



A NEW Look at Plant-Based
A Supplementary Cookbook to the Nutritious Eating
with Soul (*NEW*) Soul Study
By Morgan Berman

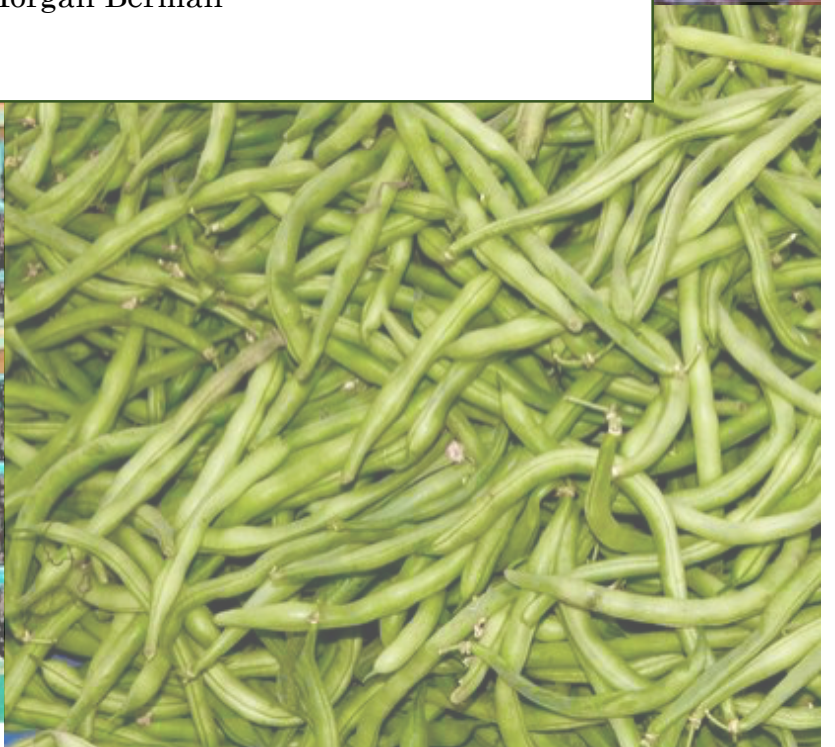


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Starting a Plant-Based Diet: Essentials

The key to success with starting and complying with a plant-based diet is making sure you are consuming enough food and nutrients. Eating on a plant-based diet is very different from an omnivorous diet, because plants require a different volume of consumption in order to get the same amount of nutrients. My personal recommendation to starting a plant-based diet is to start without restricting yourself, because restricting yourself to a super healthy diet may make you less likely to enjoy it and therefore stick with it. During the first few weeks, give in to your cravings and eat the “not-so-healthy” plant-based options, maybe give yourself some leeway to eat meals out or make frozen meals for convenience, and as your diet progresses you can choose to eat healthier, restrict yourself more, and cook more at home.

Meal prepping is one of the best ways to save money and time on a plant-based diet, and

Below is a list of pantry items recommended for a person starting a plant-based diet, and their significance:

Rice and Quinoa

Consuming grains in general is important because they provide nutrient dense calories which will keep you fuller longer. Having both rice and Quinoa on hand when starting a vegan diet is a huge convenience, because both grains provide a base for a plethora of meals. Quinoa prepared ahead of time can be heated up with some beans and topped with spices for a quick meal, and can even be put on salads to bring to work or school.

Pasta

Pasta is another vegan essential for quick and easy meals. Meal prepping pasta salads with chickpeas, vegetables, and vegan salad dressing is one of my favorite meals to bring to work. Pasta is also an easy, plant-based meal for families, as it is easy to find plant-based pasta sauces in any grocery store. By adding some mushrooms, cooked tofu, or even beans, you can get your required protein in a very convenient manner.

Non-dairy milk (almond, soy, coconut, rice, hemp, etc)

Non-dairy milk is a staple for plant-based breakfasts. You can prepare smoothies, cereal, and oats with plant-based milks. It is also very prevalent in the recipes throughout this cookbook.

Frozen fruits/vegetables

Fresh fruits and vegetables can be great, but they can also be expensive. It is much cheaper to buy frozen fruits and vegetables, and another added benefit is that they have a much longer shelf-life. Frozen fruits are great for fast breakfast smoothies and snacks, and frozen vegetables can make easy stir fries and side dishes.

Leafy greens

Leafy greens are a fantastic source of protein, fiber, and various vitamins. While they provide the base for most salads, they can also be thrown into smoothies, pasta dishes, and rice dishes.

Potatoes (and Sweet Potatoes)

Another quick and easy ingredient, which can be turned into a hearty meal.

Black Beans and Chickpeas (and other various canned beans)

A plant-based protein powerhouse which can be added to pasta, rice, or quinoa for an easy meal.

Salsa/hot sauce

Serves as a great snack with tortilla chips, and can make a rice/quinoa bowl much more flavorful.

Nutritional Yeast (can be found in some commercial grocery stores, also in most health foods stores and Whole Foods)

Nutritional yeast seems strange at first, but it may be the most important ingredient on this list. Not only is it a great savory substitute for a cheesy flavor, but it also is a great source of vitamin B12. While it is absolutely possible to get all of the vitamins and minerals your body needs on a plant-based diet, the most common deficiency among vegetarians and vegans is the lack of B12. Nutritional yeast is used in a lot of recipes throughout this book, and provides your body with the B12 it needs.

Resources

When starting a plant-based diet, it is important to know what resources you have to fall back on. For this cookbook, I aimed to create and provide the best vegan soul food recipes out there, and found some useful resources along the way.

- Youtube.com – a great tool to research vegan recipes
 - Recommended channels:
 - The Sweetest Vegan – simple vegan soul recipes
 - <https://www.youtube.com/user/TheSweetestVegan>
 - SweetPotatoSoul – simple vegan soul and other cuisines
 - <https://www.youtube.com/user/SweetPotatoSoul>
 - Avantgardevegan – complicated but delicious gourmet recipes
 - <https://www.youtube.com/channel/UCF-ACPYNNOoXD4ihS5mbbmw>
 - The Edgy Veg – helpful transitioning videos
 - <https://www.youtube.com/user/stillcurrentstudios>
- One Green Planet – platform for environmentalism, with a fantastic plant-based recipe database
 - <https://www.onegreenplanet.org/channel/vegan-recipe/>
- Vegan Nutrition guide – helpful for those who are not used to eating plant-based learn how to eat enough protein, , calcium, vitamins, etc.
 - <https://www.vegan.com/nutrition/>
- Forks over Knives – <https://www.forksoverknives.com/>
- Local Vegan Restaurants
 - Lamb’s Bread Vegan Café
 - 2338 Main St. Columbia, SC 29201
 - Universal Love Vegan Café
 - 4622 Main St. Columbia, SC 29203
 - Rawtopian Bliss
 - 8502 Two Notch Road, Suite 1, Columbia, SC 29223
 - Reizod Vegan Experience
 - 110 Columbia NE Drive Suite A/B/C Columbia, South Carolina 29223
 - Good Life Café
 - 1614 Main St. Columbia, SC 29201

Quick Meals (each 1 serving)

Sweet Potato

- 1) Thoroughly wash however many sweet potatoes you want and dry with a towel.
- 2) Use a fork to poke holes all over the sweet potatoes to release steam.
- 3) Microwave on high for 5 minutes or until desired texture is reached.
- 4) Top with vegan butter, cinnamon, and even peanut butter for more protein.

Avocado Toast

- 1) Toast two slices of any type of desired plant-based bread.
- 2) Cut an avocado in half, and cut those halves in half.
- 3) Peel back the skin of the avocados, you probably only need two quarters of avocado for each slice of bread, depending on the size of the avocado. Mash the avocado evenly across bread with a fork.
- 4) Top with salt, pepper, nutritional yeast. Optional: Top with salsa or hot sauce.

Hearty Quinoa Bowl

- 5) Combine $\frac{1}{2}$ cup quinoa with $\frac{1}{2}$ cup canned black beans and microwave on high for 1 minute and 30 seconds.
- 6) Optional: Top with leafy greens, salsa, avocado, guacamole, corn, etc. Recipe can be adjusted to accommodate meal prepping.

Greek Pasta Salad

- 1) Combine $\frac{1}{2}$ cup preferred cooked pasta (I recommend rotini or another shorter variety) with $\frac{1}{2}$ cup canned chickpeas.
- 2) Chop a cucumber and tomato, add $\frac{1}{2}$ cup chopped cucumber and $\frac{1}{2}$ cup tomato to the mix.
- 3) Top with vegan Greek dressing. Recipe can be adjusted to accommodate meal prepping.

Note: The easiest plant based meal by far is a Peanut Butter and Jelly Sandwich.

Chapter 1: Appetizers, Sides and Snacks

Cauliflower Hot Wings and Ranch

Serves 8, 40 minutes to prepare

Hot Wings

Ingredients:

- 1 head of cauliflower
- 1 teaspoon chili powder
- 1 ½ teaspoon garlic powder
- 1 teaspoon paprika
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- ½ cup unsweetened coconut milk
- ½ cup flour (may be substituted for gluten free flour)

Sauce:

- ½ cup hot sauce (I recommend Frank's or a similar formulation)
- 1 tablespoon vegan butter (Earth Balance is recommended)
- 1 teaspoon garlic powder
- 2 tablespoons maple syrup (or maple syrup and agave blend)

Directions

- 1) Preheat oven to 450°F. Grease a cookie tray.
- 2) Cut the head of cauliflower into nugget sized pieces and align on the cookie tray. Discard the green stems of the head of cauliflower.
- 3) In a separate bowl, mix chili powder, garlic powder, and paprika. Sprinkle spice mixture evenly over the dry cauliflower. Top with salt and freshly ground black pepper.
- 4) Place cauliflower in oven for 10 minutes to get crispy.
- 5) In the meantime, prepare the hot sauce. In a microwave-safe bowl, melt the vegan butter. Then add the hot sauce and stir until well combined. Add the garlic powder and maple syrup to taste. For a less spicy variety, add more maple syrup.
- 6) Remove cauliflower from the oven and allow time to cool. In the meantime, prepare the batter. Combine the coconut milk with the flour and add one or two cracks of salt and pepper.
- 7) Once cauliflower is cool enough to handle safely, coat the pieces individually with the batter. Return well coated pieces of cauliflower to the tray. If you need more batter, combine equal parts coconut milk and flour. This will create the texture of chicken skin.
- 8) Place the battered cauliflower into the oven for 20 minutes, frequently checking to remove when it reaches a golden brown.
- 9) Remove cauliflower from oven, allow to cool until you can handle the pieces safely, and then toss in the hot sauce.
- 10) Serve immediately. Optional: serve with vegan ranch. (on following page)

Cashew Ranch Dressing (credit: Dawn Jackson Blatner)

Ingredients:

- 1 cup cashews
- ¾ cup hot water
- 3 tablespoons lemon juice
- 1 tablespoon apple cider vinegar
- ¼ teaspoon dried dill
- ¼ teaspoon dried oregano
- 1 teaspoon each sea salt and black pepper
- 2 tablespoons finely chopped fresh chives

Directions:

- 1) In a food processor or blender, puree all ingredients except chives until creamy. For best results, drizzle water in gradually as other ingredients blend.
- 2) Stir in chives.
- 3) Serve with vegan hot wings, celery, or carrots, or put on salads.

Fried Plantains

Serves 4, 12 minutes to prepare

Ingredients:

- 1) 2 ripe plantains
- 2) 2 tablespoons oil

Directions

- 1) Coat the bottom of a skillet or pan with oil. Place pan on medium heat.
- 2) Chop plantains into bite-sized slices. When the oil begins to shimmer, but before the oil starts to smoke, add the plantains to the pan.
- 3) Fry for 1-2 minutes, until golden, and then flip to the other side. Remove fried plantains from the pan and place on a plate covered with paper towels to drain.
- 4) Sprinkle with sea salt serve.

Vegan Parmesan Cheese (great for topping other dishes)

5 minutes to prepare

Ingredients:

- 1 cup cashews
- ½ cup nutritional yeast
- 1 tablespoon salt
- 1 tablespoon garlic powder

Directions

- 1) Combine all ingredients in a blender or food processor and blend on high for just a few seconds. Keep pulsing until well combined, and add additional more nutritional yeast, salt, and garlic powder to taste. The consistency should be a very dense powder.
- 2) Place in a container and refrigerate for up to 2 weeks. Serve on top of pasta, avocado toast, vegan pizza, etc.

Tempeh Bacon

Serves 4, 15 minutes to prepare

Ingredients:

½ cup water

½ cup vegetable broth

1 package tempeh

Marinade:

1 tablespoon coconut aminos or soy sauce

1 tablespoons maple syrup + 1 extra tablespoon for frying

1 tablespoons olive oil + 1 extra tablespoon for frying

½ teaspoon smoked paprika

2 teaspoons liquid smoke + 2 extra teaspoon for frying

½ teaspoon ground cumin

1 teaspoon salt

½ teaspoon black pepper

Directions

- 1) Combine water and vegetable broth in a deep pot and add the entire block of tempeh. Bring to a boil, then reduce to a simmer and cover for 10 minutes. Place the tempeh on a towel to cool and drain for around 5 minutes.
- 2) In the meantime, prepare the marinade. Whisk together all of the ingredients, saving the extras for frying.
- 3) Slice the tempeh into thin strips. If you want them to hold like regular bacon, make the strips thicker to avoid falling apart. If you are simply making bacon crumbles to add to salads or the collard greens, it is okay if the strips fall apart.
- 4) Place the tempeh in the marinade and leave sitting for 5 minutes.
- 5) Heat oil in a saucepan until glimmering, then add the tempeh bacon strips. While the strips are frying, drizzle on the extra liquid smoke and maple syrup. Cook until the edges are browned, about 3 minutes and then flip and cook the other side.
- 6) Remove from pan and serve. Optional: Reuse pan for the collard greens below.

Collard Greens

Serves 4, 1 hour to prepare

Ingredients:

- 1 pound collard greens
- 1 cup vegetable broth
- 1 large tomato (can be substituted for extra tomato paste)
- 1 tablespoon tomato paste
- 2 cloves garlic
- 1 red onion
- 1 tablespoon olive oil or preferred oil
- 1 teaspoon smoked paprika
- 1 teaspoon black pepper
- 1 teaspoon salt
- 1 teaspoons liquid smoke
- Optional: 1 tablespoon coconut sugar or other raw sugar
- Optional: tempeh bacon crumbles

Directions

- 1) Note: These will taste best using the same pan from preparing the tempeh bacon recipe.
- 2) Wash and chop collard greens into 2-inch sized pieces. Optional: Remove stems for more uniform pieces.
- 3) Mince the garlic and dice the onion. Roll the tomato around a bit to extract the juices, and then dice the tomato.
- 4) If you are using the pan from the tempeh bacon recipe, just heat the pan and add more oil if needed. If not, add oil to a pan and sauté the garlic and onion until slightly browned and fragrant.
- 5) Add collards to the pan. Allow to cook for around 2 minutes on high heat, stirring occasionally.
- 6) Add in the diced tomato, tomato paste, paprika, pepper, salt, liquid smoke, broth, and bacon crumbles or strips. Add the optional sugar if you like sweeter collard greens. Reduce heat to low and cover.
- 7) Cook for 45-50 minutes until greens have reached your desired consistency.
- 8) Drain excess vegetable broth and serve.

Cornbread (can be made gluten free)

Serves 5-6, 45 minutes to prepare

Ingredients:

1 ½ tablespoons flaxseed or ground flaxseed
4 tablespoons water
1 teaspoon apple cider vinegar
¾ cup cornmeal
¾ cup all-purpose flour
¾ cup coconut milk or other non-dairy milk
2 tablespoons unsweetened applesauce
½ teaspoon salt
1 cup coconut milk
½ cup raw sugar
1/3 cup vegan butter (Earth Balance recommended)

Directions:

- 1) Preheat oven to 400°F and grease a pan you would use to make either a cake or bread in.
- 2) Prepare “flax egg” first by putting flaxseed in a food processor or blender (if not already ground) and adding the ground flaxseed to a small bowl. Add the water and allow it to sit for about 5 minutes to thicken.
- 3) Melt the butter. In a large bowl, combine the butter and sugar, and mix until well combined. Then add applesauce, flax egg, and almond milk.
- 4) Add salt, cornmeal, and flour. Stir mixture until well combined, and do not fear if it is lumpy or you can see some of the flax seeds.
- 5) Add this mixture to the greased pan and bake for 30 minutes, constantly checking that the top is golden brown. To be sure it is done, stick a fork or toothpick in and be sure it comes out without any wet batter.

Chapter 2: Breakfast and Lunch

Tofu Scramble

Serves 3-4, 10 minutes to prepare

Ingredients:

- 1 package firm tofu
- 1 tablespoon olive oil or preferred oil
- 1 chopped bell pepper
- 2 cups spinach
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon nutritional yeast
- 1 teaspoon turmeric

Directions

- 1) Optional: for a better texture, take the tofu out of its package, wrap in a towel or paper towel, and place a heavy plate or a plate with some cans or something heavy on top to press the tofu. This will remove the liquid and give the tofu a better texture.
- 2) Chop the bell pepper and have the spinach prepared to go in the scramble
- 3) On a large pan, heat up the oil. Once hot, sauté the chopped bell pepper.
- 4) After allowing the pepper to sauté until lightly browned, add in the tofu. You'll want to crumble the tofu with your hands until you get crumbly pieces reminiscent of scrambled egg.
- 5) Stir tofu with bell pepper, then create space in the center of the pan to sauté the spinach.
- 6) While the spinach is cooking, add all of your spices evenly across all ingredients. This recipe is really dependent on the spices you prefer, so feel free to experiment with a lot of things!
- 7) After the spinach has wilted and the scramble is well mixed and fragrant, serve warm. I recommend topping a slice of avocado toast with this, or even mixing it into a salad for a high protein work lunch.

Chicken-Style Fried Tofu and Waffles

Waffles

Serves 4-5, 15 minutes to prepare

Ingredients:

2 cups flour
2 teaspoons baking powder
1 pinch salt
2 cups unsweetened almond milk or other nut milk
4 tablespoons preferred oil
1 teaspoon vanilla extract
½ cup coconut sugar
Oil spray

Directions

- 8) Combine dry ingredients in a large bowl.
- 9) Add milk, oil, vanilla, and sugar to the bowl and mix thoroughly.
- 10) Spray a waffle maker with oil, and add a few spoonfuls of the batter to the center of the waffle maker. Close and cook until golden brown on the edges.
- 11) This recipe may be used for pancakes as well. To modify for a sweet meal, feel free to add vegan chocolate chips, banana, berries, and/or nuts! To eat with the fried tofu, serve with maple syrup and hot sauce of choice.

Fried Tofu

Serves 4-5, 25 minutes to prepare

Ingredients:

1 package firm tofu
1 cup vegetable or preferred frying oil
2 cups Panko bread crumbs or Rice Krispies (I recommend Rice Krispies)
¼ cup flour
1 teaspoon nutritional yeast
1 tablespoon Old Bay, seasoning salt, or Cajun seasoning
1 teaspoon paprika
1 teaspoon black pepper
1 tablespoon salt
¼ teaspoon cayenne
½ cup water

Directions

- 1) Take tofu out of packaging and wrap it in paper towels or a towel to absorb excess liquid. Place something heavy enough to press the tofu but not damage it and set aside for 10 minutes. I recommend using a flat, dense pan or a heavy plate.
- 2) In the meantime, combine flour, nutritional yeast, and spices in a large bowl. Add the water and stir until evenly combined.
- 3) Put vegetable oil in a pot deep enough to prevent oil from spilling over when hot. Test the oil temperature by adding a drop of batter from step 2 to see if it rises to the top of the oil quickly. (cont. on next page)

- 4) Cut the tofu into even slices, cutting them into circles is optional. Keep the batter in one bowl and the bread crumbs or Rice Krispies in another. Coat the tofu thoroughly with the wet batter and transfer to the dry topping.
- 5) After preparing all of your tofu slices, and once your oil is hot enough, carefully fry the tofu until golden brown on each side, about 2-3 minutes per side.
- 6) Drain excess oil from the tofu by placing it on a paper towel-lined plate. Allow time to cool
- 7) Serve on top of waffles with syrup and sriracha or another preferred hot sauce, or alone.

Biscuits and Gravy (2 varieties)

Biscuits

Serves 5-6, 25 minutes to prepare

Ingredients:

- 2 cups flour
- 2 tablespoons baking powder
- ½ teaspoon salt
- ½ cup **cold** vegan butter
- ¾ cup **cold** unsweetened almond milk (or other plant based milk)
- 1 tablespoon coconut oil (for baking sheet)



Directions

- 1) Preheat oven to 450°F and flour a flat surface for the dough when it is ready. Grease a baking sheet with coconut oil.
- 2) In a large mixing bowl mix the flour, baking powder, and salt until well combined. For the best results, use a grater to grate the ½ cup cold vegan butter. It is essential for this recipe that your butter and milk are as cold as possible without being frozen. If you don't have a grater, you can roughly chop the butter into small pieces and combine it with the flour. The mixture will be very dry and crumbly, and it's okay if the flour overwhelms the butter.
- 3) Create a well in your bowl and pour in your cold almond milk. Use either a wooden spoon or spatula to stir the milk and flour together to create a dough. If the dough is too crumbly, add a splash more milk.
- 4) When the dough has reached a sticky and moist, but still thick consistency, turn your dough onto your floured surface. Add some flour on top of the dough and lightly toss until the dough does not stick. Add as much flour as you need for the dough to not be sticky.
- 5) Roll the dough out until it is about an inch thick. Then fold the dough in half and roll it again. This will create the layers of the biscuit. Do this at least 4 or 5 times.
- 6) After your dough is rolled out for the last time, use either a biscuit, cookie cutter, or the top of a round glass to cut out your biscuits. Place biscuits on the greased sheet directly next to each other. Press together the unused dough around your cuts and roll again to reuse.
- 7) Depending on the size of your biscuits, this recipe should make about 10-12. Once you run out of dough, place the biscuits in the oven for 15 minutes, or until golden on top (like in the picture above).
- 8) Serve with your choice of vegan gravy.(recipes on next page)

Mushroom Gravy

Serves 5-6, 15 minutes to prepare

Ingredients:

1 tablespoon olive oil
1 ½ cup diced mushrooms
½ red onion
½ cup flour
¾ cup **cold** unsweetened almond milk
1 teaspoon salt
1 teaspoon black pepper
½ teaspoon paprika (optional)

Directions

- 1) Dice mushrooms into a mix of large and small pieces. Dice the onion as well.
- 2) Heat olive oil over medium high heat in a pan, then add chopped mushrooms. Cover pan with a lid for about 5-6 minutes to allow the mushrooms to release their juices.
- 3) Take the lid off of the pan and add in the diced onion. Sauté until lightly browned.
- 4) Add only about half of the half cup of flour (1/4 cup) at first, to see how the mixture starts to thicken up. Then add only ¼ of milk.
- 5) Stir gravy together until well combined, and alternate adding flour and milk in ¼ cup or smaller increments until your desired thickness is reached. For a runnier, paler gravy, add more milk.
- 6) Add salt, pepper, and optional paprika and mix well. Then serve!

White Sausage Gravy

Serves 5-6, 15 minutes to prepare

Ingredients:

1 tablespoon olive oil
1 package vegan sausage
½ cup flour
¾ cup **cold** unsweetened almond milk
1 teaspoon salt
1 teaspoon black pepper
½ teaspoon paprika (optional)

Directions

- 1) Dice the onion and slice the vegan sausage packaging in half.
- 2) Heat olive oil over medium high heat in a pan, the vegan sausage. Use a spatula to break up the sausage into smaller pieces on the pan.
- 3) The sausage will toughen up when it is cooked. Once it is mostly cooked, add in the diced onion. Once the onion browns, stir with the sausage.
- 4) Add only about half of the half cup of flour (1/4 cup) at first, to see how the mixture starts to thicken up. Then add only ¼ of milk.
- 5) Stir gravy together until well combined, and alternate adding flour and milk in ¼ cup or smaller increments until your desired thickness is reached. For a runnier, paler gravy, add more milk.
- 6) Add salt, pepper, and optional paprika and mix well.
- 7) Serve on top of your vegan biscuits.

Chapter 3: Dinner

Mac & “Cheese”

Serves 4-5, 50 minutes to prepare

Ingredients:

- 1 cup Cashews
 - ½ cup Nutritional yeast
 - 2 cups coconut milk (or other plant based milk)
 - 4 cloves of garlic
 - 2 tablespoons olive oil
 - 1 cup flour (gluten free flour may be substituted)
 - 1 small sweet potato (or 2 regular carrots)
 - Garlic Powder to taste
 - Pepper to taste
 - Salt to taste
 - 1 package Elbow Macaroni
 - ¼ cup Panko Bread Crumbs
- Optional Toppings: Old Bay, Cajun seasoning, hot sauce, vegan cheddar cheese



Directions

- 8) Preheat oven to 400°F. Peel 3 cloves garlic. The easiest way to do this is by crushing the garlic under a flat surface (like a measuring cup or the flat part of a knife) and then peeling off the papery exterior.
- 9) Place garlic on aluminum foil and drizzle with a bit of your olive oil. Sprinkle on some salt and pepper, enclose the aluminum foil, and place in the hot oven. Allow to cook for around 30 minutes or until the garlic is fragrant.
- 10) In the meantime, grab a large pot and begin to boil some water. Add a pinch of salt to the water for flavor. While waiting for the water to boil, peel your small sweet potato, and once the water boils, add your sweet potato and elbow macaroni to the water. This should take about 10 minutes to cook, or until desired texture is reached.
- 11) Mince the remaining clove of garlic and heat a tablespoon of olive oil in a saucepan. Sauté the garlic for about 5 minutes, or until brown.
- 12) Add your flour to create a thick paste with the oil and garlic, it is okay if it seems really dry. After well combined, add coconut milk or other nut milk to the saucepan and stir for a minute or two. Once well combined, let the mixture sit and cool.
- 13) If your macaroni is done and your sweet potato feels soft enough to poke a fork into, drain and place the macaroni in a casserole dish, and set aside the sweet potato for a bit.
- 14) In a blender or a food processor, blend the cashews with the nutritional yeast, garlic powder, and salt.
- 15) Add the sweet potato and flour/coconut milk mixture to the blender, and blend.
- 16) Once well combined, feel free to add more salt, nutritional yeast, or garlic powder to taste. If the consistency is too thick, add coconut milk, if too thin, add flour in small increments.
- 17) In a skillet or deep baking pan, pour mixture over the cooked macaroni and stir to combine. Top with panko bread crumbs and optional toppings, I recommend old bay and hot sauce.
- 18) Prior to serving, bake again at 400°F for 5-8 minutes, until bread crumbs are browned.

Healthy Veggie Burgers

Serves 6, 15 minutes to prepare

Ingredients:

1 cup quinoa
1 cup Panko bread crumbs
1 cup kale
1 sweet potato
¼ cup of cilantro
½ red onion
1 tablespoon oil
1 clove garlic
1 15-ounce can chickpeas
½ cup vegan barbecue sauce
1 ½ teaspoons chili powder
1 ½ teaspoons cumin
1 teaspoon oregano
½ teaspoon sea salt
½ teaspoon black pepper
¼ teaspoon red pepper flakes
Optional: 1 tablespoon hot sauce

Directions

- 1) Combine the cooked quinoa and breadcrumbs in a large bowl.
- 2) Dice the red onion and mince the garlic.
- 3) On the stove, add oil to a skillet and allow to heat until shimmering. Add the red onions and garlic and sauté until transparent and slightly browned.
- 4) Transfer the garlic and onion to a large bowl. Put the kale, sweet potato, and cilantro in a blender or food processor until combined, but still chunky. Add this mixture to the quinoa mix.
- 5) Add the chickpeas to the blender and blend until they reach a consistency of somewhat blended but still chunky. Add this to the large bowl as well.
- 6) Add the barbecue sauce, spices, and optional hot sauce to the large bowl, and stir until well combined. With your hands, form patties. The smaller the patty, the better it will hold together.
- 7) You can cook the patties on a panini-maker or a grill pan. I would not recommend making them on a grill unless you freeze them advance so they hold their shape. Grease the panini maker or the grill pan with oil or nonstick spray and grill them for about 4 minutes on each side, until browned and stable.
- 8) Serve with vegan hamburger buns and spinach, or put in a wrap. These keep for 3 days in the refrigerator or can be frozen for up to 3 months.

“Ribs” (credit: Gaz Oakley)

Serves 6-8, 2 hours to prepare

Ingredients:

Wet:

1 white onion
½ cup chickpeas
¼ cup dried mushrooms, can be substituted for fresh mushrooms
3 tablespoons tomato paste
1 tablespoon tahini, peanut butter, miso or other nut butter
1 and ¼ vegetable stock
1 tablespoon soy sauce
1 tablespoon maple syrup
2 teaspoons liquid smoke
1 tablespoon smoked paprika
1 teaspoon fennel seeds
1 teaspoon allspice
1 teaspoon dried chili flakes
1 teaspoon black pepper
Pinch salt

Dry:

2 and ¼ cup vital wheat gluten
¼ cup all purpose flour

1 full container barbecue sauce of choice, or homemade barbecue sauce
1 tablespoon olive oil, or preferred oil

Directions

- 1) Preheat oven to 160°F. Chop the white onion.
- 2) Combine dry ingredients in a large bowl.
- 3) Add everything under “wet ingredients” to a blender or food processor, blend until well combined.
- 4) Add the wet ingredients to the dry in the large bowl, the mixture will become thick and doughy.
- 5) Knead the dough for at least 10 minutes. We are creating a dense mixture to mimic the texture of meat, so the more air you can get out of the mixture, the better the end result will be.
- 6) After kneading the mixture, shape it into an oval, and cut it in half.
- 7) Heat grill pan, or general frying pan, and add tablespoon of oil. This can also be done on a grill. Lightly grill the first half of dough until grill marks form. While doing so, apply enough barbecue sauce to cover the exposed side of the dough. Flip the dough and add barbecue sauce to the other side, grill until grill marks appear, and then repeat with the second half of dough.
- 8) Cover a deep pan with aluminum foil. Place both halves of dough into the pan and cover in a large amount of the barbecue sauce.
- 9) Bake for 2 hours, consistently checking to make sure the outside skin doesn’t burn. Once it reaches a spongy consistency, remove from the oven, allow to cool for 10 minutes, and then cut dough into rib-sized strips. Serve.



Portobello Mushroom Steaks (credit: One Green Planet)

Serves 4, 30 minutes to prepare

Ingredients:

4 whole Portobello mushrooms
1 tablespoon vegan butter
½ cup vegetable broth
½ yellow onion
1 clove garlic
3 tablespoons balsamic vinegar
1 tablespoon sherry
½ tablespoon soy sauce
½ tablespoon tomato paste
1 teaspoon dried thyme
1 pinch ground pepper
1 pinch salt

Directions

- 1) Mince the garlic, dice the onion, wash the mushrooms and cut the stems from the mushroom caps.
- 2) Whisk together the vinegar, sherry, soy sauce, tomato paste, and spices in a bowl on the side. Add the Portobello mushroom caps (and stems if you would like to use them!). Allow to marinate for about 5 minutes, then remove the mushrooms.
- 3) Heat the butter in a large frying pan until melted, then combine with ¼ cup of the vegetable broth.
- 4) Add the onion and garlic to the broth and cook until translucent and slightly browned.
- 5) Add the wet mixture to the frying pan and bring to a simmer.
- 6) Add the mushrooms to the pan and cover. Flip the mushroom caps over after about 8 minutes, and then flip and cook the other side.
- 7) Remove mushrooms from frying pan, serve with or without broth sauce.

Chapter 4: Desserts

Blueberry Cobbler (can be made gluten free, credit: The Viet Vegan)

Serves 4-5, 1 hour and 15 minutes to prepare

Ingredients:

2 pints fresh or frozen blueberries
2 tablespoons lemon juice
½ cup coconut sugar or other raw sugar
2 teaspoons cornstarch
½ cup + 1 tablespoon cold vegan butter
2 cups all-purpose flour or gluten free substitute
2 teaspoons baking powder
2/3 cup almond milk or other nut milk
¼ raw sugar to sprinkle on top

Directions:

- 1) Preheat oven to 350°F. If using frozen blueberries, allow an extra 15 minutes to thaw.
- 2) Butter a pie pan or deep rectangular pan with about a tablespoon of vegan butter.
- 3) Combine blueberries in a separate bowl with lemon juice, sugar, and cornstarch.
- 4) Make the dough by mixing the flour, butter, and baking powder with a spatula or in a food processor. You want the texture to be very crumbly. Then combine the nut milk.
- 5) Put the blueberry mixture in the buttered pan, followed by dollops of the dough topping.
- 6) Sprinkle raw sugar on top and put in the oven for about 50 minutes, until the top is golden and the blueberries are dark and runny. If using a shallow pan, place a baking tray underneath to prevent spillage.
- 7) Remove and allow 10 minutes to cool. Optional: serve with dairy-free ice cream.

Sweet Potato Pie (credit: Sweet Potato Soul)

Serves 8, 1 hour to prepare

Ingredients:

3 cups pureed sweet potato

1 cup pureed butternut squash

1 cup sugar – half light brown, half cane

½ teaspoon salt

3/8 teaspoon ground cloves

2 teaspoons cinnamon

1 teaspoon vanilla extract

1 cup unsweetened soy milk

4 tbsps flour (or arrowroot powder for gluten free)

2 vegan pie crusts (Pillsbury refrigerated pie crust is vegan, check the ingredients on other brands)

Directions:

- 1) Preheat oven to 350°F.
- 2) Place everything except the pie crust into a blender, blend until smooth.
- 3) Fill the crusts with the batter, and then bake for 50 minutes.
- 4) Remove from the oven to let cool for at least 30 minutes. Allow to cool in the fridge overnight.

Sweet Banana Bread Muffins

Serves 9-10, 20 minutes to prepare

Ingredients:

1 very ripe banana

1 ½ tablespoons coconut sugar

1 ½ tablespoons baking powder

4 tablespoons coconut oil

Pinch salt

1 teaspoon vanilla

1 cup vanilla (unsweetened also works) almond milk

Optional: ¼ cup vegan chocolate chips

Directions:

- 1) Preheat oven to 350°F.
- 2) Mash the banana in a large bowl. If hard, put 3 tablespoons of coconut oil in the microwave for 10 seconds to soften. Add softened oil, banana, and almond milk.
- 3) Mix the flour, sugar, baking powder and salt. Create a well in the mixture and add the wet ingredients. Stir in optional chocolate chips.
- 4) Choose to either line the muffin tin with the remaining tablespoon of coconut oil, or to line the pan with muffin tins. Pour batter evenly into each tin, filling each up about ¾ of the way to the top, allowing room to rise.
- 5) Bake for 20 minutes, or until a toothpick, fork, or knife can be inserted and removed clean from the muffins.
- 6) Serve.