
Vegan Cooking for a Vibrant Life

By

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Pecan Walnut Balls with Barbecue Sauce

INGREDIENTS:

2 cups of pecan meal
2 cups of breadcrumbs
1 pack of tofu
2 Grillers ground up (Or one cup of vegi meat sub)
1 green pepper
½ medium onion
2 tbsp of McKay's chicken seasoning
1 tsp of thyme
1 tsp of basil
¼ cup of oil

SAUCE

2 cups of barbeque sauce
½ cup of honey

DIRECTIONS:

Take tofu, onion and green peppers and liquefy in blender, add grillers as well in blender take this and add to dry ingredients (pecan meal, bread crumbs).

Add all seasonings and oil, mix well until mixture is stuck together.

Form into 2 inch balls and place on oiled baking sheet at 375 degree.

Bake for 20 minutes, turn occasionally so all sides of pecan ball to bake.

In separate bowl, take barbeque sauce and honey and mix together, take each pecan ball and glaze with barbeque sauce mixture and place back on baking sheet and bake for 30-40 minutes or until sauce is bubbling.

Lasagna Primavera

INGREDIENTS:

- 1 package of lasagna noodles, boiled
- 4 stalks celery, thinly sliced
- 4 carrots, thinly sliced
- 2 medium zucchini, thinly sliced
- 1 medium onion, chopped
- 1 bell pepper, chopped
- 1 lb tofu, (scrambled tofu)
- 1 (26 oz) jar spaghetti sauce (Tomato & Basil or Mushroom type)
- 2 tbsp of garlic powder
- 2 tbsp of McKay's chicken seasoning
- 2 tbsp of Italian seasoning
- 2 tbsp basil
- 2 tbsp parsley
- 3 tbsp of olive oil

DIRECTIONS:

Sauté vegetables with oil add parsley, and garlic powder.

Boil lasagna noodles; allow cooling in cold water.

In bowl crumble tofu and add McKay's chicken seasoning, basil, Italian seasoning.

Place a layer of sauce then lasagna noodles in a Pyrex dish then place a layer of vegetables, then sprinkle the scrambled tofu over the vegetables then add spaghetti sauce. Repeat layering process of, sauce, vegetables, and tofu. Continue alternating the difference layers until the final lasagna noodle layer is on top. Add final covering of spaghetti sauce. Bake in the oven at 350 degrees F until done (about 45 minutes).

Macaroni and Cheese Casserole

PREPARE:

1 lb cooked Soya corn macaroni, Soya wheat, or whole-wheat macaroni
1 ½ cup of green peas
¾ cup of seasoned bread crumbs sprinkles on top

Sauté:

1 cup of chopped green onions
1 cup sliced fresh mushrooms
2 cloves of chopped garlic
¾ cup of chopped celery

PREPARE:

Pimento-Cashew Cheese

Blend until smooth:

1 cup water
1 cup of raw cashew nuts
2 tbsp of sesame seeds
1 ½ tsp salt
3 tbsp of Brewer's Yeast Flakes
1 ½ tsp onion powder
¼ tsp garlic powder
1 (4 oz) jar of pimentos
¼ cup lemon juice
¼ cup olive oil

DIRECTIONS:

Bring water to boil with salt and add macaroni. While macaroni is cooking, make cheese sauce. Blend cashews with water until smooth, then add remaining ingredients, (except bread crumbs, sautéed veggies and green peas).

Drain macaroni and place back in pot, add sautéed veggies, and green peas to macaroni and mix together, add to casserole dish and pour cheese mixture over macaroni, then sprinkle with crumbs on top. Cover and bake at 350 degrees for 30 minutes; the last 10 minutes to golden the crumbs.

Chili con Tofu with Beans

Preparation time: 15 minutes using cooked beans.

INGREDIENTS:

5 cups pre-soaked beans, cooked and moderately drained
2 lb tofu (frozen) thawed, pressed (drain and cubed into large bowl)
1 (16 oz) can of tomato sauce

Measure into small bowl and mix the following:

¼ cup Bragg Liquid Aminos
½ tsp onion powder
4 tbsp of tomato paste
¼ tsp garlic powder
3 tbsp peanut butter
½ cup water

Heat slightly in microwave 30 seconds and mix well. Pour over tofu cubes. Set aside to marinate.

Sauté in skillet for the following:

3 cloves garlic, minced
3 tbsp of water
1 cup onion diced
1 large green bell pepper, diced

Combine marinated tofu cubes, veggies and cooked beans.

Add 3 tbsp chili powder
½ cup Bragg Liquid Aminos
1 tbsp of cumin
2 cups tomato sauce

Simmer for 30 minutes for flavors to blend. Serve the next day.

* From The Benton Sister Cook Book Vol.1

Susan's Sheppard Pie

INGREDIENTS:

- 1 package of veggie granules (meat like)
- 3 cups of mixed vegetables
- 16 oz jar of spaghetti sauce
- 1 medium onion diced
- 2 cups of sliced mushrooms
- 1 green bell pepper diced
- 1 tsp of garlic powder
- 1 tsp of Italian seasoning
- 1/2 tsp of salt
- 3 tbsp of olive oil

DIRECTIONS:

Mix in separate bowl until lumps are gone and mixture can be poured.

- 3 cups of Bisquick mix
- 1 cup of Soya milk

In frying pan sauté with olive oil, onions, green peppers mushrooms, add seasonings of garlic powder, Italian seasoning and salt. Add veggie (meat like) granules then add spaghetti sauce then mixed veggies, cook for 5-7 minutes.

Grease Pyrex dish with olive oil and pour mixture in dish. Pour Bisquick mixture over entire mixture. Place in oven and bake at 400 degrees for 30 minutes or until top is golden brown.

Nutty Cashew Roast

INGREDIENTS:

Mix in large bowl:

- 1 cup of chopped cashews
- 1-2 tsp sweet basil
- ½ cup raw unsalted sunflower seeds
- ¼ tsp oregano
- 2 cups cooked brown rice
- ½ tsp sage
- ¼ cup natural peanut butter
- 1 chopped onion
- 4 cups soft bread crumbs
- ¾ cup chopped celery
- 2 tsp salt
- 1 chopped bell pepper

Blend:

- 1 ¼ - 2 cups of water
- 2/3 cup whole-wheat flour or soy flour
- ¼ cup olive oil
- 1 tbsp Bragg Liquid Aminos

Mix dry ingredients with wet ingredients until thoroughly moistened. Press into well oiled loaf dish. Pack firmly. Bake at 360 degrees for 1 hour or until done.

Country Style Gravy

Blend until smooth:

- 2 cups water (warm)
- 2 tbsp of Bragg Liquid Aminos
- ½ cup of cashew pieces
- 1 tbsp Brewer's Yeast Flakes
- 2 tbsp of onion powder
- 2 tbsp gluten flour
- 2 tbsp of olive oil

Pour into sauce pan and cook over medium heat, stirring constantly, until thick, be sure to fines cashes well.

Garnish:

- 10 Cherry tomato's
- Lettuce (leafed)

Wash and leave lettuce, place lettuce on loaf plate, cut nutty cashew loaf in half in sandwich type slices and place on lettuce. Pour gravy down the middle. Place cherry tomato's three on each side.

Gluten

INGREDIENTS:

3 cups gluten flour
½ cup minute tapioca
½ cup whole-wheat flour
1 tbsp Brewer's Yeast Flakes or 1 tbsp nutritional yeast
2 tbsp beef-like seasoning
2 tbsp chicken-like seasoning
2 ¾ cup water
¼ cup Bragg Liquid Aminos

Broth:

1 medium onion chopped
10 cups water
1 (28 oz) can tomato sauce
2 tbsp beef-like seasoning
¼ Bragg Liquid Aminos
½ tsp sea salt
½ tsp Italian seasoning
½ tsp garlic powder

DIRECTIONS:

In a large stockpot combine all ingredients for the broth. Bring to a boil then reduce to a simmer or a slow boil

In large bowl, combine gluten flour, tapioca, whole-wheat flour, yeast and seasonings. Mix well. Make a well in the center. Pour in the Bragg Liquid Aminos and water. Mix altogether at once quickly. (You may need to use your hands). Shape into a roll.

With a Sharp knife slice so each piece is about ¼ inch thick.

Drop slices one at a time into the simmering broth. Gently stir the mixture occasionally. Place lid on pot and simmer for 1 hour to 1 ½ hours or until gluten pieces are desired texture. (The longer it boils, the more it becomes tender). When done, remove gluten from broth.

Dip in seasoned breadcrumbs. Fry both sides in a non-stick skillet with a little olive oil.

Seasoned Bread Crumbs:

1 cup fine bread crumbs
1 tbsp parsley flakes
2 tbsp nutritional yeast flakes
½ tsp garlic powder
½ tsp onion powder
¼ tsp paprika

Gluten freezes well. You may choose to grind up into burger or dice into cubes. The broth can be frozen and used again by just adding some additional water and or tomato sauce.

Gluten Stir Fry

INGREDIENTS:

- 1 large onion cut in strips
- 1 large red pepper cut in strips
- 1 large green pepper cut in strips
- 1 large yellow pepper cut in strips
- 1 large orange pepper cut in strips
- 6-8 pieces of Gluten cut in strips
- 4 tbsp of olive oil
- 1 tsp of garlic powder
- 1 tsp onion powder
- ½ tsp of sage
- ½ tsp of salt
- ½ tsp of basil
- 1 pack of brown veggie gravy mix
- 1 tbsp of cornstarch

DIRECTIONS:

Sauté onions and seasonings of garlic powder, onion, sage, and basil then add gluten strips.
Mix pack of brown gravy in one cup of water add cornstarch to brown gravy mix. Add to onions and Gluten strips.
Last add red, green, yellow and orange peppers to mix. Simmer until flavors blend 5-10 minutes.

Black Bean Ole

INGREDIENTS:

- 3 cups of cooked brown rice
- 3-4 cups of cooked black beans
- 2 cups of chopped fresh tomatoes
- 1 cup of chopped black olives
- 1 cup of chopped green onions
- 2 cups of cheese less cheddar sauce
- 2 cups of crushed whole grain corn chips (salt free, if you wish)

DIRECTIONS:

Heat oven to 350 degrees

In a large baking dish layer brown rice, black beans, tomatoes, black olives, green onions, cheese less cheddar sauce and crushed chips.

Bake until casserole is heated through. Serve and garnish with guacamole.

Cheese less cheddar follow pimento cashew cheese recipe.

Eggplant Casserole

Prepare:

2 eggplants, peeled thinly sliced, brushed lightly in olive oil and breaded
2 cups chopped black olives
2 cups pimento-cashew cheese
2 cups fresh raw sliced summer squash
1 ½ chopped green onion

Tomato Sauce Mixture

1 16 oz can tomato sauce
1 cup chopped onions
1 chopped bell pepper
1 chopped mushrooms
1 cup chopped celery
1 tsp sweet basil
1 tsp oregano
1 tsp sage
1 tsp salt
1 tsp Italian seasoning

DIRECTIONS:

Sautee above vegetables in a 2 tbsp of olive oil and ½ cup of water. Add seasoning and simmer vegetables while baking eggplant.

Bake eggplant slices on lightly oiled cookie sheet at 350 degrees, until golden brown on each side.

Layer alternately with eggplant, tomato sauce mixture, sliced raw summer squash, pimento-cashew cheese, black chopped olives, chopped green onion. Sprinkle Italian seasoning. Bake at 350 degrees until bubbling.

Chilled Lemon Cheesecake

INGREDIENTS:

- 2 packs of 12 oz Mori-Nu silken tofu, extra firm
- 1 fresh lemon juice only
- 2 (4 oz) packs of Mori-Nu Mates lemon pudding mix
- 2 cups crushed graham crackers
- ½ cup olive oil
- 1 tbsp ground coriander, optional
- 2 tbsp of agar
- 2 tbsp of Emese

DIRECTIONS:

Preheat oven at 350 degrees. In cheese cake pan place crushed graham coriander, and olive oil and mix well. Using fingers mash crust to bottom and to sides of pan. Bake for 8-10 minutes cool before filling.

In food processor place tofu, lemon juice, agar, and Emese and mix until smooth. Add lemon pudding mix and blend until mixture becomes smooth again. Fill crust with lemon tofu pudding and mix spread evenly with rubber spatula. Chill about 4 hours. For cheesecake texture chill over night. Remember the longer it sits the better it gets. Serve with favorite fruit topping. (Note: for quick cheesecake texture place cheesecake in freezer unit for 2 -6 hours.

After removing cheese cake from fridge or freezer place one can of cherries or other garnish on top.

Garnish with one can of cherries from you local grocery store. Add various fruits to make as decorative as you can (i.e. blueberries, kiwi, or pieces of pineapple).

Raspberry Tofu Cheesecake

INGREDIENTS:

2 cups of graham crumbs
½ cup olive oil
1 tbsp of honey
1 can of coconut milk
4 tbsp clear jell powder
2 blocks Mori-Nur Silken firm tofu
1 package lemon kosher-jell
1 tbsp honey
1 tbsp lemon juice
2 cups frozen raspberries
1 tbsp honey
1 tbsp of corn starch

DIRECTIONS:

1. Pre heat oven to 400 degrees F.
2. Lightly grease a 9-12 inch spring-form pan.
3. Mix together graham crumbs oil and honey in a small bowl. Press into the bottom of the spring form pan.
4. Bake in oven for 10 minutes or until golden brown. Let crust cool.
5. Blend coconut milk and clear jell powder in blender until it has thickened and pour into a bowl.
6. Place tofu, lemon jell, honey and lemon juice in blender. Blend until very smooth.
7. Mix tofu mixture together with thickened coconut milk. Pour on graham crust. Let it set up in fridge.
8. Place frozen fruit in saucepan. Allow Fruit to melt away. Stir in cornstarch and honey. Cook over medium heat until fruit becomes thickened and clear in color. Pour over tofu filling and chill in fridge a couple of hours 2-4 or until set.

Serves 8-12 people.

Variation: replace raspberries with the equivalent amount of strawberries blueberries or other choice of fruit.

* Note: From Vegetarian for life cookbook

Grocery List

2 large egg plant
12 green peppers
6 red peppers
6 yellow peppers
4 orange peppers
2 celery stack
6 pack of sliced or whole mushrooms
12 medium or large onions
1 large summer squash
4 stacks of green onions
8 regular size tomatoes
4 garlic

1 pack of soy flour
1 can of corn starch
2 pack of veggie gravy mix

1 pack of cherry tomatoes
2 heads of leaf lettuce
1 package of tapioca
1 pack of gluten flour 3 lbs (in bin)

Spices

- 1 bottle of Sweet basil or basil
- 1 bottle of oregano
- 1 bottle of sage
- 1 bottle of Italian seasoning
- 1 bottle of sea salt
- 1 package of chili powder
- 1 bottle of paprika
- 4 jars of pomelos (4 oz / jar)
- 4 cans of sliced olives
- 1 bottle of thyme
- 1 bottle of parsley
- 1 bottle of garlic powder
- onion powder

1 bag of mixed vegetables
2 cans of bread crumbs
2 pounds of pecan meal (in bin)
8 packs of Mori-tofu
1 bottle of McKay's Chicken seasoning
2 packs of morning star granules
1 large bottle of olive oil
1 bottle (8-12 oz) of honey
1 bottle of barbeque sauce
1 package of lasagna noodles
1 (5 lbs) bag of carrots
4 medium sized zucchini
4 (26 oz) jar of spaghetti sauce
1 bottle of lemon juice
1 bag or can of brewer's yeast
(8 oz bag)
1 bag (1 lb) of macaroni / Soya or wheat
1 bag of frozen green peas (small bag)
2 (16 oz) can of tomato sauce
4 lbs of raw cashews
1 small bag of sesame seeds
3 cans of kidney beans
1 (16 oz) jar of tomato sauce
2 small cans of tomato paste
1 bottle of natural (peanut butter)
(MAKE SURE IT HAS NO PARTIALLY
HYDROGENATED OIL)
1 large bottle of Bragg Liquid Aminos
1 pack of Bisquick mix
1 pack of skim milk
3 cans of black beans
1 bag of corn chips
