



VEGAN RECIPES



2022



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Biscuits and Gravy

Makes 3-4 Servings

INGREDIENTS

Biscuits

- $\frac{3}{4}$ cup unsweetened cashew milk
- 1 Tbsp apple cider vinegar
- 2 cups all purpose flour, spooned and leveled
- 1 Tbsp baking powder
- 1 Tbsp granulated cane sugar
- $\frac{1}{2}$ tsp kosher salt
- $\frac{1}{4}$ cup vegan butter, placed in the freezer for 30 minutes (we used Miyoko's)
- 2 Tbsp vegan butter, melted

Gravy

- 1 pkg (7.5 oz) Lightlife Breakfast Sausage (or your favorite), crumbled
- $\frac{1}{2}$ yellow onion, finely chopped
- 3 Tbsp vegan butter
- 2 Tbsp all purpose flour
- $\frac{1}{2}$ tsp poultry seasoning
- Pinch chili flakes
- Salt and black pepper, to taste
- 2 cups unsweetened cashew milk

DIRECTIONS

1. Preheat the oven to 425°F. Line a rimmed baking sheet with parchment or a silicone baking mat.
2. Mix together cashew milk and apple cider vinegar to make vegan buttermilk. Set aside.
3. Whisk together flour, baking powder, sugar, and salt.
4. Cut chilled butter into cubes. Add to flour mixture. Blend with a pastry cutter or fork until well incorporated, with clumps being about the size of small peas.
5. Make a well in the center, pour in vegan buttermilk. Stir with a wooden spoon until a shaggy dough forms. Turn out onto a floured surface. Add a little more flour if the dough is too sticky. Pat into a rectangle.
6. Fold the dough in half. Pat to about an inch thick again, fold in half, and give it a quarter turn. Repeat the folding, patting, and turning 5 more times.
7. Pat dough out to 1-inch thick once more, and use a 3-inch biscuit cutter to cut into at least 6 biscuits. Gently gather up scraps and cut out a few more.
8. Place biscuits on the prepared baking sheet and bake for 12-15 minutes, or until they start to brown. (They will be a little pale.) Brush hot biscuits with melted butter.
9. Melt 1 Tbsp of the butter in a medium skillet over medium high heat. Cook sausage until browned, about 5 minutes. Remove from the skillet.
10. Reduce heat to medium. Melt butter and cook onions until softened and translucent, about 5 more minutes.
11. Whisk together the flour, poultry seasoning, chili flakes, salt, and pepper. Add flour mixture to butter and onion, cooking and stirring to make a roux, about 5-7 minutes.
12. Whisk in cashew milk, stirring constantly until smooth and thickened. Stir in sausage. Add more salt and pepper, if desired. Serve over hot biscuits.





Veggie Frittata

Makes 6 Servings

INGREDIENTS

- 12 oz pkg silken tofu, drained
- ½ cup Just Egg
- ½ cup non- dairy milk (or cashew cream)
- 1 Tbsp nutritional yeast
- 3 tsp cornstarch
- 1 tsp salt
- ½ tsp turmeric
- ½ tsp garlic powder
- ¼ tsp mustard powder
- 2 Tbsp vegan butter
- 1 small onion, chopped
- 2 yukon gold potatoes, chopped
- 4 cloves garlic, smashed and chopped
- 1 small red bell pepper, seeded and chopped
- 1 small zucchini, chopped
- 4 mushrooms, sliced
- 2 cups baby spinach

DIRECTIONS

1. Preheat the oven to 375°F. Grease a 9-inch springform pan or baking dish with olive oil.
2. In a blender, place tofu, Just Egg, non-dairy milk, nutritional yeast, cornstarch, salt, turmeric, garlic powder, and mustard powder. Blend until smooth.
3. In a large skillet over medium heat, melt vegan butter. Saute the onion until it begins to turn translucent, about 5 minutes. Add potatoes, cook and stir for an additional 5 minutes, or until they begin to soften. Add garlic, bell pepper, zucchini, and mushrooms. Cook and stir until almost cooked through, about 7 minutes. Finally, add spinach, cooking until spinach begins to wilt, another 2-3 minutes.
4. Stir tofu mixture into the vegetables, and then pour into the prepared springform pan.
5. Bake frittata for about 45 minutes, or until the center is firm to the touch. Allow to rest 10 minutes before serving.



Tomato Sashimi & Poke

Makes 2-4 Servings

INGREDIENTS

- 4 large Roma tomatoes
- 2 ½ tbsp. tamari
- 1 tbsp. toasted sesame oil
- ½ tbsp. kelp powder
- ½ tbsp. kelp granules
- ⅛-¼ tbsp. ground ginger
- 1-2 tbsp. Sriracha
- 1-2 tbsp. Vegan Mayo
- 1 ⅔ cups water
- 1 cup short grain brown rice, rinsed
- 3 Tbsp rice wine vinegar
- 2 Tbsp organic cane sugar
- ½ tsp sea salt

DIRECTIONS

1. For **Poke**: Bring a small pot of water to a rapid boil. Have a large bowl of ice water ready. Lightly cross slice the tomatoes' core with a knife (making it easy for skin removal) then drop them into the water. Boil the tomatoes just until the skin begins to appear peelable. Immediately transfer the tomatoes to the ice water to prevent them from cooking further. Remove skins.
2. Cut the meaty flesh of the tomatoes into smaller sized cubes—resembling poke—and discard the wet seedy middle.
3. Combine the rest of the ingredients in a small container with a lid, and then add the tomato chunks. Lightly toss, and let marinate for at least 20 minutes.
4. Drain the marinated tomatoes with a mesh colander (depending on how moist you like it, you may want to let it sit and drain for longer).
5. For **Sashimi**: Place tomato poke back into the container with sriracha and mayo, then toss again (depending on how moist it is, you may want to strain it once again).
6. In a medium pot bring water to a boil
7. While waiting on water to boil, combine vinegar, sugar and salt to a small saucepan and heat over medium heat stirring occasionally until sugar and salt are dissolved. Place in a jar or dish and cool in the fridge until rice is ready.
8. Once water is boiling, add rice, lower heat to low & cover. Simmer until water is completely absorbed and rice is tender—about 18-25 minutes. Drain off any excess.
9. Turn the heat off, add the cooled vinegar mixture and stir with a rubber spatula or fork as to not over-mix. It will appear wet but will dry up as you lightly stir to release heat. It should be sticky.
10. Top rice with tomato poke or sashimi, avocado, cucumber, shredded rainbow carrots, green onions, sesame seeds, and nori.



Ratatouille

Makes 4-6 Servings

INGREDIENTS

- 2 Tbsp olive oil
- 1 yellow onion, chopped
- 4 cloves garlic, minced
- 2 cups pasta sauce
- 1 large zucchini
- 1 large japanese eggplant
- 6 roma tomatoes
- Hot cooked pasta or polenta

DIRECTIONS

1. In a 10-inch cast iron skillet, saute onion until it becomes soft and transparent. Add garlic, cook and stir until fragrant for an additional minute. Pour in pasta sauce, bring to bubbling, and reduce heat to a low simmer.
2. While pasta sauce is simmering, carefully slice zucchini, eggplant, and roma tomatoes to even 1/8-inch thick slices.
3. Preheat the oven to 375°F. Arrange veggies in concentric circles in the skillet. Cut a circle of parchment paper and place it on top. Bake the ratatouille for one hour. Serve with pasta or polenta.



Red Lentil and Butternut Squash Fritters

Makes 10 Fritters

INGREDIENTS

- 2 cups butternut squash, grated
- 1 cup red lentils, rinsed
- ½ cup all purpose flour
- ¾ cup yellow onion, diced
- ¾ tsp garlic powder
- ¾ tsp smoked paprika
- ¼ tsp cayenne pepper
- 1 tsp salt
- 4 tbs cooking oil

DIRECTIONS

1. To start, peel the butternut squash with a vegetable peeler. Cut in half and scrape out seeds. Cut into chunks and grate with a box grater, or use a grater blade on a food processor to speed this process up significantly.
2. Bring red lentils to a boil in 2 cups of water. Reduce heat and simmer for 5-7 minutes, or until very soft.
3. In a large bowl, combine your lentils, flour, garlic powder, paprika, cayenne, and salt, mix well and then add your squash and onion. Stir until everything is well-mixed.
4. Heat your cooking oil in a pan at medium heat. Scoop up batter in a ½ cup measuring cup. Form your batter into patties and pan fry on both sides until they are golden brown and crispy, about 3-5 minutes each side. Add more oil as needed. Let cool on a paper-towel lined plate, and enjoy!



French Onion Soup

Makes 4 Servings

INGREDIENTS

- 4 Tbsp vegan butter
- 2 lbs yellow onions, thinly sliced
- 5 cloves garlic, minced
- 2 Tbsp unbleached wheat flour
- 1 cup dry red wine
- 3 cups mushroom broth
- 1 Tbsp pickapeppa sauce
- 1 bay leaf
- 4-6 sprigs fresh thyme, bundled and tied with string or $\frac{3}{4}$ tsp dried
- Sea salt and black pepper, to taste
- Baguette, sliced
- Olive oil
- Vegan cheese (We used Violife Smoked Provolone)

DIRECTIONS

1. Melt butter in a six quart heavy bottomed pan over medium heat. Stir in onions, until coated in butter. Cook until brown and caramelized, stirring every 5 minutes or so. This can take 30-40 minutes.
2. Add garlic, cook and stir for 2 minutes, or until softened and fragrant.
3. Add flour. Cook and stir for about 10 minutes.
4. Add in red wine to deglaze the pan, scraping all of the brown bits from the bottom of the pan. Stir until smooth.
5. Stir in remaining ingredients, mushroom broth, pickapeppa sauce, bay leaf, thyme, sea salt, and pepper. Cook for another 20 minutes.
6. Taste the soup, adjust seasonings if desired. Spoon soup into broiler safe ramekins. Put on a rimmed baking sheet. Brush baguette slices with olive oil, float on top of the soup. Top with cheese. Broil for 3-5 minutes, or until the cheese is melted and bubbly.

No broiler safe ramekins? Not to worry! Preheat the oven to 450°F. Brush baguette slices with olive oil. Bake on a lined baking sheet for 5 minutes. Flip, and top with cheese. Bake for another 5 minutes, or until the cheese is melted and bubbly. Spoon soup into bowls and top with toasted bread and cheese.



Potato Leek Soup

Makes 4 Servings

INGREDIENTS

- 2 Tbsp Miyoko's vegan butter
- 1 yellow onion, chopped
- 4 cloves garlic, minced
- 4 leeks, trimmed and sliced
- 1 small celery root (celeriac), peeled and chopped
- 4 large Yukon gold potatoes, peeled and chopped
- 1 bay leaf
- 1 tsp thyme
- 1 tsp poultry seasoning
- 4 cups No Chicken Broth, or vegetable broth
- 1 cup raw cashews
- Sea salt, to taste
- Small bunch parsley leaves, chopped

DIRECTIONS

1. In a 6 quart Dutch oven, melt vegan butter over medium heat. Add onions, saute until transparent. Add garlic, cook and stir until fragrant. Add leeks, cook until softened, taking care not to brown.
1. To the onion mixture, add celery root, potatoes, bay leaf, thyme, poultry seasoning, and broth. Bring to a boil. Reduce heat, cover, and simmer for about 20 minutes, or until vegetables are tender.
1. While the soup is cooking, boil cashews with 3 cups of water for 15 minutes, or until soft. Drain. Add cashews to a blender with a half cup of water. Blend until smooth and creamy, or until desired consistency. Add more water if needed.
1. Once the soup is cooked, add it in batches to a blender and blend until smooth. (Or use an immersion blender.) Stir in the cashew cream. Add salt and pepper to taste. Serve with a sprinkle of fresh parsley.

13 Bean Vegetable Soup

Makes 6 Servings



INGREDIENTS

- 2 Tbsp olive oil
- 1 medium yellow onion, chopped
- 2 stalks celery, chopped
- 2 carrots, peeled and chopped
- 4 cloves garlic, minced
- ½ cup dry white wine
- 4 cups homemade vegetable broth
- 2 cups cooked 13 bean soup mix
- 1 (14.5 oz) can diced tomatoes, with juice
- 1 (4 oz) can green chiles, with juice
- 1 tsp Italian seasoning
- ½ tsp dried rosemary
- ½ tsp smoked paprika
- ½ tsp chili flakes (optional)
- Salt and pepper, to taste
- 1 cup green beans, chopped
- 1 cup cauliflower florets
- ½ cup frozen peas
- ½ cup frozen corn
- 1 Tbsp golden balsamic vinegar, or to taste

DIRECTIONS

1. In a large, heavy bottomed pot, heat olive oil over medium heat. Sauté onion until it starts to soften and become translucent. Add garlic. Cook and stir for an additional minute. Stir in celery and carrot, cook for another 3 minutes.
2. Add wine to deglaze the pan, scraping up any browned bits. Cook until reduced by half, about 2 minutes.
3. Add vegetable broth, beans, tomatoes, chiles, Italian seasoning, rosemary, paprika, chili flakes, salt, and pepper. Bring to a boil, reduce heat, and simmer for 20 minutes.
4. Add green beans, cauliflower, peas, corn, and vinegar. Cook for another 10 minutes, or until the veggies are tender. Taste and adjust seasonings if desired.



Chili Mango Pasta Salad

Makes 4 Servings

INGREDIENTS

Dressing

- 1 ripe mango, peeled and chopped (about 1 cup)
- 3 Tbsp olive oil
- 3 Tbsp apple cider vinegar
- 1 lime, zest and juice
- 1 tsp honey or agave syrup
- 1 tsp chili powder
- ½ tsp smoked paprika
- Salt and pepper, to taste

Salad

- ½ lb farfalle, cooked to al dente (about 4 minutes), and drained
- 4 Persian cucumbers, chopped
- 1 cup cherry tomatoes, quartered
- ½ red onion, thinly sliced
- ½ cup fresh cilantro, chopped

DIRECTIONS

1. Using an immersion blender or regular blender, blend together all dressing ingredients until smooth.
2. Toss together all remaining ingredients with the dressing. Taste and adjust seasonings if desired. Refrigerate at least 2 hours before serving, to allow the flavors to get to know each other.

Vegan Scallop Pasta with Kale

Makes 4 Servings



INGREDIENTS

- 8 oz linguine, cooked until almost al dente (about 5 minutes), 1 cup pasta water reserved
- 1 lb trumpet mushrooms, the largest you can find
- 2 Tbsp vegan butter
- 1 Tbsp olive oil
- 1 shallot, minced
- 1 head black garlic, minced
- 1 cup dry white wine (we used pinot grigio)
- 1 meyer lemon, zest and juice
- 1 small bunch kale, stemmed and torn into bite sized pieces
- 2 Tbsp slivered almonds, toasted

DIRECTIONS

1. Slice the trumpet mushroom stems into 1 inch thick rounds. Mince the caps and set aside.
2. Melt butter and olive oil in a large cast iron skillet over medium heat. Sear mushroom scallops for 3 minutes on each side, or until golden. Remove from the skillet and set aside.
3. Add shallot and garlic to the skillet, saute for 1 minute. Stir in minced mushroom, cook for an additional minute. Deglaze with wine, scraping up any browned bits. Cook until reduced by half, about 3 to 5 minutes.
4. Stir in lemon juice and zest. Bring to a boil. Add kale, cook until wilted. Add pasta, mushroom scallops, almonds, and a splash of pasta water. Toss until evenly coated, cooking until kale and pasta is tender, and sauce is thickened. Season with salt and pepper, to taste.



Black Garlic Tofu

Makes 4 Servings

INGREDIENTS

- 14 oz package firm or extra firm sprouted tofu
- 1 head black garlic, peeled
- 2 Tbsp water
- 1 Tbsp coconut aminos
- 1 Tbsp rice vinegar
- 1 Tbsp mirin
- ½-inch ginger, chopped
- 1 tsp red pepper flakes
- 3-4 Tbsp avocado oil
- 2 carrots, cut into matchsticks
- 1 cup sugar snap or snow peas
- 2 green onions, chopped
- Salt and pepper, to taste

DIRECTIONS

1. Press tofu to draw out water. Drain tofu and give it a quick rinse. Place a clean, folded kitchen towel on a plate. Put tofu on top of the towel, and place another clean, folded towel on top of the tofu. Place a small cutting board on top, and something heavy, such as a cast iron skillet or large cookbook on top of that. Allow to sit at least a half hour.
2. While tofu is draining, make black garlic sauce. Add garlic, water, coconut aminos, vinegar, mirin, ginger, and pepper flakes to a blender. Blend until smooth, add a little more water if needed.
3. Slice tofu into half inch thick squares.
4. Heat oil in a well seasoned cast iron skillet, or non-stick skillet over medium high heat.
5. Cook tofu until golden brown, about 3-5 minutes on each side. Remove from the skillet and drain on paper towels or a clean kitchen towel.
6. Saute carrots and peas until crisp-tender, about 4-5 minutes. Remove from the skillet.
7. Reduce heat to medium low. Add black garlic sauce to skillet, toss with tofu until evenly coated and heated through.
8. Serve with carrots and peas. Sprinkle with green onions and season with salt and pepper.



Teriyaki Tofu

Makes 4 Servings

INGREDIENTS

- 14 oz package firm or extra firm tofu
- 1 Tbsp olive oil
- 1 Tbsp cornstarch
- ½ tsp kosher salt
- 2 carrots, peeled and cut into sticks
- 2 broccoli crowns, cut into florets
- 1 red bell pepper, seeded and cut into strips
- 2 Tbsp olive oil
- Salt and pepper, to taste
- ½ cup mirin or dry white wine
- 3 Tbsp coconut aminos, or tamari
- 2 Tbsp honey
- 1 tsp rice vinegar
- 3 cloves garlic, peeled and smashed
- ½ inch finger ginger, rough chopped
- ½ tsp red pepper flakes (optional)
- Hot cooked rice

DIRECTIONS

1. Press tofu to draw out water. Drain tofu and give it a quick rinse. Place a clean, folded kitchen towel on a plate. Put tofu on top of the towel, and place another clean, folded towel on top of the tofu. Place a small cutting board on top, and something heavy, such as a cast iron skillet or large cookbook on top of that. Allow to sit at least a half hour.
2. Preheat the oven to 425°F. Line a rimmed baking sheet with a silicone mat or parchment paper.
3. In a small bowl, whisk together cornstarch and ½ tsp kosher salt. Set aside.
4. After tofu is pressed, pat dry and cut into ¾-inch cubes. Toss in 1 Tbsp olive oil, and then the cornstarch mixture. Spread out in a single layer on the prepared baking sheet. Bake in the preheated oven for 15 minutes.
5. Toss veggies in the remaining olive oil, sprinkle with salt and pepper. Once tofu has baked for 15 minutes, flip, and add veggies. Return to the oven and bake for an additional 10 minutes, or until the veggies are crisp tender.
6. In a small saucepan, stir together mirin, aminos, honey, vinegar, garlic, ginger, and pepper flakes. Bring to a boil, and reduce heat to a simmer. Cook for 10 minutes. Strain out the ginger and garlic.
7. Toss tofu in the teriyaki sauce, serve with veggies and rice.

Strawberry Shortcake

Makes 9 Servings

INGREDIENTS

Shortcake

- 3 cups unbleached white flour
- ¼ cup granulated cane sugar
- 1 Tbsp baking powder
- 1 tsp kosher salt
- ¾ tsp cream of tartar
- ¾ cup cold vegan butter, cut into cubes
- 1 cup almond milk
- 1 Tbsp apple cider vinegar

- 2 Tbsp granulated cane sugar, or to taste
- 1 Tbsp lemon juice

Whipped Cream

- 1 (13.5 oz) full fat coconut milk, refrigerated overnight
- 2 Tbsp powdered sugar, or to taste
- 1 tsp vanilla

Filling

- 1 lb fresh strawberries, sliced

DIRECTIONS

Shortcake

1. In a medium bowl, whisk together flour, sugar, baking powder, salt, and cream of tartar. In a small bowl, mix together almond milk and apple cider vinegar to make vegan buttermilk.
2. Cut in vegan butter with a pastry cutter or fork until mixture forms coarse crumbs. It will look similar in texture to wet sand.
3. Make a small well in the center, and pour in vegan buttermilk. Toss with a fork until milk is incorporated and a thick batter forms.
4. Turn out dough onto a floured work surface. Sprinkle a little extra flour on top. Knead gently 5 or 6 times. Do not overwork the dough or your shortcakes will be tough.
5. Preheat the oven to 425°F. Line a baking sheet with a silicone mat or parchment paper.
6. Scoop out batter in ½ cup portions onto the prepared baking sheet. Bake for 15-18 minutes, or until golden brown. Cool on a wire rack.

Berries

7. In a medium bowl, gently toss berries with sugar. Allow to macerate about 30 minutes. Set aside.

Whipped Cream

8. Chill a metal bowl and beaters for the whipped cream for at least 15 minutes.
9. Scoop out the coconut cream solids, sweetener, and vanilla into the chilled bowl.
10. Beat on high with chilled beaters until stiff peaks form, about 3-5 minutes.





Cinnamon Rolls

Makes 9 Servings

INGREDIENTS

Dough

- 2 $\frac{3}{4}$ cups unbleached wheat flour
- $\frac{1}{4}$ cup evaporated cane sugar
- 1 packet or 2 $\frac{1}{4}$ tsp active dry yeast
- 1 tsp kosher salt
- 1 cup almond milk
- 1 Tbsp apple cider vinegar
- $\frac{1}{4}$ cup vegan butter

- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{4}$ cup vegan butter, softened
- 2 Tbsp cinnamon

Frosting

- 1 (7.05 oz) pkg Violife cream cheese
- $\frac{1}{4}$ cup granulated cane sugar
- 1 tsp vanilla extract or paste

DIRECTIONS

1. Rolls: Add yeast to a small bowl with a pinch of sugar and $\frac{1}{4}$ cup warm 110-114°F water. Allow to sit 5-10 minutes, or until foamy.
2. Whisk together unbleached wheat flour, $\frac{1}{4}$ cup cane sugar, and salt.
3. In a small saucepan, heat almond milk and $\frac{1}{4}$ cup vegan butter until butter is melted, and mixture is warm to the touch-- about 110-114°F.
4. Stir almond milk mixture and proofed yeast into flour mixture until combined. A soft dough will form.
5. Turn dough out onto a floured surface and knead for 5 minutes, adding a little more flour if dough is too sticky. Return to the bowl and cover loosely. Allow to rest 10 minutes.
6. Generously grease an 8 x 8-in baking dish with butter.
7. After the dough has rested, turn it out onto a lightly floured surface and roll into a roughly 10-inch by 14 inch rectangle. Spread with room temperature butter, and sprinkle with brown sugar and cinnamon. Roll up as tightly as possible.
8. Slice into 9-12 rolls with a sharp knife. Place rolls in the prepared baking dish, and cover tightly with plastic wrap. Allow to rise in a warm draft free place until doubled, about one hour to 90 minutes.
9. Preheat the oven to 375°F. Remove plastic wrap and bake for 25 minutes, or until rolls are golden brown and filling is bubbly.
10. Frosting: With a hand mixer, mix together cream cheese, sugar, and vanilla. Spread over cooled sweet rolls.



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