

**NOTES**

# **FAST AND EASY VEGAN RECIPES**



**TESSA WEEKS • SHELAH WILGUS  
WITH PAM WALDRON  
AUGUST 15, 2014, VENTURA, CA**



## BRAD'S QUICK HUMMUS

*Makes a couple cups*

*Prep: 10 minutes*

2-3 cups cooked chickpeas, or one 15-ounce can, drained and rinsed  
4 or more cloves garlic, peeled and chopped (we use sauted garlic)

1/3 cup more or less tahini

juice of 1 lemon or to taste

1/4 - 1 tsp cumin

1/4 tsp smoked paprika

Salt or miso to taste

couple tablespoons nutritional yeast

Combine all ingredients in the bowl of a food processor and puree until smooth and creamy. Add water or bean juice as needed to achieve a smooth consistency.

*Variations: Sun-dried tomatoes and minced pasilla peppers or green onions can be added and blended briefly. Our favorite is chopped green or kalmata olives.*

## CAULIFLOWER SOUR CREAM

*from the "Friendly Foods" by Brother Ron Picarski*

1 cup cooked cauliflower

1 Tbl Tahini

1 Tbl Umeboshi paste or miso

1 Tbl brown rice vinegar

1 Tbl water

Combine ingredients in food processor, blend until smooth and creamy, thin if desired.



## SUPER-EASY CHOCOLATE MOUSSE

*I have no idea where this recipe originated. It's great whenever you want an impressive looking and sounding desert.*

*4 - 6 servings*

1 (10.5oz) pkg lite silken tofu (extra firm), drained and crumbled (about 1 1/2 cups)

3/4 cup semisweet chocolate chips

3 tsp. vanilla or rum extract (I like an almond extract)

2 Tbl rum, brandy or my favorite, almaretto (optional)

1. Blend tofu until smooth in a food processor or blender.
2. Melt chocolate on high for 1-2 minutes in the microwave (time depends on your microwave-start with lessor time and stir after one minute, it may look solid but usually it's not.) OR melt chocolate in a double-boiler on the stove.
3. Blend melted chocolate, vanilla and (if used) alcohol into tofu until no white is visible.
4. Spoon evenly into parfait glasses or wine goblets and chill for at least one hour before serving.
3. Just before serving top with whipped topping below. Garnish with fresh strawberries, raspberries or what ever fruit is available.

## WHIPPED TOPPING

1 (10.5oz) pkg silken tofu

Sweetener to taste (maple syrup, apple juice concentrate, fruit source, etc)

Tsp or 2 vanilla or almond extract

Dash lemon juice

1. Blend tofu until smooth in a food processor or blender.
2. Add remaining ingredients.

## BASIC BANANA ICE CREAM

*inspired by Forks over Knives App*

- 2 ripe frozen bananas
- ¼ cup plant-based milk
- ¼ tsp pure vanilla extract
- ¼ tsp ground cinnamon



Place all ingredients together in a food processor and allow the motor to run until the mixture is smooth and creamy.

## VEGAN MINT CHIP ICE CREAM

*Created by VegNews columnist Gena Hamshaw*

Serves 4

- 3 large ripe bananas, cut into 1-inch pieces and frozen overnight
- 2 tablespoons almond milk
- Seeds from 1 split vanilla bean
- 1 tablespoon cacao powder
- 3 tablespoons mini chocolate chips
- 2 tablespoons chopped fresh mint, plus more for garnish

In a food processor, add bananas, almond milk, vanilla seeds, and cacao powder. Process for 1 to 2 minutes to break up banana. Scrape down sides and process until bananas turn into a soft-serve consistency, repeating as needed, about 3 minutes.

Add chocolate chips and 2 tablespoons mint and pulse a few times to incorporate. Garnish with fresh mint. Serve immediately or freeze.

## VEGAN CHOCOLATE CHERRY ICE CREAM

*Serves 1-2*

- ½ cup unsweetened almond milk, or other non dairy milk
- 1 tbspcocoa or cacao powder
- 1 large frozen ripe banana pieces
- 1 cup frozen pitted cherries

Place ingredients into food processor in order listed pulse until smooth.

Serve immediately. Can be frozen if needed.

*Variations: Instead of cherries use different berries (frozen blackberries, raspberries or strawberries). Add additional sweetener if using tart berries such as a tablespoon of maple syrup. For regular chocolate ice-cream, substitute another banana for the cherries.*

Shelah's Notes: If diet allows add a little liqueur, such as Amaretto, Creme de Cocoa, or Creme de Menthe. Use your imagination. When freezing the alcohol will keep the "ice cream" from freezing hard.

## CROCK CHEEZE

*from Ultimate Uncheese Book  
by Joanne Stepaniak*

*Makes 1½ - 2 cups of spread*



- ½ lb. firm regular tofu, drained or 2 cups drained cooked or one 15 oz can chickpeas
- 3 tablespoons nutritional yeast
- 2 tablespoons tahini or cashew butter
- 2 tablespoons lemon juice
- 1½ tablespoons light miso (shiro miso makes a stronger tasting cheeze)
- 1 teaspoon onion powder
- ¾ teaspoon salt
- ½ teaspoon or so paprika
- ¼ teaspoon garlic powder
- ¼ teaspoon dry mustard

Blend everything in a food processor until creamy, scraping down the bowl several times. This spread/dip is best once it has chilled for several hours or overnight to blend the flavors. Keeps 5 to 7 days in refrigerator.

## RICH TOFU CREME CHEEZ

*from Ultimate Uncheese Book  
by Joanne Stepaniak*

*Makes 1½ cups of spread*



- ⅓ cup cashew butter (I used tahini)
- 3 tablespoons fresh lemon juice
- 1 teaspoon mild sweet syrup (I use agave)
- 2 tablespoons lemon juice
- 1½ cups (about 12 oz) crumbled firm silken tofu
- 1 teaspoon salt
- pinch of grated nutmeg (optional I like to add pimentos or olives)
- small amount of ground golden flax (optional-adds body)

Blend everything in a food processor until smooth, scraping down the bowl several times. This spread/dip is best once it has chilled for several hours or overnight to blend the flavors. Keeps 5 to 7 days in refrigerator.

## SIMPLE TAHINI DRESSING OR SAUCE

from *The Saucy Vegetarian*  
by Joanne Stepaniak

Makes  $\frac{3}{4}$  cup

- $\frac{1}{2}$  cup tahini
- 1 tablespoon fresh lemon or lime juice
- 1 tablespoon tamari soy sauce
- $\frac{1}{4}$  teaspoon crushed garlic (or I use powdered garlic)
- $\frac{1}{3}$  cup water, more or less as needed
- 1 tablespoon minced fresh parsley (or I use dried)

Combine the tahini, lemon or lime juice, soy sauce and garlic in a small bowl, mixing well to make a thick paste. Gradually stir or whisk in the water, beating well after each addition until smooth, use just enough to achieve the desired consistency. Stir in the parsley.

*Hint: Use the immersion blender with the whisk attachment for this. You can easily double this recipe and use as a base for salad dressings or other dips.*



## KALE BUTTER

Recipe by Jane Esselstyn. For use as a spread for crackers or wraps.

- 1 bunch kale, torn off the stalk, rinsed and roughly chopped
- $\frac{1}{2}$  cup walnuts
- $\frac{1}{2}$  cup water
- salt to taste (I used  $\frac{1}{4}$  tsp sea salt)
- 1 cooked sweet potato (optional)
- 1/30/14: Also added yeast, miso, chile, tofu, garlic and onion powder

Steam the kale for 5 minutes, until tender. Blend the cooked kale with the walnuts and  $\frac{1}{2}$  cup of the green water from steaming. Add salt to taste if desired. Process in a blender until smooth.

## BAKED "STEAK" FRIES

By Jeff Novick

- Several potatoes. (Oblong potatoes work best.)
- Bake the potatoes and let cool or use already cooled potatoes.
- Cut the potatoes in half lengthwise
- Cut each half into halves or thirds again lengthwise depending on the size.
- Lay each potato down on a cookie sheet with the skin side down.
- Bake or Broil the potatoes till golden brown.

### Variations:

By changing the type of potato (sweet, golden, red, etc) and by adding a different type of seasoning, you can make many variations of the Baked Steak Fries.

### Baked Garlic Steak Fries

Sprinkle garlic powder on the potatoes before broiling.

### Baked Mexican Steak Fries

Sprinkle garlic powder on the potatoes before broiling.

### Baked Cinnamon Sweet Potato Steak Fries

Sprinkle cinnamon on sweet potatoes before broiling.

### Baked Curried Sweet Potato Steak Fries

Sprinkle curry powder on sweet potatoes before broiling.



## SAVORY LENTIL-MUSHROOM BURGERS

Source: *Fat-Free Vegan*. Makes 6 - 12 patties, depending on size

*These burgers come together quickly if you have cooked lentils on-hand.*

- 2 teaspoons chia seeds
- 3 tablespoons warm water
- 1 medium onion
- 6 ounces mushrooms, washed
- 3 cloves garlic
- 2 cups cooked lentils (green or brown) (Trader Joes)
- 1/3 cup old fashioned oats (certified gluten-free, if necessary)
- 2 tablespoons potato starch or cornstarch (see note below)
- 1 tablespoon soy sauce or wheat-free tamari (omit for soy-free)
- 1 tablespoon tomato paste or catsup
- 1/2 teaspoon each dried oregano, dried basil, smoked paprika.
- Salt (optional or to taste)
- 1/4 teaspoon dried thyme
- Generous grating black pepper

Mix the chia seeds and warm water in a small bowl and set aside.

Chop the onion. Add the mushrooms and pulse until finely minced. Add the garlic. Pulse again.

Heat a non-stick skillet over medium-high heat. Cook the onions, mushroom and garlic until they begin to brown, adding a splash of water (or wine) if they begin to stick. Cover and cook until the onions and mushrooms soften (about 2-3 minutes), stirring often.

Put the cooked mixture in the food processor and add the lentils. Pulse until the lentils are just combined with the cooked mixture. Add the chia seed mixture and all remaining ingredients and pulse to combine well. It's okay if a few lentils remain whole, but the mixture should be more sticky than crumbly. If it seems too wet, add more oats.

Scrape the mixture into a bowl and set aside for about 15 minutes while preheating oven to 375° Line a baking sheet with a silicone mat or with parchment paper.

Shape the burger mixture into 6-12 patties depending on size. Bake for about 30-40 minutes. Check them after 15 minutes or so and turn over. They are done when firm in the middle but not burning. Serve at once or refrigerate or freeze for later use.

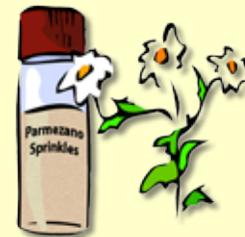
*Shelah's Note: I used potato flakes instead of starch and more ground oatmeal and flakes, listed herbs, nutritional yeast and chia seeds.*

## SHELAH'S RAW CABBAGE SALAD

Make as much as you would like

- Shredded cabbage (white or mild purple or combo)
- Shredded carrots
- Diced apple
- Oranges cut into bite size pieces with orange juice
- Pumpkin seeds
- Raisins
- Dash of rice vinegar to taste
- Dash of sugar to taste (usually not needed)

This salad is much better the next day after the cabbage has marinated in the orange juice and vinegar.



## PARMEZANO SPRINKLES

inspiration *Ultimate Uncheese Book*  
by Joanne Stepaniak

Makes 1 cup

- 1/2 cup almond meal (I use "Just Almond Meal" from Trader Joe's)
- 2 tablespoons nutritional yeast flakes
- 1 - 2 teaspoons light or chickpea miso
- Heaping 1/4 teaspoon salt

Add all ingredients and pulse or process until well incorporated.

Store in an airtight container in the refrigerator. Shake container before using to break up any lumps. Will keep for a month or longer in the refrigerator. May be frozen.

Recipe is easily doubled, tripled or quadrupled.

If you want to experiment try raw pumpkin seeds, toasted pistachios, walnuts, pignolia nuts, sunflower seeds or any other nut or seed of your choice ground into meal.

## MIGHTY FINE KALE SALAD

*Source: modified version of Engine 2 on the internet*

*Makes 5-6 servings*

- 1 large bunch fresh kale, torn into bite-size pieces
- 2 stalks celery, chopped
- ½ small jicama, peeled and diced
- 1 medium carrot, peeled and coarsely shredded
- 1 large cucumber, peeled and chopped, or 3 Persian cucumbers, chopped
- 1 large red bell pepper
- 5 to 6 radishes, sliced

Put the kale, celery, jicama, carrot, cucumber, and radishes in a large bowl and toss well. Add tahini dressing (recipe below) and let rest for a couple hours in the refrigerator before serving.



## MODIFIED SIMPLE TAHINI DRESSING

*from **The Saucy Vegetarian**  
by Joanne Stepaniak*

- ½ cup tahini (or other nut butter with no added oil)
- 1 tablespoon fresh lemon or lime juice
- 1 tablespoon soy sauce or miso
- ¼ teaspoon crushed garlic (or I use granulated garlic)
- 1 tablespoon nutritional yeast
- ½ cup water, more or less for desired consistency
- 1 tablespoon minced fresh parsley (if not available use dried)

Combine the tahini, lemon or lime juice, soy sauce or miso, nutritional yeast and garlic in a food processor (or small bowl), mixing well to make a thick paste. Gradually add in the water, use just enough to achieve the desired consistency. Stir in the parsley.



## CURRY SWEET POTATO BURGER

*By Jeff Novick • Makes 8-10 burgers*

- 14 oz can Kidney Beans (No Salt Added)
  - 14 oz can Garbanzo Beans (No Salt Added)
  - 1 cup Rolled Oats
  - 1 cup cooked Sweet Potato
  - 4 tbsp diced Tomatoes (No Salt Added)
  - Curry Powder (2-4 tsp depending on how much you like curry)
  - Garlic Powder (A few shakes)
- Drain beans and mash by hand with a potato masher  
Add in remaining ingredients and mix thoroughly  
Divide into 8-10 equal parts and shape each part into a burger  
Let sit in the refrigerator (uncovered) to set – 10 minutes  
Grill or broil on medium heat for 3-4 minutes on each side until golden brown

## TRY YOUR OWN BASIC BURGER RECIPE

*By Jeff Novick*

- 14 oz can Beans (you choose)
  - ½ cup Oats
  - ½ cup cooked Brown Rice (or other starchy vegetable/intact whole grain)
  - 2 tbl Tomatoes (or other liquid for moisture)
  - Spice (No Salt Added Seasoning)
- Mash beans by hand with a potato masher (do not use a blender or food processor)  
Add in the remaining ingredients and mix thoroughly.  
Divide into 4 or 5 equal parts and shape each part into a burger.  
Let sit for a few minutes in the refrigerator to set.  
Grill (or broil) on each side till golden brown.