\frac{3}{4}$ cup raw sesame seeds
- $\frac{1}{2}$ cup hulled hemp seeds
- 1 cup unsweetened shredded coconut
- 1 tablespoon cinnamon

Group 2:

- $\frac{1}{2}$ to $\frac{3}{4}$ cup maple syrup
- $\frac{1}{2}$ cup canola oil
- 2 teaspoons vanilla

Instructions:

1. Mix Group 1 ingredients together in a large bowl.
2. Add Group 2 ingredients to first mixture, mixing it all together.
3. Spread evenly onto a cookie sheet and bake at 320 degrees F for 20 minutes (stir once).
4. Once baked, scoop the granola into a storage container.
5. **E N J O Y ! ! !**

POTATO LATKES

Ingredients:

- 6 medium-sized potatoes
- 1 substantial sized onion
- 3 tablespoons cornstarch
- black pepper
- vegan margarine

Instructions:

1. Peel potatoes and onion, and use “shred” mode of food processor (thing that looks like a cheese grater) to make potato and onion shreds.
2. Mix ingredients in bowl.
3. Form 3 inch patties (try to keep them thin) and fry in a lightly oiled pan over medium heat until crisp.
4. Flip latke and fry until crisp on both sides.
5. Serve warm.

MAIN DISHES

PASTA WITH SUPER-SAUCE

Ingredients:

- pasta (could be spaghetti, angel hair pasta [which is very thin spaghetti], shells, coils, or whatever)
- pasta sauce (you could make your own, but President's Choice spaghetti sauce is a great base; we go for the Spicy Roasted Garlic flavour but there is a fair amount of variety that is vegan)
- veggies including any colour of pepper, mushrooms, carrots, celery, zucchini, broccoli

Instructions:

1. Cook the pasta itself following directions on packet, e.g., 8 minutes of pasta in boiling water is typical.
2. Chop vegetables—use exactly the ones you like!
3. Prepare marinade for tofu if you wish to use this.
4. Place dollop of olive oil in frying pan (could be 1-2 tablespoons of the oil).
5. You might wish to braise marinated tofu first until lightly browned on sides of tofu cubes.
6. Mix in other veggies, stir fry to heart's content.
7. Mix in pasta sauce in frying pan.
8. Add sauce to noodles.
9. **ENJOY!!!**

DOWN-HOME PIZZA

This is SO good!!!

Ingredients:

- pita pockets--they seem to work even better than Greek-style circular flatbreads; groceries also sell specialized flatbreads and pizza-type breads
- pizza sauce – very commonly sold in grocery stores in little cans
- Yves back bacon (or you can use braised chick peas if you have tofu allergy)
- mushrooms
- broccoli
- green pepper

Instructions:

1. Spread pizza sauce on flatbread of choice. You may wish to sprinkle in some basil or chili peppers.
2. Put dollop of olive oil in frying pan.
3. Braise Yves back bacon which you'll have cut up into bits.
4. Stir fry around vegetables too.
5. Add stir-fried ingredients on top of bed of sauce on flatbreads.
6. Bake in pre-heated oven at 450 F until bread is crispy (20 mins. +)
7. **E N J O Y ! ! !**

DAVID'S STIRRING STIR FRY

Ingredients:

- broccoli
- red pepper
- onion (white)
- garlic
- zucchini
- tofu (marinated)
- rice (white or basmati, cooked)
- olive oil
- HP Sauce
- garlic-ginger paste
- sunflower oil
- red hot chili pepper flakes
- Bragg soy sauce

Instructions:

1. Start rice cooking and monitor.
2. Chop up broccoli, red pepper into bite-sized morsels.
3. Dice onion.
4. Finely chop garlic.
5. Finely slice zucchini.
6. Finely cube tofu.
7. Prepare marinade for tofu: 1/8 cup HP Sauce, 1/4 cup olive oil, heaping soup spoon garlic-ginger paste.
8. Prepare sauce for vegetable in a cup or mug: 1 teaspoon ginger-garlic paste, 1/8 cup sunflower oil, 2 tablespoons Bragg, generous sprinklings of black pepper and red hot chili pepper flakes.
9. Start FRYING PAN 1 with a dollop of olive oil, put in garlic and onions; when these are mostly fried add tofu with marinade and let sizzle in frying pan at medium temperature.
10. Start FRYING PAN 2 five minutes after PAN1 with a dollop of olive oil; start with broccoli, use basting brush to coat lightly in sauce for vegetables; then add zucchini a few minutes later, also basting; repeat procedure with 1/2 of a red pepper.
11. Stop frying pan action when tofu is lightly braised in marinade and vegetables are hot and slightly fried, and serve hot on bed of rice.
12. **ENJOY!!!**

Note: those with tofu allergies can use gluten instead.

TNT CHILI

Ingredients:

- 2 lbs. meat substitute
- 2 medium onions, chopped
- 1 medium green pepper, seeded and chopped
- 1 stalk celery, chopped
- 1 clove garlic, minced
- 2 16 oz. cans tomatoes, cut up
- 1 15 oz. can tomato sauce
- 1.5 cups water
- 2-36 jalapeno peppers, rinsed and chopped
- ¼ cup chili powder
- 1 tbsp ground red pepper
- 1 bay leaf
- 1 15 oz. can red kidney beans, drained

Instructions:

1. In large saucepan, cook veggie ground round, onions, green pepper, celery, and garlic till meat is brown and vegetables are tender; do not drain.
2. Stir in undrained tomatoes, tomato sauce, water, rinsed and chopped jalapeno peppers, chili powder, ground red pepper, salt, black pepper, and bay leaf.
3. Bring mixture to boiling; reduce heat.
4. Simmer, uncovered, for 1.5 hours, stirring occasionally.
5. Stir in beans, cook 30 mins. more, remove bay leaf before serving.
6. **ENJOY!!!**

Makes 8-10 servings.

SUPER-SANDWICHES

Ingredients:

- baguette bread
- tofu mayonnaise, e.g., Nayonnaise or Vegannaise
- mustard
- olive oil
- tomatoes
- mushrooms
- romaine lettuce
- veggie Paté (Tartex brand is very good)

Instructions:

1. Slice baguette into the size of sandwich you want.
2. Put a layer of vegan mayo on bottom face of sandwich, some mustard on top face.
3. Take romaine lettuce, cut off through leaves about an inch from tip of leaves so you have a bunch of the leaves cut off, then cut through these at intervals, yielding small strips of lettuce. Soak to clean, then use vegetable spinner to dry the leaves.
4. Slice mushrooms and tomatoes to taste.
5. Place dollop of olive oil in frying pan.
6. Add mushrooms and fry until browned.
7. Spread fakeo paté on bottom face of sandwich.
8. Add braised mushrooms, slices of tomato, and strips of lettuce on top of paté.
9. Close sandwich.
10. **E N J O Y ! ! !**

VEGGIE CURRY

This is so out-of-this world!!! If you love Indian food, you'll love this creation, which David finds is generally better than anything you can order in an Indian restaurant.

Ingredients:

- 1 diced onion
- 2 tablespoons cumin
- 2 tablespoons turmeric
- 3 pods cardamom (remove husks)
- 1 teaspoon cinnamon
- 3 hot peppers (skinny hot ones)
- 1 19 oz. tin lentils
- 2 medium potatoes, diced
- 1 19 oz. tin diced tomatoes (or 1 fresh tomato)
- 2 tablespoons curry
- 1 veggie bouillon cube (e.g., Aurora vegetable bouillon cubes, commonly available in little green boxes at grocery stores)
- 1 or 2 cups frozen peas at end

Instructions:

1. Sauté 1 diced onion with the cumin, turmeric, cardamom, cinnamon, and hot peppers.
2. Add the tin of lentils, diced potatoes, tomatoes, curry, bouillon cube.
3. Cook until potatoes soft.
4. Add 1 or 2 cups frozen peas towards the end of cooking.
5. **ENJOY!!!**

Note: also goes great with frozen fake “mutton” from Chinese grocers who sell mock meats.

SHEPHERD'S PIE

Ingredients:

Frying pan #1:

- 1 onion
- 1 bell pepper
- 1 bay leaf
- 1 chopped fresh small red chili pepper (or to taste)
- 1 diced tomato
- 2 tsp cumin

Frying pan #2:

- ½ garlic head (full growth of garlic, or as many cloves as you like)
- ½ pack of fake mutton (try your Chinese vegetarian grocer's to obtain these! Well worth it!!)
- salt and pepper

Instructions:

1. Add 1 bouillon cube (e.g., Aurora vegetable bouillon cubes, commonly available in little green boxes at grocery stores) and ½ cup water
2. Stir and cook until thickens.
3. Add handful of chopped green olives.
4. Mix pans together.
5. Whip 8 medium-sized potatoes.
6. Spread potato ovetop fried mixture.
7. Spread margarine over top.
8. **ENJOY!!!**

MACARONI AND CHEESE

Ingredients:

- noodles (elbows)
- margarine
- white flour
- salt
- soy drink
- nutritional yeast
- cornstarch
- oil (we use sunflower oil for this recipe)
- mustard
- bread crumbs
- garlic

Instructions:

First pot: pasta

1. Use 2 cups of uncooked macaroni noodles and plenty of water.
2. Follow instructions on package, i.e., bring water to boil, add pasta, cook till done, and drain.

Second pot: white sauce

1. Use:
 - ¼ cup vegan margarine
 - ¼ cup white flour
 - ½ tsp salt
 - 2 cups soydrink
2. Combine margarine, flour, and salt over low heat.
3. When it bubbles, gradually add the soydrink.
4. Cook and stir until it is thick and begins to bubble again.
5. Remove from heat (will combine with third pot).

Third pot: fakeo cheese

1. Use:
 - ¼ cup nutritional yeast
 - ¼ cup cornstarch
 - 1 tablespoon flour
 - ½ teaspoon salt
 - 1 cup water
 - 2 tablespoons oil
 - ½ teaspoon Dijon mustard

2. Mix nutritional yeast, cornstarch, flour, and salt in a small saucepan
3. Add water, oil, and mustard
4. Cook and stir until it thickens and bubbles
5. Add to white sauce from the second pot

Putting it together

1. Use cracker crumbs or bread crumbs
2. Preheat oven to 375 F
3. Mix cooked pasta with “cheese” sauce
4. Pour into a greased casserole dish
5. Top with cracker crumbs or bread crumbs
6. Bake for 30 minutes (some like to bake it more so crumbs on top crispy!)
7. **E N J O Y ! ! !**

From Dorothy Bates, *Kids Can Cook: Vegetarian Recipes* (Book Publishing Company, 2005). See www.bookpubco.com. Printed with permission from the publisher.

DAVID'S SPICY CHICK PEAS

Ingredients:

- 1 can chick peas
- 2 tomatoes
- 4 cloves garlic
- 1 cooking onion
- 1 yellow pepper
- spinach leaves
- 1 small zucchini

...sauce...

- ¼ cup olive oil
- ½ cup tomato sauce
- 1 tablespoon Bragg
- 1 tablespoon chili sauce

Instructions:

1. Fry chopped onions and garlic in the sauce at ½ heat on stovetop.
2. Add chopped yellow pepper.
3. Add chopped tomato and chick peas.
4. Add shredded spinach
5. Add zucchini (finely chopped)
6. **ENJOY!!!**

SOPA DE TORTILLA (SOUP WITH TORTILLA)

Ingredients:

- ½ ancho/pasilla chili dried and sliced
- ¼ cup vegetable oil
- 2 medium onions
- 2 small tomatoes
- 3 or 4 garlic cloves
- 1 cube soup bouillon (e.g., Aurora vegetable bouillon cubes, commonly available in little green boxes at grocery stores)
- ½ litre water
- 1 teaspoon oregano
- 4 corn tortillas, fried and cut
- salt and pepper
- 2 tablespoon per plate of table cream
- avocado pieces (to taste)
- grated fake cheese

Instructions:

1. Fry the chili pieces in hot oil for a few minutes and put them aside.
2. In the same hot oil, add onions, tomatoes, and crushed garlic (you can add fake chicken at that point).
3. Add the broth and oregano and let cook for 20-30 minutes.
4. Serve in a deep bowl with the cream in the center and the tortilla strips fried to taste, and add the avocado and “cheese” (or serve separately and allow people to add to taste). The chili can be added to taste.
5. **ENJOY!!!**

NUT BURGER LASAGNA (NO TOFU)

Ingredients:

- medium eggplant
- tin tomato purée
- President's Choice roasted garlic tomato sauce
- oregano
- red wine
- sugar
- leeks
- Amey's nut burgers
- zucchini and/or spinach (optional)
- breadcrumbs
- soy milk
- egg replacer
- margarine
- all-purpose flour
- corn starch
- garlic
- mustard
- lasagna noodles

Instructions:

1. Slice one medium eggplant into medallions and spread out on wax paper for salting.
2. Make tomato sauce, with 1 tin tomato puree, 1 jar of Presidents Choice roasted garlic tomato sauce, lots of oregano, salt, pepper, ¼ cup red wine. Let simmer. Add ¼ cup sugar.
3. Make filling. Sauté, 2 leeks, whites only. Add 3 Amey's nut burgers. Salt pepper. Do not overcook. Can add sliced zucchini and spinach if desired.
4. Make breaded eggplant. Ready one bowl breadcrumbs. One shallow bowl mixture of soy milk and egg replacer (1-2 tablespoons). Dip medallions in soymilk and then breadcrumbs and brown in frying pan. Set aside.
5. Make cheese, 1/3 cup of margarine in saucepan. Add 3 tablespoons of flour. Add 1 cup soy milk. Add ¼ cup corn starch. Whisk until thick. Add 1 tbsp garlic and 1 tbsp mustard. Salt/pepper to taste.
6. Boil about 10 - 15 pieces lasagna for 10 minutes.
7. Cover lasagna baking dish with small amount of sauce. Add layer of noodles. Add filling. Add layer of fresh basil. Add layer of sauce. Add layer of noodles, layer of eggplant. Layer of "cheese," layer of eggplant, layer of sauce, layer of eggplant. Layer of sauce. Add layer of "cheese" on top.

8. ENJOY!!!

LENTIL SOUP

Ingredients:

- 1 cup dry lentils
- 1 cup chopped carrots
- 1 cup chopped celery
- 1 cup chopped onion
- 2 cloves garlic, minced
- ½ teaspoon dried basil
- ½ teaspoon dried oregano
- ¼ teaspoon dried thyme
- 1 bay leaf
- 2 14.5 oz cans vegetable broth
- 1 + ½ cups water
- 1 14.5 oz can Italian-style stewed tomatoes, undrained
- ¼ cup fresh parsley, snipped
- 2 tablespoons cider vinegar (optional)

Instructions:

1. Rinse lentils.
2. In a 3 + ½, 4, or 5-quart crockpot, place lentils, carrot, celery, onion, garlic, herbs, and bay leaf.
3. Stir in vegetable broth, water, and tomatoes.
4. Cover and cook on low heat for 12 hours or on high heat for 5-6 hours.
5. Discard bay leaf.
6. Stir in parsley and vinegar.
7. **ENJOY!!!**

Posted to Veg-Recipes list by Karen Greenlee

SPLIT PEA SOUP

Ingredients:

- 1 lb. bag split peas (yellow or green)
- carrots (shredded or chopped)
- onions
- broccoli (tips and stalks)
- mushrooms
- garlic

...extras...

- celery
- squash
- fennel root
- potato

Instructions:

1. The night before you wish to have this soup, rinse peas and let them soak. (Note: You can add chopped vegetables either now or in morning. Cover peas with enough water, with about an inch or so extra at the top.)
2. In morning, make sure there is still enough water to cover everything.
3. With all ingredients in place, turn on crock pot for about 4 hours.
4. Add salt and pepper to taste and perhaps other herbs, e.g., fennel seed.
5. **ENJOY!!!**

SIDE DISHES

VEGETABLE SALAD

Ingredients:

- Romaine lettuce or else (baby) spinach leaves
- tomatoes
- cucumber
- olive oil
- balsamic vinegar
- simulated bacon bits (optional)
- vegan croutons (optional)
- avocado (optional)
- black beans from tin (optional)
- pecan nuts (optional)

Instructions:

1. Place romaine lettuce on cutting board. Cut off a cross-section about an inch from tip of leaves. Rinse in large bowl of water (or just bottom part of salad spinner). Place in salad spinner to dry leaves. (Or use spinach leaves)
2. Slice up tomatoes and cucumber.
3. Make dressing (1/4 balsamic red vinegar, 3/4 olive oil; make to desired quantity)
4. Add bacon bits and/or croutons and/or avocado and/or black beans and/or bits of pomegranate to taste.
5. Another optional add-in for salad that is delightful: quickly toast pecan pieces in a light vegetable oil in a frying pan. Be very careful because these burn easily.
6. **ENJOY!!!**

Note: even kids who complain they don't like salad often like combinations of these ingredients because they are so darn tasty!

FRUIT SALAD

Ingredients:

(your choice of...)

- orange
- grapefruit
- pineapple
- watermelon
- cantaloupe
- honeydew
- apple
- pomegranate
- strawberries
- blueberries
- raspberries
- currants
- kiwi fruit
- grapes

Instruction:

1. Take some selection of your local horn of plenty (an inspiring selection, is it not?!), cube, and combine.
2. Note: you may wish to use sweet pineapple juice, for example, as a lovely base for your fruits. Some people add sugar and there is no stopping them.
3. **ENJOY!!!**

DAVID'S BROCCOLI IN SPECIAL GARLIC SAUCE

Ingredients:

- broccoli
- President's Choice plum sauce
- Eden toasted sesame oil
- Y & Y minced garlic (or use fresh)
- Y & Y minced ginger (or use fresh)

Instructions:

1. To make sauce, combine in a bowl: 4 soup spoons of President's Choice plum sauce; 1 teaspoon of Eden toasted sesame oil; ½ heaping teaspoon of Y & Y minced garlic; ¼ heaping teaspoon of Y & Y minced ginger.
2. Steam broccoli so that it is not too crunchy and "melts in your mouth." Otherwise, just stir-frying it to combine with sauce leaves inside of broccoli too crunchy for this recipe.
3. Braise broccoli in frying pan with sauce at 7/10 stove-top setting for a few minutes.
4. Sprinkle red chili flakes and black pepper on broccoli to taste.
5. **ENJOY!!!**

Combines with about 1 cup of broccoli. Vary with quantity desired.

GRAVY

Ingredients:

- ½ cup vegetable oil
- 3-6 cloves garlic, squashed and minced very well
- 2-3 slices of yellow onion, chopped
- ½ cup all-purpose white flour
- 4 teaspoons nutritional yeast
- 4 tablespoons low- or reduced-sodium soy sauce
- 2 cups water
- ½ teaspoon sage
- ¼ teaspoon ground black pepper
- ½ teaspoon salt
- 5-6 white mushrooms, sliced (optional)
- extra flour or cornstarch (optional)

Instructions:

1. Measure vegetable oil into small saucepan. Cook the garlic and onion in it for about two minutes on medium or medium-low heat, until the onion is a bit tender and translucent.
2. Add the flour, yeast, and soy sauce to make a paste.
3. Add the water gradually, stirring constantly.
4. Bring gravy to a boil on medium to medium-high heat, stirring constantly. The gravy has to boil for it to thicken for as much as 5 minutes.
5. Add pepper.
6. Stir in sliced mushrooms, if desired.
7. Thicken with extra flour or cornstarch if desired.
8. **E N J O Y ! ! !**

From Boutell.com <http://www.boutell.com/vegetarian/gravy.html>

DESSERTS

CHOCOLATE CAKE

(nice to combine with delicious widely available vegan ice creams!)

Ingredients:

- 1+1/2 c flour
- 1/3 c cocoa powder
- 1 tsp baking soda
- 1/2 tsp salt
- 1 cup sugar
- 1/2 cup vegetable oil
- 1 cup cold water (or ice coffee)
- 2 tsp vanilla extract
- 2 tsp vinegar

Instructions:

1. Preheat oven 375.
2. Use small brownie size pan (no greasing required).
3. Mix all dry ingredients right in pan.
4. Mix all wet ingredients in separate bowl EXCEPT VINEGAR (important!).
5. Add wet ingredients to dry and stir until all dry ingredients are mixed.
6. Add vinegar quickly and stir in—immediately put in oven and bake for 25 to 30 min.
7. Cool and then consume!
8. **ENJOY!!!**

OPTIONAL: after you add the vinegar, you can put some frozen cherries, raspberries or cranberries on top of the batter (or you can mix them in beforehand).

From VegWeb <http://vegweb.com/food/sweets/629.shtml>

CHOCOLATE FROSTING

Ingredients:

- 1 cup icing sugar
- ¼ cup unsweetened cocoa
- 2 tbsp margarine (room temperature)
- 2 tbsp soft tofu, mashed

Instructions:

1. Cream all ingredients together in medium bowl.
2. You may wish to double this recipe to cover a two-layer cake.
3. **ENJOY!!!**

CHOCOLATE CHIP COOKIES

Ingredients:

- 2 cups unbleached flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- cinnamon, to taste (optional)
- vegan chocolate chips (to taste)
- 1 cup raw sugar
- ½ cup sunflower oil
- 1 teaspoon vanilla
- ¼ cup water

Instructions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Mix together flour, baking powder, salt, and cinnamon in large bowl. Stir in chips.
3. Make a well in the centre and set aside.
4. In a medium size bowl, add together sugar and oil, mix well.
5. Add vanilla and then water; mix well.
6. Add wet to the well in the dry. Mix well.
7. Spoon onto ungreased cookie sheets. Bake for 5 minutes then flip and rotate sheets. Bake another 4 minutes and check them. They are done when they are a little softer than you desire; they harden as they cool.
8. Place on wire cooling racks.
9. **ENJOY!!!**

From <http://vegweb.com>.

CHOCOLATE PUDDING

Ingredients:

- 1 + ½ cups soymilk
- 3 tbsp cornstarch
- ¼ tsp vanilla
- ¼ cup maple syrup
- ¼ cup cocoa powder
- 2 bananas, sliced (optional)

Instructions:

1. Whisk all ingredients (except optional bananas) together in a pot, over medium heat, stirring constantly until pudding thickens.
2. **E N J O Y ! ! !**

Serves 3.

From Sarah MacKinon

APPLE MUFFINS

This is a great one that we love for weekend breakfasts (and of course snacking) when you have a little extra time to put something together in the morning...

Ingredients:

- 1 + 1/3 cups whole wheat flour
- ½ cup oat bran
- 1/3 cup granulated sugar
- 1 tbsp baking powder
- 1 tbsp cinnamon
- ¼ tsp salt
- 1 + ¼ cup chopped, peeled apple
- 1 egg substitute (for one egg)
- 1 cup soy milk
- ¼ cup vegetable oil (we use sunflower oil here)

...topping...

- 2 tbsp packed brown sugar
- ¼ tsp cinnamon
- ¼ tsp nutmeg

Instructions:

1. In large bowl, mix together flour, oat bran, sugar, baking powder, cinnamon and salt.
2. Stir in chopped apple.
3. In separate bowl, combine egg substitute, soy milk, and oil. Stir into flour mixture until just moistened. Do not overmix.
4. Spoon into nonstick or paper-lined muffin cups, filling three-quarters full.
5. Topping: Combine sugar, cinnamon and nutmeg; sprinkle over muffins.
6. Bake in 400 degrees F (200 degrees C) oven for 15-20 minutes or until golden and firm to the touch.
7. **ENJOY!!!**

Makes 12 muffins.

BANANA BREAD

Ingredients:

- 4 ripe bananas
- 1 tbsp lemon juice (optional)
- ½ cup maple syrup
- 1 tbsp apple sauce
- 1/6 cup water
- 2 cups whole wheat flour
- 1 tbsp defatted soy flour
- ½ tsp baking powder
- ½ tsp baking soda
- ½ tsp vanilla (optional)

Instructions:

1. Mash banana and mix lemon juice; add maple syrup and apple sauce, mixing together.
2. Add 1/3 cup water.
3. In separate bowl, stir together dry ingredients. Add to banana mixture.
4. Add vanilla and other optional ingredients if desired. Dough will be very stiff.
5. Put dough into nonstick bread pan.
6. Bake at 375 degrees F for 35-45 minutes.
7. To test, insert toothpick in centre of loaf; if it comes out clean, it's done.
8. **E N J O Y ! ! !**

This makes one extra large loaf, or 2 medium loaves.

Note: from *The Love-Powered Diet*.

RICE KRISPIES SQUARES WITH CHOCOLATE CHIPS

Ingredients:

- ¼ cup vegan margarine (e.g., Becel's margarine marked "Vegan," or Earth Balance)
- 1 package of vegan marshmallows or 5 cups miniature vegan marshmallows
- ½ tsp vanilla extract (optional)
- 6 cups rice krispies
- 1 cup vegan chocolate chips

Instructions:

1. In large saucepan over low heat, melt margarine.
2. Add marshmallows. Stir until melted and well blended.
3. Remove from heat.
4. Stir in vanilla.
5. Add cereal, stirring until coated.
6. Add chocolate chips, stirring until thoroughly coated.
7. Using spatula coated in margarine, press into greased pan.
8. Cool.
9. Cut into squares.
10. **E N J O Y ! ! !**

GINGERBREAD COOKIES

Ingredients:

- ¾ cup shortening (margarine)
- 1 cup packed brown sugar
- 1 egg replacer
- ¼ cup molasses
- 2+1/4 cup flour
- 2 tsp baking soda
- 1 tsp cinnamon
- 1 tsp powdered ginger
- ½ tsp cloves
- ½ tsp salt

Instructions:

1. Cream together the margarine, brown sugar, egg replacer, and molasses.
2. In another bowl, combine flour, baking soda, cinnamon, ginger, cloves, and salt.
3. Combine the bowls.
4. Roll out the gingerbread using a rolling pin with a bit of flour lightly covering it. You can roll it on waxed paper.
5. Bake at 375 degrees Fahrenheit for 8-12 minutes or until nicely browned.
6. Cut out the gingerbread forms, using metal or plastic forms for example.
7. Bake
8. **ENJOY!!!**

APPLE PIE FILLING

David tried it with overwhelmingly tasty results combined with pie crust (next recipe) from another source. Takes 1.5 hours to bake, and about 45 minutes preparation. Makes 6 servings in one pie.

Ingredients:

- 6 large or 7 small apples (peeled, cored, sliced—peeling is actually optional!)
- ½ cup raisins (optional—David did not use)
- ¾ cup maple syrup
- ½ teaspoon lemon juice (David did not use)
- 2 teaspoons cinnamon
- 2 ½ tablespoons cornstarch or arrowroot
- 1-2 tablespoons whole wheat flour
- 1 pie crust (David used recipe which follows after this one...)

Instructions:

1. Preheat oven to 350.
2. Prepare apples.
3. Boil water in large pot and add apples (and, if desired, raisins).
4. Turn down heat to medium and simmer apples (and perhaps raisins) for 10 minutes or until soft.
5. Save ¼ cup of water used for cooking apples for later use.
6. Drain apples and place in large bowl.
7. Mix apples with maple syrup, cinnamon (and, optionally, lemon juice)
8. Set aside.
9. In a saucepan, add “applewater” and corn starch.
10. Stir continuously until mixture is thick, then add to apple mix.
11. Add whole wheat flour to mixture.

You now have your apple pie filler!!!

Reprinted from *How It All Vegan!: Irresistible Recipes for an Animal-Free Diet* by Tanya Bernard and Sarah Kramer (Arsenel Pulp Press, 1999), with permission of the publisher.

Now onto the crust...

APPLE PIE CRUST

David used for apple pie with great results.

Ingredients:

- 3 cups whole wheat pastry flour
- ½ teaspoon salt [original recipe called for 1 teaspoon, David reduced it]
- ¾ cup margarine
- 5-6 tablespoons cold water [David ended up using 8]

Instructions:

1. In a medium bowl with fork, lightly stir together flour and salt.
2. With pastry blender or two knives used scissor fashion (relax, beginners, you don't need to do this, if it gives you nightmare visions of an inept Edward Scissorhands! — David) cut in margarine until mixture resembles coarse crumbs.
3. Sprinkle in cold water, a tablespoon at a time, mixing lightly with a fork after each addition until pastry just holds together.
4. With hands, shape pastry into ball (if it's a hot day, you may have to refrigerate the dough for 30 minutes or so).
5. For a two-crust pie, divide pastry into two pieces, one slightly larger, and then gently shape each piece into a ball.
6. On lightly floured surface with lightly floured rolling pin, roll larger ball into a 1/8 inch thick circle, 2 inches larger all around than pie plate.
7. Roll half of circle onto rolling pin; transfer pastry to pie plate and unroll, easing into bottom and side of plate. Fill as recipe directs.
8. For top crust, roll smaller ball as for bottom crust; with sharp knife, cut a few slashes or a design in centre of circle; centre over filling in the bottom crust.
9. With scissors or sharp knife, trim the pastry edges, leaving 1 inch overhang all around the pie plate rim.
10. Fold overhang under; pinch a high edge. Bake pie as recipe directs.
11. **ENJOY!!!**

And THERE you have it!!!

David achieved really savory and functional results with this formula.

Note: from staff of *VegFamily*.

CARAMEL SAUCE

Ingredients:

- ½ cup or 1 stick of margarine, e.g., Earth Balance
- 2 cups brown sugar
- ½ cup soy creamer or soy milk
- 2 tbsp arrowroot

Instructions:

1. Combine ¼ cup soy creamer (half of your total quantity for the recipe) with arrowroot. Set aside.
2. Melt margarine in saucepan.
3. Stir in brown sugar.
4. Add remaining ¼ cup soy creamer.
5. Bring liquid to a boil and boil for 4 minutes, stirring frequently.
6. Take pan off heat and immediately add arrowroot slurry. Liquid should thicken quickly.
7. Pour over ice cream or store in fridge for up to one week.
8. **ENJOY!!!**

RECOMMENDED BOOKS

Maxine Effenson Chuck and Beth Gurney, *125 Best Vegan Recipes* (Toronto: Robert Rose, Inc., 2005).

Louise Haggler and Dorothy R. Bates, *The New Farm Vegetarian Cookbook* (Book Publishing Company, 1988). Out of print, but if you can find a used copy, it is a treasure!

Myra Kornfeld, *The Voluptuous Vegan* (New York: Clarkson Potter Publishers, 2000). Fairly advanced recipes.

Isa Chandra Moskowitz and Terry Hope Romero, *Veganomicon: the Ultimate Vegan Cookbook* (New York: Marlowe & Company, 2007).